

NUTRITIONAL
ALLERGEN &
INGREDIENT GUIDE

milestones[®]

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
START OR SHARE (NO SIDES)																			
Spinach & Artichoke Dip	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Lettuce Wrap (Add Chicken)	708	1155	47	63	8	0.4	42	2120	92	106	32	9	18	18	50	0	0	13	44
Roasted Mushroom Soup	392 g	260	18	28	2.5	0	13	1500	63	21	7	3	12	6	4	6	20	10	15
Wham Bam Shrimp	352 g	650	22	34	2.5	0	13	2360	98	87	29	2	8	13	25	10	8	15	25
Burratta App	272 g	990	37	57	15	1	80	1350	56	66	22	5	20	13	22	30	30	20	50
Chicken Wing Spicy Buffalo	604 g	1530	123	164	61	1.5	313	2750	120	21	/	2	7	6	85	0	0	6	28
Chicken Wing Salt and Black Pepper Butter	610 g	1420	105	140	63	1	320	4030	175	26	/	7	6	6	85	0	0	17	25
Chicken Wing Korean BBQ	621 g	1350	89	119	56	1	285	3710	161	48	/	1	4	27	83	0	0	8	28
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Sweet Chili Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
Cauliflower Black Pepper Butter	400g	780	47	64	3.5	1	30	2700	128	67	/	7	25	19	8	0	0	8	17
Cauliflower Spicy Buffalo	309g	780	48	64	3.5	1	30	2700	128	67	/	7	25	19	8	0	0	8	17
Cauliflower Korean BBQ	585 g	860	43	60	10	0.3	52	2700	124	67	/	7	25	24	8	0	0	8	17
SALADS & BOWLS WITH DRESSINGS																			
Entree Roasted Garlic Caesar Salad - With Dressing	341 g	880	85	131	19	2	105	1590	66	27	9	5	20	6	19	200	130	40	30
Starter Roasted Garlic Caesar Salad - With Dressing	198 g	580	42	65	9	1	50	800	33	15	5	3	12	4	9	130	70	20	20
Entree California Spring Salad - With Dressing	306 g	580	50	77	9	0.3	47	510	21	27	9	6	24	17	12	60	90	10	20
Starter California Spring Salad - With Dressing	180 g	360	32	49	5	0.1	26	310	13	17	6	3	12	11	6	30	40	6	10
Roasted Beet & Goat Cheese Salad	374 g	420	23	35	6	0.4	32	440	18	42	14	7	28	21	11	40	70	10	20
Surfside Salad	439 g	700	57	88	8	1	45	1380	57	31	10	6	24	14	36	70	70	15	20
Sweet Chili Chicken Bowl	828 g	1480	58	89	13	0.5	68	3320	138	188	63	9	36	90	53	60	150	15	60
Sushi Bowl	550 g	830	32	43	4	0.2	21	1590	69	86	36	7	25	11	47	0	0	10	19
Wedge Salad	390g	336	24	36	7.5	0.1	30	720	31	26	7	4	12	4	10	29	27	7	11
Add 3.5 oz sirloin	259	280	10	15	4	0.2	18	620	25	28	9	4	15	2	23	5	72	3	25
Add on: Chicken Breast	86g	105	4	6	2	0.1	9	430	19	1	0	0	0	1	15	0	0	1	3
Add on: Shrimp Skewer	185 g	340	28	43	3.5	0.1	18	1940	81	2	1	0	0	0	22	0	6	6	6
Add on: Grilled Salmon (4 Oz)	107g	200	13	20	3	0.1	16	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Grilled Cajun Chicken	86	105	4	6	2	0.1	9	430	19	1	0	0	0	1	15	0	0	1	3

*portion size ordinarily served to the guest. Updated June 2023

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)	
BURGERS (NO SIDES)																				
1989 Burger	379 g	1050	69	106	24	0.5	123	1320	55	44	15	3	12	5	47	25	15	25	20	
Garden Burger	380 g	800	46	71	15	0.3	77	1390	58	70	23	13	52	17	27	15	30	15	40	
Black and Blue Burger	490 g	1500	90	130	29	2	150	1600	60	55	20	5	14	7	47	27	17	26	22	
California Burger	416 g	1210	70	108	22	0.5	113	1320	55	49	16	5	20	8	49	20	20	25	20	
Gluten Free Burger Bun	100 g	250	6	9	0.5	0.1	3	600	25	50	17	5	20	5	3	0	0	2	30	
Caesar Salad	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15	
California Spring Salad	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6	
Sweet Potato Fries	360 g	690	54	72	7	0.5	38	800	35	52	/	13	46	13	5	0	0	13	8	
MAINS																				
Lemon Dill Beurre Blanc Salmon	680 g	1420	69	92	15	0.3	77	2700	117	115	50	7	25	25	77	60	170	15	22	
Chicken Parm Stack	600 g	1000	50	60	16	0.5	100	2500	104	96	45	8	37	8	70	35	40	50	34	
Portobello Mushroom Chicken	857 g	1330	81	125	33	1	170	2300	96	107	36	7	28	11	72	50	50	45	45	
BBQ Back Ribs(Full rack)	630 g	1850	80	140	15	0.5	90	2800	120	140	30	10	40	35	56	50	80	10	30	
BBQ Back Ribs(1/2 Rack)	400 g	900	40	70	7.5	0.3	45	1400	60	70	15	5	20	19	24	25	40	5	15	
Wagyu Beef Meatloaf	738 g	1230	66	116	33	2	175	2170	94	66	29	8	9	9	43	25	70	17	39	
Stuffed Portobello Mushroom Cap	731g	2810	31	41	6	0.1	31	2810	122	53	/	13	46	21	13	0	0	31	33	
Mediterranean Chicken	498 g	800	42	65	9	1	50	1480	62	43	14	12	48	12	68	150	150	20	35	
Chimichurri Sea Bass	581g	980	49	65	21	0.5	108	2700	117	85	/	8	29	8	51	0	0	50	28	
Grilled Sirlion 7oz(no startch, veg or topper)	500 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	130	6	50	
Grilled Filet 7oz(no startch, veg or topper)	500 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	130	6	50	
Grilled Ribeye 16oz(no startch, veg or topper)	860 g	1000	30	56	15	0.8	64	1800	80	70	28	12	50	6	70	16	208	10	80	
Peppercorn	250g	490	57	63	13	2.5	72	890	37	2	1	0	0	1	2	10	10	8	30	
Seafood Topper	226 g	460	39	60	13	0.5	68	1090	45	4	1	0	0	1	20	25	8	6	6	
Blue Cheese	28 g	300	24	30	4	0.2	15	400	19	/	/	0	0	2	2	0	0	13	8	
Add Chimichurri Butter	105	104	11.5	18	5.2	0.7	26	215	9	0	0	0	0	0	0	10	6	1	2	
Add Black Pepper Butter	111	100	11.1	17	4.7	0.6	24	131	5	/	/	0	0	1	0	4	1	1	1	
Sauteed Onion	211 g	230	17	31	4	0.2	21	930	41	17	/	7	25	4	5	0	0	6	13	
Sautéed Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10	
PASTA & NOODLES																				
Pesto Chicken Penne Asiago	704 g	1120	54	83	16	1	85	2120	88	104	35	6	24	11	55	60	100	40	45	
Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	1970	82	112	37	7	28	20	48	80	150	15	30	
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	1320	55	92	31	9	36	26	28	190	320	50	30	
PASTA & NOODLES SAUCES																				
Roasted Garlic Cream Sauce	90 ml	170	16	25	5	0.2	26	440	18	4	1	0	0	2	2	8	0	4	0	
Sweet Thai Chili Sauce	45 ml	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0	
Peanut Sauce	15 ml	60	5	8	1	0.1	6	180	8	3	1	0	0	2	1	0	0	0	0	

