



INGREDIENT INFORMATION



This information is accurate to the best of our knowledge and is based on standard product recipes and current information provided by our food suppliers. Please note the date of the information and be sure to update your files periodically as recipes and product formulations are subject to change at any time. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or season of the year. Regional variations may occur. Certain menu items may vary from restaurant to restaurant and may not be available at all locations. Information is applicable to products in Canadian restaurants only. Normal restaurant operations may involve shared storage, cooking and preparation areas, equipment and utensils, and the possibility exists for your food items to come in contact with other food products, including allergens.

BAGELS

CLASSIC BAGELS

12 Grain Bagel: Enriched wheat flour, water, 12 grain mix (sunflower seeds, sesame seeds, wheat flakes, rye flakes, rolled oats, barley flakes, cornmeal, millet, triticale flakes, rice flour, flax seeds, buckwheat flour), glucose-fructose/sugar, wheat bran, ground flax seeds, vegetable oil (canola or soybean), honey, salt, yeast, molasses, cornmeal, malted barley flour, calcium propionate.

OR
Enriched wheat flour, water, 12 grain mix (sunflower seeds, sesame seeds, cracked wheat, oat flakes, buckwheat flour, flaxseed meal, whole barley flour, rye flour, millet, triticale flour, cornmeal, brown rice flour), wheat bran, sugar, flaxseed meal, soybean and/or canola oil, yeast, honey, wheat gluten, salt, yellow cornmeal, blackstrap molasses, calcium propionate, malted barley flour.

Blueberry Bagel: Enriched wheat flour, water, glucose-fructose/sugar, blueberries, artificial blueberry bits [sugar, yellow corn flour, corn syrup, corn starch, partially hydrogenated vegetable oil (cottonseed and/or soybean), natural and artificial flavours, cellulose gum, colour], salt, vegetable oil (canola or soybean), yeast*, cornmeal, natural and artificial blueberry flavour, calcium propionate, malted barley flour. *order may change.

Cinnamon Raisin Bagel: Enriched wheat flour, water, raisins, glucose-fructose/sugar, cornmeal, salt, vegetable oil (canola or soybean), yeast, cinnamon, calcium propionate, caramel colour (sulphites), malted barley flour.

OR
Enriched wheat flour, water, raisins, soybean and/or canola oil, sugar, yeast, salt, yellow cornmeal, cinnamon, caramel colour (sulphites), calcium propionate, malted barley flour.

Everything Bagel: Enriched wheat flour, water, glucose-fructose/sugar, toasted onion, poppy seeds, sesame seeds, salt, vegetable oil (canola or soybean), yeast, cornmeal, garlic powder, calcium propionate, malted barley flour.

OR
Enriched wheat flour, water, sesame seeds, dehydrated onion, poppy seeds, sugar, yeast, soybean and/or canola oil, salt, yellow cornmeal, garlic powder, calcium propionate, malted barley flour.

Plain Bagel: Enriched wheat flour, water, glucose-fructose/sugar, rye flour, salt, vegetable oil (canola or soybean), yeast, cornmeal, calcium propionate, malted barley flour.

OR
Enriched wheat flour, water, sugar, soybean and/or canola oil, yeast, salt, yellow cornmeal, calcium propionate, malted barley flour.

Pretzel Bagel: Bagel [Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, yeast, salt, cornmeal, calcium propionate (preservative), sodium bicarbonate (leavening), malted barley flour, L-cysteine hydrochloride, tricalcium phosphate], salt.

Sesame Seed Bagel: Enriched wheat flour, water, glucose-fructose/sugar, sesame seeds, rye flour, salt, vegetable oil (canola or soybean), yeast, cornmeal, calcium propionate, malted barley flour.

OR
Enriched wheat flour, water, sesame seeds, sugar, soybean and/or canola oil, yeast, salt, yellow cornmeal, calcium propionate, malted barley flour.

SPECIALTY BAGELS

Four Cheese Bagel: Enriched wheat flour, water, cheese [cheddar, mozzarella, asiago, parmesan (modified milk ingredients, bacterial culture, salt, calcium chloride, enzymes, colour, cellulose, natamycin)], glucose-fructose/sugar, vegetable oil (canola or soybean), yeast*, salt, natural and artificial cheese flavour, cornmeal, corn syrup solids, calcium propionate, wheat gluten*, malted barley flour, colour (contains tartrazine), potassium sorbate. *order may change.

Jalapeno Asiago Mozzarella Bagel: Enriched wheat flour, water, mozzarella cheese (modified milk ingredients, bacterial culture, salt, calcium chloride, enzymes, cellulose, natamycin), asiago cheese (modified milk ingredients, salt, calcium chloride, enzymes, bacterial culture, cellulose, natamycin), dehydrated vegetables (tomatoes, onions, garlic, red bell peppers, jalapeño peppers), glucose-fructose/sugar, yeast*, salt, sundried tomatoes (tomatoes, salt, citric acid), spices, vegetable oil (canola or soybean), cornmeal, corn syrup solids, calcium propionate, potassium sorbate, citric acid, malted barley flour, monoglycerides, natural flavour. *order may change.

Maple Cinnamon French Toast Bagel: Enriched wheat flour, water, glucose-fructose/sugar, maple flavoured nuggets [sugar, dextrose, hydrogenated vegetable oil (cottonseed and/or soybean), wheat flour, natural and artificial flavour, caramel colour], biskrunch topping [wheat flour, vegetable oil shortening (palm, modified palm), invert sugar, water, baking powder, modified corn starch, artificial flavour, caramel colour (sulphites), annatto], cinnamon flavoured flakes [sugar, hydrogenated vegetable oil (soybean, cottonseed), cinnamon, soybean lecithin], yeast*, salt, wheat gluten, maple syrup, vegetable oil (canola or soybean), flavour (milk), cornmeal, spices, molasses powder (molasses, maltodextrin), corn syrup solids, calcium propionate, powdered whole eggs, potassium sorbate, cinnamon, caramel colour, colour (contains tartrazine), monoglycerides. *order may change.

Roasted Garlic & Cheese Bagel: Enriched wheat flour, water, garlic, mozzarella cheese (modified milk ingredients, bacterial culture, salt, calcium chloride, enzymes, cellulose, natamycin), parmesan cheese (modified milk ingredients, salt, enzymes, calcium chloride, bacterial culture, cellulose, sorbic acid), vegetable oil (canola oil or soybean oil), wheat gluten, sugar, salt, dehydrated toasted onions, yeast, cornmeal, corn syrup solids, dehydrated roasted garlic, calcium propionate, potassium sorbate, garlic powder, acetylated tartaric acid esters of mono and diglycerides.

Sundried Tomato Asiago Parm Bagel: Enriched wheat flour, water, asiago cheese (modified milk ingredients, salt, calcium chloride, enzymes, bacterial culture), parmesan cheese (modified milk ingredients, salt, enzymes, calcium chloride, bacterial culture, cellulose, sorbic acid), glucose-fructose/sugar, sundried tomatoes (tomatoes, salt, citric acid), yeast*, salt, vegetable oil (canola or soybean), wheat gluten, malted barley flour, cornmeal, corn syrup solids, dehydrated vegetables (tomatoes, onions, green bell peppers, garlic, jalapeño peppers), tomato powder, paprika, oregano, basil, calcium propionate, natural flavour, dehydrated onion, potassium sorbate, caramel colour, dehydrated garlic, garlic powder, onion powder, dextrose, dried glucose syrup, spices, monoglycerides, acetylated tartaric acid esters of mono and diglycerides, colour, citric acid. *order may change.

BAGEL TOPPINGS

CREAM CHEESE SPREADS

Herb & Garlic Cream Cheese Spread: Milk ingredients, bacterial culture, water, salt, carob bean gum, dried onions, dried parsley, garlic powder, carrageenan, natural garlic flavour.
OR

Milk ingredients, modified milk ingredients, bacterial culture, dehydrated onion and garlic, spices, salt, propylene glycol alginate, xanthan gum, carrageenan, carob bean gum, guar gum, citric acid.

Light Plain Cream Cheese Spread: Milk ingredients, modified milk ingredients, bacterial culture, salt, xanthan gum, carob bean gum, guar gum, lactic acid, sorbic acid.
OR

Milk ingredients, bacterial culture, salt, carob bean gum, propylene glycol alginate, xanthan gum, carrageenan, guar gum.

Light Strawberry Cream Cheese Spread: Milk ingredients, sugar, modified milk ingredients, strawberries, bacterial culture, water, natural strawberry flavour, salt, natural flavour, cornstarch, lactic acid, xanthan gum, carob bean gum, carrageenan, guar gum, citric acid, sodium citrate, sorbic acid, colour.
OR

Milk ingredients, sugar, glucose-fructose, strawberries, modified corn starch, lemon juice concentrate, citric acid, salt, guar gum, carob bean gum, propylene glycol alginate, xanthan gum, carrageenan, bacterial culture, natural flavour, colour.

Plain Cream Cheese Spread: Milk ingredients, bacterial culture, salt, carob bean gum.
OR

Milk ingredients, bacterial culture, salt, carob bean gum, propylene glycol alginate, xanthan gum, carrageenan, guar gum.

SLICED CHEESE

Cheddar Cheese: Milk, modified milk ingredients*, bacterial culture, salt, microbial enzyme, calcium chloride, colour, (*may contain).
OR

Milk, modified milk ingredients, bacterial culture, salt, colour, microbial enzyme. May contain calcium chloride.

Swiss Cheese: Milk, salt, bacterial culture, microbial enzyme.
OR

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

Processed Cheddar Cheese: Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, colour, lipase, sorbic acid), modified milk ingredients, water, sodium citrate and/or phosphate, glucose, skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil (for slice separation), carboxymethylcellulose, colour, citric acid.
OR

Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, colour, soy lecithin.

OTHER BAGEL TOPPINGS

Blueberry Jam: Sugar/glucose-fructose, blueberries, water, fruit pectin, citric acid, mono- and diglycerides.

Butter (Salted): Cream (milk), salt, may contain colour.

Honey: Honey.

Margarine: Canola and sunflower oils, water, modified palm and palm kernel oils, salt, whey powder (milk), soy lecithin, vegetable monoglycerides, potassium sorbate, citric acid, alpha-tocopherol acetate (vitamin E), calcium disodium EDTA, natural and artificial flavour, vitamin A palmitate, vitamin D3, beta-carotene.

Mustard Spread: Margarine (soybean oil, modified palm oil, canola oil, water, salt, whey powder (milk), soya lecithin, monoglycerides, natural flavour, colour, vitamin A palmitate, citric acid, vitamin D3), prepared mustard (vinegar, mustard seed, water, salt, white wine, sugar, dextrose, spices, flavour, lactic acid, potassium metabisulphite), mustard flour.

Peanut Butter: Select roasted peanuts, soybean oil, corn dextrin, sugar, hydrogenated vegetable oil, salt.
OR

Roasted peanuts, sugar, peanut oil, hydrogenated vegetable oil, salt, cooking molasses, mono and diglycerides.

Raspberry Jam: Sugar/glucose-fructose, raspberries, water, fruit pectin, citric acid (helps pectin set jam), mono- and diglycerides (to reduce foaming).
OR

Sugar, glucose, apple pulp, raspberry, water, raspberry seeds, citric acid, pectin, sodium benzoate, colour.

Strawberry Jam: Sugar/glucose-fructose, strawberries, water, fruit pectin, citric acid (helps pectin set jam), mono- and diglycerides (to reduce foaming).
OR

Strawberries, glucose-fructose, sugar, citric acid, pectin.

MUFFINS

Chocolate Chip Muffin: Bleached enriched wheat flour, water, sugar, chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural vanilla extract), soybean and/or canola oils, liquid whole eggs, modified cornstarch, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), salt, monoglycerides, guar gum, xanthan gum, natural flavour, whey powder (milk), corn syrup solids, enzyme (amylase).

Chocolate Caramel Muffin: Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, liquid whole egg, chocolate flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, natural vanilla extract), caramel flakes [sugar, vegetable oil (palm, palm kernel), natural flavour, salt, colour (caramel, annatto), soy lecithin], leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), cocoa powder, modified cornstarch, colour [caramel (sulphites)], salt, monoglycerides, guar gum, xanthan gum, natural flavour, corn syrup solids, enzyme (amylase).

Caramel Filling: Sugar, water, sweetened condensed milk, modified corn starch, salt, natural & artificial flavour (sulphites), citric acid (pH control), potassium sorbate (preservative), carageenan, caramel colour (sulphites), colour (FD&C yellow #6, FD&C yellow #5).

Coffee Cake Muffin: Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, sour cream (milk ingredients, modified cornstarch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture), liquid whole egg, yogurt (milk ingredients, bacterial culture), cinnamon, palm and palm kernel oils, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, brown sugar, butter (milk), salt, cocoa powder, monoglycerides, xanthan gum, guar gum, natural flavour, corn syrup solids, enzyme (amylase), cinnamon oil, peppermint oil.

Caramel Filling: Sugar, water, sweetened condensed milk, modified corn starch, salt, natural & artificial flavour (sulphites), citric acid (pH control), potassium sorbate (preservative), carageenan, caramel colour (sulphites), colour (FD&C yellow #6, FD&C yellow #5).

Cran Apple Walnut Bran Muffin: Water, bleached enriched wheat flour, sugar, soybean and/or canola oils, cranberries, wheat bran, apples, liquid whole egg, walnuts, oat fiber, wheat germ, rolled oats, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate, calcium carbonate), salt, modified cornstarch, caramel colour, monoglycerides, guar gum, xanthan gum, cinnamon, natural flavour, sunflower oil, corn syrup solids, whey powder (milk), enzyme (amylase).

Cranberry White Chocolate Muffin: Bleached enriched wheat flour, water, sugar, cranberries, soybean and/or canola oils, liquid whole egg, white chocolate chips (sugar, cocoa butter, whole milk powder, soy lecithin, flavour), buttermilk powder, orange peel (orange peel, sugar, orange oil), leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified corn starch, salt, canola and modified palm and modified palm kernel oil shortening, monoglycerides, guar gum, lemon juice concentrate, xanthan gum, sunflower oil, natural flavour, corn syrup solids, enzyme (amylase).

Fruit Explosion Muffin: Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, liquid whole eggs, apples, cranberries, blueberries, raspberries, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, salt, monoglycerides, guar gum, xanthan gum, corn syrup solids, whey powder (milk), enzyme (amylase), natural flavour.

Raspberry Filling: Water, sugar, raspberries, modified corn starch, citric acid (pH control), lemon juice concentrate, natural flavour, salt, sodium benzoate (preservative), xanthan gum, locust bean gum, colour (FD & C red #40, FD&C blue #1).

Lemon Blueberry Greek Yogurt Muffin: Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, liquid whole egg, Greek yogurt (partially skim milk, bacterial culture), blueberries, glucose, oat hull fiber, chicory root inulin, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified corn starch, salt, lemon peel, canola and modified palm and modified palm kernel oil shortening, monoglycerides, black/purple carrot juice (for colour), guar gum, xanthan gum, lemon oil, citric acid, colour (beta carotene), dextrose, corn syrup solids, natural flavour, enzyme (amylase).

Raisin Bran Muffin: Bleached enriched wheat flour, water, sugar, raisins, soybean and/or canola oils, fancy molasses, wheat bran, liquid whole eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, salt, caramel colour, monoglycerides, guar gum, xanthan gum, whey powder (milk), corn syrup solids, enzyme (amylase).

Whole Grain Carrot Orange Muffin: Whole grain blend [bleached enriched wheat flour, wheat bran, wheat germ], sugar, water, carrots, soybean and/or canola oils, liquid whole eggs, orange peel (orange peel, sugar, orange oil), oat hull fiber, orange pulp, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, salt, monoglycerides, fancy molasses, guar gum, xanthan gum, cinnamon, ginger, corn syrup solids, whey powder (milk), enzyme (amylase).

