



# 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.

Canadian Edition

Last updated September 2017

## BAGELS

### CLASSIC BAGELS

**12 Grain Bagel:** Enriched wheat flour, water, 12 grain mix (sunflower seeds, flaxseed meal, sesame seeds, cracked wheat, oat flakes, buckwheat flour, whole barley flour, rye flour, millet, triticale flour, cornmeal, rice semolina), wheat bran, sugar, soybean and/or canola oil, yeast, honey, salt, cornmeal, fancy molasses, wheat gluten, malt barley flour, flaxseeds, calcium propionate, L-cysteine hydrochloride, tricalcium phosphate.

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, blueberries, blueberry flavoured pieces [sugar, vegetable oil (palm, palm kernel), enriched wheat flour, malic acid, sodium citrate, artificial flavour, colour (FD&C Blue 2 Lake, FD&C Red 40 Lake, FD&C Blue 1 Lake), soy lecithin], soybean and/or canola oils, sugar, salt, yeast, cornmeal, malt barley flour, calcium propionate, natural and artificial flavour, L-cysteine hydrochloride, tricalcium phosphate.

**Cinnamon Raisin Bagel:** Enriched wheat flour, water, raisins, sugar, soybean and/or canola oil, yeast, salt, cornmeal, cinnamon, caramel colour, calcium propionate, malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

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, dehydrated onion, sugar, yeast, soybean and/or canola oil, salt, sesame seeds, corn meal, poppy seeds, calcium propionate, garlic powder, malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

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, sugar, soybean and/or canola oils, yeast, salt, cornmeal, calcium propionate, malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

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), malt barley flour, L-cysteine hydrochloride, tricalcium phosphate], salt.

**Sesame Seed Bagel:** Enriched wheat flour, water, sugar, soybean and/or canola oil, sesame seeds, yeast, salt, cornmeal, calcium propionate, malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

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.

**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).

**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).

**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).

**Carrot Cake with Walnuts Muffin:** Bleached enriched wheat flour, water, sugar, carrots, cream cheese filling [cream cheese (modified milk ingredients, bacterial culture, salt, guar gum, locust bean gum, lactic acid), water, corn syrup (sulphites), sugar, sorbitol, dextrose, modified corn starch, salt, lactic acid, natural flavor, color (titanium dioxide, beta-carotene), preservatives (potassium sorbate, sodium benzoate)], soybean and/or canola oils, liquid whole egg, pineapple, walnuts, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), buttermilk powder (milk), modified corn starch, preservative (calcium propionate, sorbic acid), spices, salt, monoglycerides, color (caramel), guar gum, corn syrup, lemon juice concentrate, xanthan gum, natural flavor, soy lecithin, rosemary extract, corn syrup solids, enzyme (amylase).

**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.

**White & Red Velvet Muffin:** Bleached enriched wheat flour, water, sugar, cream cheese filling [cream cheese (modified milk ingredients, bacterial culture, salt, guar gum, locust bean gum, lactic acid), water, corn syrup (sulphites), sugar, sorbitol, dextrose, modified corn starch, salt, lactic acid, natural flavor, color (titanium dioxide, beta-carotene), preservatives (potassium sorbate, sodium benzoate)], soybean and/or canola oils, chocolate flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), liquid whole egg, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, cocoa powder, preservative (calcium propionate, sorbic acid), salt, color [caramel, FD&C Red 40], monoglycerides, xanthan gum, guar gum, natural flavor, corn syrup solids, enzyme (amylase).

## 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.

**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.

### 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.

**Triple Chocolate Filled Cookie:** Bleached enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter (milk), chocolate fudge filling [sugar, water, high fructose corn syrup, modified corn starch, cocoa, salt, color (caramel), natural flavour, preservative (potassium sorbate), agar-agar, citric acid], chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), liquid whole egg, cocoa powder, white chocolate flavoured chips (sugar, palm kernel and palm oil, nonfat dry milk, color, soy lecithin), fancy molasses, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate), modified corn starch, artificial flavor.



## 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).

**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, carobe 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

### Nanaimo Bar Donut

Chocolate Yeast Fill Donut  
Venetian Cream Donut Filling  
Chocolate Fondant  
Chocolate Cononut Crunch Topping

## 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

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



**Apple Pie Fritter Donut**

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

**Caramel Apple Fritter Donut**

Apple Fritter Donut  
Caramel Donut Filling  
Donut Glaze

**Dutchie Donut**

Dutchie Donut  
Donut Glaze

**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

**Dutchie Donut:** Enriched wheat flour, water, raisins (contains sunflower oil), 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, preservatives (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)], ascorbic acid, cysteine, azodicarbonamide, enzymes, soybean oil (with TBHQ as preservative), artificial flavour, colour (yellow 5 and 6).