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HANDHELDS																				
Steak Sandwich	469 g	1180	63	97	13	1.5	73	2400	100	84	28	4	16	20	77	10	10	10	80	
Caprese Crispy Chicken Sandwich	354 g	830	45	60	11	0.5	58	1490	65	64	21	6	9	9	43	10	15	38	33	
Baja Fish Tacos	302 g	560	32	49	7	0.5	38	1200	50	46	15	6	24	5	23	30	60	20	10	
BRUNCH																				
Avocado Toast	680 g	1090	53	71	13	0.3	67	3170	138	126	54	15	25	25	36	40	60	15	53	
Traditional Breakfast (No Meat or Toast)	316 g	850	57	88	14	0.3	72	470	20	54	19	5	20	2	30	34	30	14	33	
Traditional Breakfast (Vegan)	665 g	1210	52	69	7	0.1	36	4360	190	124	61	17	21	21	62	0	0	27	94	
Salmon Hash	710 g	1530	99	132	37	1	190	2130	93	99	32	9	7	7	62	0	0	17	53	
Ultimate Breakfast Sandwich	783 g	1650	105	162	28	1	145	5030	210	124	41	12	48	25	60	40	60	50	70	
Traditional Eggs Benedict (NO BREAKFAST POTATOES)	431 g	1210	82	127	37	2.2	196	1590	66	84	28	6	24	5	38	64	36	14	38	
California Eggs Benedict (NO POTATOES & KETCHUP)	515 g	1350	97	150	40	2.3	211	1350	57	86	29	11	44	4	38	64	45	19	38	
Baileys + Cream French Toast	474 g	1210	65	87	28	0.2	141	750	33	142	99	5	18	81	81	30	110	15	33	
Huevos Rancheros	665 g	3570	49	65	6	0.1	32	3570	155	72	61	17	20	20	36	0	0	27	44	
Vegan Nuevos Rancheros	665 g	3570	49	65	6	0.1	32	3900	190	72	61	17	20	20	36	0	0	27	44	
Side: Brunch Potatoes	210 g	220	7	9	2	0.1	11	1430	62	36	18	5	1	1	4	4	30	3	10	
Side: Multigrain toast with butter	93 g	260	10	15	3	0.2	16	330	14	39	13	5	20	5	9	4	0	4	25	
Gluten Free English Muffin	80 g	180	1.5	2	1.5	0	1	500	22	37	/	0	0	7	4	0	0	8	6	
Side: Andouille Sausage	66 g	230	20	31	8	0.1	41	470	20	5	2	1	4	1	7	0	0	6	2	
Side: Breakfast Sausage (Vegan)	102 g	310	17	23	2	0	10	570	25	15	18	5	6	6	25	0	0	2	39	
Side: Double Smoked Bacon	24 g	90	9	14	3	0	15	180	8	0	0	0	0	0	2	0	0	0	2	
Side: Fruit Bowl	201 g	90	0.5	1	0.1	0	1	3	1	23	14	4	17	17	1	0	0	3	4	
Side: Ketchup	45 ml	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2	
Side: Cholula Hot Sauce	30 ml	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0	
Side: Maple Syrup	120 ml	440	0	0	0	0	0	10	1	110	37	0	0	66	0	0	0	0	0	
Side: Hollandaise Sauce	60 ml	380	42	65	26	2	140	135	6	0	0	0	0	0	1	35	2	2	2	
Side: Whipped Cream	15 ml	25	2.5	4	1.5	0.1	8	3	1	0	0	0	0	0	0.1	4	0	0	0	
SIDES																				
Side: Beef Gravy	90 ml	80	2.5	4	1	0	5	1020	43	13	4	0	0	2	2	0	0	2	4	
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	150	6	3	1	1	4	1	1	2	20	2	4	
Side: Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10	
Side: Roasted Potatoes	142 g	490	29	45	8	0.2	41	210	9	53	18	5	20	1	7	4	30	4	8	
Side: Garlic Mashed Potatoes	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6	
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15	
Side: Milestones' California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6	
Side: Corn Tortilla Chips*	113 g	580	21	32	1	0.2	6	670	28	77	26	2	8	1	11	6	6	0	10	
Side: Fries*	242 g	670	30	46	2.5	0.2	14	1470	61	92	31	7	28	0	8	0	2	2	10	
Side: Jasmine Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20	

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HAPPY HOUR BITES																			
Spinach and Artichoke Dip (NO CHIPS / SALSA)	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Sweet Chili Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
SAUCES																			
Chili Avocado Aioli	30 ml	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Sweet Thai Chilli Sauce	45 ml	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Lime Cilantro Vinaigrette	10 ml	40	4.5	7	0.3	0	2	30	1	1	1	0	0	0	0.1	0	2	0	0
Chalula Hot Sauce	30 ml	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0
Mango Chili Sauce	30 ml	110	7	11	0.5	0.2	3	270	11	11	4	0	0	7	0.1	0	2	0	0
DRESSINGS																			
Honey Mustard Vinaigrette	60 ml	310	31	48	2	0.5	13	190	8	10	3	0	0	9	0.2	0	0	0	2
Honey Citrus Vinaigrette/dressing	60 ml	280	28	43	2	0.5	13	650	27	9	3	0	0	8	0.3	0	8	0	0
Blue Cheese Dressing	30ml	100	9	12	2.5	7	13	220	10	1	0	0	0	1	2	0	3	4	2
Caesar Dressing	90 ml	520	57	88	4.5	1.5	30	550	23	3	1	0	0	0	2	2	6	2	2
KIDS																			
Kid: Burger + Fries	157 g	1270-1620	27	42	10	1	55	760	32	34	11	2	8	4	16	4	0	15	20
Kid: Grilled Cheese Sandwich	276 g	1360-1710	46	71	24	1	126	1520	64	86	28	5	20	3	24	30	2	47	26
Kid: Grilled Chicken	102 g	500-850	6	9	3	0.2	16	530	22	1	1	1	4	0	26	2	0	2	4
Kid: Grilled Salmon	104 g	570-920	18	28	7	0.4	37	510	21	0	0	0	0	0	18	8	6	2	2
Kid: Pasta - Noodles with Creamy Sauce	315 g	890	32	49	21	0.3	107	490	20	89	30	4	16	1	15	30	0	25	6
Kid: Pasta - Noodles with Tomato Sauce	345 g	670	8	12	3.5	0.1	18	600	25	95	32	5	20	7	12	25	40	15	10
Kid: Chicken Fingers*	249 g	650	31	48	2.5	0.2	14	1550	65	65	21	4	16	0	31	0	4	4	16
Side: Plum Sauce	45 ml	110	0	0	0	0	0	170	7	26	9	0	0	20	0.1	0	0	0	2
Side: Ketchup	45 ml	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Kid: Fries*	121 g	330	15	23	1	0.1	6	740	31	46	15	3	12	0	4	0	2	2	6
Kid: Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20
Kid: Roasted Garlic Mashed Potatos	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6
Kid: Green Beans	28 g	10	0.1	1	0	0	0	125	5	2	1	1	4	1	1	2	6	0	2
Kid: Kids Cookie Sundae	119 g	405	16	26	11	0.1	56	265	11	62	21	1	4	42	4	10	1	5	25
Kid: Dessert - Vanilla Ice Cream (NO SAUCE OR CREAM)	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Kid: Dessert - Add on: Caramel Sauce	30 ml	120	8	12	5	0.3	27	40	2	11	4	0	0	11	0.3	8	0	0	0
Kid: Dessert - Add on: Chocolate Sauce	74 g	320	12	18	12	0	60	170	7	52	17	0	0	45	2	0	0	6	60
Kid: Dessert - Chapman's Lil' Sammich	60 ml	90	2	3	1	0.1	6	45	2	15	5	0	0	7	1	2	0	0	0

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DESSERTS																			
The Cookie	239 g	810	33	51	22	0.1	111	530	22	123	41	2	8	83	8	20	2	10	50
White Chocolate Cheesecake	296 g	1030	69	106	39	0.5	198	480	20	90	30	2	8	74	10	35	10	10	45
Ganache Torte (Vegan)	203 g	880	56	75	20	0.2	101	45	2	77	/	11	39	57	14	0	0	15	31
Dulce De Leche Cheesecake	114 g	496	31	48	18	0.7	93	412	17	/	/	1	2	37	7	24	1	16	2
Carrot Cake	280g	520g	32	55	19	0.7	93	380	19	/	/	1	2	38	3	18	1	14	2
Key Lime Pie	230 g	795	38	59	18	38	93	155	6	/	/	1	5	88	8	16	4	4	12
Ice-Cream: French Vanilla	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Side Sauce: Chocolate Sauce	30 ml	120	9	14	5	0.2	26	40	2	11	4	1	4	7	1	6	0	0	6
Side Sauce: Caramel	30 ml	210	14	22	9	0.5	48	65	3	19	6	0	0	18	0.4	15	0	2	0