Streusel Topping: Brown sugar, rolled oats, canola and modified palm and modified palm kernel oil shortening, wheat bran, enriched wheat flour, malt barley flour, water.

Whole Grain Pecan Banana Bread Muffin: Whole grain blend [bleached enriched wheat flour, wheat bran, wheat germ], banana purée, sugar, water, soybean and/or canola oils, liquid whole egg, pralines [sugar, pecans, corn syrup, butter (milk), salt], chicory root inulin, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, salt, monoglycerides, guar gum, citric acid (acidulant), xanthan gum, ascorbic acid (acidulant), natural flavour, corn syrup solids, whey powder (milk), enzyme (amylase).

Wild Blueberry Muffin: Bleached enriched wheat flour, water, sugar, wild blueberries, soybean and/or canola oils, liquid whole eggs, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, salt, cellulose gum, monoglycerides, guar gum, xanthan gum, corn syrup solids, whey powder (milk), enzyme (amylase), natural flavour.

COOKIES

CLASSIC COOKIES

Chocolate Chunk Cookie: Enriched bleached wheat flour, sugar, semisweet chocolate (sugar, chocolate liquor, cocoa butter, soya lecithin, natural flavour, may contain milk products), butter (cream (from milk), salt), water, refiner's molasses, artificial flavour, dried whole egg, sodium bicarbonate, baking powder, salt.

OR

Enriched wheat flour, sugar, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, flavour), butter (milk), water, liquid whole eggs, fancy molasses, baking powder, sodium bicarbonate, salt, artificial flavour, caramel colour.

Ginger Molasses Cookie: Bleached enriched wheat flour, brown sugar, butter (milk), fancy molasses, liquid whole egg, corn syrup (sulphites), ginger pulp (ginger, sugar), cinnamon, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate), cloves, ginger, caramel colour, allspice, water, natural flavour.

Oatcakes: Sugar, vegetable oil shortening (palm, canola, modified palm), rolled oats, enriched wheat flour, water, cereal [whole wheat, wheat bran, sugar, glucose-fructose, salt, malt (corn flour, malted barley), vitamins (thiamin hydrochloride, pyridoxine hydrochloride, folic acid, d-calcium pantothenate), minerals (iron, zinc oxide)], modified corn starch, salt, baking powder, xanthan gum, glucose-fructose.

Oatmeal Raisin Spice Cookie: Sugar, enriched bleached wheat flour, butter (cream (from milk), salt), raisins, oats, water, refiner's molasses, dried whole egg, artificial flavour, baking powder, cinnamon, salt, sodium bicarbonate, spices.

OR

Enriched wheat flour, brown sugar, butter (milk), raisins, rolled oats, water, liquid whole eggs, fancy molasses, baking powder, spices, sodium bicarbonate, salt, sugar, artificial flavour, caramel colour.

Peanut Butter Cookie: Sugar, enriched bleached wheat flour, butter (cream (from milk), salt), peanut butter (peanuts, dextrose, hydrogenated cottonseed and rapeseed oil, salt), roasted peanuts, peanut butter flavoured chips (partially defatted peanut meal, sugar, hydrogenated palm kernel and soybean oils, whey (a milk derivative), dextrose, salt, soya lecithin, artificial flavour), water, refiner's molasses, dried whole egg, artificial flavour, salt, baking powder, sodium bicarbonate.

OR

Brown sugar, enriched wheat flour, butter (milk), peanut butter (peanuts, soybean oil, corn dextrin, sugar, hydrogenated cottonseed and rapeseed oils, dextrose, salt, mono and diglycerides), peanut butter flavoured pieces [peanut meal, sugar, hydrogenated vegetable oil (modified palm kernel, soybean), dextrose, skim milk powder, whey, salt, soy lecithin, artificial flavour], peanuts, liquid whole eggs, water, fancy molasses, salt, baking powder, sodium bicarbonate, sugar, artificial flavour, caramel colour.

Triple Chocolate Cookie (QC only): Sugar, butter [cream (milk), salt], enriched unbleached wheat flour, water, semisweet chocolate chunks (chocolate liquor alkali processed, sugar, cocoa butter, soya lecithin, vanilla, may contain milk products), semisweet chocolate [sugar, chocolate liquor, cocoa butter, soya lecithin, natural flavour (contains milk ingredients)], white chocolate chunks (sugar, cocoa butter, powdered whole milk, soya lecithin, artificial flavour, salt), alkali processed cocoa, dried whole egg, refiner's molasses, artificial flavour, modified corn starch, baking powder, sodium bicarbonate.

OR

Sugar, enriched wheat flour, butter (milk), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, flavour), white chocolate chips (sugar, cocoa butter, whole milk powder, soy lecithin, flavour), liquid whole eggs, cocoa powder, water, fancy molasses, modified cornstarch, baking powder, sodium bicarbonate, artificial flavour, caramel colour.

White Chocolate Macadamia Nut Cookie: Enriched unbleached wheat flour, sugar, butter (cream (from milk), salt), white chocolate chunks (sugar, cocoa butter, whole milk, soya lecithin, artificial flavour, salt), macadamia nuts, water, refiner's molasses, artificial flavour, dried whole egg, baking powder, sodium bicarbonate, salt, modified corn starch, soybean oil.

OR

Enriched wheat flour, brown sugar, butter (milk), white chocolate chips (sugar, cocoa butter, whole milk powder, soy lecithin, flavour), macadamia nuts, water, liquid whole eggs, fancy molasses, baking powder, sodium bicarbonate, salt, sugar, modified cornstarch, artificial flavour, caramel colour.

FILLED COOKIES

Double Chocolate Cookie with Peanut Butter Filling: Bleached enriched wheat flour, sugar, butter (milk), peanut butter filling [peanut butter, sugar, invert sugar, butter, cellulose gum, salt, preservative (sorbic acid)], liquid whole egg, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), cocoa powder, chocolate flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), peanuts, fancy molasses, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate), modified cornstarch, artificial flavour.

Lemon Shortbread Cookie with Raspberry Filling: Bleached enriched wheat flour, sugar, butter (milk), raspberry filling [water, sugar, glucose, maltodextrin, modified corn starch, raspberry juice concentrate, sorbitol, gellan gum, methylcellulose, malic acid, citric acid, preservative (sodium benzoate), xanthan gum, locust bean gum, tricalcium phosphate, natural flavour, color (FD&C red #40)], lemon flavoured pieces [sugar, lemons, water, glucose, modified cornstarch, citric acid, salt, preservatives (sodium benzoate, potassium sorbate), natural flavour, color (FD&C yellow #5)], water, liquid whole egg, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate), lemon oil, modified corn starch, artificial flavour.

Red Velvet Cookie with Cream Cheese Filling: Bleached enriched wheat flour, sugar, butter (milk), cream cheese filling [water, corn syrup, sugar, cream cheese (milk, cream, bacterial culture, salt, carob bean gum), whey powder, palm oil, modified corn starch, lactic acid, natural and artificial flavour, salt, colour (titanium dioxide), polysorbate 60, preservative (sorbic acid)], chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), water, liquid whole egg, white chocolate flavoured chips (sugar, palm kernel and palm oil, skim milk powder, colour, soy lecithin), fancy molasses, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate), cocoa powder, colour (FD&C red #40), modified corn starch, artificial flavour.

Shortbread Cookie filled with Nutella®: Enriched bleached wheat flour, sugar, margarine (palm oil, water, canola oil, sugar, monoglycerides, soy lecithin, potassium sorbate, citric acid, artificial flavour, colour, vitamin A palmitate, vitamin D3), Nutella® [sugar, modified palm oil, hazelnuts, cocoa, skim milk powder, whey powder, lecithin (soy, sunflower), vanillin], liquid whole egg, hazelnuts, water, modified corn starch, leavening (corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), salt, natural and artificial flavour, soy lecithin.

CINNAMON ROLLS

Cinnamon Roll: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], yeast, corn starch, sugar, cinnamon, whey powder (milk), wheat gluten, leavening (sodium acid pyrophosphate, sodium bicarbonate), skim milk powder, emulsifiers [mono and diglycerides, (with BHT and citric acid as preservatives), sodium stearoyl-2-lactylate, diacetyl tartaric acid ester of mono and diglycerides], potato flour, salt, corn flour, soybean flour, dextrose, vegetable oil [canola oil and/or soybean oil, (with TBHQ as preservative)], silicon dioxide (free flow agent), ascorbic acid, artificial flavour, colour (yellow #5 and #6), L-cysteine hydrochloride, tricalcium phosphate, guar gum, enzymes (amylase, xylanase, wheat flour, salt, dextrin), sunflower oil.

Frosting: Sugar, water, shortening (modified palm oil, canola oil, palm kernel oil), corn maltodextrin (sulphites), artificial flavour, titanium dioxide (colour) citric acid (pH control), potassium sorbate (preservative), polysorbate 60, calcium carbonate, calcium sulphate, glucose solids, agar, locust bean gum, xanthan gum, mono- & diglycerides.

Glaze: Sugar, water, guar gum, modified potato starch, potassium sorbate (preservative), citric acid (pH control) agar, xanthan gum.

CROISSANTS

Croissant: Enriched wheat flour, water, vegetable oil margarine (modified palm, canola & palm oils, soy lecithin), sugar, yeast, glaze [water, sunflower oil, sodium caseinate, disodium phosphate, mono & diglycerides, whey, modified corn starch, carrageenan], modified milk ingredients (dairy product solids), soybean oil (with TBHQ as preservative), dough conditioner [wheat gluten, enriched wheat flour, diacetyl tartaric acid esters of monoglycerides, dextrose, calcium carbonate, vegetable oil (canola and/or soya), ascorbic acid, malted barley flour, xylanase, amylase], salt, artificial flavour, L-cysteine hydrochloride (synthetic), tricalcium phosphate, colour (annatto, yellow #5 & #6).

Cheese Topping: Cheddar cheese (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride, colour), cellulose powder.

OR

Milk, modified milk ingredients*, bacterial culture, salt, microbial enzyme, calcium chloride, colour, (*may contain).

Nutella® Spread: Sugar, modified palm oil, hazelnuts, cocoa, skim milk powder, whey powder, lecithin (soy, sunflower), vanillin

Snow Sugar: Dextrose, corn starch, shortening (palm, canola, and modified palm oils), silicon dioxide, titanium dioxide, artificial flavour.

DANISHES, PASTRIES & STRUDELS

Cherry Cheese Danish: Enriched wheat flour, cherry filling [sugar, water, cherries, modified corn starch, gellan gum, salt, citric acid (pH control), methylcellulose, natural & artificial flavours, sodium citrate (pH control), preservatives (potassium sorbate, sodium benzoate), xanthan gum, colour (red #40, blue #1)], water, vegetable oil margarine (modified palm, canola and palm oils), cream cheese filling [water, corn syrup, sugar, cream cheese (modified milk ingredients, bacterial culture, salt, locust bean gum, guar gum, lactic acid), modified milk ingredients, modified corn starch, vegetable oil (canola), artificial flavour, salt, microcrystalline cellulose, lactic acid, lemon juice concentrate, benzoic acid (preservative), sorbic acid, titanium dioxide (colour), potassium sorbate (preservative), locust bean gum, polysorbate 60], sugar, soybean oil (with TBHQ as preservative), yeast, modified milk ingredients (dairy product solids), dough conditioner [wheat gluten, enriched wheat flour, diacetyl tartaric acid esters of mono and diglycerides, dextrose, calcium carbonate, vegetable oil (canola and/or soybean), ascorbic acid, malted barley flour, amylase, calcium sulphate, enzymes (wheat)], salt, glaze [water, sunflower oil, sodium caseinate (milk), disodium phosphate, mono and diglycerides, whey (milk), modified corn starch, carrageenan], soybean flour, soy protein isolate, natural & artificial flavour, soya lecithin, dried whole egg, xanthan gum, colour (annatto, yellow #5 & #6).

Simple Syrup: Glucose-fructose (corn syrup), water, glucose (corn syrup), molasses (sulphites), salt, potassium sorbate (preservative), caramel colour (sulphites).

Chocolate Pastry (QC only): Enriched wheat flour, water, vegetable oil margarine (modified palm, canola & palm oils), chocolate filling [sugar, chocolate liquor, cocoa butter, soya lecithin (emulsifier), vanillin (artificial flavour)], glaze [water, sunflower oil, sodium caseinate (milk), disodium phosphate, mono and diglycerides, whey (milk), modified corn starch, carrageenan], sugar, yeast, modified milk ingredients (dairy product solids), dough conditioner [wheat gluten, enriched wheat flour, diacetyl tartaric acid esters of mono and diglycerides, dextrose, calcium carbonate, vegetable oil (canola and/or soya), ascorbic acid, malted barley flour, amylase], salt, soybean oil (with TBHQ as preservative), artificial flavour, colour (annatto, yellow #5 & #6).

Chocolate Fondant: Sugar, water, glucose (corn syrup), caramel colour (sulphites) cocoa (processed with alkali), potassium sorbate (preservative), natural & artificial flavour (sulphites), colour (FD&C red #40, FD&C yellow #5, FD&C yellow #6, FD&C blue #1).

Simple Syrup: Glucose-fructose (corn syrup), water, glucose (corn syrup), molasses (sulphites), salt, potassium sorbate (preservative), caramel colour (sulphites).

Maple Pecan Danish: Enriched wheat flour, maple flavoured filling [sugar, water, glucose (corn syrup), modified corn starch, modified palm oil, canola oil, sorbitol, natural & artificial flavour, gellan gum, salt, citric acid (pH control), potassium sorbate (preservative), polysorbate 60, locust bean gum, xanthan gum, caramel colour, titanium dioxide (colour), colour (yellow #5 & #6)], water, vegetable oil margarine (modified palm, canola & palm oils), pecans, sugar, soybean oil (with TBHQ as preservative), yeast, modified milk ingredients (dairy product solids), salt, dough conditioner [wheat gluten, enriched wheat flour, diacetyl tartaric acid esters of mono and diglycerides, dextrose, calcium carbonate, vegetable oil (canola and/or soybean), ascorbic acid, malted barley flour, amylase], glaze [water, sunflower oil, sodium caseinate (milk), disodium phosphate, mono and diglycerides, whey (milk), modified corn starch, carrageenan], soybean flour, soy protein isolate, soya lecithin, dried whole egg, xanthan gum, natural & artificial flavours, colour (annatto, yellow #5 & #6).

Simple Syrup: Glucose-fructose (corn syrup), water, glucose (corn syrup), molasses (sulphites), salt, potassium sorbate (preservative), caramel colour (sulphites).

Pastry Pocket filled with Nutella®: Enriched wheat flour, Nutella® [sugar, modified palm oil, hazelnuts, cocoa, skim milk powder, whey powder, lecithin (soy, sunflower), vanillin], water, palm oil, margarine (palm oil, water, canola oil, sugar, monoglycerides, soy lecithin, potassium sorbate, citric acid, artificial flavour, colour, vitamin A palmitate, vitamin D3), sugar, yeast, soy flour, salt, whey powder, mono and diglycerides, natural and artificial flavour, baking powder, sodium stearoyl-2-lactylate, DATEM, baking soda, sodium phosphate, modified corn starch, maltodextrin, locust bean gum, ascorbic acid, enzymes.

Granulated Sugar: Sugar.

Strawberry Cheese Strudel: Enriched wheat flour, margarine (vegetable oil (palm, canola), water, sugar, soy lecithin, artificial flavour, citric acid, vitamin A palmitate, vitamin D, beta carotene colour), water, sugar, salt, enzymes, strawberry and cheese filling [glucose-fructose, water, sugar, cream cheese (pasteurized milk and cream, bacterial culture, salt, carob bean gum), strawberries, modified corn starch, salt, citric acid, artificial flavours microcrystalline cellulose gum, potassium sorbate, lactic acid, sodium citrate, sodium benzoate, agar, locust bean gum, mono and diglycerides, carrageenan, artificial colours].

