



# 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.

## CLASSIC BAGELS

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

OR

Enriched wheat flour, water, 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, calcium propionate (preservative), L-cysteine hydrochloride, tricalcium phosphate.

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

OR

Enriched wheat flour, water, blueberries, glucose-fructose, soybean and/or canola oils, blueberry flavoured pieces [sugar, vegetable oil shortening (soybean, cottonseed), wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), malic acid, sodium citrate, soy lecithin, artificial flavour, colour (FD&C blue #2, FD&C red #40, FD&C blue #1), salt, cornmeal, yeast, malt barley flour, preservatives (calcium propionate, sodium benzoate), dextrose, natural & artificial flavour, L-cysteine hydrochloride, modified cornstarch, tricalcium phosphate, xanthan gum, citric acid.

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

OR

Bleached enriched wheat flour, water, raisins, sugar, soybean and/or canola oil, yeast, salt, cornmeal, cinnamon, caramel colour (sulphites), calcium propionate (preservative), malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

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

OR

Bleached enriched wheat flour, water, dehydrated onion, sugar, yeast, soybean and/or canola oil, salt, sesame seeds, poppy seeds, cornmeal, garlic powder, calcium propionate (preservative), malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

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

OR

Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, yeast, salt, cornmeal, calcium propionate (preservative), malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

**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, glucose-fructose/sugar, sesame seeds, rye flour, salt, vegetable oil (canola or soybean), yeast, cornmeal, calcium propionate, malted barley flour.

OR

Bleached enriched wheat flour, water, sugar, soybean and/or canola oil, sesame seeds, yeast, salt, cornmeal, calcium propionate (preservative), malt barley flour, L-cysteine hydrochloride, tricalcium phosphate.

## 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 yellow #5), monoglycerides. \*order may change.

**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, bacterial culture, dehydrated onion & garlic, salt, spices, dehydrated parsley, guar gum, propylene glycol alginate, xanthan gum, carrageenan, carob bean gum.

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

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

OR

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

### SLICED CHEESE

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

**Swiss Cheese:** Milk, salt, bacterial culture, 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, salt, acetic acid, sorbic acid, soy lecithin, carboxymethylcellulose, colour, citric acid.

### OTHER BAGEL TOPPINGS

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

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

**Honey:** Honey.

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

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

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

**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

Sugar, Strawberries, glucose, water, citric acid, pectin, natural and artificial flavour, sodium benzoate, colour.

## 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).

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

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

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

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

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

**Lemon Poppyseed Muffin:** Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, sour cream (milk ingredients, modified cornstarch, guar gum, carrageenan, locust bean gum, sodium citrate, bacterial culture), liquid whole egg, lemon pulp (lemon peel, sugar, lemon oil), poppy seeds, modified cornstarch, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), salt, canola and modified palm and modified palm kernel oil shortening, xanthan gum, lemon oil, vegetable monoglycerides, guar gum, dextrose, citric acid (acidulant), colour (beta carotene), natural flavour, corn syrup solids, enzyme (amylase).

**Mixed Berry Greek Yogurt Muffin:** Bleached enriched wheat flour, water, sugar, soybean and/or canola oils, liquid whole egg, Greek yogurt (partially skim milk, bacterial culture), raspberries, Greek yogurt flavoured chips [sugar, palm kernel and palm oils, lactose (milk), nonfat dry milk, nonfat dry yogurt (nonfat dry milk, bacterial cultures), lactic acid, soy lecithin, vanilla], raspberry flavoured flakes [sugar, vegetable oil (palm, palm kernel), wheat flour, malic acid, natural flavour, carrot juice concentrate (for colour), black currant juice concentrate (for colour), sodium citrate, soy lecithin], glucose, blueberries, oat hull fiber, chicory root inulin, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), modified cornstarch, salt, canola and modified palm and modified palm kernel oil shortening, monoglycerides, guar gum, black purple carrot juice (for colour), xanthan gum, natural flavour, corn syrup solids, enzyme (amylase).

**Red Velvet Muffin:** Bleached enriched wheat flour, water, sugar, 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, salt, colour [caramel, FD&C red #40], monoglycerides, xanthan gum, guar gum, natural flavour (milk), citric acid, preservative (sodium benzoate), corn syrup solids, enzyme (amylase).