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MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
STARTER OR SHARE											
Spinach and Artichoke Dip (NO CHIPS/ SALSA)					✓					✓	
Tempura Cauliflower									✓	✓	✓
Roasted Mushroom Soup (Vegan)											✓
Wham- Bam Shrimp			✓	✓	✓	✓		✓	✓	✓	✓
Burrata App		✓			✓	✓			✓	✓	✓
Cakes By The Ocean				✓	✓		✓	✓	✓	✓	✓
Tempura Cauliflower Spicy Buffalo				✓	✓		✓		✓	✓	✓
Tempura Cauliflower Black Pepper Butter				✓	✓		✓		✓	✓	✓
Tempura Cauliflower Korean BBQ			✓	✓	✓		✓		✓	✓	✓
M- Wings Spicy Buffalo				✓	✓	✓	✓		✓		✓
M- Wings Black Pepper Bourbon				✓	✓	✓	✓		✓		✓
M- Wings Korean BBQ			✓	✓	✓	✓	✓		✓	✓	✓
Vegan Roasted Mushroom Soup											✓
Lettuce Wraps	✓		✓	✓	✓	✓			✓	✓	✓
Coconut Calamari	✓	✓					✓	✓	✓	✓	✓
Sweet Chili Chicken Bites			✓			✓			✓	✓	✓
SALADS & BOWLS WITH DRESSINGS											
Roasted Garlic Caesar Salad -With Dressing		✓		✓	✓	✓	✓	✓	✓	✓	✓
California Spring Salad - With Dressing	✓	✓		✓	✓				✓		✓
Roasted Beet & Goat Cheese Salad	✓	✓			✓				✓	✓	✓
Shrimp Salad			✓	✓	✓		✓	✓	✓	✓	✓
Sweet Chili Chicken Bowl			✓			✓	✓		✓	✓	✓
Sushi Bowl			✓	✓		✓	✓		✓	✓	✓
Blue Cheese Wedge		✓		✓	✓	✓	✓				✓
Add on: Grilled Chicken Breast					✓						✓
Add on: Shrimp Skewer					✓			✓			✓
Add on: Grilled Steak				✓	✓						
Add on: Grilled Salmon -(4 oz)					✓		✓				
Add on: Grilled Cajun Chicken					✓						✓
BRUNCH											
Avocado Toast		✓			✓	✓			✓	✓	
Salmon Hash					✓	✓	✓		✓	✓	✓
California Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓		✓	✓	✓	✓
Traditional Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓			✓	✓	✓
Baileys + Cream French Toast		✓			✓	✓			✓	✓	✓
Vegan Traditional Breakfast		✓							✓	✓	✓
Traditional Breakfast		✓	✓		✓	✓			✓	✓	
Scrambled eggs - For Traditional and Big Breakfast						✓			✓		
Ultimate Breakfast Sandwich				✓	✓	✓			✓	✓	✓
Side: Breakfast Potatoes					✓						
Side: Multigrain toast with butter		✓	✓		✓				✓	✓	
Side: Andouille											✓
Side: Apple Sage Sausage										✓	
Side: Double-Smoked Bacon											
Side: Fruit Bowl											
MAINS											
Lemon Dill Beurre Blanc Salmon				✓	✓	✓	✓		✓	✓	✓
Portobello Mushroom Chicken				✓	✓	✓			✓	✓	✓
Stacked Chicken Parmesan				✓	✓	✓			✓	✓	✓
BBQ Back Ribs				✓	✓	✓	✓		✓		✓
Waygu Beef Meatloaf					✓	✓	✓		✓	✓	✓
Stuffed Portobello Mushroom Cap			✓						✓		✓
Mediterranean Chicken					✓				✓		✓
Grilled Steak, Sirloin, Filets, Ribeye				✓	✓						
Add Chimmichurri Butter				✓	✓	✓			✓		
Add Black Pepper Butter				✓	✓	✓			✓		
Sauteed Onions					✓				✓		
Add Blue Cheese					✓						✓
Add Peppercorn				✓	✓	✓			✓		
Sauteed Mushrooms					✓				✓		✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
PASTAS & BOWLS											
Pesto Chicken Penne Asiago				✓	✓	✓			✓	✓	✓
Thai Basil Noodles	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Butternut Squash Ravioli	✓	✓		✓	✓	✓			✓	✓	
BURGERS & HAND HELDS											
California Burger		✓	✓	✓	✓	✓			✓	✓	✓
1989 Burger		✓	✓	✓	✓	✓			✓	✓	✓
Wagyu Black and Blue Burger		✓	✓	✓	✓	✓			✓	✓	✓
Garden Burger		✓	✓	✓	✓	✓			✓	✓	✓
Caprese Crispy Chicken Sandwich				✓	✓	✓			✓	✓	✓
Korean Steak Sandwich			✓	✓	✓	✓			✓	✓	✓
Baja Fish Taco -Duo				✓	✓	✓	✓		✓	✓	✓
SIDES											
Side: Beef Gravy					✓				✓	✓	✓
Side: Seasonal Vegetables					✓						
Side: Mushrooms					✓				✓	✓	✓
Side: Roasted Potatoes											
Side: Roasted Garlic Caesar Salad (WITH DRESSING)		✓		✓	✓	✓	✓	✓	✓	✓	✓
Side: Milestones' California Spring Salad (WITH DRESSING)	✓	✓		✓	✓				✓		✓
Side: Yukon Gold Mashed Potatos					✓						
Side: Fries											
Side: Jasmine Rice									✓	✓	
Side: Bread		✓							✓	✓	✓
Side: Sweet Potato Fries				✓		✓			✓		✓
ADD ONS											
SAUCES											
Chili Avocado Sauce				✓		✓			✓		✓
Dill Avocado Aioli				✓		✓			✓		✓
Mango Chili Sauce							✓	✓	✓	✓	✓
Coconut Sambal	✓	✓									✓
Sweet Thai Chilli Sauce									✓	✓	✓
Lime Cilantro Vinaigrette											✓
Cholula Sauce											
Asian Slaw w/ Cilantro Lime Dressing											✓
Tomato Sauce											✓
Wham-Bam Sauce				✓		✓			✓	✓	
DRESSINGS											
Honey Mustard Vinaigrette				✓							✓
Honey Citrus Vinaigrette				✓					✓	✓	✓
Caesar Dressing				✓	✓	✓	✓	✓	✓	✓	✓
Blue Cheese Dressing				✓	✓	✓	✓		✓		✓
Lemon Vinaigrette									✓	✓	✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
KID'S MENU (NO SIDES)											
Kid: Mini Burger			✓			✓			✓	✓	
Kid: Grilled Cheese Sandwich			✓		✓				✓	✓	✓
Kid: Grilled Chicken					✓	✓			✓		✓
Kid: Grilled Salmon					✓		✓				
Kid: Pasta - Noodles with Creamy Sauce					✓	✓				✓	
Kid: Pasta - Noodles with Tomato Sauce					✓	✓				✓	
Kid: Chicken Fingers					✓	✓			✓	✓	
Side: Plum Sauce											✓
Side: Ketchup											
Kid: Traditional Breakfast		✓	✓		✓	✓			✓	✓	
Kid: French Toast		✓			✓	✓			✓	✓	✓
Kid: Fries											
Kid: Dessert - Add on: Caramel Sauce					✓						
Kid: Dessert - Add on: Chocolate Sauce					✓						
Kid: Dessert - Add on: Vanilla Whipped Cream					✓						
Kid: Dessert - Kids Sundae					✓				✓	✓	✓
Kid: Dessert - Chapman's L'l Sammich					✓				✓	✓	✓
DESSERTS											
The Cookie					✓	✓			✓	✓	✓
White Chocolate Cheesecake		✓			✓	✓			✓	✓	✓
Dulce De Leche Cheesecake		✓			✓	✓			✓	✓	✓
Ganache Torte (Vgean)	✓	✓							✓		
Keylime Pie		✓			✓	✓			✓	✓	✓
Carrot Cake		✓			✓	✓			✓	✓	✓
French Vanilla Ice Cream					✓						

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS. GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY OCCUR IN OUR KITCHEN DURING PREPARATION. PLEASE ASK YOUR SERVER FOR DETAILS.