TEA BISCUITS

Cheese Tea Biscuit: Biscuit mix [enriched wheat flour, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), whey powder (milk), vegetable oil (canola and/or soybean oil, TBHQ), salt, mono- and diglycerides (contains BHT and citric acid), modified cornstarch], water, cheddar cheese (milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride, colour, cellulose powder), vegetable oil shortening (canola, modified palm, modified palm kernel).

OR

Enriched wheat flour, water, cheddar cheese (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzymes, colour, cellulose, natamycin), vegetable oil shortening (canola oil, modified palm and palm kernel oil), sugar, baking powder, modified milk ingredients, dextrose, vegetable oil (canola and/or soybean), mono and diglycerides, modified corn starch, salt.

Raisin Tea Biscuit: Biscuit mix [enriched wheat flour, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), whey powder (milk), vegetable oil (canola and/or soybean oil, TBHQ), salt, mono- and diglycerides (contains BHT and citric acid), modified cornstarch], water, raisins, vegetable oil shortening (canola, modified palm, modified palm kernel).

OR

Enriched wheat flour, water, raisins, vegetable oil shortening (canola oil, modified palm and palm kernel oil), sugar, baking powder, modified milk ingredients, dextrose, vegetable oil (canola and/or soybean), mono and diglycerides, modified corn starch, salt.

YEAST FILL DONUTS & TIMBITS

Apple Cobbler Donut

Yeast Bloom Donut
Spiced Apple Donut Filling
White Fondant
Cobbler Topping

Canadian Maple Donut

Yeast Fill Donut
Venetian Cream Donut Filling
Maple Fondant

Fruit Jelly Filled Donut or Timbit

Yeast Fill Donut OR Yeast Timbit
Snow Sugar
One of the following fillings: Banana Cream OR Blueberry
OR Lemon OR Raspberry OR Spiced Apple OR
Strawberry OR Venetian Cream

Maple Swirl Donut

Yeast Fill Donut
Venetian Cream Donut Filling
Maple Fondant
White Fondant

Strawberry Bloom Donut

Yeast Bloom Donut
Strawberry Donut Filling
White Fondant
Strawberry Bark

Chocolate Caramel Donut

Yeast Fill Donut
Caramel Donut Filling
Chocolate Fondant
Crunchy Caramel Topping

Banana Split Donut

Yeast Fill Donut
Banana Cream Donut Filling
Chocolate Fondant
White Fondant
Maraschino Cherry

Chocolate Whoopie Pie Donut

Chocolate Yeast Fill
White Whipped Topping
Chocolate Fondant
Mini Chocolate Chips

Game Day Supreme Donut

Yeast Fill Donut
Venetian Cream Donut Filling
White Fondant
Sprinkles
Edible Image Decoration

Raspberry Truffle Donut

Chocolate Yeast Fill Donut
Raspberry Donut Filling
Chocolate Fondant
White Fondant
Red Raspberry Hearts

Strawberry Shortcake Donut

Yeast Fill Donut
Strawberry Donut Filling
White Whipped Topping
Snow Sugar

Donut filled with Nutella®

Yeast Bloom Donut
Nutella® Spread
Chocolate Fondant
Roasted Hazelnuts

Boston Cream Donut

Yeast Fill Donut
Venetian Cream Donut Filling
Chocolate Fondant

Coconut Cream Donut

Yeast Fill Donut
Venetian Cream Donut Filling
White Fondant
White Coconut

Long John Donut

Yeast Éclair Donut
Chocolate Fondant

Strawberry Banana Coconut Donut

Yeast Fill Donut
Strawberry Donut Filling
Banana Cream Donut Filling
White Fondant
White Coconut

Strawberry Vanilla Donut

Yeast Fill Donut
Strawberry Donut Filling
White Fondant
Rainbow Sprinkles

YEAST RING DONUTS & NON-FILLED TIMBITS

Chocolate Dip Donut

Yeast Ring Donut
Chocolate Fondant

Strawberry Sprinkle Donut

Yeast Ring Donut
Strawberry Fondant
Rainbow Sprinkles

Vanilla Dip Donut with Coloured Sprinkles and Chocolate Shot

Yeast Ring Donut
White Fondant
Rainbow Sprinkles
Chocolatey Sprinkles

Honey Dip Donut or Timbit

Yeast Ring Donut OR Yeast Timbit
Donut Glaze

Sugar Loop Donut

Yeast Ring Donut
Granulated Sugar

Vanilla Dip Donut with Chocolate Shot

Yeast Ring Donut
White Fondant
Chocolatey Sprinkles

Maple Dip Donut

Yeast Ring Donut
Maple Fondant

Vanilla Dip Donut with Coloured Sprinkles (Santa's Favourite Vanilla Dip Donut)

Yeast Ring Donut
White Fondant
Sprinkles

OTHER YEAST DONUTS & TIMBITS

Apple Banana Dumpling Donut

Apple Fritter Donut
Banana Cream Donut Filling
Donut Glaze

Apple Dumpling Donut

Apple Fritter Donut
Spiced Apple Donut Filling
Cinnamon Donut Sugar

Apple Fritter Donut or Timbit

Apple Fritter Donut OR Timbit
Donut Glaze

Caramel Apple Fritter Donut

Apple Fritter Donut
Caramel Donut Filling
Donut Glaze

Apple Pie Fritter Donut

Apple Fritter Donut
Diced Apple Donut Filling
Donut Glaze
Graham Flavoured Crunch

Venetian Apple Donut

Apple Fritter Donut
Venetian Cream Donut Filling
Donut Glaze

INGREDIENTS**DONUTS & TIMBITS**

Apple Fritter Donut & Timbit: Enriched wheat flour, water, apples (contain ascorbic acid, sodium chloride, calcium chloride, calcium carbonate), shortening [palm oil, modified palm oil, (with TBHQ as preservative)], yeast, sugar, whey powder (milk), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), emulsifier [mono and diglycerides, (with BHT and citric acid as preservatives), sodium stearoyl-2-lactylate], dextrose, guar gum, vegetable oil [canola oil and/or soybean oil, (with TBHQ as preservative)], artificial flavour, colour (yellow #5 and #6), wheat starch, ascorbic acid, silicon dioxide, L-cysteine hydrochloride, tricalcium phosphate, enzymes, soybean oil (with TBHQ as preservative), cinnamon, sunflower oil.

Chocolate Yeast Fill Donut: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], yeast, sugar, whey powder (milk), wheat gluten, leavening (sodium acid pyrophosphate, sodium bicarbonate), emulsifiers [sodium stearoyl-2-lactylate, mono and diglycerides (contains BHT and citric acid as preservatives)], artificial flavour, wheat starch, ascorbic acid, silicon dioxide, L-cysteine hydrochloride, tricalcium phosphate, vegetable oil [canola oil and/or soybean oil (with TBHQ as preservative)], dextrose, enzymes, salt, cocoa (with alkali), colour [caramel (sulphites), red #40, red #3, and blue #1].

Yeast Fill / Bloom / Ring / Éclair Donut & Yeast Timbit: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], yeast, sugar, whey powder (milk), salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), emulsifier [mono and diglycerides, (with BHT and citric acid as preservatives), sodium stearoyl-2-lactylate], dextrose, guar gum, vegetable oil [canola oil and/or soybean oil, (with TBHQ as preservative)], artificial flavour, colour (yellow #5 and #6), wheat starch, ascorbic acid, silicon dioxide, L-cysteine hydrochloride, tricalcium phosphate, enzymes, soybean oil (with TBHQ as preservative).

FILLINGS

Banana Cream Donut Filling: Water, glucose-fructose, glucose syrup, modified corn starch, hydrogenated vegetable oils (canola, cottonseed, may contain soybean and palm oils) salt, sorbic acid (preservative), titanium dioxide (colour), artificial flavour, tartaric acid (for tartness), artificial colour (FD&C yellow #5, FD&C red #40).

Blueberry Donut Filling: Water, sugar, blueberries, modified corn starch, lemon juice concentrate, natural flavour, citric acid, (pH control), salt, sodium benzoate (preservative), locust bean gum, xanthan gum, colour (FD&C red #40, FD&C blue #1).

Caramel Donut Filling: Sugar, water, sweetened condensed milk, modified corn starch, salt, natural & artificial flavour (sulphites), citric acid (pH control), potassium sorbate (preservative), carageenan, caramel colour (sulphites), colour (FD&C yellow #6, FD&C yellow #5).

Diced Apple Donut Filling: Water, sugar, apples, modified corn starch, malic acid (pH control), natural flavour, cinnamon, sodium benzoate (as a preservative), potassium sorbate (as a preservative), caramel (colour), FD&C yellow #6.

Lemon Donut Filling: Water, sugar, glucose (corn syrup), modified corn starch, lemon juice concentrate, citric acid (pH control), modified palm oil, canola oil, salt, sodium citrate (pH control), potassium sorbate (preservative), locust bean gum, xanthan gum, natural flavour, colour (FD&C yellow #5).

Nutella® Spread: Sugar, modified palm oil, hazelnuts, cocoa, skim milk powder, whey powder, lecithin (soy, sunflower), vanillin

Raspberry Donut Filling: Water, sugar, raspberries, modified corn starch, citric acid (pH control), lemon juice concentrate, natural flavour, salt, sodium benzoate (preservative), xanthan gum, locust bean gum, colour (FD&C red #40, FD&C blue #1).

Spiced Apple Donut Filling: Water, sugar, apple pulp, modified corn starch, malic acid (for tartness), potassium sorbate (preservative), spice, natural flavour, sodium citrate (regulates tartness), salt, caramel colour, colour (FD&C yellow #6), sulphiting agent (preservative).

Strawberry Donut Filling: Water, sugar, strawberries, modified corn starch, citric acid (pH control), natural & artificial flavours, salt, sodium benzoate (preservative), sodium citrate (pH control), colour (FD&C red #40), caramel colour (sulphites), colour (FD&C blue #1).

Vanilla Fluff Donut Filling: Sugar, vegetable shortening (palm oil, canola oil, mono and diglycerides), glucose-fructose, water, corn syrup, dextrose, corn starch, modified corn starch, titanium dioxide, salt, artificial flavour, phosphoric acid, locust bean gum, potassium sorbate, polysorbate 60.

Venetian Cream Donut Filling: Water, sugar, modified corn starch, modified palm oil, canola oil, whey powder (milk), salt, titanium dioxide (colour), natural & artificial flavour (sulphites), sorbic acid (preservative), carageenan, tartaric acid (pH control), colour (FD&C yellow #5, FD&C yellow #6).

White Whipped Topping: Water, glucose-fructose, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sugar, dextrose, sodium caseinate (a milk derivative), modified cellulose, polysorbate 60, microcrystalline cellulose, salt, preservative (potassium sorbate), natural flavour, soy protein concentrate, polyglycerol esters of fatty acids, xanthan gum.

FONDANTS

Chocolate Fondant: Sugar, water, glucose (corn syrup), caramel colour (sulphites) cocoa (processed with alkali), potassium sorbate (preservative), natural & artificial flavour (sulphites), colour (FD&C red #40, FD&C yellow #5, FD&C yellow #6, FD&C blue #1).

Maple Fondant: Sugar, water, glucose (corn syrup), artificial flavour (sulphites), caramel colour (sulphites), potassium sorbate (preservative), colour (FD&C yellow #5, FD&C yellow #6).

Strawberry Fondant: Sugar, water, glucose (corn syrup), natural & artificial flavour, potassium sorbate, FD&C red #40.

White Fondant: Sugar, water, glucose (corn syrup), potassium sorbate (preservative), cream of tartar.

GLAZE, SUGARS, SPRINKLES & TOPPINGS

Blue Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch, soy lecithin, artificial colour (FD&C blue #1), carnauba wax.

Chocolatey Sprinkles: Sugar, palm oil, cocoa, corn syrup, corn starch, confectioner's glaze, soy lecithin, carnauba wax.

Chopped Peanuts: Dry roasted peanuts, salt.

Cinnamon Donut Sugar: Dextrose, spices, shortening (palm, canola, modified palm oils), cocoa (processed with alkali).

Crunchy Caramel Topping: Confection coating (sugar, palm kernel oil, skim milk powder, cocoa powder, soy lecithin [emulsifier], salt), sugar, corn syrup, butter (cream, salt), margarine [palm oil, water, soybean oil, salt, mono- and diglycerides, colour (annatto), calcium disodium EDTA (preservative), artificial flavour, vitamin A palmitate], water, salt.

Donut Glaze: Sugar, water, guar gum, modified potato starch, potassium sorbate (preservative), citric acid (pH control), agar, xanthan gum.

Edible Image Decoration: Tapioca starch, corn syrup solids, microcrystalline cellulose, sugar, water, canola oil, glycerine, titanium dioxide, polyglycerol esters, modified corn starch, algin, citric acid, potassium sorbate (preservative), coconut oil, soy lecithin, locust bean gum, colour (FD&C blue #1 lake and/or red #40 lake and/or red #3 and/or yellow #5 lake and/or yellow #6 lake).

Granulated Sugar: Sugar.

Green Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, FD&C artificial colours (yellow #5, blue #1), carnauba wax.

Maraschino Cherry: Cherries, sugar/glucose-fructose, water, citric acid, sodium benzoate, calcium chloride, potassium sorbate, natural and artificial flavour, colour, sulphites.

Mini Chocolate Chips: Sugar, cocoa butter, chocolate liquor, milk ingredients, soy lecithin, vanillin.

Orange Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, FD&C artificial colour (yellow #6), carnauba wax.

Pink Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, FD&C artificial colours (red #3, blue #1), carnauba wax.

Rainbow Sprinkles: Sugar, corn starch (sulphites), hydrogenated soybean oil, corn syrup, soy lecithin, gum arabic, FD&C artificial colours (red #3, yellow #5, yellow #6, red #40, blue #1).

Red Raspberry Hearts: White coating (sugar, palm kernel oil, skim milk powder, whole milk powder, soy lecithin [emulsifier], salt), corn syrup, red raspberry puree, coconut oil, red #40 lake, natural flavour, lemon juice concentrate, citric acid, potassium sorbate (preservative), sodium benzoate (preservative).

Red Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), FD&C artificial colours (red #40, red #3), soy lecithin, carnauba wax.

Roasted Hazelnuts: Dry roasted hazelnuts.

Shortbread Topping: Enriched wheat flour, sugar, coconut oil, pasteurized eggs, natural flavour (milk), salt.

Snow Sugar: Dextrose, corn starch, shortening (palm, canola, and modified palm oils), silicon dioxide, titanium dioxide, artificial flavour.

Strawberry Bark: White coating (sugar, partially hydrogenated palm kernel and palm oils, reduced mineral whey (milk) powder, whole milk powder, nonfat dry milk, soy lecithin [emulsifier], salt), sugar, corn syrup, palm kernel oil, natural flavour, baking soda, colour (red #40, red #3).

Toasted Coconut: Coconut, sugar, dextrose, starch, salt, sodium metabisulphite.

White Coconut: Coconut, sodium metabisulphite.

White Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, carnauba wax.

Yellow Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), FD&C artificial colour (yellow #5), soy lecithin, carnauba wax.