**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.

**Chocolate Coconut Crunch:** Sweetened Coconut (Coconut, Sugar, Propylene Glycol, Salt, Sulphites), Graham Crumb (Enriched Wheat Flour, Sugar, Water, Brown Sugar, Graham Flour, Molasses, Canola, Palm And Modified Palm Oil Shortening, Whole Wheat Flour, Wheat Bran, Honey, Baking Powder, Salt, Baking Soda, Ammonium Bicarbonate), Chocolate Biskrunch Topping (Sugar, Wheat Flour, Soy And /Or Canola & Palm Oil, Cocoa, Glucose-Fructose, Modified Corn Starch, Glucose, Caramel Colour, Artificial Flavour, Artificial Colour), Sugar, Canola Oil, Cocoa Powder, Palm Oil, Natural Coconut Flavour, Salt.

**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

### Maple Timbit

Maple Cake Timbit  
Granulated Sugar

## 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.

**Maple Cake Timbit:** Enriched flour, water, shortening [palm oil, modified palm oil, (with TBHQ as preservative)], sugar, maple sugar, soy flour, vegetable oil (soy and/or canola), leavening (sodium acid pyrophosphate, sodium bicarbonate, calcium phosphate monobasic), skim milk powder (non fat dry milk), natural flavour, dextrose, corn flour, dried egg yolk, whey powder (milk), emulsifiers (soya lecithin, monoglycerides, propylene glycol monoesters, sodium stearoyl-2-lactylate, citric acid), salt, modified corn starch, potato flour, 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 stearoyl-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 stearoyl-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

### 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  
Chipotle Sauce

### Sausage Grilled Breakfast Wrap

White Tortilla  
Pork Sausage  
Egg Omelette  
Cheddar Cheese  
Chipotle Sauce

### Grilled Farmer's Breakfast Wrap

White Tortilla  
Pork Sausage OR Bacon  
Hash Brown  
Egg Omelette  
Cheddar Cheese  
Chipotle 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 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

Enriched wheat flour, water, vegetable oil (canola or soybean), vegetable mono and diglycerides, molasses (fancy and/or blackstrap), salt, potassium sorbate, sodium acid pyrophosphate, sodium bicarbonate, sugar, calcium acid pyrophosphate, monocalcium phosphate, sodium propionate, fumaric acid, sodium stearyl-2-lactylate, cornstarch, guar gum, cellulose gum, maltodextrin, carrageenan, calcium peroxide\*. \*Ingredients may vary

OR

Enriched wheat flour, water\*, canola and modified palm and palm kernel oil shortening, baking powder, wheat gluten\*, sugar, salt, vinegar, potassium chloride, calcium propionate, fumaric acid, guar gum, modified cellulose, potassium sorbate, vegetable mono- and di-glycerides. \*order may vary.

**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

**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.

## 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

### Chicken Salad Sandwich

Whole Wheat Sandwich Bun  
Chicken Salad  
Lettuce  
Tomato

### Chicken Salad Croissant Sandwich

Croissant  
Chicken Salad  
Lettuce  
Tomato

### Cold Cut Trio Sandwich

Ciabatta Bun  
Pepperoni  
Genoa Salami  
Cooked Ham Capicola  
Processed Mozzarella Cheese  
Lettuce  
Tomato  
Red Onion  
Garlic Aioli Sauce

### Crispy Chicken Sandwich

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

### Crispy Chicken Club Sandwich

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

### Garden Vegetable Sandwich

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

### 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

### Spicy Crispy Chicken Club Sandwich

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

### Turkey, Bacon Club Sandwich

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

### Turkey Sandwich

Whole Wheat Sandwich Bun  
Smoked Turkey Breast  
Lettuce  
Tomato  
Chipotle Sauce  
Tomato  
Spicy Mayo-Type Sauce

## GRILLED PANINI

### Artisan-Style Grilled Cheese Panini

Artisan-Style Multigrain Bread  
Processed Cheddar Cheese  
Shredded Cheese (Pizza Mozzarella, Monterey Jack)

### Steak & Cheese Panini

White Sandwich Bun  
Sliced Seasoned Steak  
Processed Mozzarella Cheese  
Red Onion  
Garlic Aioli Sauce

### Tuscan Chicken Panini

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  
Shredded Cheese  
Creamy Caesar Dressing

### Garden Salad

Lettuce  
Tomato  
Cucumber  
Red Onion  
Balsamic Vinaigrette



## INGREDIENTS

### BREADS & WRAPS

**Artisan-Style Multigrain Bread:** Water, whole wheat flour, enriched wheat flour, rye meal, grain and seed mix (sesame seeds, oats, millet, sunflower seeds, flax seeds), wheat gluten, cracked wheat, honey, sugar, yeast, salt, rye sour [rye flour, spices, salt, cultured ground wheat, ground wheat, yeast, lactic acid (from bacterial culture)], soy lecithin, calcium propionate, fermented rye flour, sorbic acid. Topping: sesame seeds, flax seeds.