Start or Share - June 2023 - Ontario, Quebec and New Brunswick	
<p>Spinach & Artichoke Dip Allergen Warnings: Milk, Wheat</p>	<p>Spinach & Artichoke Dip: 35% Cream, Spinach, Artichokes (Artichoke, Water, Salt, Citric Acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase Calcium Chloride, Enzyme, Powdered Cellulose, Natural Flavour), Flour, Onion, Butter, Romano Cheese (Milk, Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose), Sour Cream (Cream, Milk, Modified Milk Ingredients, Modified Corn Starch, Guar Gum Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Garlic, Vegetable Stock (Corn Syrup, Sea Salt, Yeast Extract (Barley, Wheat), Sugar (Dextrose), Parsley, Spices, Vegetable Oil (Canola, Extra Virgin Olive Oil), Disodium Guanylate, Disodium Inosinate, Colour, Flavour (Includes Celery, Garlic, Onion), Asiago/Mozzarella/Provolone Cheese (Pasteurized milk, Modified milk ingredients, Salt, Calcium chloride, Lipase, Bacterial culture, Microbial enzyme, Cellulose, Natamycin).</p> <p>Fresh Cut Salsa: Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p>Yellow Corn Chips: Stone Ground Corn, Water, Propionic Acid, Sodium Propionate, Sodium Benzoate, Calcium Hydroxide</p>
<p>Wham Bam Shrimp Allergen Warnings: Milk, Egg, Soy, Wheat, Shellfish, Sesame, Mustard</p>	<p>Marinated Shrimp: Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture)</p> <p>Chili Flour: Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Wham Bam Sauce: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Parsley</p> <p>Chili Salts: Salt, Red Pepper Flakes</p> <p>Crispy Wontons: Enriched Wheat Flour (Contains: Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Frozen Whole Egg and/or Frozen Albumen, Corn and/or Wheat Starch and/or Modified Corn Starch, Salt, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Sesame Seeds, Lime Wedge</p>
<p>Crispy Tempura Cauliflower Allergen Warnings: Egg, Milk, Soy, Sulphites, Wheat, Fish, Sesame, Mustard</p>	<p>Tempura Cauliflower: Cauliflower, Wheat Flour, Yellow Corn Flour, Wheat Starch, Salt, Baking Powder, Sucrose Esters, Water, Canola Oil</p> <p>Blue Cheese Dressing: Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Sugar, Salt, Calcium Disodium), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrat Bacterial Culture), Blue Cheese (Pasteurised Milk, Bacterian Culture, Salt, Calcium Chloride, Microbial Enzymes, Cellulose, Penicillium Roqueforti, Natamycin), Lemon Juice, Salt, Sugar, Apple Cider Vinegar, Worcestershire Sauce (Water, Vinegar, Sugars (Malasses, Glucose Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco Sauce (Vinegar, Red Peppers, Salt), Mustard Powder, Garlic Powder, White Pepper</p> <p>Spicy Buffalo: Buffalo Sauce(Cayenne from Red Peppers, Vinegar, Salt, Canola Oil, Xanthan Gum), Parsley</p> <p>Korean BBQ: Kalbi Sauce (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sesame Seeds, Parsley</p> <p>Salt + Black Pepper Bourbon: Black Pepper Bourbon Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour), Gremolata (Parsley, Lemon Zest)</p>
<p>M Wings Allergen Warnings: Egg, Milk, Fish, Mustard, Sesame, Sulphites, Soy, Mustard</p>	<p>Chicken Wings: Chicken Wings, Water, Rice Starch, Canola Oil, Salt, Sodium Phosphate, Carrageenan.</p> <p>Blue Cheese Dressing: Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Sugar, Salt, Calcium Disodium), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrat Bacterial Culture), Blue Cheese (Pasteurised Milk, Bacterian Culture, Salt, Calcium Chloride, Microbial Enzymes, Cellulose, Penicillium Roqueforti, Natamycin), Lemon Juice, Salt, Sugar, Apple Cider Vinegar, Worcestershire Sauce (Water, Vinegar, Sugars (Malasses, Glucose Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco Sauce (Vinegar, Red Peppers, Salt), Mustard Powder, Garlic Powder, White Pepper</p> <p>Spicy Buffalo: Buffalo Sauce(Cayenne from Red Peppers, Vinegar, Salt, Canola Oil, Xanthan Gum), Parsley</p> <p>Korean BBQ: Kalbi Sauce (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sesame Seeds, Parsley</p> <p>Salt + Black Pepper Bourbon: Black Pepper Bourbon Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour), Gremolata (Parsley, Lemon Zest)</p>

<p>Sweet Chili Chicken Bites Allergen Warnings: Sesame, Egg, Soy, Sulphites, Wheat</p>	<p>Chicken Bites: Chicken Breast (Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid), Liquid Whole Egg (Whole Egg, Citric Acid)</p> <p>Chili Flour: Flour (Wheat Flour, Bezoyole Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Sweet Thai Chili Sauce: Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro</p> <p>Crispy Wontons: Enriched Wheat Flour (Contains: Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Frozen Whole Egg and/or Frozen Albumen, Corn and/or Wheat Starch and/or Modified Corn Starch, Salt, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p>Cucumber, Green Onion, Sesame Seeds, Lime Wedge</p>
<p>Cakes by the Ocean Allergen Warnings: Eggs, Soy, Wheat, Sulphites, Shellfish, Mustard</p>	<p>Shrimp & Salmon Cakes: Salmon, Shrimp, Red & Yellow Pepper, Red & Green Onion, Lemon, Dijon Mustard, Ancho, Table Salt, White Pepper, Garlic, Panko Breadcrumbs, Egg</p> <p>Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p>Pineapple Salsa: Red Onion, Green Onion, Red Pepper, Grilled Pineapple (Pineapple, Canola Oil, Salt, Black Pepper), Rice Wine Vinegar (Rice Wine, Salt, Sugar, Water), Lime Zest, Lime Juice, Honey, Salt</p> <p>Crisp Leeks: Leeks, Corn Starch</p> <p>Arugula, Red Onion, Grape Tomatoes</p>
<p>Coconut Calamari Allergen Warnings: Sulphite, Wheat, Soy, Shellfish, May Contain Peanut/Treenuts</p>	<p>Marinated Calamari: Calamari (Jumbo Squid (Dosidicus Gigas), Salt, Disodium Diphosphate, Sodium Triphosphate, Sodium Bicarbonate), Water, Coconut Milk (Coconut Extracted, Water, Xanthan gum, Sucrose Ester, Sodium Carboxy Methyl Cellulose, Guar Gum, Sodium Metabisulfite)</p> <p>Chili Flour: Flour (Wheat Flour, Bezoyole Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Mango Chili Vinaigrette: Sweet & Spicy Tabasco (Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices), Mango Puree (Mango Puree from Concentrate (Water, Mango Puree Concentrate), Sugar, Water, Citric Acid, Natural Flavor, Ascorbic Acid), Honey, Red Wine Vinegar (5% Acetic Acid, Sulphites), Worcestershire (Malt Vinegar (Barley), Spirit Vinegar, Water, Molasses, Salt, Anchovies (Fish), Tamarind Extract, Onions, Garlic, Spice, Natural Flavour), Lime Juice, Salt, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Canola Oil, Parsley</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Toasted Coconut, Lime Wedge</p>
<p>Chicken Lettuce Wraps Allergen Warnings: Sulphites, Soy, Wheat, Egg, Peanut, Milk, Mustard</p>	<p>Chicken Bites: Chicken Breast (Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid), Liquid Whole Egg (Whole Egg, Citric Acid)</p> <p>Chili Flour: Flour (Wheat Flour, Bezoyole Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Sweet Thai Chili Sauce: Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro</p> <p>Crispy Wontons: Enriched Wheat Flour (Contains: Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Frozen Whole Egg and/or Frozen Albumen, Corn and/or Wheat Starch and/or Modified Corn Starch, Salt, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p>Peanut Sauce: Garlic, Ginger, Cilantro, Honey, Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Peanut Butter (Dry Roasted Peanuts, Icing Sugar, Corn Syrup Solids, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed and or Soybean), Salt), Canola Oil, Water, Rice Wine Vinegar (Rice Wine, Salt, Sugar, Water), Whipping Cream (Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum)</p> <p>Scallion Wasabi Aioli: Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.</p> <p>Green Onion, Carrots, Sesame Seeds, Iceberg Lettuce, Lime Wedge</p>

<p>Burrata Allergen Warnings: Milk, Sulphites. May Contain Tree Nuts, Sesame</p>	<p>Burrata: Pasteurized Milk, Pasteurized Cream, Salt, Lactic Acid, Culture, Rennet</p> <p>Red Pepper Relish: Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine, Sugar, Salt, Pepper, Chili Flakes, Ginger.</p> <p>Basil Pesto: Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin), Garlic (Contains Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt.</p> <p>Balsamic Reduction: Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum</p> <p>Schiacciata Bread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast</p> <p>Garlic Oil: Garlic, Canola Oil</p> <p>Lemon Vinaigrette Dressing: Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p>Arugula, Red Onion, Salt, Black Pepper</p>
<p>Roasted Mushroom Soup Allergen Warnings: Sulphites</p>	<p>Vegan Roasted Mushroom Soup: Reconstituted Vegetable Stock [Water, Vegetable Stock Concentrate [Vegetable Juice (Tomato, Mushroom, Onion, Carrot, Celery)], Sugar, Maltodextrin, Salt, Yeast Extract], Button Mushroom, Portobello Mushroom, White Onion, Celery, White Wine (Sulphites), Potato, Olive Oil, Canola Oil, Margarine [Vegetable Oil (Canola Oil, Modified Palm And Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto And Turmeric), Vitamin A Palmitate, Vitamin D2], Cholula Hot Sauce [Water, Peppers (Arbol And Piquin), Salt, Vinegar, Spices, Xanthan Gum], Salt, Black Pepper, Parsley, Dried Bay Leaf, Frozen Thyme</p> <p>Parsley, Basil Oil: Olive Oil, Canola Oil, Salt, Basil</p>
<p>Salads - June 2023 - Ontario/NB</p>	
<p>Roasted Garlic Caesar Salad Allergen Warnings: Tree Nuts, Mustard, Milk, Eggs, Fish, Shellfish, Soy, Wheat, Sulphites</p>	<p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Croutons: Schiacciata Bread (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast), Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour)</p> <p>Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p>Asiago Cheese: Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Caesar Dressing: Canola Oil, Red Wine Vinegar (Sulphites), Garlic, Egg yolk (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, Anchovies (Flat Fillets of Anchovies, Vegetable Oil, Salt), Roasted Garlic (Garlic, Canola Oil), Dijon Mustard (Water, Mustard Seeds, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulfite), Worcestershire Sauce (Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind Extract, Onions, Garlic, Spice, Natural flavour), Salt, Tabasco (Vinegar, Red Peppers, Pepper, Salt, Chili Flake), Black Pepper.</p> <p>Romaine, Kale</p>
<p>Roasted Beet & Goat Cheese Salad Allergen Warnings: Sulphites, Tree Nuts, Soy</p>	<p>Tri Coloured Quinoa: Black Quinoa, Red Quinoa, White Quinoa, Salt</p> <p>Lemon Vinaigrette Dressing: Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p>Poppy Seed Goat Cheese: Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds</p> <p>Praline Spiced Pecans: Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt</p> <p>Balsamic Reduction: Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum</p> <p>Kale, Arugula, Romaine, Blueberries, Red Beets, Red Onion, Grape Tomatoes</p>
<p>California Spring Salad Allergen Warnings: Mustard, Sulphites, Tree Nuts, Soy</p>	<p>Heritage Spring Mix: Crisphead Lettuce, Red Leaf Lettuce</p> <p>Honey Mustard Vinaigrette: Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulfite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed</p> <p>Poppy Seed Goat Cheese: Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds</p> <p>Praline Spiced Pecans: Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt</p> <p>Red Onion, Spinach, Strawberries, Avocado</p>