CHOCOLATE CAKE DONUTS & TIMBITS

Chocolate Glazed Donut or Timbit

Chocolate Cake Donut OR Timbit
Donut Glaze

Chocolate Mint Donut

Chocolate Cake Donut
Chocolate Fondant
White Fondant
Mint Extract

Chocolate Peanut Crunch Donut or Timbit

Chocolate Cake Donut OR Timbit
Donut Glaze
Chopped Peanuts

Chocolate Snow Timbit

Chocolate Cake Timbit
Snow Sugar

Chocolate Toasted Coconut Donut or Timbit

Chocolate Cake Donut OR Timbit
Donut Glaze
Toasted Coconut

Chocolate White Coconut Donut or Timbit

Chocolate Cake Donut OR Timbit
Donut Glaze
White Coconut

Double Chocolate Donut

Chocolate Cake Donut
Chocolate Fondant

Double Chocolate Donut with Sprinkles

Chocolate Cake Donut
Chocolate Fondant
Sprinkles

Strawberry Double Chocolate Donut

Chocolate Cake Donut
Chocolate Fondant
Strawberry Fondant

WHITE CAKE DONUTS & TIMBITS

Birthday Cake Timbit

Birthday Cake Timbit
Donut Glaze
Sprinkles

Cinnamon Sugar Donut or Timbit

White Cake Donut OR Timbit
Cinnamon Donut Sugar

Old Fashion Dip Donut

White Cake Donut
Chocolate Fondant

Old Fashion Glazed Donut or Timbit

White Cake Donut OR Timbit
Donut Glaze

Old Fashion Plain Donut or Timbit

White Cake Donut OR Timbit

Old Fashion Snow Donut

White Cake Donut
Snow Sugar

Old Fashion Sugar Donut or Timbit

White Cake Donut OR Timbit
Granulated Sugar

Peanut Crunch Donut or Timbit

White Cake Donut OR Timbit
Donut Glaze
Chopped Peanuts

Snow Ball Timbit

White Cake Timbit
Snow Sugar

Toasted Coconut Donut or Timbit

White Cake Donut OR Timbit
Donut Glaze
Toasted Coconut

White Coconut Donut or Timbit

White Cake Donut OR Timbit
Donut Glaze
White Coconut

SOUR CREAM CAKE DONUTS & TIMBITS

Sour Cream Cinnamon Donut or Timbit

Sour Cream Cake Donut OR Timbit
Cinnamon Donut Sugar

Sour Cream Glazed Donut or Timbit

Sour Cream Cake Donut OR Timbit
Donut Glaze

Sour Cream Plain Donut or Timbit

Sour Cream Cake Donut OR Timbit

Sour Cream Sugar Donut or Timbit

Sour Cream Cake Donut OR Timbit
Granulated Sugar

OTHER CAKE DONUTS & TIMBITS

Salted Caramel Timbit

Salted Caramel Cake Timbit
Donut Glaze

INGREDIENTS

DONUTS & TIMBITS

Birthday Cake Timbit: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], sugar, soybean flour, vegetable oil [canola oil and/or soybean oil (with TBHQ as preservative)], rainbow sprinkles [sugar, corn syrup, corn cereal, corn starch, partially hydrogenated palm oil, natural flavour, colour (red #40, yellow #6, blue #1, yellow #5)], leavening (sodium acid pyrophosphate, sodium bicarbonate, calcium phosphate monobasic), dried egg yolk [sodium aluminum silicate (free flow agent)], skim milk powder, dextrose, corn flour, whey powder (milk), artificial flavour, salt, modified corn starch, potato flour, emulsifiers [propylene glycol mono and diesters of fatty acids, mono and diglycerides, sodium stearoyl-2-lactylate, calcium silicate (anti-caking agent), citric acid (preservative), soya lecithin].

Chocolate Cake Donut & Timbit: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], sugar, vegetable oil [canola and/or soybean, (with TBHQ as preservative)], cocoa (with alkali), soybean flour, leavening (sodium bicarbonate, sodium acid pyrophosphate, calcium phosphate monobasic), corn flour, emulsifiers [soya lecithin, mono and diglycerides, preservatives (BHT, citric acid)], skim milk powder, dried egg yolk [sodium aluminum silicate (free flow agent)], whey powder (milk), salt, artificial flavour, modified corn starch, caramel colour.

Salted Caramel Cake Timbit: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], sugar, vegetable oil [canola oil and/or soybean oil (with TBHQ as preservative)], soybean flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, calcium phosphate monobasic), dried egg yolk [sodium aluminum silicate (free flow agent)], skim milk powder, dextrose, corn flour, artificial flavour (barley), modified corn starch, whey powder (milk), potato flour, emulsifiers [soya lecithin, monoglycerides, propylene glycol monoesters, sodium stearyl-2-lactylate, silicon dioxide, citric acid as preservative], caramel colour.

Sour Cream Cake Donut & Timbit: Enriched wheat flour, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], water, sugar, vegetable oil [canola and/or soybean, (with TBHQ as preservative)], skim milk powder, dried egg yolk [sodium aluminum silicate (free flow agent)], leavening (sodium acid pyrophosphate, sodium bicarbonate, calcium phosphate monobasic), soybean flour, dextrose, salt, artificial flavour, corn flour, wheat starch, emulsifiers [soya lecithin, mono and diglycerides, (with BHT and citric acid as preservatives)], colours (yellow #5 and #6).

White Cake Donut & Timbit: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], sugar, soybean flour, vegetable oil (canola and/or soybean, (with TBHQ as preservative)), leavening (sodium acid pyrophosphate, sodium bicarbonate, calcium phosphate monobasic), dried egg yolk [sodium aluminum silicate (free flow agent)], skim milk powder, dextrose, corn flour, whey powder (milk), spices, salt, modified corn starch, potato flour, emulsifiers [soya lecithin, propylene glycol monoesters or propylene esters, mono and diglycerides, sodium stearyl-2-lactylate, calcium silicate (free flow agent), citric acid (preservative)], artificial flavour.

FONDANTS

Chocolate Fondant: Sugar, water, glucose (corn syrup), caramel colour (sulphites) cocoa (processed with alkali), potassium sorbate (preservative), natural & artificial flavour (sulphites), colour (FD&C red #40, FD&C yellow #5, FD&C yellow #6, FD&C blue #1).

Strawberry Fondant: Sugar, water, glucose (corn syrup), natural & artificial flavour, potassium sorbate, FD&C red #40.

White Fondant: Sugar, water, glucose (corn syrup), potassium sorbate (preservative), cream of tartar.

GLAZE, SUGARS, SPRINKLES & TOPPINGS

Blue Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch, soy lecithin, FD&C artificial colour (blue #1), carnauba wax.

Chocolatey Sprinkles: Sugar, palm oil, cocoa, corn syrup, corn starch, confectioner's glaze, soy lecithin, carnauba wax.

Chopped Peanuts: Dry roasted peanuts, salt.

Cinnamon Donut Sugar: Dextrose, spices, shortening (palm, canola, modified palm oils), cocoa (processed with alkali).

Donut Glaze: Sugar, water, guar gum, modified potato starch, potassium sorbate (preservative), citric acid (pH control) agar, xanthan gum.

Granulated Cinnamon Donut Sugar: Sugar, spices, vegetable oil [canola and/or soybean (with TBHQ as preservative)].

Granulated Sugar: Sugar.

Green Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, FD&C artificial colours (yellow #5, blue #1), carnauba wax

Mint Extract: Propylene glycol, alcohol, oil of peppermint and spearmint, colour.

Orange Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, FD&C artificial colour (yellow #6), carnauba wax.

Pink Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, FD&C artificial colours (red #3, blue #1), carnauba wax.

Peppermint Bark: White coating (sugar, partially hydrogenated palm kernel and palm oils, reduced mineral whey powder, whole milk powder, nonfat dry milk, soy lecithin [emulsifier], salt), sugar, corn syrup, partially hydrogenated cottonseed and/or soybean oils, palm kernel and/or coconut oil, peppermint oil, artificial color (turmeric, blue #1), red #40.

Rainbow Sprinkles: Sugar, corn starch (sulphites), hydrogenated soybean oil, corn syrup, soy lecithin, gum arabic, FD&C artificial colours (red #3, yellow #5, yellow #6, red #40, blue #1).

Red Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), FD&C artificial colours (red #40, red #3), soy lecithin, carnauba wax.

Snow Sugar: Dextrose, corn starch, shortening (palm, canola, and modified palm oils), silicon dioxide, titanium dioxide, artificial flavour.

Toasted Coconut: Coconut, sugar, dextrose, starch, salt, sodium metabisulphite.

White Coconut: Coconut, sodium metabisulphite.

White Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), soy lecithin, carnauba wax.

Yellow Sprinkles: Sugar, hydrogenated palm kernel oil, corn syrup, corn starch (sulphites), FD&C artificial colour (yellow #5), soy lecithin, carnauba wax.

OTHER DONUTS & TIMBITS

Honey Cruller Donut or Timbit

Honey Cruller Donut OR Timbit
Donut Glaze

Glazed Paczki with Venetian Filling

Paczki
Venetian Cream Donut Filling
Donut Glaze

Paczki with Snow Sugar and Venetian Filling

Paczki
Venetian Cream Donut Filling
Snow Sugar

INGREDIENTS

DONUTS & TIMBITS

Honey Cruller Donut & Timbit: Water, wheat starch, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], dried egg yolk [sodium aluminum silicate (free flow agent)], corn flour, dried egg white (egg whites, yeast, citric acid), mono and diglycerides (emulsifier), leavening (sodium bicarbonate, sodium acid pyrophosphate, glucono delta lactone), shortening [palm oil and/or palm kernel oil, canola oil, modified palm oil, (with TBHQ and/or citric acid as preservative)], salt, sodium caseinate (milk), artificial flavour, dextrose.

Paczki: Enriched wheat flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], sugar, yeast, whey powder (milk), wheat gluten, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, emulsifier [mono and diglycerides, (with BHT and citric acid as preservatives), sodium stearyl-2-lactylate, diacetyl tartaric acid ester of mono and diglycerides], dried egg white (egg whites, yeast, citric acid), potato flour, corn flour, soybean flour, dextrose, vegetable oil [canola oil and soybean oil, (with TBHQ as preservative)], ascorbic acid, skim milk powder, cysteine hydrochloride, guar gum, enzymes, artificial flavour, colour (yellow #5 and #6).

FILLINGS

Venetian Cream Donut Filling: Water, sugar, modified corn starch, modified palm oil, canola oil, whey powder (milk), salt, titanium dioxide (colour), natural & artificial flavour (sulphites), sorbic acid (preservative), carageenan, tartaric acid (pH control), colour (FD&C yellow #5, FD&C yellow #6).

GLAZE & SUGAR

Donut Glaze: Sugar, water, guar gum, modified potato starch, potassium sorbate (preservative), citric acid (pH control) agar, xanthan gum.

Snow Sugar: Dextrose, corn starch, shortening (palm, canola, and modified palm oils), silicon dioxide, titanium dioxide, artificial flavour.

GREEK YOGURT WITH MIXED BERRIES AND ALMOND GRANOLA

Vanilla Greek Yogurt: Skim milk, cane sugar, rice starch, active bacterial culture, honey, lemon juice concentrate, natural flavour, pectin, vitamin A palmitate, vitamin D3. No preservatives. Made with vitamin A & D fortified skim milk.

OR

Strawberry Greek Yogurt: Skim milk, cane sugar, strawberry, active bacterial culture, honey, lemon juice concentrate, natural colours and flavours, pectin, vitamin A palmitate, vitamin D3. No preservatives. Made with vitamin A & D fortified skim milk.

Mixed Berries: Strawberries, blackberries, blueberries and raspberries.

Almond Granola: Oats, quick cook oats, canola/sunflower oil, corn syrup (glucose, water, sugar, molasses, potassium sorbate, caramel colour), sliced almonds, sugar, rice flour, puffed rice, molasses, vanilla extract, kosher salt, natural flavour.

BREAKFAST SANDWICHES

Biscuit Breakfast Sandwich

Homestyle Biscuit
Pork Sausage OR Bacon
Egg Omelette
Processed Cheddar Cheese

English Muffin Breakfast Sandwich

English Muffin
Pork Sausage OR Bacon
Egg Omelette
Processed Cheddar Cheese

Croissant Breakfast Sandwich

Round Croissant
Pork Sausage OR Bacon
Egg Omelette
Processed Cheddar Cheese

Eggs Benedict Breakfast Sandwich

English Muffin
Bacon
Egg Omelette
Processed Cheddar Cheese
Hollandaise Sauce

Farmer's Breakfast Sandwich

Homestyle Biscuit
Pork Sausage
Hash Brown
Egg Omelette
Processed Cheddar Cheese
Spicy Mayo-Type Sauce

GRILLED BREAKFAST WRAPS

Bacon Grilled Breakfast Wrap

White Tortilla
Bacon
Egg Omelette
Cheddar Cheese
Pepper and Onion Blend
Spicy Mayo-Type Sauce

Sausage Grilled Breakfast Wrap

White Tortilla
Pork Sausage
Egg Omelette
Cheddar Cheese
Pepper and Onion Blend
Spicy Mayo-Type Sauce

Grilled Farmer's Breakfast Wrap

White Tortilla
Pork Sausage
Hash Brown
Egg Omelette
Cheddar Cheese
Spicy Mayo-Type Sauce

OTHER BREAKFAST ITEMS

Bagel BELT®

12 Grain Bagel
Bacon
Egg Omelette
Processed Cheddar Cheese
Lettuce
Tomato

Oatmeal - Maple

Oatmeal
Maple Flakes
Brownulated Sugar

Oatmeal - Mixed Berry

Oatmeal
Mixed Berries
Brownulated Sugar

Sliced Toast (QC only)

White OR Whole Wheat Sliced Bread

Baked Beans (QC only)

Creton (QC only)
Hash Brown

INGREDIENTS

BREADS & WRAPS

12 Grain Bagel: Enriched wheat flour, water, 12 grain mix (sunflower seeds, sesame seeds, wheat flakes, rye flakes, rolled oats, barley flakes, cornmeal, millet, triticale flakes, rice flour, flax seeds, buckwheat flour), glucose-fructose/sugar, wheat bran, ground flax seeds, vegetable oil (canola or soybean), honey, salt, yeast, molasses, cornmeal, malted barley flour, calcium propionate.

OR
Enriched wheat flour, water, whole grain mix (sunflower seeds, sesame seeds, cracked wheat, oat flakes, buckwheat flour, flaxseed meal, whole barley flour, rye flour, millet, triticale flour, cornmeal, rice semolina), wheat bran, flaxseed meal, sugar, soybean and/or canola oil, yeast, honey, flaxseeds, salt, cornmeal, fancy molasses, wheat gluten, malt barley flour, preservative (calcium propionate), L-cysteine hydrochloride, tricalcium phosphate.

English Muffin: Bleached enriched wheat flour, water, yeast, glucose-fructose, cornmeal, corn flour, wheat gluten, salt, vinegar, soybean and/or canola oils, preservatives (calcium propionate, potassium sorbate, sorbic acid), vegetable mono- and diglycerides, leavening (monocalcium phosphate, calcium carbonate, calcium sulfate), fumaric acid, diacetyl tartaric acid esters of mono- and diglycerides, ammonium sulfate, calcium silicate, amylase, pentosanase.

OR
Enriched wheat flour, water, yeast, sugar/glucose-fructose, salt, canola oil, calcium propionate, cornmeal, acetelated tartaric acid esters of mono and diglycerides, ammonium chloride, monocalcium phosphate.

Homestyle Biscuit: Enriched wheat flour, water, hydrogenated vegetable oil shortening [palm kernel oil, soybean lecithin, colour, artificial flavour], yeast*, glucose-fructose/sugar, baking powder, hydrogenated vegetable oil shortening [(soybean oil and modified palm oil), BHA, colour, citric acid], salt, colour. *Order may change

Round Croissant: Enriched wheat flour, water, butter, margarine (palm oil, modified palm oil, canola oil, soy lecithin), sugar, yeast, salt, DATEM, whey powder, maltodextrin, dextrose, xanthan gum, carrageenan, sodium stearoyl-lactate, sodium phosphate, natural and artificial flavour, wheat gluten, colour, ascorbic acid, amylase, xylanase.