**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.

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

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

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

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

## COOKIES

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

OR

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

**Ginger Molasses Cookie:** Enriched bleached wheat flour, sugar, butter (cream (from milk), salt), glucose-fructose, refiner's molasses, water, fructose, dried whole egg, spices, colour, baking powder, sodium bicarbonate, natural and artificial flavour.

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

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

OR

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

**Peanut Butter Cookie:** Sugar, enriched bleached wheat flour, butter (cream (from milk), salt), peanut butter (peanuts, dextrose, hydrogenated cottonseed and rapeseed oil, salt), roasted peanuts, peanut butter flavoured chips (partially defatted peanut meal, sugar, hydrogenated palm kernel and soyabean 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.

**Red Velvet Cookie:** Bleached enriched wheat flour, sugar, chocolate flakes (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), cream cheese flakes [white coating (sugar, palm kernel oil, nonfat dry milk, whole milk powder, soy lecithin, salt), dextrose, palm kernel oil, natural & artificial flavour, salt], butter, vegetable oil margarine (modified palm oil, canola oil, water, salt, modified milk ingredients, soy lecithin, monoglycerides, natural flavour, vitamin A palmitate, citric acid, vitamin D3), water, liquid whole egg, fancy molasses, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate), artificial flavour, cocoa powder, modified cornstarch, colour (caramel, FD&C red #40), citric acid, preservative (sodium benzoate).

**Trail Mix Cookie with Fruit & Nuts:** Sugar, enriched unbleached wheat flour, oats, water, sweetened dried cranberries (cranberries, sugar, sunflower oil), butter (cream (from milk), salt), wheat bran, apple sauce (apples, water, ascorbic acid), walnuts, raisins, flax meal, sunflower kernels (roasted in cottonseed and/or sunflower oil), almonds, inulin, soyabean oil, palm oil, corn flakes (milled corn, sugar, malt flavouring (wheat), salt, glucose-fructose, iron, thiamine hydrochloride, niacinamide, pyridoxine hydrochloride (B6), calcium pantothenate, riboflavin, folic acid, may contain traces of soya), refiner's molasses, dried whole egg, wheat germ flakes, cinnamon, coconut, sodium bicarbonate, salt, natural and artificial flavour, propylene glycol, mono and diglycerides, skim milk powder, soya lecithin, preservative (sodium benzoate), vitamin A, colour.

OR

Sugar, enriched wheat flour, rolled oats, butter (milk), cranberries, vegetable oil margarine (palm, canola, modified palm), water, wheat bran, apples, liquid whole eggs, flaxseed meal, almonds, raisins, sunflower seeds, walnuts, inulin, glucose-fructose, cereal [flaked milled corn, sugar, glucose-fructose, malt (corn flavour, malted barley), salt, colour, vitamins (thiamin hydrochloride, niacinamide, pyridoxine hydrochloride, folic acid, d-calcium pantothenate), iron], wheat germ, fancy molasses, cinnamon, coconut (sulphites), sodium bicarbonate, artificial flavour, salt, sunflower oil, ascorbic acid.

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

OR

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

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

OR

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

## 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).

## DANISHES & 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).

**Apple 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, apple filling [apples (sulphites), water, glucose-fructose, sugar, modified corn starch, salt, cinnamon, malic acid, guar gum, artificial flavours, spice, sodium citrate, potassium sorbate, sodium benzoate, sulphiting agent, xanthan gum, locust bean gum, caramel colour, artificial colour].

**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).

**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).

## YEAST FILL DONUTS & TIMBITS

### Apple Cobbler Donut

Yeast Bloom Donut  
Spiced Apple Donut Filling  
White Fondant  
Cobbler Topping

### Banana Split Donut

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

### Boston Cream Donut

Yeast Fill Donut  
Venetian Cream Donut Filling  
Chocolate Fondant

### Canadian Maple Donut

Yeast Fill Donut  
Venetian Cream Donut Filling  
Maple Fondant

### Coconut Cream Donut

Yeast Fill Donut  
Venetian Cream Donut Filling  
White Fondant  
White Coconut

### 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

### Game Day Supreme Donut

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

### Long John Donut

Yeast Éclair Donut  
Chocolate Fondant

### Maple Swirl Donut

Yeast Fill Donut  
Venetian Cream Donut Filling  
Maple Fondant  
White Fondant

### Strawberry Banana Coconut Donut

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

### Strawberry Bloom Donut

Yeast Bloom Donut  
Strawberry Donut Filling  
White Fondant  
Strawberry Bark

### Strawberry Vanilla Donut

Yeast Fill Donut  
Strawberry Donut Filling  
White Fondant  
Rainbow Sprinkles

### Dark Chocolate Donut

Chocolate Yeast Fill Donut  
Dark Chocolate Donut Filling  
Chocolate Fondant  
Dark Chocolate Triangle  
Dark Chocolate Crispy Pearls