<p align="center">Iceberg Wedge Salad Allergen Warnings: Mustard, Fish, Sulphites, Milk, Egg</p>	<p>Blue Cheese Dressing: Mayonnaise (Canola Oil, Liquid Whole Egg, Water, Vinegar, Sugar, Salt, Calcium Disodium), Sour Cream (Milk Ingredients, Modified Corn Starch, Guar Gum, Carrageenan, Locust Bean Gum, Sodium Citrat Bacterial Culture), Blue Cheese (Pasteurised Milk, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzymes, Cellulose, Penicillium Roqueforti, Natamycin), Lemon Juice, Salt, Sugar, Apple Cider Vinegar, Worcestershire Sauce (Water, Vinegar, Sugars (Malasses, Glucose Fructose), Salt, Anchovies, Onion, Natural Flavour, Garlic, Spices, Paprika Extract), Tabasco Sauce (Vinegar, Red Peppers, Salt), Mustard Powder, Garlic Powder, White Pepper</p> <p>Blue Cheese: Pasteurized Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti</p> <p>Fresh Cut Salsa: Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p>Croutons: Schiacciata Bread (Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast), Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Salt, Black Pepper, Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour)</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Iceberg Lettuce, Egg</p>
<p align="center">Surfside Shrimp Salad Allergen Warnings: Shellfish, Sulphite, Milk, Soy, Wheat</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Marinated Shrimp: Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Heritage Spring Mix: Crisphead Lettuce, Red Leaf Lettuce</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Cilantro Lime Vinaigrette: White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro</p> <p>Tortilla Strips: Yellow Corn Chips: Stone Ground Corn, Water, Propionic Acid, Sodium Propionate, Sodium Benzoate, Calcium Hydroxide</p> <p>Grilled Pineapple: Pineapple, Canola Oil, Salt, Black Pepper</p> <p>Roasted Edamame: Edamame Bean (Soy), Canola Oil, Salt, Black Pepper</p> <p>Fresh Cut Salsa: Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p>Sweet & Spicy Tabasco: Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices</p> <p>Romaine, Avocado, Cilantro</p>
Pastas & Noodles - June 2023 - Ontario/NB	
<p align="center">Butternut Squash Ravioli Allergen Warnings: Tree Nuts, Peanuts, Mustard, Milk, Wheat, Soy</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Butternut Squash Ravioli: Duram Wheat Semolina, Water, Liquid Whole Egg, Sage, Salt, Colour, Butternut Squash, Parmesan Cheese (Milk, Bacterial Cultures, Salt, Microbial Enzymes, Cellulose), Toasted Wheat Crumbs, Onions, Cream, Water, Butter Modified Corn Starch, Brown Sugar, Canola Oil, Salt, Carrageenan, Spice</p> <p>Chili Salts: Salt, Red Pepper Flakes</p> <p>Sweetie Drop Peppers: Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride</p> <p>Roasted Garlic: Garlic, Canola Oil</p> <p>Sage Brown Butter: Butter (Pasteurized Cream, Annatto), Sage</p> <p>Garlic Cream Sauce: Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3, Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid)</p> <p>Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p>Poppy Seed Goat Cheese: Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds</p> <p>Praline Spiced Pecans: Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt</p> <p>Salt, Black Pepper, Leeks, Apples, Sage</p>

<p>Pesto Chicken Penne Asiago Allergen Warnings: Mustard, Milk, Egg, Soy, Wheat, Sulphites</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Penne: Durum Wheat Semolina, Niacin, Ferrous Sulphate, Thiamin, Riboflavin, Folic Acid</p> <p>Roasted Garlic: Garlic, Canola Oil</p> <p>Roasted Red Onions: Red Onions, Canola Oil, Salt, Black Pepper</p> <p>Basil Pesto Cream Sauce: Basil Pesto (Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin), Garlic (Contains Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt), Garlic Cream Sauce (Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3, Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid)</p> <p>Chicken Stock: Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)</p> <p>Asiago Cheese: Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Garlic, Red Peppers, Roma Tomatoes, Spinach, Salt, Black Pepper, Parsley</p>
<p>Shrimp & Scallop Scampi Allergen Warnings: Milk, Sulphites, Soy, Wheat</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Shrimp: Shrimp, Sodium Tripolyphosphate, Salt</p> <p>Capers: Capers, Water, Salt, Acetic Acid</p> <p>Roasted Garlic: Garlic, Canola Oil</p> <p>Dorati Tomatoes: Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Whipping Cream: Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p>Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p>Scallops, Salt, Black Pepper, Spinach, White Wine</p>
<p>Thai Basil Noodles Allergen Warnings: Sesame, Egg, Sulphites, Soy, Milk</p>	<p>Sesame Oil Blend: Sesame Oil, Canola Oil</p> <p>Butter: Pasteurized Cream, Annatto</p> <p>Shrimp: Shrimp, Sodium Tripolyphosphate, Salt</p> <p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Thai Basil Vegetable Pack: Carrot, Yellow Pepper, Red Onion, Green Onion</p> <p>Chicken Stock: Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)</p> <p>Coconut Stirfry Sauce: Coconut Milk (Coconut Extracted, Water, Xanthan gum, Sucrose Ester, Sodium Carboxy Methyl Cellulose, Guar Gum, Sodium Metabisulfite), Sweet Soy Sauce (Plum, Sugar, Water, Salt, Soy Bean, Wheat, Sodium Benzoate), Red Chili Flakes, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p>Peanut Sauce: Garlic, Ginger, Cilantro, Honey, Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Peanut Butter (Dry Roasted Peanuts, Icing Sugar, Corn Syrup Solids, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed and or Soybean), Salt), Canola Oil, Water, Rice Wine Vinegar (Rice Wine, Salt, Sugar, Water), Whipping Cream (Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum)</p> <p>Rice Noodles: Rice Flour, Water, Sesame Oil</p> <p>White Wine, Egg, Basil, Salt, Black Pepper, Cilantro, Lime Wedge</p>

Burgers & Handhelds (no side) - June 2023 - Ontario/NB	
1989 Burger Allergen Warnings: Mustard, Milk, Soy, Egg. May Contain Walnuts, Almonds, Tree Nuts, Sesame Seeds	<p>Burger Bun: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Liquid Egg-Whites, Vegetable Oil (Soybean and/or Sunflower Oil), Cane Sugar, Salt, Liquid Egg Yolks, Malted Barley Flour, Yeast, Ascorbic Acid, Rice flour</p> <p>Burger Patty: Ground Chuck, Ground Brisket</p> <p>Burger Sauce: Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic Puree (Water, Garlic, Canola Oil, Citric Acid), White Onions, Mustard (Water, Mustard Flour, White Vinegar, Salt, Xanthan Gum, Spices), Green Onions, Sea Salt, Spices, Water, Sugar, Xanthan Gum, Flavour, Citric Acid</p> <p>Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Salt, Black Pepper, Iceberg Lettuce, Red Onion, Red Vine Tomato</p>
Smashed Black N' Blue Burger Allergen Warnings: Wheat, Milk, Egg, Sulphites, Soy, Mustard. May Contain Almonds, Walnuts, Tree Nuts, Sesame Seeds	<p>Burger Bun: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Liquid Egg-Whites, Vegetable Oil (Soybean and/or Sunflower Oil), Cane Sugar, Salt, Liquid Egg Yolks, Malted Barley Flour, Yeast, Ascorbic Acid, Rice flour</p> <p>Wagyu Beef Burger: Ground Chuck, Ground Brisket, Ground Wagyu</p> <p>Stockton Steak Spice: Spices, Salt</p> <p>Chili Flour: Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Roasted Mushrooms: Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p>Roasted Red Onions: Red Onions, Canola Oil, Salt, Black Pepper</p> <p>Scallion Wasabi Aioli: Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.</p> <p>Blue Cheese: Pasteurized Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti</p> <p>Buttermilk: Partly Skimmed Milk, Salt, Bacterial Culture</p> <p>Peppercorn Sauce: Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar,</p> <p>Iceberg Lettuce, Red Onions, Red Vine Tomatoes</p>
Flambe Burger Allergen Warnings: Milk, Egg, Soy, Sulphites, Mustard. Fish. May Contain Almonds, Walnuts, Tree Nuts, Sesame Seeds	<p>Burger Bun: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Liquid Egg-Whites, Vegetable Oil (Soybean and/or Sunflower Oil), Cane Sugar, Salt, Liquid Egg Yolks, Malted Barley Flour, Yeast, Ascorbic Acid, Rice flour</p> <p>Burger Patty: Ground Chuck, Ground Brisket</p> <p>Roasted Red Onions: Red Onions, Canola Oil, Salt, Black Pepper</p> <p>Scallion Wasabi Aioli: Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.</p> <p>Roasted Mushrooms: Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p>Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Jameson BBQ Sauce: Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p>Salt, Black Pepper, Iceberg Lettuce, Red Vine Tomato</p>