White Sliced Bread (QC only): Enriched wheat flour, water, glucose-fructose/sugar, *yeast, vegetable oil (canola or soybean), salt, calcium propionate, sodium stearoyl-2-lactylate, acetylated tartaric acid esters of mono and diglycerides, monoglycerides, ammonium chloride, calcium iodate. *Order may vary

White Tortilla: Enriched wheat flour, water, canola and/or soybean oil, modified palm and palm kernel oil, baking powder, salt, mono and diglycerides, cellulose gum, maltodextrin, carrageenan, corn starch, calcium propionate, fumaric acid, potassium sorbate, sodium stearyl-2-lactylate.

OR

Bleached wheat flour, water, canola and/or modified palm oil shortening, salt, mono- and diglycerides, sodium bicarbonate, sodium aluminum sulfate, calcium propionate, rice flour, sugar, fumaric acid, sorbic acid, potassium sorbate, carboxymethylcellulose gum, xanthan gum, enzymes (wheat starch, microcrystalline cellulose), L-cysteine.

OR

Enriched bleached wheat flour, water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil, and/or palm oil), contains 2% or less of each of the following: salt, leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), distilled monoglycerides, enzymes, wheat starch, calcium carbonate, antioxidants (tocopherols, ascorbic acid), cellulose gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid, and/or citric acid).

Whole Wheat Sliced Bread (QC only): Whole wheat flour, water, *yeast, glucose-fructose/sugar, wheat gluten, vegetable oil (canola or soybean), salt, sodium stearyl-2-lactylate, acetylated tartaric acid esters of mono and diglycerides, calcium propionate, monoglycerides, ammonium chloride, calcium iodate. *Order may vary

EGGS

Egg Omelette: Whole eggs, water, shredded process cheese food [cheese (milk, bacterial culture, salt, calcium chloride, lipase, microbial enzyme, colour), natural cheese flavour, modified milk ingredients, sodium phosphate, cellulose, lactic acid, salt, sorbic acid, citric acid, colour], onions, soybean oil, skim milk powder, citric acid, modified corn starch, salt, natural flavour (butter type), xanthan gum, liquid pepper extract.

MEAT

Bacon: Pork, water, salt, sugar, smoke flavour, sodium phosphate, sodium erythorbate, sodium nitrite.

Pork Sausage: Pork, water, salt, spices, dextrose, sugar, autolyzed yeast, lemon powder (corn syrup, concentrated lemon juice, natural flavour), savory flavour (natural flavour, maltodextrin), natural flavours, citric acid, lactic acid.

CHEESE

Cheddar Cheese: Milk, modified milk ingredients*, bacterial culture, salt, microbial enzyme, calcium chloride, colour, (*may contain).

OR

Milk, modified milk ingredients, bacterial culture, salt, colour, microbial enzyme.

Processed Cheddar Cheese: Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, colour, lipase, sorbic acid), modified milk ingredients, water, sodium citrate and/or phosphate, glucose, skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil (for slice separation), carboxymethylcellulose, colour, citric acid.

OR

Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, colour, soy lecithin.

VEGETABLES

Lettuce: Lettuce.

Pepper and Onion Blend: Red peppers, green peppers, yellow peppers, onions.

Tomato: Tomato.

SAUCES & SPREADS

Hollandaise Sauce: Soybean oil, water, frozen yolk (egg), parmesan cheese (milk), salt, concentrated lemon juice, vinegar, dijon mustard (water, mustard seeds, vinegar, salt, turmeric), xanthan gum, flavours, spice, phosphoric acid, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), potassium sorbate, sodium benzoate, beta carotene, calcium disodium EDTA.

Spicy Mayo-Type Sauce: Water, soybean oil, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), distilled white vinegar, modified corn starch, salted egg yolks, liquid sugar (sugar, water), salt, spices, xanthan gum, paprika extract, lemon juice concentrate, potassium sorbate and sodium benzoate (as preservatives), paprika, spice extract, calcium disodium EDTA (to preserve freshness).

OTHER BREAKFAST ITEMS

Baked Beans (QC only): White beans, water, brown sugar, pork fat, salt, dehydrated onions, mustard flour, spices.

Brownulated Sugar: Brown sugar.

Creton (QC only): Pork, water, toasted wheat crumbs, dehydrated onion, spices, salt.

Hash Brown: Potatoes, canola oil, dehydrated potatoes (mono- and diglycerides, sodium acid pyrophosphate, citric acid), dextrose, salt, sodium acid pyrophosphate, natural flavour.

Maple Flakes: 100% pure maple syrup.

Mixed Berries: Strawberries, blackberries, blueberries, raspberries.

Oatmeal: Rolled oats, sugar, salt, sunflower oil, enzyme.

SANDWICHES

BLT Sandwich

White Sandwich Bun
Bacon
Lettuce
Tomato
Light Mayonnaise-Type Sauce

Crispy Chicken Sandwich

Ciabatta Bun
Crispy Seasoned Chicken
Lettuce
Tomato
Light Mayonnaise-Type Sauce

Garden Vegetable Sandwich

Whole Wheat Sandwich Bun
Light Plain Cream Cheese Spread
Lettuce
Tomato
Cucumber

Pulled Pork Sandwich

Ciabatta Bun
Pulled Pork
Hickory BBQ Sauce
Crispy Onions

Turkey, Bacon Club Sandwich

Whole Wheat Sandwich Bun
Smoked Turkey Breast
Bacon
Lettuce
Tomato
Honey Mustard Sauce

Chicken Salad Sandwich

Whole Wheat Sandwich Bun
Chicken Salad
Lettuce
Tomato

Crispy Chicken Club Sandwich

Ciabatta Bun
Crispy Seasoned Chicken
Bacon
Cheddar Cheese
Lettuce
Tomato
Light Mayonnaise-Type Sauce

Ham & Swiss Sandwich

White Sandwich Bun
Smoked Black Forest Style Ham
Swiss Cheese
Lettuce
Tomato
Ranch Sauce

Spicy Crispy Chicken Sandwich

Ciabatta Bun
Spicy Crispy Seasoned Chicken
Lettuce
Tomato
Spicy Mayo-Type Sauce

Turkey Sandwich

Whole Wheat Sandwich Bun
Smoked Turkey Breast
Lettuce
Tomato
Chipotle Sauce

Chicken Salad Croissant Sandwich

Croissant
Chicken Salad
Lettuce
Tomato

Extreme Italian Sandwich

White Sandwich Bun
Pepperoni
Genoa Salami
Cooked Ham Capicola
Processed Mozzarella Cheese
Lettuce
Tomato
Red Onion
Creamy Sundried Tomato Spread

Italiano Grilled Bagel Sandwich

Roasted Garlic & Cheese Bagel
Pepperoni
Genoa Salami
Cooked Ham Capicola
Processed Mozzarella Cheese
Lettuce
Tomato
Red Onion
Creamy Sundried Tomato Spread

Spicy Crispy Chicken Club Sandwich

Ciabatta Bun
Spicy Crispy Seasoned Chicken
Bacon
Cheddar Cheese
Lettuce
Tomato
Spicy Mayo-Type Sauce

GRILLED PANINI

Grilled Cheese Panini

White Panini Bread
Processed Cheddar Cheese
Processed Mozzarella Cheese

Steak & Cheese Panini

White Sandwich Bun
Sliced Seasoned Steak
Processed Mozzarella Cheese
Red Onion
Black Pepper Mustard Mayo-Type Sauce

Turkey Chipotle Panini

Grilled Cheese Deluxe Panini

White Panini Bread
Bacon
Processed Cheddar Cheese
Tomato
Light Mayonnaise-Type Sauce

Philly Steak Panini

White Sandwich Bun
Sliced Seasoned Steak
Cheddar Cheese
Pepper and Onion Blend
Black Pepper Mustard Mayo-Type Sauce

Tuscan Chicken Panini

Smoked Ham & Cheese Panini

White Panini Bread
Smoked Black Forest Style Ham
Processed Cheddar Cheese
Light Mayonnaise-Type Sauce

Steak Mushroom Melt Panini

White Sandwich Bun
Sliced Seasoned Steak
Cheddar Cheese
Sautéed Mushrooms
Black Pepper Mustard Mayo-Type Sauce

White Panini Bread
Smoked Turkey Breast
Processed Mozzarella Cheese
Tomato
Red Onion
Chipotle Sauce

Whole Wheat Sandwich Bun
Seasoned Chicken Strips
Processed Mozzarella Cheese
Tomato
Red Onion
Creamy Sundried Tomato Spread

GRILLED WRAPS

Chipotle Chicken Grilled Wrap

White Tortilla
Seasoned Chicken Strips
Cheddar Cheese
Pepper and Onion Blend
Lettuce
Tomato
Chipotle Sauce

Chipotle Steak Grilled Wrap

White Tortilla
Sliced Seasoned Steak
Cheddar Cheese
Pepper and Onion Blend
Lettuce
Tomato
Chipotle Sauce

Chicken Bacon Ranch Grilled Wrap

White Tortilla
Seasoned Chicken Strips OR Crispy Seasoned Chicken
Bacon
Lettuce
Tomato
Ranch Sauce

SALADS

Caesar Salad

Lettuce
Seasoned Croutons
Bacon
Four Cheese Blend
Creamy Caesar Dressing

Garden Salad

Lettuce
Tomato
Cucumber
Red Onion
Balsamic Vinaigrette

INGREDIENTS

BREADS & WRAPS

Ciabatta Bun: Enriched wheat flour, water, sugar, canola and/or soybean oil, salt, yeast, cultured rye flour, malted barley flour, enzymes, ascorbic acid.

Croissant: Enriched wheat flour, water, vegetable oil margarine (modified palm, canola & palm oils, soy lecithin), sugar, yeast, glaze [water, sunflower oil, sodium caseinate, disodium phosphate, mono & diglycerides, whey, modified corn starch, carrageenan], modified milk ingredients (dairy product solids), soybean oil (with TBHQ as preservative), dough conditioner [wheat gluten, enriched wheat flour, diacetyl tartaric acid esters of monoglycerides, dextrose, calcium carbonate, vegetable oil (canola and/or soya), ascorbic acid, malted barley flour, xylanase, amylase], salt, artificial flavour, L-cysteine hydrochloride (synthetic), tricalcium phosphate, colour (annatto, yellow #5 & #6).

Croutons: Enriched wheat flour, canola and/or olive oil, salt, whey, sugar, yeast, garlic powder, romano cheese (milk, cheese culture, salt, microbial enzymes), parsley, onion, spices, citric acid, disodium inosinate and disodium guanylate, ascorbic acid, soybean oil, hydrogenated soybean oil.

Roasted Garlic & Cheese Bagel: Enriched wheat flour, water, garlic, mozzarella cheese (modified milk ingredients, bacterial culture, salt, calcium chloride, enzymes, cellulose, natamycin), parmesan cheese (modified milk ingredients, salt, enzymes, calcium chloride, bacterial culture, cellulose, sorbic acid), vegetable oil (canola oil or soybean oil), wheat gluten, sugar, salt, dehydrated toasted onions, yeast, commeal, corn syrup solids, dehydrated roasted garlic, calcium propionate, potassium sorbate, garlic powder, acetylated tartaric acid esters of mono and diglycerides.

White Panini Bread: Enriched wheat flour, water, wheat gluten, salt, yeast*, sugar, malted barley flour. *Order may change

White Sandwich Bun: Enriched wheat flour, water, yeast, salt, wheat gluten, soybean oil [contains TBHQ (preservative)], rye flour, soya lecithin, barley malt flour, dried wheat sourdough, ascorbic acid.

White Tortilla: Enriched wheat flour, water, canola and/or soybean oil, modified palm and palm kernel oil, baking powder, salt, mono and diglycerides, cellulose gum, maltodextrin, carrageenan, corn starch, calcium propionate, fumaric acid, potassium sorbate, sodium stearoyl-2-lactylate.

OR

Bleached wheat flour, water, canola and/or modified palm oil shortening, salt, mono- and diglycerides, sodium bicarbonate, sodium aluminum sulfate, calcium propionate, rice flour, sugar, fumaric acid, sorbic acid, potassium sorbate, carboxymethylcellulose gum, xanthan gum, enzymes (wheat starch, microcrystalline cellulose), L-cysteine.

OR

Enriched bleached wheat flour, water, vegetable shortening (interesterified soybean oil, hydrogenated soybean oil, and/or palm oil), contains 2% or less of each of the following: salt, leavening (sodium bicarbonate, sodium aluminum sulfate, corn starch, monocalcium phosphate, and/or sodium acid pyrophosphate, calcium sulfate), distilled monoglycerides, enzymes, wheat starch, calcium carbonate, antioxidants (tocopherols, ascorbic acid), cellulose gum, dough conditioners (fumaric acid, sodium metabisulfite), preservatives (calcium propionate, sorbic acid, and/or citric acid).

Whole Wheat Sandwich Bun: Whole wheat flour, enriched wheat flour, water, yeast, salt, wheat gluten, soybean oil [contains TBHQ (preservative)], rye flour, soya lecithin, barley malt flour, dried wheat sourdough, ascorbic acid.

MEAT

Bacon: Pork, water, salt, sugar, smoke flavour, sodium phosphate, sodium erythorbate, sodium nitrite.

Chicken Salad: Seasoned chicken strips (see under MEAT), mayonnaise-type sauce (water, soybean oil, liquid egg white, vinegar, modified corn starch, salt, sugar, dehydrated onion, dehydrated celery, spice, concentrated lemon juice, xanthan gum, mustard flour, potassium sorbate, natural flavour, calcium disodium EDTA).

Cooked Ham Capicola: Pork, water, salt, sugar, vinegar, spices, sodium phosphate, sodium erythorbate, sodium nitrite.

Crispy Seasoned Chicken: Chicken, wheat flour, water, modified corn starch, salt, toasted wheat crumbs, spice, corn flour, rice flour, flavour, onion powder, sodium phosphate, carrageenan, dried garlic, garlic powder, spice extract, wheat gluten, yeast, sugar, baking powder, sodium aluminum phosphate, xanthan gum, colour. Browned in vegetable oil.

OR

Chicken, water, modified corn starch, salt, sodium phosphate, onion powder, carrageenan, dehydrated garlic, flavour, spice. In a coating of: breader (wheat flour, salt, spice, yeast, soybean oil, garlic powder, sugar, corn flour, flavour), water, modified corn starch, wheat flour, toasted wheat crumb, salt, rice flour, corn flour, wheat gluten, spice, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), garlic powder, onion powder, xanthan gum, colour, flavour. Browned in soybean oil.

OR

Chicken breast with skin, water, seasoning [modified corn starch, onion powder, dehydrated garlic, chicken flavour (contains maltodextrin, salt, and natural flavours), yeast extract, maltodextrin, natural flavours, expeller pressed sunflower oil (as a processing aid), spice, salt, not more than 2% silicon dioxide added to prevent caking], salt, sodium phosphates, carrageenan. Breaded with: enriched wheat flour, salt, spices, yeast, garlic powder, sugar, yellow corn flour, extractives of paprika, natural flavour, spice extractive. Battered with: water, enriched wheat flour, modified corn starch, salt, yellow corn flour, rice flour, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), egg whites, malted barley flour, garlic powder, onion powder, xanthan gum, spice extractives of paprika and annato. Predusted with: modified corn starch, enriched bleached wheat flour, wheat gluten, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, egg whites.

Genoa Salami: Pork, beef, salt, sugar, dextrose, spices, garlic powder, sodium erythorbate, flavour, lactic acid starter culture, sodium nitrite, smoke.

Peperoni: Pork, beef, salt, sugar, dextrose, spices, maltodextrin, garlic powder, sodium erythorbate, flavour, lactic acid starter culture, sodium nitrite smoke.

Pulled Pork: Pork, water, modified cornstarch, salt, sodium phosphates, smoke flavour, smoke.

Seasoned Chicken Strips: Chicken, water, modified tapioca starch, salt, corn starch, sodium phosphate, dehydrated cooked chicken powder, dextrose, autolyzed yeast extract, chicken fat, flavour, spices, onion powder.