### Strawberry Shortcake Donut

Yeast Bloom Donut  
Strawberry Donut Filling  
Strawberry Fondant  
Shortbread Topping

## YEAST RING DONUTS & NON-FILLED TIMBITS

### Chocolate Dip Donut

Yeast Ring Donut  
Chocolate Fondant

### Honey Dip Donut or Timbit

Yeast Ring Donut OR Yeast Timbit  
Donut Glaze

### Maple Dip Donut

Yeast Ring Donut  
Maple Fondant

### Strawberry Sprinkle Donut

Yeast Ring Donut  
Strawberry Fondant  
Rainbow Sprinkles

### Sugar Loop Donut

Yeast Ring Donut  
Granulated Sugar

### Vanilla Dip Donut with Coloured Sprinkles (Game Day)

Yeast Ring Donut  
White Fondant  
Rainbow Sprinkles

### Vanilla Dip Donut with Coloured Sprinkles and Chocolate Shot

Yeast Ring Donut  
White Fondant  
Rainbow Sprinkles  
Chocolatey Sprinkles

### Vanilla Dip Donut with Chocolate Shot

Yeast Ring Donut  
White Fondant  
Chocolatey Sprinkles

### Salted Caramel Donut

Yeast Ring Donut  
Chocolate Fondant  
Salted Caramel Crunch

## OTHER YEAST DONUTS & TIMBITS

### Apple Banana Dumpling Donut

Apple Fritter Donut  
Banana Cream Donut Filling  
Donut Glaze

### Apple Dumpling Donut

Apple Fritter Donut  
Spiced Apple Donut Filling  
Cinnamon Donut Sugar

### Apple Fritter Donut or Timbit

Apple Fritter Donut OR Timbit  
Donut Glaze

### Caramel Apple Fritter Donut

Apple Fritter Donut  
Caramel Donut Filling

### Venetian Apple Donut

Apple Fritter Donut  
Venetian Cream Donut Filling

## INGREDIENTS

### DONUTS & TIMBITS

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

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

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

### FILLINGS

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

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

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

**Dark Chocolate Donut Filling:** Glucose-fructose, sugar, water, food starch-modified, cocoa processed with alkali, salt, potassium sorbate (preservative), natural and artificial flavour, citric acid.

**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).

**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).

**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).

### 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.

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

**Cobbler Topping:** Graham flavoured crunch [enriched wheat flour, margarine (palm oil, water, soybean oil, salt, natural flavour [milk], soy lecithin [emulsifier]), sugar, brown sugar, honey powder (honey, glucose-fructose, wheat starch, corn syrup, soy flour, calcium stearate [anti-caking agent] and soy lecithin [processing aid]), artificial and natural flavours (contains dairy components), water, caramel colour, salt, baking soda, potassium sorbate (preservative)], shortbread topping [enriched wheat flour, sugar, coconut oil, pasteurized eggs, natural flavour (milk), salt].

**Dark Chocolate Crispy Pearls:** Semi-sweet chocolate 84.0% (unsweetened chocolate, sugar, cocoa butter, milk fat, soy lecithin (an emulsifier), natural vanilla flavour), crisped cereals (wheat flour, sugar, wheat malt flour, starch (wheat), sodium bicarbonate (raising agent), salt, cocoa butter, natural vanilla flavour), glucose syrup, sugar, confectioner's glaze (arabic gum), modified corn starch, coconut oil.

**Dark Chocolate Triangle:** Sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract.

**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).

**Graham Flavoured Crunch:** Enriched wheat flour, margarine (palm oil, water, soybean oil, salt, natural flavour [milk], soy lecithin [emulsifier]), sugar, brown sugar, honey powder (honey, glucose-fructose, wheat starch, corn syrup, soy flour, calcium stearate [anti-caking agent] and soy lecithin [processing aid]), artificial and natural flavours (milk), water, caramel colour, salt, baking soda, potassium sorbate (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.