<p align="center">Garden Burger</p> <p>Allergen Warnings: Soy, Sulphites, Mustard. May Contain Almonds, Walnuts, Tree Nuts, Sesame Seeds</p>	<p>Burger Bun: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Liquid Egg-Whites, Vegetable Oil (Soybean and/or Sunflower Oil), Cane Sugar, Salt, Liquid Egg Yolks, Malted Barley Flour, Yeast, Ascorbic Acid, Rice flour</p> <p>Harvest Patty: Water, Dry Mix (Soy Protein, Modified Cellulose, Flavour, Salt, Hydrolyzed Corn Gluten, Malt Extract, Dried Onion, Dried Garlic, Spices, Beet Powder, Autolyzed Yeast Extract, Parsley), Fat Flakes (Partially Hydrogenated Palm Kernel Oil with Soya Lecithin), Seasoning (Salt, Spices)</p> <p>Red Pepper Relish: Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine, Sugar, Salt, Pepper, Chili Flakes, Ginger.</p> <p>Burger Sauce: Mayonnaise (Canola Oil, Water, Liquid Whole Egg, Salt, Vinegar, Sugar, Spices, Calcium Disodium), Chipotle Peppers in Adobo Sauce (Chipotle Peppers, Water, Tomato Paste, Salt, Onion, Acetic Acid), Capers (Water, Salt, Vinegar), Garlic Puree (Water, Garlic, Canola Oil, Citric Acid), White Onions, Mustard (Water, Mustard Flour, White Vinegar, Salt, Xanthan Gum, Spices), Green Onions, Sea Salt, Spices, Water, Sugar, Xanthan Gum, Flavour, Citric Acid</p> <p>Avocado, Iceberg Lettuce, Red Vine Tomato, Red Onion</p>
<p>Steak Sandwich Allergen Warnings: Egg, Milk, Soy, Mustard, Wheat, Sulphites. May Contain Sesame Seeds, Tree Nuts</p>	<p>Schiacciata Bread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast</p> <p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Kalbi Marinated Sirloin: Kalbi Marinade (Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum), Sirloin</p> <p>Scallion Wasabi Aioli: Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.</p> <p>Kalbi Marinade: Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum</p> <p>Roasted Mushrooms: Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p>Roasted Red Onions: Red Onions, Canola Oil, Salt, Black Pepper</p> <p>Cilantro, Sesame Seed</p>
<p>Caprese Crispy Chicken Sandwich Allergen Warnings: Mustard, Sulphites, Milk, Egg, Wheat. May Contain Almonds, Walnuts, Tree Nuts, Sesame Seeds</p>	<p>Burger Bun: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Liquid Egg-Whites, Vegetable Oil (Soybean and/or Sunflower Oil), Cane Sugar, Salt, Liquid Egg Yolks, Malted Barley Flour, Yeast, Ascorbic Acid, Rice flour</p> <p>Panko Breaded Chicken: Chicken Breast (Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid), Flour, Salt, Black Pepper, Panko (Toasted Wheat Crumbs, Salt, Vegetable Oil), Asiago Cheese (Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin)</p> <p>Garlic Cream Sauce: Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3, Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid</p> <p>Spiced Tomato Sauce: Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid., Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt.</p> <p>Basil Pesto Mayo: Basil Pesto (Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin), Garlic (Contains Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt), Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices)</p> <p>Mozzarella: Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Provolone: Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Fresh Cut Salsa: Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p>Lemon Vinaigrette Dressing: Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p>Arugula, Red Onion</p>

<p>Baja Fish Tacos Allergen Warnings: Wheat, Sulphites, Soy, Milk, Egg</p>	<p>Flour Tortillas: Wheat flour, Water, Canola/Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, CMC Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced)</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Cilantro Lime Vinaigrette: White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro</p> <p>Chili Avocado Aioli: Vegan Mayonnaise (Soybean Oil, Water, Sugar, Vinegar, Salt, Modified Corn and Potato Starch, Concentrated Lemon Juice, Natural Flavour, Spice and Calcium Disodium EDTA (Maintains Flavour), Avocado, Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Cilantro, Lime Juice, Salt, White Pepper</p> <p>Marinated Basa: Basa (Basa Fillets, Water, Sodium Tripolyphosphate, Salt), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture)</p> <p>Chili Flour: Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Cilantro Pepita Dressing: Soybean Oil, Water, Tomatillo, Pepita Seeds, Cilantro, White Wine Vinegar, Egg Yolk, Sugar, Calcium Disodium EDTA, Dehydrated Red Bell Peppers, FD&C Blue #1, FD&C Red #40, FD&C Yellow #5, Garlic, Lactic Acid, Lime Juice Concentrate, Natural Flavour, Polysorbate 60, Salt, Sodium Benzoate, Potassium Sorbate, Spices (Mustard), Xanthan Gum</p> <p>Fresh Cut Salsa: Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil</p> <p>Avocado, Cilantro, Lime Wedge</p>
<p>Mains - June 2023 - Ontario/NB</p>	
<p>Grilled Salmon Allergen Warnings: Milk, Soy, Sulphites</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Lemon Dill Butter: Butter (Milk), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Olive Oil, White Onion, Leek, Garlic, Corn Starch, Lemon Zest, Lemon Juice, Table Salt, Chili Flake, White Pepper, Dill, White Wine, White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide)</p> <p>Seasonal Vegetables: Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Chili Salts: Salt, Red Pepper Flakes</p> <p>Quinoa + Rice Pilaf: Seasoned Bamboo Rice (Bamboo Rice (Short Grain Rice, Bamboo Extract), Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Crisp Leeks: Leeks, Corn Starch</p> <p>White Wine, Salt, Black Pepper, Dill Leaves</p>
<p>Wagyu Beef Meatloaf Allergen Warnings: Egg, Wheat, Milk, Fish, Soy, Sulphites</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Wagyu Beef Meatloaf: Butter (Milk), White Onion, Brandy, Ground Wagyu, Ground Chuck, Egg, Panko Bread Crumbs, Parsley, Salt, Black Pepper, Garlic, Thyme, Worcestershire (Malt Vinegar (from Barley), Spirit Vinegar, Water, Refiners Molasses, Sugar, Salt, Anchovies, Tamarind Extract, Onions, Garlic, Spice, Natural Flavour), Parmesan Romano Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour), Tomato Paste</p> <p>Roasted Mushrooms: Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p>Peppercorn Sauce: Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar,</p> <p>Mashed Potatoes: Yukon Gold Potatoes, Butter, Buttermilk, Salt, White Pepper, Roasted Garlic (Garlic, Canola Oil), Parsley</p> <p>Seasonal Vegetables: Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Buttermilk: Partly Skimmed Milk, Salt, Bacterial Culture</p> <p>Chili Flour: Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Red Onion, Salt, Black Pepper, Parsley</p>

<p style="text-align: center;">Chicken Parmesan Allergen Warnings: Sulphites, Milk, Egg, Wheat, Soy</p>	<p>Panko Breaded Chicken: Chicken Breast (Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid), Flour, Salt, Black Pepper, Panko (Toasted Wheat Crumbs, Salt, Vegetable Oil), Asiago Cheese (Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin)</p> <p>Mozzarella: Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Provolone: Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Spiced Tomato Sauce: Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid., Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt.</p> <p>Basil Pesto Cream Sauce: Basil Pesto (Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin), Garlic (Contains Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt), Garlic Cream Sauce (Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3, Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid)</p> <p>Asiago Cheese: Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Sweetie Drop Peppers: Sweet Drop Peppers, Water, Vinegar, Sugar, Salt, Calcium Chloride</p> <p>Lemon Vinaigrette Dressing: Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulphates, Sodium Benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Salt, Black Pepper, Arugula, Red Onion</p>
<p style="text-align: center;">Portobello Mushroom Chicken Allergen Warnings: Sulphites, Milk, Soy</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Roasted Garlic: Garlic, Canola Oil</p> <p>Chicken Stock: Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)</p> <p>Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p>Spaghettini: Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid</p> <p>Basil Pesto Cream Sauce: Basil Pesto (Basil, Canola Oil, Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Natural Parmesan Flavour, Natamycin), Garlic (Contains Water, Canola Oil, Citric Acid), Lemon Juice (Sulphites), Salt), Garlic Cream Sauce (Water, Whipping Cream (Cream, Milk, Carrageenan), Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Sodium Benzoate, Citric Acid, Artificial Flavour, Vitamin A Palmitate, Vitamin D3, Canola Oil, Modified Milk Ingredients, Dehydrated Garlic, Salt, Modified Corn Starch, Wheat Flour, Sugar, Natural Flavour, Xanthan Gum, Monoglycerides, Black Pepper, Lactic Acid)</p> <p>Seasonal Vegetables: Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Asiago Cheese: Pasteurized milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Salt, Black Pepper, Garlic, Portobello Mushrooms, White Wine, 35% Cream, Basil, Parsley</p>