OR

Chicken, water, modified corn starch, salt, modified tapioca starch, autolyzed yeast extract, dextrose, corn maltodextrin, flavour, chicken fat, spices, onion powder, sugar, garlic powder, sodium phosphate.

Sliced Seasoned Steak: Beef, water, hydrolyzed soy protein, dextrose, salt, potassium lactate, brown sugar, sodium phosphate, corn syrup solids, modified corn starch, caramel, onion powder, tomato powder, lemon juice powder (corn syrup solids, lemon juice, lemon oil), garlic powder, yeast extract, sodium diacetate, citric acid, flavour, spice.

OR

Beef, water, hydrolyzed soy protein, dextrose, salt, sodium tripolyphosphate, brown sugar, glucose solids, modified corn starch, caramel colour, onion powder, tomato powder, autolyzed yeast extract, lemon juice powder (glucose solids, lemon juice, lemon oil), garlic powder, citric acid, flavour, spices.

Smoked Black Forest Style Ham: Pork, water, corn syrup solids, salt, flavour (modified potato starch), potassium chloride, sodium phosphate, carrageenan, rice flour, smoke flavour, sodium erythorbate, sodium nitrite, smoke.

OR

Ham, water, corn syrup solids, salt, potassium lactate, flavour (soy protein), sodium diacetate, sodium phosphate, carrageenan, flavour, sodium erythorbate, sodium nitrite, smoke flavour, smoke.

Smoked Turkey Breast: Turkey breast, water, corn syrup solids, salt, modified potato starch, potassium phosphate, carrageenan, autolyzed yeast, sodium erythorbate, sodium nitrite, spices, smoke.

OR

Turkey, water, corn syrup solids, potassium lactate, salt, flavour (soy protein), isolated soy protein, sodium phosphate, carrageenan, sodium diacetate, autolyzed yeast extract, sodium erythorbate, sodium nitrite, spice, smoke.

Spicy Crispy Seasoned Chicken: Crispy seasoned chicken [chicken, wheat flour, water, modified corn starch, salt, toasted wheat crumbs, spice, corn flour, rice flour, flavour, onion powder, sodium phosphate, carrageenan, dried garlic, garlic powder, spice extract, wheat gluten, yeast, sugar, baking powder, sodium aluminum phosphate, xanthan gum, colour. Browned in vegetable oil.], spicy seasoning [spice, maltodextrin, onion powder, garlic powder, sugar, lemon juice solids, salt, flavour, oleoresin paprika, paprika, less than 2% silicon dioxide added to prevent caking].

OR

Crispy seasoned chicken [chicken, water, modified corn starch, salt, sodium phosphate, onion powder, carrageenan, dehydrated garlic, flavour, spice. In a coating of: breader (wheat flour, salt, spice, yeast, soybean oil, garlic powder, sugar, corn flour, flavour), water, modified corn starch, wheat flour, toasted wheat crumb, salt, rice flour, corn flour, wheat gluten, spice, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), garlic powder, onion powder, xanthan gum, colour, flavour. Browned in soybean oil.], spicy seasoning [spice, maltodextrin, onion powder, garlic powder, sugar, lemon juice solids, salt, flavour, oleoresin paprika, paprika, less than 2% silicon dioxide added to prevent caking].

OR

Crispy seasoned chicken [chicken breast with skin, water, seasoning [modified corn starch, onion powder, dehydrated garlic, chicken flavour (contains maltodextrin, salt, and natural flavours), yeast extract, maltodextrin, natural flavours, expeller pressed sunflower oil (as a processing aid), spice, salt, not more than 2% silicon dioxide added to prevent caking], salt, sodium phosphates, carrageenan. Breaded with: enriched wheat flour, salt, spices, yeast, garlic powder, sugar, yellow corn flour, extractives of paprika, natural flavour, spice extractive. Battered with: water, enriched wheat flour, modified corn starch, salt, yellow corn flour, rice flour, spices, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), egg whites, malted barley flour, garlic powder, onion powder, xanthan gum, spice extractives of paprika and annato. Predusted with: modified corn starch, enriched bleached wheat flour, wheat gluten, leavening (sodium acid pyrophosphate, sodium bicarbonate), salt, egg whites], spicy seasoning [spice, maltodextrin, onion powder, garlic powder, sugar, lemon juice solids, salt, flavour, oleoresin paprika, paprika, less than 2% silicon dioxide added to prevent caking].

CHEESE

Cheddar Cheese: Milk, modified milk ingredients*, bacterial culture, salt, microbial enzyme, calcium chloride, colour, (*may contain).

OR

Milk, modified milk ingredients, bacterial culture, salt, colour, microbial enzyme.

Four Cheese Blend (Mozzarella, Parmesan, Provolone, Gouda): Pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin.

Light Plain Cream Cheese Spread: Milk ingredients, modified milk ingredients, bacterial culture, salt, xanthan gum, carob bean gum, guar gum, lactic acid, sorbic acid.

OR

Milk ingredients, bacterial culture, salt, carob bean gum, propylene glycol alginate, xanthan gum, carrageenan, guar gum.

Processed Cheddar Cheese: Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, colour, lipase, sorbic acid), modified milk ingredients, water, sodium citrate and/or phosphate, glucose, skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil (for slice separation), carboxymethylcellulose, colour, citric acid.

OR

Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, colour, soy lecithin.

Processed Mozzarella Cheese: Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, potassium sorbate, citric acid, carboxymethyl cellulose, soy lecithin.

Swiss Cheese: Milk, salt, bacterial culture, microbial enzyme.

OR

Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

VEGETABLES

Crispy Onions: Onions, enriched wheat flour, sunflower, safflower and/or canola oil, salt.

Cucumber: Cucumber.

Lettuce: Lettuce.

Pepper and Onion Blend: Red peppers, green peppers, yellow peppers, onions.

Red Onion: Red onion.

Sauteed Mushrooms: White mushrooms, sunflower seed oil and/or canola oil, salt, corn starch, granulated garlic, black pepper, parsley, xanthan gum, guar gum, sodium alginate.

Tomato: Tomato.

SAUCES & SPREADS

Balsamic Vinaigrette: Water, balsamic vinegar, soybean oil, canola oil, sugar, dried garlic, salt, caramel colour, spices and herbs, xanthan gum (thickener), fig juice concentrate, potassium sorbate (maintains quality), mustard, dried parsley, calcium disodium EDTA (maintains flavour).

Black Pepper Mustard Mayo-Type Sauce: Soybean oil, water, dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, spice), sugar, fresh garlic, vinegar, cider vinegar, frozen yolk (egg), salt, mustard seed, modified corn starch, flavours, spice, xanthan gum, dehydrated garlic, concentrated lemon juice, citric acid, potassium sorbate, sodium benzoate, calcium disodium EDTA.

Chipotle Sauce: Water, soybean oil, frozen yolk (egg), sour cream powder (sour cream [milk ingredients, bacterial culture], citric acid, BHA, BHT), sugar, vinegar, buttermilk powder, salt, spices (includes ground chipotle pepper), modified corn starch, dehydrated onion, jalapeno peppers (jalapeno peppers, salt, acetic acid, calcium chloride), lactic acid, dehydrated garlic, xanthan gum, potassium sorbate, sodium benzoate, dehydrated parsley, flavour, calcium disodium EDTA.

Creamy Caesar Dressing: Water, soybean oil, parmesan and Romano cheese (milk), egg yolks, vinegar, sugar, salt, modified corn starch, garlic, spices and seasonings (wheat, soy), anchovy paste (fish), lactic acid (enhances tartness), lemon juice concentrate, dried onions, natural flavour, sorbic acid (maintains quality), xanthan gum (thickener), polysorbate 60 (prevents oil separation), dried garlic, calcium disodium EDTA (maintains flavour).

Creamy Sundried Tomato Spread: Soybean oil, water, vinegar, buttermilk powder, frozen yolk (egg), sugar, sundried tomatoes, salt, garlic, sundried tomato powder (sulphites), spices and herbs, flavours (milk), xanthan gum, lactic acid, potassium sorbate, sodium benzoate, citric acid, calcium disodium EDTA.

Hickory BBQ Sauce: Sugar/glucose-fructose, water, tomato paste, white vinegar, salt, worcestershire sauce (anchovies [fish]), garlic powder, fancy molasses, xanthan gum, mustard flour, turmeric, spices, sodium benzoate, potassium sorbate, oleoresin paprika, aquaresin garlic, onion powder.

Honey Mustard Sauce: Sugar/glucose-fructose, prepared mustard (water, vinegar, mustard seed, salt, colour, sugar, spices), corn syrup, water, vinegar, modified tapioca starch, honey, spice, salt, sodium benzoate, natural and artificial flavours.

OR

Sugar, water, corn syrup, white vinegar, glucose-fructose, modified corn starch, mustard, honey, salt, sodium benzoate (preservative), spice, artificial and natural flavour, colour (FD&C yellow #5).

Light Mayonnaise-Type Sauce: Water, soybean oil, modified corn starch, vinegar, frozen egg whites, salt, sugar, mustard flour, xanthan gum, concentrated lemon juice, potassium sorbate, flavour, colours, calcium disodium EDTA. Contains 59% less fat than regular mayonnaise; 4.8g fat per serving (1 tablespoon/15 mL).

Ranch Sauce: Water, soybean oil, parmesan cheese, sugar, salt, modified corn starch, vinegar, egg yolks, garlic juice, skim milk powder, natural flavours, black pepper, phosphoric acid, xanthan gum, polysorbate 60, sorbic acid, lemon juice concentrate, disodium inosinate, disodium guanylate, colour, calcium disodium EDTA, spices.

OR

Water, soybean oil, vinegar, frozen yolk (egg), parmesan cheese (milk), sugar, modified corn starch, salt, powdered buttermilk, garlic juice, spice, phosphoric acid, flavour, concentrated lemon juice, xanthan gum, potassium sorbate, sodium benzoate, calcium disodium EDTA.

Spicy Mayo-Type Sauce: Water, soybean oil, hot sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), distilled white vinegar, modified corn starch, salted egg yolks, liquid sugar (sugar, water), salt, spices, xanthan gum, paprika extract, lemon juice concentrate, potassium sorbate and sodium benzoate (as preservatives), paprika, spice extract, calcium disodium EDTA (to preserve freshness).

CHIPS & POTATO WEDGES

Warm Kettle Cooked Potato Chips: Potatoes, vegetable oil (canola and/or sunflower and/or corn), sea salt.

Classic Barbecue Flavoured Warm Kettle Cooked Potato Chips: Chips [potatoes, vegetable oil (canola and/or sunflower and/or corn), sea salt], seasoning [sugar, brown sugar, spices (with mustard), salt, tomato powder, sodium diacetate, flavour (autolyzed yeast extract, mustard), molasses, corn maltodextrin (sulphites), onion powder, autolyzed yeast extract, worcestershire sauce blend [worcestershire sauce (molasses, vinegar, glucose solids, salt, caramel, garlic, sugar, spices, tamarind, flavour), corn maltodextrin], citric acid, garlic powder, caramel colour (sulphites), smoke flavour, disodium inosinate and disodium guanylate, malic acid, calcium silicate (manufacturing aid), high monounsaturated vegetable oil (canola and/or sunflower seed) (manufacturing aid)].

Savoury Potato Wedges: Potatoes, canola oil, wheat flour, modified corn starch, corn flour, salt, garlic powder, onion powder, spice, dehydrated parsley, dextrose, sodium phosphate.

SOUPS

Bistro French Onion Soup: Corn maltodextrin, dehydrated onions, tapioca starch, flavour (dextrose, hydrolyzed corn gluten, salt, ammonium chloride, lactic and citric acids, soy lecithin, sulphites, modified corn starch), sugar, salt, autolyzed yeast extract, parmesan cheese style blend (milk, cheese cultures, bacterial cultures, salt, microbial enzymes, calcium chloride, lipase, cellulose), potassium chloride, soy oil, disodium inosinate, disodium guanylate, caramel colour.

Croutons: Enriched wheat flour, canola and/or olive oil, salt, whey, sugar, yeast, garlic powder, romano cheese (milk, cheese culture, salt, microbial enzymes), parsley, onion, spices, citric acid, disodium inosinate and disodium guanylate, ascorbic acid, soybean oil, hydrogenated soybean oil.

Four Cheese Blend (Mozzarella, Parmesan, Provolone, Gouda): Pasteurised milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin.

Classic Chicken Noodle Soup: Pasta shells (semolina wheat, eggs), corn maltodextrin, dehydrated vegetables (carrots, green peas, onions, red bell peppers), corn starch, freeze-dried cooked chicken, salt, chicken fat, hydrolyzed corn protein, potassium chloride, parmesan cheese style blend (modified milk ingredients, salt, lipase, calcium chloride, bacterial culture, microbial enzymes, cellulose, sorbic acid, colour), modified palm oil, disodium inosinate, disodium guanylate, dehydrated parsley, onion powder, garlic powder, citric acid, turmeric, sunflower oil, flavour (soy, celery).

OR
Noodles (wheat semolina, egg white), corn maltodextrin, dehydrated vegetables (carrot, peas, red bell pepper, onion, garlic), cornstarch, chicken, salt, chicken fat, hydrolyzed corn protein, yeast extract, potassium chloride, hydrogenated soybean and cottonseed oil, natural flavour (contains soybean), spices and herbs, disodium inosinate and disodium guanylate, grated cheese product (modified milk ingredients, salt, lipase, calcium chloride, bacterial culture, microbial enzyme, cellulose, sorbic acid), chicken broth, citric acid, spice extractives, parmesan cheese solids, modified milk ingredients.

Cream of Asparagus Soup (QC only): Water, asparagus, skim milk powder, heavy cream, onions, modified cornstarch, butter (milk, salt), soybean oil, enriched wheat flour, salt, flavour enhancer (hydrolyzed corn gluten, wheat protein and soy protein, autolyzed yeast extract), colour, butter flavour (milk, soy), white pepper, disodium inosinate, disodium guanylate.

Cream of Broccoli Soup: Water, broccoli, skim milk powder, onions, modified cornstarch, soybean oil, heavy cream, enriched flour, butter, flavour enhancer (hydrolyzed corn gluten, wheat protein and soy protein, autolyzed yeast extract), salt, mustard flour, cream flavour (lactose, whey protein concentrate, cream powder [cream, skim milk, soy lecithin], modified cornstarch, milk fat, mannitol, xanthan gum, artificial colour, salt, natural flavouring), titanium dioxide, butter flavour (milk, soy), spice, disodium inosinate, disodium guanylate.

Cream of Carrot Soup (QC only): Carrot puree, water, modified cornstarch, onion puree, heavy cream, dehydrated potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), butter (milk, salt), flavour base (water, salt, hydrolyzed corn and soy protein, soy protein concentrate, corn oil, onion powder, autolyzed yeast extract, flavouring, soy protein isolate, sugar, garlic powder, turmeric), vegetable base (sauteed vegetables [carrots, celery, onions], sugar, corn maltodextrin, corn oil, salt, cornstarch, yeast extract, water, natural flavouring, carrot extract), salt, garlic, concentrated carrot juice, spices, beet powder, white pepper.

Cream of Potato Leek Soup: Water, dehydrofrozen potatoes (sodium acid pyrophosphate), leeks, cream, yellow onions, skim milk powder, modified cornstarch, soybean oil, butter, dehydrated potato flakes (potatoes, mono and diglycerides, sodium acid pyrophosphate, citric acid), salt, roasted onion puree, colour (titanium dioxide), artificial potato flavour, onion powder, sugar, emulsifier (distilled monoglycerides, distilled propylene glycol, citric acid, ascorbic acid), white pepper, garlic powder, dehydrated parsley, disodium inosinate and guanylate.