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

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

**Salted Caramel Crunch:** Sugar, salt, natural flavour (milk), caramel colour.

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

**Snow Sugar:** Icing sugar.

**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  
Ground 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  
Ground Peanuts

### Snow Ball Timbit

White Cake Timbit  
Snow Sugar

### Toasted Coconut Donut or Timbit

White Cake Donut OR Timbit  
Donut Glaze  
Toasted Coconut

### White Coconut Donut or Timbit

White Cake Donut OR Timbit  
Donut Glaze  
White Coconut

## SOUR CREAM CAKE DONUTS & TIMBITS

### Sour Cream Cinnamon Donut or Timbit

Sour Cream Cake Donut OR Timbit  
Cinnamon Donut Sugar

### Sour Cream Glazed Donut or Timbit

Sour Cream Cake Donut OR Timbit  
Donut Glaze

### Sour Cream Plain Donut or Timbit

Sour Cream Cake Donut OR Timbit

### Sour Cream Sugar Donut or Timbit

Sour Cream Cake Donut OR Timbit  
Granulated Sugar

## OTHER CAKE DONUTS & TIMBITS

### Salted Caramel Timbit

Salted Caramel Cake Timbit  
Donut Glaze

## INGREDIENTS

### DONUTS & TIMBITS

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

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

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

**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 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

**Ground Peanuts:** Peanuts.

**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.

**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:** Icing sugar.

**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 stearoyl-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:** Icing sugar.

## 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 OR Turkey Sausage Patty  
Egg Omelette OR Egg White Omelette  
Processed Cheddar Cheese

### English Muffin Breakfast Sandwich

English Muffin  
Pork Sausage OR Bacon OR Turkey Sausage Patty  
Egg Omelette OR Egg White Omelette  
Processed Cheddar Cheese

### Maple & Bacon Breakfast Sandwich

Maple English Muffin  
Bacon  
Egg Omelette OR Egg White Omelette  
Processed Cheddar Cheese

## FLATBREAD BREAKFAST PANINI

### Maple Flatbread Breakfast Panini (QC only)

Maple Flatbread  
Pork Sausage OR Bacon OR Turkey Sausage Patty  
Egg Omelette OR Egg White Omelette  
Processed Cheddar Cheese

### Multigrain Flatbread Breakfast Panini

Multigrain Flatbread  
Pork Sausage OR Bacon OR Turkey Sausage Patty  
Egg Omelette OR Egg White Omelette  
Processed Cheddar Cheese

## GRILLED BREAKFAST WRAPS

### Grilled Breakfast Wrap

Whole Wheat Tortilla  
Pork Sausage OR Bacon OR Turkey Sausage Patty  
Egg Omelette OR Egg White Omelette  
Shredded Cheddar

## OTHER BREAKFAST ITEMS

### Bagel BELT®

12 Grain Bagel  
Pork Sausage OR Bacon OR Turkey Sausage Patty  
Egg Omelette OR Egg White 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

**Maple English Muffin:** Enriched wheat flour, water, yeast, maple flavoured bits (milk) (dextrose, palm oil, brown sugar, powdered sugar, maltodextrin, modified cornstarch, natural & artificial flavours, caramel colour, soy lecithin), maple syrup, cornmeal, corn flour, salt, wheat gluten, preservatives (calcium propionate, potassium sorbate, sorbic acid), soybean and/or canola oils, vinegar, corn syrup solids, modified corn starch, vegetable mono- and diglycerides, leavening (monocalcium phosphate), fumaric acid, diacetyl tartaric acid esters of mono- and diglycerides, caramel colour, artificial flavour, calcium silicate, corn syrup, enzyme (amylase, pentosanase).

**Maple Flatbread (QC only):** Whole wheat flour, water, wheat flour, maple flavoured nuggets (sugar, palm and palm kernel oils, wheat flour, cocoa powder, glucose, extractives of fenugreek, maple sugar, caramel colour, soy lecithin), brown sugar, maple syrup, sea salt, natural and artificial flavour, soybean oil and/or canola oil, yeast, sodium stearyl-2-lactylate, guar gum, mono and diglycerides, modified cellulose, ascorbic acid, amylase, dextrose.