<p>Sweet Chili Chicken Bowl Allergen Warnings: Egg, Sulphites, Soy, Wheat</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Jasmine Rice: Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Plantain Sugar, White Sugar), Salt</p> <p>Sushi Rice Blend: Seasoned Bamboo Rice (Bamboo Rice (Short Grain Rice, Bamboo Extract), Water, Rice Wine Vinegar, Salt), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Water, Salt)</p> <p>Chicken Bites: Chicken Breast (Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid), Liquid Whole Egg (Whole Egg, Citric Acid)</p> <p>Chili Flour: Flour (Wheat Flour, Bezoyle Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Sweet Thai Chili Sauce: Thai Chili Sauce (Sugar, Water, White Vinegar, Red Peppers, Salt, Dehydrated Garlic, Spices, Modified Tapioca Starch, Xanthan Gum, Potassium Sorbate, Sodium Benzoate), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Cilantro</p> <p>Crispy Wontons: Enriched Wheat Flour (Contains: Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Frozen Whole Egg and/or Frozen Albumen, Corn and/or Wheat Starch and/or Modified Corn Starch, Salt, Vinegar, Sodium Propionate, Potassium Sorbate</p> <p>Sesame Seeds, Green Onion, Cilantro, Lime Wedge</p>
<p>Tuna Sushi Bowl Allergen Warnings: Soy, Mustard, Sesame, Sulphites, Fish</p>	<p>Sushi Mayo: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dark Soy Sauce (Water, Salt, Caramel Colour, Sugar, Soybeans, Wheat), Sesame Oil, Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Fish Sauce (Anchovie Extract, Salt, Sugar), Chili Salts (Salt, Red Chili Flakes)</p> <p>Sushi Rice Blend: Seasoned Bamboo Rice (Bamboo Rice (Short Grain Rice, Bamboo Extract), Water, Rice Wine Vinegar, Salt), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Water, Salt)</p> <p>Roasted Edamame: Edamame Bean (Soy), Canola Oil, Salt, Black Pepper</p> <p>Grilled Pineapple: Pineapple, Canola Oil, Salt, Black Pepper</p> <p>Cilantro Lime Vinaigrette: White Balsamic Vinegar (Wine Vinegar, Grape Must, Caramel (Colour), Sulfur Dioxide), Garlic Chili Sauce (Chili, Salt, Garlic, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfate, Xanthan Gum), Salt, Black Pepper, Canola Oil, Lemon Juice, Scallions, Lime Juice, Garlic, Cilantro</p> <p>Wasabi: Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites</p> <p>Sweet & Spicy Tabasco: Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices</p> <p>Ahi Tuna, Sesame Seeds, Cucumber, Carrots, Purple Cabbage, Grape Tomatoes, Avocado, Cilantro,</p>
<p>Mediterranean Chicken Allergen Warnings: Sulphites, Soy, Milk</p>	<p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Sriracha Goat Cheese: Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)</p> <p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Roasted Red Onions: Red Onions, Canola Oil, Salt, Black Pepper</p> <p>Dorati Tomatoes: Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid</p> <p>Balsamic Reduction: Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum</p> <p>Basil Oil: Olive Oil, Canola Oil, Salt, Basil</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Spinach, Baby Kale, Salt, Black Pepper, Chick Peas</p>

<p>Stuffed Portobello Mushroom Cap Allergen Warning: Soy</p>	<p>Spiced Tomato Sauce: Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid., Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt.</p> <p>Stuffed Mushroom Vegetable Pack: Arugula, Spinach, Edamame Beans, Dorati Tomatoes (Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid)</p> <p>Vegan Margarine: Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2</p> <p>Vegan Mozzarella Cheese: Filtered Water, Tapioca Starch, Coconut Oil, Expeller Pressed: Canola and/or Safflower Oil, Vegan Natural Flavours, Chickpea Protein, Salt, Potato Protein, Tricalcium Phosphate, Lactic Acid (Vegan), Konjac Gum, Xanthan Gum, Yeast Extract, Concentrated Pumpkin Juice</p> <p>Quinoa + Rice Pilaf: Seasoned Bamboo Rice (Bamboo Rice (Short Grain Rice, Bamboo Extract), Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Seasonal Vegetables: Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Crisp Leeks: Leeks, Corn Starch</p> <p>Basil Oil: Olive Oil, Canola Oil, Salt, Basil</p> <p>Portobello Mushroom, Salt, Black Pepper, Parsley</p>
<p>Steaks - June 2023 - Ontario/NB</p>	
<p>7oz Sirloin Allergen Warnings: Milk, Soy</p>	<p>Marinated Sirloin Steak: Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Stockton Steak Spice: Spices, Salt</p> <p>Mashed Potatoes: Yukon Gold Potatoes, Butter, Buttermilk, Salt, White Pepper, Roasted Garlic (Garlic, Canola Oil), Parsley</p> <p>Seasonal Vegetables: Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Salt, Black Pepper, Parsley</p>
<p>7oz Filet Mignon Allergen Warnings: Milk, Soy</p>	<p>Marinated Filet Steak: Filet Mignon, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Stockton Steak Spice: Spices, Salt</p> <p>Mashed Potatoes: Yukon Gold Potatoes, Butter, Buttermilk, Salt, White Pepper, Roasted Garlic (Garlic, Canola Oil), Parsley</p> <p>Seasonal Vegetables: Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Salt, Black Pepper, Parsley</p>
<p>16oz Rib Steak Allergen Warnings: Milk, Soy</p>	<p>Marinated Rib Steak: Ribeye, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Stockton Steak Spice: Spices, Salt</p> <p>Mashed Potatoes: Yukon Gold Potatoes, Butter, Buttermilk, Salt, White Pepper, Roasted Garlic (Garlic, Canola Oil), Parsley</p> <p>Seasonal Vegetables: Butter (Milk), Green Beans, Roasted Red Onions. (Red Onion, Salt, Black Pepper, Canola Oil), Roasted Carrot (Carrot, Canola Oil, Salt, Black Pepper)</p> <p>Salt, Black Pepper, Parsley</p>

<p align="center">Surf N Turf Topper Allergen Warnings: Shellfish, Milk, Soy, Sulphites</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Shrimp: Shrimp, Sodium Tripolyphosphate, Salt</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Bearnaise Sauce: Butter, Emulsa Egg Yolk (Egg Yolk, Water, Salt, Phospholipase), White Wine, White Vinegar, White Balsamic Vinegar (White Vinegar, Concentrated Grape Must, Balsamic Vinegar of Modena, Sulfur Dioxide (Preservatives), Sulfites), Red Onion, Tarragon</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Scallop, Salt, Black Pepper</p>
Ribs - June 2023 - Ontario/NB	
<p align="center">Baby Back Ribs - Full Rack Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Baby Back Ribs: Pork Back Ribs, Smoke</p> <p>Jameson BBQ Sauce: Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p>Parsley</p>
<p align="center">Baby Back Ribs - Chicken Duo Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Baby Back Ribs: Pork Back Ribs, Smoke</p> <p>Jameson BBQ Sauce: Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Salt, Black Pepper, Parsley</p>

<p>Baby Back Ribs - Shrimp Duo Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Baby Back Ribs: Pork Back Ribs, Smoke</p> <p>Jameson BBQ Sauce: Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p>Marinated Shrimp: Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Salt, Black Pepper, Parsley</p>
<p>Baby Back Ribs Trio Allergen Warnings: Fish, Soy, Sulphites, Egg, Mustard</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Baby Back Ribs: Pork Back Ribs, Smoke</p> <p>Jameson BBQ Sauce: Crushed Tomatoes (Tomatoes, Citric Acid), Ketchup (Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices) Molasses, Honey, Brown Sugar, Apple Juice (Apple Juice, Vitamin C), Cider Vinegar, Chipotle Sauce (Chipotle Peppers, Distilled Vinegar, Water, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Natural Flavor, Pepper Pulp (Red Pepper, Distilled Vinegar, Salt)) Whisky, Worcestershire Sauce (Water, White Vinegar, Blackstrap Molasses, Glucose-Fructose, Salt, Soy Sauce (Water, Salt, Hydrolyzed Soy Protein, Corn Syrup, Caramel) Caramel, Anchovies, Tamarind Concentrate, Spices, Polysorbate 80, Oleoresin Capsicum, Garlic Extract, Soy Flour), Sriracha Sauce, Sugar, Salt, Garlic, Vinegar, Potassium Sorbate, Sodium Bisulphates, Xanthium Gum), Xanthan Gum, Soya Sauce, Natural Smoke Flavor, Onion Salt, Garlic, Smoked Paprika, Black Pepper</p> <p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Asian Slaw: Red Pepper, Yellow Pepper, Red Onion, Carrot, Nappa Cabbage, Purple Cabbage, Spinach, Cilantro</p> <p>Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper</p> <p>Marinated Shrimp: Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil</p> <p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Salt, Black Pepper, Parsley</p>