**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, cornmeal, corn syrup solids, dehydrated roasted garlic, calcium propionate, potassium sorbate, garlic powder, acetylated tartaric acid esters of mono and diglycerides.

**White Bun:** Enriched flour, water, yeast, soybean and/or canola oil, salt, wheat gluten, rye flour, malted barley flour, cultured rye flour, soy lecithin.

**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 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

Enriched wheat flour, water, vegetable oil (canola or soybean), vegetable mono and diglycerides, molasses (fancy and/or blackstrap), salt, potassium sorbate, sodium acid pyrophosphate, sodium bicarbonate, sugar, calcium acid pyrophosphate, monocalcium phosphate, sodium propionate, fumaric acid, sodium stearoyl-2-lactylate, cornstarch, guar gum, cellulose gum, maltodextrin, carrageenan, calcium peroxide\*. \*ingredients may vary

OR

Enriched wheat flour, water\*, canola and modified palm and palm kernel oil shortening, baking powder, wheat gluten\*, sugar, salt, vinegar, potassium chloride, calcium propionate, fumaric acid, guar gum, modified cellulose, potassium sorbate, vegetable mono- and di-glycerides. \*order may vary.

**Whole Wheat Bun:** Water, whole wheat flour, enriched flour, yeast, soybean and/or canola oil, wheat gluten, salt, rye flour, malted barley flour, cultured rye flour, soy lecithin.

### 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 breast meat, wheat flour, water, canola oil, spices, yeast, garlic powder, modified corn starch, sugar, corn flour, salt, onion powder, sodium phosphate, flavour, rice flour, baking powder, sodium aluminium phosphate, carrageenan, xanthan gum, colour, toasted wheat crumbs, wheat gluten, dehydrated garlic. May contain milk.

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. May contain milk.

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

**Pepperoni:** 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, modified corn starch, salt, sodium phosphate, yeast extract, dextrose, corn maltodextrin, flavour, spice, onion powder, sugar, garlic 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].

## 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.

**Shredded Cheese (Pizza Mozzarella, Monterey Jack):** Milk, modified milk ingredients, cream, bacterial culture, salt, calcium chloride, cellulose (to prevent caking), microbial enzyme, 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

**Cucumber:** Cucumber.

**Lettuce:** Lettuce.

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

**Red Onion:** Red onion.

**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.

**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, vinegar, parmesan cheese (contains milk), sugar, modified corn starch, salt, egg yolks, garlic juice, dried buttermilk, natural flavours, black pepper, phosphoric acid (enhances tartness), sorbic acid (maintains quality), xanthan gum (thickener), polysorbate 60 (prevents oil separation), lemon juice concentrate, disodium guanylate, disodium inosinate, colour, calcium disodium EDTA (maintains flavour).

**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).

## POTATO WEDGES

**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.

**Shredded Cheese (Pizza Mozzarella, Monterey Jack):** Milk, modified milk ingredients, cream, bacterial culture, salt, calcium chloride, cellulose (to prevent caking), microbial enzyme, 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 proplene 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, chicken fat, salt, sugar, spinach 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.

**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

**Chili:** 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 flour, water, yeast, soybean and/or canola oil, salt, wheat gluten, rye flour, malted barley flour, cultured rye flour, soy lecithin.

**Whole Wheat Bun:** Water, whole wheat flour, enriched flour, yeast, soybean and/or canola oil, wheat gluten, salt, rye flour, malted barley flour, cultured rye flour, soy lecithin.

## 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.

**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

### NEW Americano

100% Arabica Espresso

### NEW Cappuccino

100% Arabica Espresso  
2% White Milk

### NEW Espresso

100% Arabica Espresso

### NEW Latte

100% Arabica Espresso  
2% White Milk

### NEW Vanilla Latte

100% Arabica Espresso  
2% White Milk  
Vanilla Flavoured Syrup

### NEW Mocha Latte

100% Arabica Espresso  
2% White Milk  
Chocolate Flavoured Syrup



### **NEW Caramel Latte**

100% Arabica Espresso

2% White Milk

Caramel Flavoured Syrup

**2% White Milk:** See under MILK, CREAM & NON-DAIRY ALTERNATIVES.

**Caramel Flavoured Syrup:** Sugar, water, corn syrup solids, dry cream [cream (milk), tocopherols, silicon dioxide], skim milk powder, modified corn starch, mono- and diglycerides, disodium phosphate, natural and artificial flavour, salt, citric acid, potassium sorbate, caramel colour.

**Chocolate Flavoured Syrup:** Sugar, water, cocoa (processed with alkali), salt, citric acid, potassium sorbate, xanthan gum, artificial flavour.