**Multigrain Flatbread:** Water, wheat flour, whole wheat flour, multigrain and seed blend (milled brown flax seeds, cracked wheat, millet, cracked triticale, cracked pearled barley, oat flakes, cracked rye, sunflower seeds, brown flax seeds), sugar, wheat bran, flax seeds, wheat gluten, yeast, sea salt, soybean and/or canola oil, calcium propionate, sodium stearoyl-2-lactylate, guar gum, mono- and diglycerides, modified cellulose, ascorbic acid, amylase, dextrose.

**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

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

**Whole Wheat Tortilla:** Whole wheat flour, water, vegetable oil (canola and/or soybean oil), baking powder, salt, potassium sorbate, monoglycerides, sodium propionate, sodium stearoyl-2-lactylate, fumaric acid, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum, L-cysteine.

OR

Whole wheat flour, water, vegetable oil (canola or soybean), salt, calcium sulphate, dextrose, wheat gluten, sodium aluminum phosphate, sodium bicarbonate, mono and diglycerides, calcium propionate, potassium sorbate, guar gum, carboxymethyl cellulose, sodium metabisulphite.

## EGGS

**Egg Omelette:** Whole eggs, water, 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, liquid butter alternative (soybean oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavour, TBHQ and citric acid added as preservatives, artificial colour and dimethylpolysiloxane), cheese powder type flavour natural, cream cheese powder [cream cheese, (cream, milk, salt, bacterial culture), sodium phosphate, sodium citrate, tocopherols], modified corn starch, soybean oil, salt, xanthan gum, liquid pepper extract, citric acid.

**Egg White Omelette:** Egg whites, water, 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, skim milk powder, modified corn starch, liquid butter alternative (soybean oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavour, TBHQ and citric acid added as preservatives, artificial colour, and dimethylpolysiloxane), modified milk ingredients, salt, xanthan gum.

## MEAT

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

**Pork Sausage:** Pork, water, salt, spices, dextrose, sugar, flavouring, autolyzed yeast, flavour (corn syrup solids), sodium ascorbate, citric acid, lactic acid.

**Turkey Sausage Patty:** Turkey, water, salt, spice, sugar, dextrose, corn maltodextrin, sodium phosphate, soy protein, citric acid.

## CHEESE

**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, salt, acetic acid, sorbic acid, soy lecithin, carboxymethylcellulose, colour, citric acid.

**Shredded Cheddar:** Cheddar cheese (made from milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride, colour), cellulose powder.

## 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.

**Lettuce:** Lettuce.

**Maple Flakes:** 100% pure maple syrup.

**Mixed Berries:** Strawberries, blackberries, blueberries, raspberries.

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

**Tomato:** Tomato.

## SANDWICHES

### BLT Sandwich

White Sandwich Bun  
Bacon  
Lettuce  
Tomato  
Light Mayonnaise-Type Sauce

### Crispy Chicken Club Sandwich

Bakery Style Soft Bun  
Crispy Seasoned Chicken  
Bacon  
Cheddar Cheese  
Lettuce  
Tomato  
Light Mayonnaise-Type Sauce

### Ham & Swiss Sandwich

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

### Turkey, Bacon Club Sandwich

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

### Chicken Salad Sandwich

Whole Wheat Sandwich Bun  
Chicken Salad  
Lettuce  
Tomato

### Extreme Italian Sandwich

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

### Spicy Crispy Chicken Sandwich

Bakery Style Soft Bun  
Spicy Crispy Seasoned Chicken  
Lettuce  
Tomato  
Spicy Mayo-Type Sauce

### Turkey Sandwich

Whole Wheat Sandwich Bun  
Smoked Turkey Breast  
Lettuce  
Tomato  
Chipotle Sauce

### Crispy Chicken Sandwich

Bakery Style Soft Bun  
Crispy Seasoned Chicken  
Lettuce  
Tomato  
Light Mayonnaise-Type Sauce

### Garden Vegetable Sandwich

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

### Spicy Crispy Chicken Club Sandwich

Bakery Style Soft Bun  
Spicy Crispy Seasoned Chicken  
Bacon  
Cheddar Cheese  
Lettuce  
Tomato  
Spicy Mayo-Type Sauce