Creamy Field Mushroom Soup: Corn maltodextrin, corn starch and modified corn starch, coconut and soy oils, enriched wheat flour, freeze-dried and dehydrated mushrooms (champignon de paris, shiitake and porcini), whey powder (milk), mushroom powder, corn syrup solids, salt, gum blend (carrageenan, locust bean, guar, acacia, karaya and cellulose gums, potassium chloride, dextrose), sugar, colour (titanium dioxide, caramel), flavour (contains enzyme modified butter oil, dehydrated butter, rye (wheat), annatto and turmeric), hydrolyzed corn gluten, potassium chloride, autolyzed yeast extract, sodium caseinate (from milk), disodium inosinate, disodium guanylate, mono- and diglycerides, dipotassium phosphate, spice, silicon dioxide, soy lecithin, dehydrated parsley.

OR
Maltodextrin, modified corn starch, dehydrated mushrooms (white, shiitake, porcini), dried whey, corn starch, canola oil, enriched wheat flour, whey protein concentrate, autolyzed yeast, salt, skim milk powder, titanium dioxide colour, flavour and artificial flavour, hydrolyzed soy protein, onion powder, cream powder (cream, skim milk, whey, sodium caseinate, soy lecithin, bha), potassium chloride, garlic powder, disodium phosphate, soy flour, yeast extract, disodium inosinate and disodium guanylate, soy lecithin, spice, locust bean gum, modified cellulose, carrageenan, calcium silicate (less than 2% added to prevent caking).

Creamy Sundried Tomato Soup: Water, tomatoes, heavy cream, tomato paste, skim milk powder, modified corn starch, sundried tomatoes, parmesan cheese, roasted garlic, cream flavour, soybean oil, sugar, onions, salt, potassium chloride, garlic, spices, yeast extract, mono- and diglycerides, black pepper, citric acid, calcium chloride.

East Coast Clam Chowder: Water, dehydrofrozen potatoes (sodium acid pyrophosphate), chopped clams (clams, clam juice, sodium tripolyphosphate), skim milk powder, celery, pollock fish, modified corn starch, soybean oil, enriched wheat flour, heavy cream, butter (milk, salt), salt, dehydrated onions, natural and artificial flavours, flavour enhancer (hydrolyzed corn gluten, wheat protein and soy protein, autolyzed yeast extract), colour, white pepper, dehydrated parsley, yeast extract (soybean oil), garlic.

Harvest Vegetable Soup: Water, diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), carrots, celery, corn, dehydrofrozen potatoes (potatoes, sodium acid pyrophosphate), cauliflower, garbanzo beans (garbanzo beans, water, salt, disodium EDTA), green beans, kidney beans (kidney beans, water, salt, calcium chloride, disodium EDTA), zucchini, tomato paste, modified cornstarch, basil, flavour enhancer (hydrolyzed corn gluten, wheat protein and soy protein, autolyzed yeast extract), roast beef type flavour (hydrolyzed corn, wheat and soy gluten, yeast extract, natural and artificial flavourings, sunflower oil, disodium guanylate, disodium inosinate), roast flavour (hydrolyzed corn gluten, soy protein and wheat gluten, yeast extract, partially hydrogenated soybean and cottonseed oils, dextrose, disodium inosinate, disodium guanylate), yeast extract, salt, sugar, disodium inosinate, disodium guanylate, white pepper.

Hearty Potato Bacon Soup: Water, dehydrofrozen potatoes (potatoes, sodium acid pyrophosphate), heavy cream, skim milk powder, carrots, celery, modified cornstarch, cooked bacon (pork, water, salt, sugar, smoke flavour, sodium phosphates, sodium erythorbate, sodium nitrate), soybean oil, butter (milk, salt), green bell peppers, dehydrated potatoes, (potatoes mono and diglycerides, sodium acid pyrophosphate, citric acid), salt, colour, dehydrated onions, artificial flavour, sugar, emulsifier (distilled monoglycerides (soy), distilled propylene glycol monoesters (soy), citric acid, ascorbic acid), white pepper, disodium inosinate, disodium guanylate, garlic powder, butter flavour (milk, soy).

Italian Wedding Soup: Corn maltodextrin, enriched egg macaroni/noodle product (semolina wheat flour, egg whites, niacin, ferrous sulfate, thiamine mononitrite, riboflavin, folic acid), freeze-dried cooked meatballs with soy (freeze-dried beef, textured soy protein concentrate, toasted wheat crumbs, salt, spices, sugar, onion powder, garlic powder), corn starch, flavour and artificial flavour (autolyzed yeast extract [contains barley], soy sauce powder [water, soybeans, wheat, salt], chicken powder, hydrolyzed corn protein, grill flavour, modified corn and tapioca starches, broccoli powder, dehydrated carrots, chicken fat, salt, sugar, spinach flakes, onion powder, autolyzed yeast extract, parmesan cheese style blend (milk, cheese cultures, salt, lipase, calcium chloride, bacterial culture, microbial enzymes, cellulose, sorbic acid), potassium chloride, garlic powder, disodium inosinate, disodium guanylate, spices, citric acid, colour (turmeric, caramel, FD&C yellow #6, FD&C yellow #5 [tartrazine])).

Minestrone Soup: Corn maltodextrin, enriched macaroni/noodle product (durum wheat semolina, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), corn starch and modified corn starch, dehydrated potatoes (contain mono- and diglycerides, sodium phosphate, citric acid), dehydrated red kidney beans (contain sugar, calcium chloride), salt, dehydrated chick peas, sugar, onion and garlic powders, dehydrated onions, parmesan cheese style blend (milk, cheese cultures, bacterial cultures, salt, microbial enzymes, calcium chloride, lipase, cellulose), dehydrated green peas, dehydrated carrots, soy oil, tomato flakes, dehydrated red bell peppers, tomato powder (contains silicon dioxide), hydrolyzed corn, soy and wheat proteins, freeze-dried green beans, autolyzed yeast extract, spices, potassium chloride, tricalcium phosphate, spinach flakes, colour (paprika, caramel, red #40, yellow #6), disodium inosinate, disodium guanylate, gum blend (carrageenan, locust bean, guar and cellulose gums, potassium chloride, dextrose), flavour and artificial flavour (contain thiamine hydrochloride, lactic acid), soy sauce powder (soybeans, wheat, salt).

OR

Enriched macaroni product (semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), dehydrated vegetables (onions, red bell peppers, carrots, peas, green beans, spinach, tomatoes), maltodextrin, corn starch, tomato powder, dehydrated kidney beans, dehydrated potato (potatoes, mono and diglycerides, sodium acid pyrophosphate, sulphites, citric acid, mixed tocopherols), salt, parmesan cheese (milk solids, bacterial culture, salt, rennet, lipase, may contain calcium chloride, cellulose and/or sorbic acid), dehydrated garbanzo beans, vegetable oil shortening (soybean and cottonseed oil), hydrolyzed soy protein, onion powder, yeast extract, garlic powder, paprika, flavour (soy lecithin), spice, whey solids, locust bean gum, citric acid, caramel colour, disodium inosinate and disodium guanylate, carrageenan, oleoresin paprika, potassium chloride, modified cellulose, calcium silicate (less than 2% added to prevent caking).

Roasted Red Pepper Gouda Soup: Tomato paste, water, roasted red peppers, gouda cheese, cream, vegetable oil (canola, corn or cottonseed), flavour, modified corn starch, butter, sugar, skim milk powder, salt, garlic (in citric acid), modified milk ingredients, spices (chili pepper), wheat flour, onion powder, basil, parsley flakes, citric acid.

Spicy Thai Chicken Soup: Cream, chicken broth (water, chicken stock), rice, seasoned chicken, red peppers, mushrooms, portobello mushrooms, modified corn starch, skim milk powder, diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), chicken fat, canola oil, tomato paste, garlic (in citric acid), modified tapioca starch, salt, worcestershire sauce (vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, flavour, chili pepper extract), malt vinegar, wheat flour, sugar, flavour, cilantro, basil, soy sauce (water, wheat, soybeans, salt), seasoning (hydrolyzed protein [wheat, corn, soy], yeast extract, flavour [cod]), disodium inosinate, disodium guanylate, soy protein isolate, soy lecithin.

Sweet Potato Bisque: Sweet potatoes, water, apples (apples, ascorbic acid, citric acid, salt), carrots, cream, modified corn starch, brown sugar, wheat flour, skim milk powder, salt, potato flakes (mono and diglycerides, sodium phosphate, citric acid), butter, canola or soybean oil, modified milk ingredients, spices, dehydrated garlic, onion powder, flavour, soy lecithin, soy protein isolate.

Turkey & Wild Rice Soup: Long-grain parboiled rice, corn maltodextrin, wild rice, corn starch, flavours and artificial flavour (contain corn, potato and tapioca maltodextrins, hydrolyzed corn protein, salt, chicken fat, silicon dioxide, turkey broth, chicken powder, lactic acid, onion powder, thiamine hydrochloride, cultured corn solids, fractionated coconut and/or palm kernel oils, hydrogenated cottonseed and soy oils, soy lecithin), dehydrated onions, soy oil, dehydrated cooked turkey (contains BHA), dehydrated red bell peppers, salt, dehydrated carrots, potassium chloride, autolyzed yeast extract, disodium inosinate, disodium guanylate, spices (contain celery), freeze-dried spinach, citric acid, caramel colour.

OR

Maltodextrin, rice, wild rice, dehydrated vegetables (onions, red bell peppers, carrots, spinach), modified corn starch, corn starch, freeze-dried cooked turkey, hydrolyzed soy and corn protein, yeast extract, potassium chloride, chicken fat, salt, flavour (dried egg yolk, chicken broth, chicken powder, beef tallow), dextrose, onion powder, disodium inosinate and disodium guanylate, dried whey, spice, garlic powder, caramel colour, silicon dioxide (less than 2% added to prevent caking).

CHILI & HOT BOWLS

Chicken Stew (QC only): Cooked diced white meat chicken (white meat chicken, water, modified cornstarch, salt, sodium phosphate), water, potatoes (sodium acid pyrophosphate), cream (milk), onions, carrots, peas, celery, modified cornstarch, chicken base (chicken meat with its juices, salt, potato flour, flavour, carrot powder, turmeric), chicken fat (natural flavour), salt, spices, natural flavour (yeast extract, natural flavour), dehydrated roasted garlic.

Bread Bowl (QC only): Enriched wheat flour, water, enriched wheat farina (farina, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, yeast, malted barley extract.

Chili: Cooked ground beef, water, diced tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), red kidney beans (red kidney beans, water, sugar, salt, calcium chloride), diced onions, tomato paste, mushroom pieces (mushrooms, water, salt, citric acid), diced green peppers, celery, textured soy protein (soy flour, caramel colour), modified corn starch, salt, chili powder, sugar, garlic purée (garlic, citric acid), mono- and diglycerides, worcestershire sauce (water, distilled vinegar, molasses, glucose-fructose, tamarinds, hydrolyzed soy protein, salt, onions, garlic, shallots, cloves, chili peppers and flavour), spices, caramel colour, disodium inosinate, disodium guanylate, flavour.

OR

Beef, water, tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), red kidney beans (red kidney beans, water, salt, disodium EDTA), onions, mushrooms (mushrooms, water, salt, citric acid or ascorbic acid), green peppers, tomato paste, celery, corn starch, beef fat (BHA, BHT, propyl gallate, citric acid, dimethylpolysiloxane), textured soy protein (soy flour, caramel colour), salt, sugar, monoglycerides, garlic powder, onion powder, chili powder, disodium inosinate, disodium guanylate, seasoning (contains hydrolyzed soy protein, yeast extract), spices.

SIDES

White Bun: Enriched wheat flour, water, yeast, salt, wheat gluten, soybean oil [contains TBHQ (preservative)], rye flour, soya lecithin, barley malt flour, dried wheat sourdough, ascorbic acid.

Whole Wheat Bun: Whole wheat flour, enriched wheat flour, water, yeast, salt, wheat gluten, soybean oil [contains TBHQ (preservative)], rye flour, soya lecithin, barley malt flour, dried wheat sourdough, ascorbic acid.

COFFEE

Original Blend Coffee: 100% Arabica coffee.

Dark Roast Coffee: 100% Arabica coffee.

Decaf Coffee: 100% Arabica coffee, decaffeinated by The Swiss Water Process.

SPECIALTY & HERBAL TEAS

Steeped Tea made with Whole Leaf: Black tea leaves.

Apple Cinnamon Herbal Tea (Caffeine-free): Cinnamon bark, roasted chicory root, apple pieces, rosehips berries, hibiscus flowers, natural flavours, nutmeg, allspice, citric acid.

Chai Tea: Black tea leaves, cinnamon bark, ginger root, black pepper, cardamom seed, cloves, star anise, nutmeg.

Chamomile Herbal Tea (Caffeine-free): Chamomile.

Earl Grey Tea: Black tea leaves, natural oil of Bergamot.

English Breakfast Tea: Black tea leaves.

Green Tea: Green tea leaves, lemongrass, lemon balm herb, verbena leaves.

Honey Lemon Herbal Tea (Caffeine-free): Rosehip berries, lemongrass herb, lemon peels, golden rod herb, roasted chicory root, natural flavours, citric acid, green anise seeds.

Orange Pekoe Tea: Black tea leaves.

Orange Pekoe Tea (Decaffeinated): Black tea leaves. Decaffeinated with ethyl acetate.

Peppermint Herbal Tea (Caffeine-free): Peppermint.

HOT SPECIALTY BEVERAGES

Apple Cider: Water, sugar, maltodextrin, apple powder, citric acid, flavour & artificial flavour, malic acid, pectin, cinnamon, caramel colour, silicon dioxide, dextrose, tapioca dextrin, modified corn starch.

Café Mocha: Coffee (see under COFFEE), hot chocolate (see under HOT SPECIALTY BEVERAGES), white whipped beverage topping (see under BEVERAGE TOPPINGS).

English Toffee Cappuccino: Sugar, coffee whitener [partially hydrogenated coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, mono- and diglycerides, silicon dioxide, soy lecithin], skim milk powder, instant coffee, cocoa powder (processed with alkali), natural and artificial flavour, salt, carboxymethyl cellulose gum, silicon dioxide (an anticaking agent).

French Vanilla Cappuccino: Sugar, coffee whitener [hydrogenated coconut oil, corn syrup solids, sodium caseinate (a milk derivative), dipotassium phosphate, mono- and diglycerides, silicon dioxide, soy lecithin], modified milk ingredients, skim milk powder, instant coffee, cocoa powder (processed with alkali), salt, tricalcium phosphate, natural and artificial flavour, carboxymethylcellulose gum.

Hot Chocolate: Sugar, creaming agent (hydrogenated oils [coconut or palm kernel and/or soy oils], corn syrup, modified milk ingredients, sugar, dipotassium phosphate, mono- and diglycerides, sodium aluminum silicate, acetylated tartaric acid esters of mono- and diglycerides, salt), cocoa, salt, sodium carboxymethyl cellulose, tricalcium phosphate, artificial flavour (contains calcium stearate), soy lecithin.

OR

Sugar, glucose solids, cocoa (processed with alkali), hydrogenated coconut oil, silicon dioxide, salt, sodium caseinate (a milk derivative), potassium phosphate dibasic, artificial flavours, cellulose gum, artificial colours, mono- & diglycerides.

Caramel Hot Chocolate: Hot chocolate (see under HOT SPECIALTY BEVERAGES), creamy caramel flavour shot (see under FLAVOUR SHOTS), chocolate whipped beverage topping (see under BEVERAGE TOPPINGS), crunchy caramel topping (see under BEVERAGE TOPPINGS).

White Hot Chocolate: Sugar, coconut oil, corn syrup solids, whey protein concentrate (milk), modified milk ingredients, sodium caseinate (a milk derivative), tricalcium phosphate, carboxymethyl cellulose gum, salt, mono and diglycerides, cocoa processed with alkali, flavour, artificial flavour, dipotassium phosphate, sodium silico aluminate.