**Espresso:** 100% Arabica espresso.

**Vanilla Flavoured Syrup:** Sugar, water, natural flavour, citric acid, potassium sorbate.

## **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**

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

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

## **BEVERAGE TOPPINGS**

**White Whipped Beverage 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.

**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.

## ICED CAPP®

### Iced Capp®

Iced Capp® Mix  
Cream

### Iced Capp® Light

Iced Capp® Mix  
2% White Milk

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

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

## 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.

## ICED LATTE

### NEW Iced Latte

100% Arabica Espresso  
Ice  
2% White Milk

### NEW Vanilla Iced Latte

100% Arabica Espresso  
Ice  
2% White Milk  
Vanilla Flavoured Syrup

### NEW Mocha Iced Latte

100% Arabica Espresso  
Ice  
2% White Milk  
Chocolate Flavoured Syrup

### NEW Caramel Iced Latte

100% Arabica Espresso  
Ice  
2% White Milk  
Caramel Flavoured Syrup

**2% White Milk:** See under MILK, CREAM & NON-DAIRY ALTERNATIVES.

**Caramel Flavoured Syrup:** See under SYRUPS.

**Chocolate Flavoured Syrup:** See under SYRUPS.

**Espresso:** 100% Arabica espresso.

**Ice:** Water.

**Vanilla Flavoured Syrup:** See under SYRUPS.

## FRUIT SMOOTHIE

**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 [concentrated apple juice, concentrated lemon juice, strawberry puree, banana puree, concentrated purple carrot juice (for colour)], sugar, salt, potassium sorbate, citric acid, natural flavour.

**Mixed Berry Fruit Smoothie with Greek Yogurt:** Water, drinkable Greek yogurt (skim milk, sugar, cream, milk and whey proteins, active bacterial culture), fruit purees and juices [apple purée, concentrated apple juice, strawberry purée, raspberry purée, blackberry purée, concentrated blueberry juice, concentrated lemon juice, concentrated grape juice (contains sulphites)], sugar, salt, potassium sorbate, citric acid, natural flavour.

**Tropical Fruit Smoothie with Greek Yogurt:** Water, drinkable Greek yogurt (skim milk, sugar, cream, milk and whey proteins, active bacterial culture), fruit purees and juices [concentrated apple juice, concentrated mango juice, concentrated pineapple juice, banana purée, apple purée, concentrated passionfruit juice, concentrated lemon juice, ascorbic acid (vitamin C)], sugar, salt, potassium sorbate, citric acid, 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

Chocolate Flavoured Syrup  
Neutral Base  
Cream  
Chocolate Whipped Beverage Topping  
Chocolatey Drizzle

### Mixed Berry Real Fruit Chill™

### Tropical Real Fruit Chill™

Mixed Berry Purée and Juice Blend  
Neutral Base

Tropical Purée and Juice Blend  
Neutral Base

**Chocolate Whipped Beverage Topping:** See under BEVERAGE TOPPINGS.

**Chocolate Flavoured Syrup:** See under SYRUPS.

**Chocolatey Drizzle:** See under BEVERAGE TOPPINGS.

**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).

**Mixed Berry Purée and Juice Blend:** Filtered water, apple purée, concentrated apple juice, strawberry purée, raspberry purée, blackberry purée, concentrated blueberry juice, concentrated lemon juice, concentrated grape juice (contains sulphites), natural flavour.

**Neutral Base:** Water, sugar, salt, potassium sorbate, citric acid.

**Raspberry Flavour Shot:** See under FLAVOUR SHOTS.

**Tropical Purée and Juice Blend:** Filtered water, concentrated (apple, mango, pineapple) juices, banana purée, apple purée, concentrated passionfruit juice, lemon juice concentrate, ascorbic acid (vitamin C), natural flavour.

## BOTTLED JUICES, ICED TEAS & OTHER DRINKS

**Apple Juice:** 100% pure apple juice, ascorbic acid (vitamin C).

**Orange Juice:** 100% pure 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

**Caramel Flavoured Syrup:** Sugar, water, corn syrup solids, dry cream [cream (milk), tocopherols, silicon dioxide], skim milk powder, modified corn starch, mono- and diglycerides, disodium phosphate, natural and artificial flavour, salt, citric acid, potassium sorbate, caramel colour.

**Chocolate Flavoured Syrup:** Sugar, water, cocoa (processed with alkali), salt, citric acid, potassium sorbate, xanthan gum, artificial flavour.

**Vanilla Flavoured Syrup:** Sugar, water, natural flavour, citric acid, potassium sorbate.

## FLAVOUR SHOTS

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

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

## BEVERAGE TOPPINGS

**White Whipped Beverage 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.

**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.

**Chocolatey Drizzle:** Sugar, water, cocoa (processed with alkali), salt, citric acid, potassium sorbate, xanthan gum, artificial flavour.