### Honey Dijon Ham & Swiss on Pretzel Bagel

Pretzel Bagel  
Smoked Black Forest Style Ham  
Swiss Cheese  
Lettuce  
Tomato  
Honey Dijon Sauce

## GRILLED PANINI

### Grilled Cheese Panini

White Panini Bread  
Processed Cheddar Cheese  
Processed Mozzarella Cheese

### Steak & Cheese Panini

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

### Tuscan Chicken Panini

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

### Grilled Cheese Deluxe Panini

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

### Philly Steak Panini

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

### Smoked Ham & Cheese Panini

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

### Turkey Chipotle Panini

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

## WRAP SNACKERS

### Chicken Ranch Wrap

Whole Wheat Tortilla  
Chicken Strips  
Lettuce  
Tomato  
Ranch Sauce

### Chicken Salad Wrap

Whole Wheat Tortilla  
Chicken Salad  
Lettuce

### Chipotle Chicken Wrap

Whole Wheat Tortilla  
Chicken Strips  
Lettuce  
Tomato  
Chipotle Sauce

## INGREDIENTS

### BREADS & WRAPS

**Bakery Style Soft Bun:** Enriched wheat flour, water, yeast\*, glucose-fructose/sugar, vegetable oil (canola or soybean), salt, rice flour, corn flour, colour, calcium propionate, mono and diglycerides, sodium stearoyl-2-lactylate, natural and artificial flavours, calcium sulphate, ammonium chloride. \*order may change

OR

Enriched wheat flour, water, yeast\*, glucose-fructose/sugar, vegetable oil (canola or soybean), salt, monoglycerides, calcium propionate, sodium stearoyl-2-lactylate, rice flour, yellow corn flour, colour. \*order may change

**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.

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

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

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

**Whole Wheat Tortilla:** Whole wheat flour, water, vegetable oil (canola and/or soybean oil), baking powder, salt, potassium sorbate, monoglycerides, sodium propionate, sodium steryl-2-lactylate, fumaric acid, cellulose gum, corn maltodextrin, carrageenan and/or guar gum and/or xanthan gum, L-cysteine.

OR

Whole wheat flour, water, vegetable oil (canola or soybean), salt, calcium sulphate, dextrose, wheat gluten, sodium aluminum phosphate, sodium bicarbonate, mono and diglycerides, calcium propionate, potassium sorbate, guar gum, carboxymethyl cellulose, sodium metabisulphite.

### MEAT

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

**Chicken Salad:** Chicken strips (see under MEAT), light mayonnaise-type sauce (see under SAUCES & SPREADS), celery, pimentos, onion, lemon juice, pepper.

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

OR

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

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

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

OR

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

OR

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

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

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

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

OR

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

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

OR

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

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

OR

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

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

OR

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

OR

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

## CHEESE

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

**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, guar gum, propylene glycol alginate, xanthan gum, carrageenan, carob bean 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, glucose, sodium citrate and/or phosphate, salt, acetic acid, sorbic acid, soy lecithin, carboxymethylcellulose, citric acid, colour.

**Processed Mozzarella Cheese:** Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, rennet and/or pepsin and/or microbial enzyme, lipase), 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.

## VEGETABLES

**Cucumber:** Cucumber.

**Lettuce:** Lettuce.

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

**Red Onion:** Red onion.

**Tomato:** Tomato.

## SAUCES & SPREADS

**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 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 Dijon Sauce:** Water, soybean oil, course ground Dijon mustard (distilled vinegar, water, mustard seed, salt, white wine, spice), vinegar, sugar, honey, frozen yolk (egg), salt, modified corn starch, crushed mustard seed, flavour, xanthan gum, concentrated lemon juice, garlic powder, potassium sorbate, sodium benzoate, 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 (perservative), spice, artifical and natural flavour, colour (FD&C yellow #5).

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

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

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

## OTHER TOPPINGS

**Parmesan Oregano Bread Topping:** Toasted wheat crumbs, yellow corn meal, parmesan cheese solids (milk ingredients, bacterial cultures, salt, lipase, calcium chloride, rennet and/or microbial enzyme), dehydrated garlic, modified palm oil, natural flavour, oregano, salt, high oleic sunflower oil, citric acid, cellulose, calcium silicate.