ESPRESSO & LATTE BEVERAGES

Cappuccino

Espresso

Skim Milk

Hot Cocoa Mix (Used for smile beverage art)

Espresso

Espresso

Latte

Espresso

Skim Milk

Hot Cocoa Mix (Used for smile beverage art)

Flavoured Latte

Espresso
 Skim Milk
 Sugar
 Flavour Shot
 Hot Cocoa Mix (Used for smile beverage art)

Chocolate Dream Latte

Espresso
 Hot Cocoa Mix
 Skim Milk
 Chocolate Whipped Beverage Topping
 Chocolatey Drizzle

Vanilla Dream Latte

Espresso
 Skim Milk
 Sugar
 Vanilla Bean Flavour Shot
 White Whipped Beverage Topping
 Vanilla Drizzle

Caramel Dream Latte

Espresso
 Skim Milk
 Sugar
 Creamy Caramel Flavour Shot
 White Whipped Beverage Topping
 Caramel Drizzle

Caramel Drizzle: See under BEVERAGE TOPPINGS.

Chocolate Whipped Beverage Topping: See under BEVERAGE TOPPINGS.

Chocolatey Drizzle: See under BEVERAGE TOPPINGS.

Espresso: Espresso.

Flavour Shot: See under FLAVOUR SHOTS.

Hot Cocoa Mix: Sugar, cocoa, skim milk powder, cellulose gum, vanillin (artificial flavour), artificial chocolate flavour.

Skim Milk: Water, skim milk powder.

Sugar: Sugar.

Vanilla Drizzle: See under BEVERAGE TOPPINGS.

White Whipped Beverage Topping: See under BEVERAGE TOPPINGS.

MILK, CREAM & NON-DAIRY ALTERNATIVES

18% Cream: Milk, cream, dextrose, sodium citrate, disodium phosphate, carrageenan, locust bean gum.

OR

Milk, cream, sodium citrate, sodium phosphate, carrageenan, dextrose.

2% White Milk: Partly skimmed milk, vitamin A palmitate, vitamin D3.

1% Chocolate Milk: Milk Ingredients, sugar, cocoa, salt, carrageenan, colour, natural & artificial flavour, vitamin A palmitate, vitamin D3. (*Chocolate milk contains sulphites and corn ingredients in Quebec only)

Soy Beverage: Filtered water, organic soybeans, organic cane sugar, calcium phosphate, sea salt, maltodextrin, carrageenan, sodium citrate, vitamin A palmitate, riboflavin, vitamin B12, zinc oxide, vitamin D3.

OR

Water, organic soybeans, organic cane sugar, calcium carbonate, sea salt, carrageenan, vitamins and minerals (vitamin A palmitate, ergocalciferol, cyanocobalamin, riboflavin, zinc sulphate), sodium bicarbonate.

OR

Filtered water, organic whole soybeans, organic cane sugar, tricalcium phosphate, sea salt, natural flavour, carrageenan, sodium bicarbonate, ascorbic acid, niacin, pantothenate, riboflavin, vitamin A palmitate, thiamine, vitamin B6, folacin, vitamin D2, vitamin B12, zinc gluconate.

OR

Filtered water, soy protein (isolate, whole soybeans), cane sugar, canola oil, tricalcium phosphate, potassium citrate, natural flavour, dipotassium phosphate, magnesium phosphate, salt, carrageenan, zinc gluconate, ascorbic acid, niacin, pantothenate, riboflavin, vitamin B6, vitamin A, thiamine, folacin, vitamin D2, vitamin B12.

OR

Filtered water, whole organic soybeans, organic cane sugar, sea salt, carrageenan, natural flavours, acidity regulator (sodium bicarbonate), anti-foaming agent (organic soybean oil, silicon dioxide). Vitamins & minerals: calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.

FLAVOUR SHOTS

Creamy Caramel Flavour: Glycerine, propylene glycol, water, natural and artificial flavouring, caramel colour. Contains sulphites.

Hazelnut Flavour: Glycerine, caramel colour, propylene glycol, natural and artificial flavours, water, FD&C yellow #5, triacetin. Contains sulphites.

Mint Chocolate Flavour: Glycerine, propylene glycol, water, artificial flavours, caramel colour.

Raspberry Flavour: Glycerine, propylene glycol, water, natural and artificial flavours, FD&C red #40, FD&C blue #1.

Vanilla Bean Flavour: Glycerine, propylene glycol, water, natural and artificial flavouring. Contains sulphites.

BEVERAGE TOPPINGS

White Whipped Beverage Topping: Water, glucose-fructose, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk), dextrose, artificial flavour, polysorbate 60, modified vegetable gum (modified cellulose), sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts (colour).

OR

Water, glucose-fructose, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sugar, dextrose, sodium caseinate (a milk derivative), modified cellulose, polysorbate 60, microcrystalline cellulose, salt, preservative (potassium sorbate), natural flavour, soy protein concentrate, polyglycerol esters of fatty acids, xanthan gum.

Chocolate Whipped Beverage Topping: Water, glucose-fructose, partially hydrogenated palm kernel oil, sugar, alkali processed cocoa, sodium caseinate (milk), dextrose, artificial flavour, polysorbate 60, sorbitan monostearate, salt, guar gum, xanthan gum.

Caramel Drizzle: Sugar, water, sweetened condensed milk, modified corn starch, salt, natural & artificial flavour (sulphites), citric acid (pH control), potassium sorbate (preservative), carageenan, caramel colour (sulphites), colour (FD&C yellow #6, FD&C yellow #5).

Chocolatey Drizzle: Glucose-fructose, water, sugar, cocoa processed with alkali, corn syrup, natural flavour, salt, potassium sorbate (preservative), citric acid.

Vanilla Drizzle: Glucose-fructose, sugar, water, sweetened condensed skimmed milk, salt, natural & artificial vanilla flavour, disodium phosphate, potassium sorbate, carrageenan.

Crunchy Caramel Topping: Confection coating (sugar, palm kernel oil, skim milk powder, cocoa powder, soy lecithin [emulsifier], salt), sugar, corn syrup, butter (cream, salt), margarine [palm oil, water, soybean oil, salt, mono- and diglycerides, colour (annatto), calcium disodium EDTA (preservative), artificial flavour, vitamin A palmitate], water, salt.

ICED CAPP®

Iced Capp®

Iced Capp® Mix
Cream OR Milk OR Chocolate Milk OR Soy Beverage

OREO® Iced Capp®

Iced Capp® Mix
Cream
Cookies & Cream Flavour Shot
White Whipped Beverage Topping
OREO® Crumble

Caramel Iced Capp®

Iced Capp® Mix
Cream
Creamy Caramel Flavour Shot
White Whipped Beverage Topping
Crunchy Caramel Topping

Maple Iced Capp®

Iced Capp® Mix
Cream
Maple Flavour Shot
White Whipped Beverage Topping
Maple Flakes

Flavour Shot: See under FLAVOUR SHOTS.

Cream / Milk / Chocolate Milk / Soy Beverage: See under MILK, CREAM & NON-DAIRY ALTERNATIVES.

Crunchy Caramel Topping: See under BEVERAGE TOPPINGS.

Iced Capp® Mix: Water, sugar, coffee extract, caramel colour, natural & artificial flavour.

Maple Flakes: See under BEVERAGE TOPPINGS.

OREO® Crumble: See under BEVERAGE TOPPINGS.

White Whipped Beverage Topping: See under BEVERAGE TOPPINGS.

ICED COFFEE

Original Blend Coffee: 100% Arabica coffee.

Ice: Water.

Vanilla Beverage Base: Glucose-fructose, sugar, water, sweetened condensed skimmed milk, salt, natural & artificial vanilla flavour, disodium phosphate, potassium sorbate, carrageenan.

Cream / Milk / Chocolate Milk / Soy Beverage: See under MILK, CREAM & NON-DAIRY ALTERNATIVES.

FRUIT SMOOTHIE

Pineapple Orange Fruit Smoothie with Greek Yogurt: Water, drinkable Greek yogurt (skim milk, sugar, cream, milk and whey proteins, active bacterial culture), fruit purees and juices (orange juice concentrate, apple juice concentrate, pineapple puree), glucose-fructose, glucose, molasses, salt, potassium sorbate, natural colour (caramel colour), natural flavours.

Strawberry Banana Fruit Smoothie with Greek Yogurt: Water, drinkable Greek yogurt (skim milk, sugar, cream, milk and whey proteins, active bacterial culture), fruit purees and juices (banana puree, apple juice concentrate, strawberry puree, elderberry juice concentrate, lemon juice concentrate), glucose-fructose, glucose, molasses, salt, potassium sorbate, natural colour (caramel colour), natural flavour.

OTHER FROZEN BEVERAGES

Original Frozen Lemonade

Lemon Syrup
Neutral Base

Raspberry Frozen Lemonade

Lemon Syrup
Neutral Base
Raspberry Flavour Shot

Creamy Chocolate Chill

Chocolatey Syrup
Neutral Base
Cream
Chocolate Whipped Beverage Topping
Chocolatey Drizzle

Creamy Maple Chill

Vanilla Beverage Base
Maple Flavour Shot
Neutral Base
Cream
White Whipped Beverage Topping
Maple Flakes

Chocolate Whipped Beverage Topping: See under BEVERAGE TOPPINGS.

Chocolatey Drizzle: See under BEVERAGE TOPPINGS.

Chocolatey Syrup: See under SYRUPS.

Cream: See under MILK, CREAM & NON-DAIRY ALTERNATIVES.

Lemon Syrup: Water, sugar, citric acid, natural flavour, lemon juice concentrate, xanthan gum, sodium benzoate (preservative), turmeric (colour).

Maple Flakes: See under BEVERAGE TOPPINGS.

Maple Flavour Shot: See under FLAVOUR SHOTS.

Neutral Base: Glucose-fructose, water, glucose, molasses, salt, potassium sorbate, caramel colour.

Raspberry Flavour Shot: See under FLAVOUR SHOTS.

Vanilla Beverage Base: Glucose-fructose, sugar, water, sweetened condensed skimmed milk, salt, natural & artificial vanilla flavour, disodium phosphate, potassium sorbate, carrageenan.

BOTTLED JUICES, ICED TEAS & OTHER DRINKS

Apple Juice: Water, concentrated apple juice, vitamin C.

Orange Juice: Water, concentrated orange juice.

Citrus Green Iced Tea: Brewed green tea leaves, cane sugar, natural flavour, citric acid.

Lemon Iced Tea: Brewed tea leaves, cane sugar, natural lemon flavour, citric acid.

Peach Passion Drink: Water, sugar and/or glucose-fructose, citric acid, natural and artificial flavour, sodium hexametaphosphate, potassium benzoate, potassium sorbate, colour.

MILK, CREAM & NON-DAIRY ALTERNATIVES

18% Cream: Milk, cream, dextrose, sodium citrate, disodium phosphate, carrageenan, locust bean gum.

OR

Milk, cream, sodium citrate, sodium phosphate, carrageenan, dextrose.

2% White Milk: Partly skimmed milk, vitamin A palmitate, vitamin D3.

1% Chocolate Milk: Milk Ingredients, sugar, cocoa, salt, carrageenan, colour, natural & artificial flavour, vitamin A palmitate, vitamin D3. (*Chocolate milk contains sulphites and corn ingredients in Quebec only)

Soy Beverage: Filtered water, organic soybeans, organic cane sugar, calcium phosphate, sea salt, maltodextrin, carrageenan, sodium citrate, vitamin A palmitate, riboflavin, vitamin B12, zinc oxide, vitamin D3.

OR

Water, organic soybeans, organic cane sugar, calcium carbonate, sea salt, carrageenan, vitamins and minerals (vitamin A palmitate, ergocalciferol, cyanocobalamin, riboflavin, zinc sulphate), sodium bicarbonate.

OR

Filtered water, organic whole soybeans, organic cane sugar, tricalcium phosphate, sea salt, natural flavour, carrageenan, sodium bicarbonate, ascorbic acid, niacin, pantothenate, riboflavin, vitamin A palmitate, thiamine, vitamin B6, folacin, vitamin D2, vitamin B12, zinc gluconate.

OR

Filtered water, soy protein (isolate, whole soybeans), cane sugar, canola oil, tricalcium phosphate, potassium citrate, natural flavour, dipotassium phosphate, magnesium phosphate, salt, carrageenan, zinc gluconate, ascorbic acid, niacin, pantothenate, riboflavin, vitamin B6, vitamin A, thiamine, folacin, vitamin D2, vitamin B12.

OR

Filtered water, whole organic soybeans, organic cane sugar, sea salt, carrageenan, natural flavours, acidity regulator (sodium bicarbonate), anti-foaming agent (organic soybean oil, silicon dioxide). Vitamins & minerals: calcium carbonate, zinc gluconate, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.

SYRUPS

Chocolatey Syrup: Glucose-fructose, water, sugar, cocoa processed with alkali, corn syrup, natural flavour, salt, potassium sorbate (preservative), citric acid.

OR

Invert sugar, water, cocoa (processed with alkali), salt, citric acid, potassium sorbate (preservative), xanthan gum, artificial flavour.

FLAVOUR SHOTS

Cookies & Cream Flavour: Glycerine, propylene glycol, water, natural and artificial flavours, caramel colour.

Creamy Caramel Flavour: Glycerine, propylene glycol, water, natural and artificial flavours, caramel colour. Contains sulphites.

Hazelnut Flavour: Glycerine, caramel colour, propylene glycol, natural and artificial flavours, water, FD&C yellow #5, triacetin. Contains sulphites.

Maple Flavour Shot: Caramel colour, glycerine, propylene glycol, water, artificial flavours. Contains sulphites.

Mint Chocolate Flavour: Glycerine, propylene glycol, water, artificial flavours, caramel colour.

Raspberry Flavour: Glycerine, propylene glycol, water, natural and artificial flavours, FD&C red #40, FD&C blue #1.

Vanilla Bean Flavour: Glycerine, propylene glycol, water, natural and artificial flavours. Contains sulphites.

BEVERAGE TOPPINGS

White Whipped Beverage Topping: Water, glucose-fructose, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk), dextrose, artificial flavour, polysorbate 60, modified vegetable gum (modified cellulose) sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts (colour).

OR

Water, glucose-fructose, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sugar, dextrose, sodium caseinate (a milk derivative), modified cellulose, polysorbate 60, microcrystalline cellulose, salt, preservative (potassium sorbate), natural flavour, soy protein concentrate, polyglycerol esters of fatty acids, xanthan gum.

Chocolate Whipped Beverage Topping: Water, glucose-fructose, partially hydrogenated palm kernel oil, sugar, alkali processed cocoa, sodium caseinate (milk), dextrose, artificial flavour, polysorbate 60, sorbitan monostearate, salt, guar gum, xanthan gum.

Caramel Drizzle: Sugar, water, sweetened condensed milk, modified corn starch, salt, natural & artificial flavour (sulphites), citric acid (pH control), potassium sorbate (preservative), carageenan, caramel colour (sulphites), colour (FD&C yellow #6, FD&C yellow #5).

Chocolatey Drizzle: Glucose-fructose, water, sugar, cocoa processed with alkali, corn syrup, natural flavour, salt, potassium sorbate (preservative), citric acid.

OR

Invert sugar, water, cocoa (processed with alkali), salt, citric acid, potassium sorbate (preservative), xanthan gum, artificial flavour.

Crunchy Caramel Topping: Confection coating (sugar, palm kernel oil, skim milk powder, cocoa powder, soy lecithin [emulsifier], salt), sugar, corn syrup, butter (cream, salt), margarine [palm oil, water, soybean oil, salt, mono- and diglycerides, colour (annatto), calcium disodium EDTA (preservative), artificial flavour, vitamin A palmitate], water, salt.

Maple Flakes: 100% pure maple syrup.

OREO® Crumble: Sugar, enriched wheat flour, coconut oil shortening, soybean oil, cocoa, corn starch, glucose syrup, salt, soy lecithin, baking soda, artificial flavour.