## SIDES

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

## SOUPS

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

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

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

**Classic Chicken Noodle Soup:** Enriched egg noodle product (durum wheat flour, egg yolks, niacin, ferrous sulphate, thiamine mononitrate, riboflavin, folic acid), corn maltodextrin, corn starch, freeze-dried cooked chicken meat, salt, rendered chicken fat, dehydrated green peas, dehydrated carrots, dehydrated onions (contain sulphites), autolyzed yeast extract, palm, modified palm and sunflower oils, dehydrated red bell peppers, parmesan cheese style blend (milk, cheese cultures, bacterial cultures, salt, microbial enzymes, calcium chloride, lipase, cellulose), hydrolyzed corn gluten, onion powder, disodium inosinate, disodium guanylate, flavour and artificial flavour (contain corn syrup solids, lemon juice solids, pectin, bht), sugar, spices, dehydrated parsley, citric acid, soy sauce powder (water, soybeans, wheat, salt), garlic powder, turmeric, barley, chicken powder.

OR

Enriched egg noodles (durum flour, dried egg yolks, niacin, ferrous sulphate, thiamin mononitrate, riboflavin, folic acid), maltodextrin, corn starch, dehydrated vegetables (carrots, peas, red bell peppers, onions, parsley), freeze-dried cooked chicken, salt, chicken fat, hydrolyzed soy and corn protein, potassium chloride, yeast extract, vegetable oil shortening (soybean and cottonseed oil), flavour, parmesan cheese (milk, bacterial culture, salt, rennet and/or pepsin and/or microbial enzyme, lipase, may contain calcium chloride, cellulose, and/or sorbic acid), soy sauce (soybeans, wheat, salt), disodium inosinate and disodium guanylate, onion powder, turmeric, lemon juice powder (maltodextrin, lemon juice solids), citric acid, spice, garlic powder.

**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.

**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).

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

OR

Enriched macaroni product (semolina, niacin, ferrous sulfate, thiamin 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).

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

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

**Turkey & Wild Rice Soup:** Long-grain parboiled rice, corn maltodextrin, wild rice, corn starch, flavour (potato and tapioca maltodextrins, turkey broth, chicken powder, chicken fat, hydrolyzed corn protein, flavour and artificial flavour, fractionated coconut oil and/or palm kernel oil, soy lecithin, lactic acid), dehydrated onions, freeze-dried cooked turkey (contains BHA), soy oil, dehydrated red bell peppers, salt, dehydrated carrots, potassium chloride, autolyzed yeast extract, onion powder, disodium inosinate, disodium guanylate, spinach flakes, spices, 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:** Cooked ground beef, water, diced tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), red kidney beans (red kidney beans, water, sugar, salt, calcium chloride), diced onions, tomato paste, mushroom pieces (mushrooms, water, salt, citric acid), diced green peppers, celery, textured soy protein (soy flour, caramel colour), modified corn starch, salt, chili powder, sugar, garlic purée (garlic, citric acid), mono- and diglycerides, worcestershire sauce (water, distilled vinegar, molasses, glucose-fructose, tamarinds, hydrolyzed soy protein, salt, onions, garlic, shallots, cloves, chili peppers and flavour), spices, caramel colour, disodium inosinate, disodium guanylate, flavour.

OR

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

## SIDES

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

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

## COFFEE

**Original Blend Coffee:** 100% Arabica coffee.

**Dark Roast Coffee:** 100% Arabica coffee.

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

## SPECIALTY & HERBAL TEAS

**Steeped Black Tea:** 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.

**Blueberry White Tea:** White tea, rosehips, hibiscus, natural blueberry flavour, licorice root, natural vanilla flavour, natural raspberry flavour, other natural flavours.

**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.

**Pomegranate White Tea:** White tea, hibiscus, rosehips, orange peel, chamomile, natural pomegranate flavour, licorice root, natural and artificial flavours.

## 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 [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, salt, cocoa powder (processed with alkali), natural and artificial flavour, carboxymethyl cellulose gum, silicon dioxide (an anticaking agent).

OR

Sugar, hydrogenated coconut oil, glucose solids, skim milk powder, instant coffee, sodium caseinate (a milk derivative), cocoa, potassium phosphate dibasic, salt, mono- and diglycerides, cellulose gum, tricalcium phosphate, natural and artificial flavour, silicon dioxide, soya lecithin.

**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.

**Dark Hot Chocolate:** Sugar, cocoa (processed with alkali), maltodextrin, coconut oil, corn syrup solids, silicon dioxide, cellulose gum, salt, sodium caseinate (a milk derivative), artificial flavour, mono-and diglycerides, dipotassium phosphate, sodium silico aluminate.

**Candy Cane Dark Hot Chocolate:** Dark hot chocolate (see under HOT SPECIALTY BEVERAGES), mint chocolate flavour (see under FLAVOUR SHOTS), chocolate whipped beverage topping (see under BEVERAGE TOPPINGS), white peppermint bark (see under BEVERAGE TOPPINGS).

## ESPRESSO & LATTE BEVERAGES

### Cappuccino

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

### Espresso

Espresso

### Latte

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

### Flavoured Latte

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

### Chocolate Dream Latte

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

### Dark Chocolate Dream Latte

Espresso  
Hot Cocoa Mix  
Skim Milk  
Chocolate Whipped Beverage Topping  
Dark Chocolate Crispy Pearls

### Salted Caramel Dream Latte

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

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

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

**Dark Chocolate Crispy Pearls:** See under BEVERAGE TOPPINGS.

**Espresso:** Espresso.

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

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

**Salted Caramel Crunch:** See under BEVERAGE TOPPINGS.

**Skim Milk:** Water, skim milk powder.

**Sugar:** Sugar.

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

## MILK, CREAM & NON-DAIRY ALTERNATIVES

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

OR

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

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

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

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

OR

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

OR

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

OR

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

OR

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

## FLAVOUR SHOTS

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

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

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

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

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

## BEVERAGE TOPPINGS

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

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

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

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

**Dark Chocolate Crispy Pearls:** Semi-sweet chocolate 84.0% (unsweetened chocolate, sugar, cocoa butter, milkfat, soy lecithin (an emulsifier), natural vanilla flavour), crisped cereals (wheat flour, sugar, wheat malt flour, starch (wheat), sodium bicarbonate (raising agent), salt, cocoa butter, natural vanilla flavour), glucose syrup, sugar, confectioner's glaze (arabic gum), modified corn starch, coconut oil.

**Salted Caramel Crunch:** Sugar, salt, natural flavour (milk), caramel colour.

**White 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 oil, peppermint oil, colour (turmeric, blue #1, red #40).

## ICED CAPPUCCINO

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

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

## ICED COFFEE

**Original Blend Coffee:** 100% Arabica coffee.

**Ice:** Water.

**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.

## COLD ESPRESSO BEVERAGES

### Iced Latte

Espresso

Ice

Beverage Base

2% White Milk

### Flavoured Iced Latte

Espresso

Ice

Beverage Base

Flavour Shot

2% White Milk

### Iced Chocolate Latte

Espresso

Ice

Chocolatey Syrup

1% Chocolate Milk

White Whipped Beverage Topping

Chocolatey Drizzle

**1% Chocolate Milk:** See under MILK, CREAM & NON-DAIRY ALTERNATIVES.

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

**Beverage Base:** See under ICED COFFEE.

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

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

**Espresso:** Espresso.

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

**Ice:** Water.

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

## FRUIT SMOOTHIE

**Mango Pineapple 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 juice concentrate, mango puree, pineapple juice concentrate, banana puree, apple puree, passion fruit juice concentrate, lemon juice concentrate), glucose-fructose, glucose, molasses, salt, potassium sorbate, caramel colour, natural flavour, ascorbic acid (vitamin C).

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

## FROZEN LEMONADE

### Original Frozen Lemonade

Lemon Syrup

Neutral Base

### Raspberry Frozen Lemonade

Lemon Syrup

Neutral Base

Raspberry Flavour Shot

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

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

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

## BOTTLED JUICES, ICED TEAS & OTHER DRINKS

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

**Orange Juice:** Water, concentrated orange juice.

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

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

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

## MILK, CREAM & NON-DAIRY ALTERNATIVES

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

OR

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

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

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

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

OR

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

OR

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

OR

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

OR

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

## FLAVOUR SHOTS

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

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

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

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

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

## BEVERAGE TOPPINGS

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

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

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

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