Desserts - June 2023 - Ontario/NB	
<p style="text-align: center;">White Chocolate Cheesecake Allergen Warnings: Milk, Egg, Soy. May Contain Sulphites, Tree Nuts, Peanuts, Wheat (less than 20ppm)</p>	<p>White Chocolate Cheesecake: Cream Cheese (Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Locust Bean Gum), White Chocolate (Sugar, Cocoa Butter, Milk Ingredients, Soy Lecithin, Vanilla Extract), Sugars (Sugar, Liquid Invert Sugar), Chocolate Cookie Crumb (Rice Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa Processed with Alkali, Corn Starch, Salt, Chocolate Liquor, Natural Flavour, Sodium Bicarbonate, Soy Lecithin), Liquid Whole Egg, Cream (Cream, Milk, Dextrose, Carrageenan), Sour Cream (Skim Milk, Cream, Milk Protein Concentrate, Skim Milk Powder, Microbial Enzyme, Bacterial Culture), Palm and Canola Oil Margarine, Gluten Free Flour (White Rice Flour, Corn Starch, Tapioca Starch, Xanthan Gum), Flavour.</p> <p>Espresso Creme Anglaise: Milk, Whipping Cream, Emulsa Egg Yolk (Egg Yolk, Water, Salt, Phospholipase), White Sugar, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Espresso (Coffee)</p> <p>Vanilla Whipped Cream: Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts</p> <p>Chocolate Shavings: Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Strawberry, Mint</p>
<p style="text-align: center;">Chocolate Ganache Torte Allergen Warnings: Almonds, Soy. May Contain Egg, Milk, Sulphites, Tree Nuts, Peanuts, Wheat (less than 20ppm)</p>	<p>Ganache Torte: Dark Chocolate (Unsweetened Chocolate, Sugar, Cocoa Butter, Soy Lecithin, Vanilla Extract), Almonds, Non-Dairy Almond Milk (Water, Almonds, Calcium Carbonate), Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Natural Flavour, Zinc Gluconate, Vitamin A Palmitate, Riboflavin, Vitamin D2, Vitamin B12), Palm and Canola Oil Margarine, Sugars (Brown Sugar, Glucose, Fancy Molasses), Flavour, Spice.</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Strawberry, Mint</p>
<p style="text-align: center;">Dulce De Leche Cheesecake Allergen Warnings: Milk, Wheat, Eggs, Almonds, Soy, Sulphites. May Contain Tree Nuts, Oats</p>	<p>Dulce De Leche Cheesecake: Cream Cheese (Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Carob Bean Gum), Sour Cream (Skim Milk, Cream, Milk Protein Concentrate, Skim Milk Powder, Microbial Enzymes, Bacterial Culture), Graham Mix (Wheat Flours, Sugars (Fine, Brown, Molasses, Glucose-Fruuctose Honey), Vegetable Oil Shortening (Modified Palm, Canola, and Palm Oils), Water, Salt, Baking Powder, Baking Soda, Cinnamon, Natural Flavour, Sugars (Fine, Glucose), Caramel Sugars (Sweetened Condensed Skim Milk, Fine, corn Syrup), Water, corn Syrup (Contains Sulphites), Skim Milk Powder, Canola Oil, Sodium Alginate, Salt, Cellulose Gel, Cellulose Gum, Mono-Glycerides, Sodium Hexametaphosphate, Potassium Sorbate, Soy Lecithin, Baking Powder, 35% Cream, Toffee Bits (Sugar, Butter, Almonds, Milk Chocolate (Sugar, Cocoa Butter, Unsweetened Chocolate, Milk Ingredients, Lactose, Salt, Soy Lecithin), Milk Ingredients, Salt, Sunflower Oil), Gelatin, Shortening (Canola, Palm and Modified Palm Oils), Water, Sodium Benzoate, Natural Flavours</p> <p>Caramel Sauce: Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Strawberry, Mint</p>
<p style="text-align: center;">Key Lime Pie Allergen Warnings: Milk, Wheat, Egg, Sulphites. May Contain Tree Nuts, Oats, Soy</p>	<p>Key Lime Pie: Sugars (Fine, Sweet Condensed Milk), Lime Juice (Water, Concentrated Lime Juice, Sulphites, Lime Oil), Eggs, Wheat Flour, Graham Mix (Wheat Flours, Sugars (Fine, Brown, Molasses, Glucose-Fruuctose, Honey), Vegetable Oil Shortening (Midified Palm, Canola Oil, and Palm Oils), Water, Salt, Baking Powder, Baking Soda, Cinnamon, Natural Flavour), Butter, Margarine. Whip Topping (Water, Sugars (Glucose-Fruuctose, Fine), Hydrogenated Vegetable Oils (Palm, Palm Kernel, Coconut and/or Cottonseed), Sodium Caseinate, Modified Cellulose, Lactylcesters of Fatty Acids, Sodium Stearoyl-2-Lactylate, Dipotassium Phosphate, Salt, Mono and Dyglycerides, Zanthan Gum, Natural Colour), Vegetable Oil Shortening (Canola Oil, Modified Palm and Palm Kernel Oil, Monoglycerides, Polysorbate 60), Egg Yolks, Custard (Water, Sugars (Fine, Dextrose), Modified Corn Starch, Modified Tapioca Starch, Vegetable Oil, Sodium Benzoate, Potassium Sorbate, Salt, Titanium Dioxide, Sodium Acid Sulfate, Carrageenan Gum, Cellulose Gel, Polysorbate 60, Tartrazine, Sunset Yellow FCF), Gelatin, Salt, Calcium Propionate, Caramel Colour, Tartrazine, Sunset Yellow FCF, Natural and Artificial Flavours</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Strawberry, Mint</p>
<p style="text-align: center;">OMG Carrot Cake Allergen Warnings: Egg, Hazlenut, Milk, Soy, Sulphites, Walnut, Wheat. May Contain Tree Nuts, Peanuts</p>	<p>Carrot Cake: Sugars (Sugar, Icing Sugar), Pineapple, Flour, Cream Cheese (Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Locust Bean Gum, Carrots, Canola Oil, Butter, Liquid Whole Egg, Palm and Canola Oil Margarine, Walnuts, Caramelized Hazlenuts (Hazlenut, Sugar), Sodium Bicarbonate, Baking Powder, Spice, Salt, Flavour, Lemon Juice (Concentrated Lemon Juice, Water, Sulphites, Lemon Oil), Soy Lecithin</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Strawberry, Mint</p>

<p align="center">The Ultimate Cookie Allergen Warnings: Wheat, Soy, Egg, Milk</p>	<p>Double Chocolate Chunk Cookie: Sugars (Sugar, Fancy Molasses), Enriched Wheat Flour, Palm and Palm Kernel and Canola Oil Margarine (Milk), White Chocolate Chunks (Sugar, Cocoa Butter, Milk Ingredients, Soy Lecithin, Vanilla Extract, Salt), Liquid Whole Egg, Semi-Sweet Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract, Milk Ingredients), Cocoa Powder, Baking Soda, Natural Flavour, Salt, Water</p> <p>French Vanilla Ice Cream: Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF</p> <p>Chocolate Sauce: Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour)</p> <p>Caramel Sauce: Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour</p> <p>Vanilla Whipped Cream: Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavour, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annatto Extracts</p> <p>Chocolate Shavings: Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Mint</p>
Add Ons + Sides - June 2023 - Ontario/NB	
<p align="center">Chicken Breast Allergen Warnings: Milk, Sulphites, Soy</p>	<p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Salt, Black Pepper, Parsley</p>
<p align="center">Cajun Chicken Breast Allergen Warnings: Milk, Sulphites, Soy</p>	<p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Salt, Black Pepper, Parsley</p>
<p align="center">Grilled Steak Allergen Warnings: Milk, Soy</p>	<p>Marinated 5oz Sirloin: Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Stockton Steak Spice: Spices, Salt</p> <p>Parsley</p>
<p align="center">Grilled Shrimp Skewer Allergen Warnings: Milk, Soy, Sulphites</p>	<p>Marinated Shrimp: Shrimp (Shrimp, Sodium Tripolyphosphate, Salt), Roasted Garlic (Garlic, Canola Oil), Sriracha (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite, Xanthan Gum), Lemon Juice, Salt, Black Pepper, Canola Oil</p> <p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Salt, Black Pepper</p>
<p align="center">Grilled Salmon Allergen Warnings: Milk, Soy</p>	<p>Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Gremolata: Parsley, Lemon Zest</p> <p>Salmon, Salt, Black Pepper</p>

Chimichurri Butter Allergen Warnings: Soy	Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)
Black Pepper Bourbon Butter Allergen Warnings: Soy	Black Pepper Bourbon Butter: Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)
Peppercorn Sauce Allergen Warnings: Soy, Wheat, Sulphites	Peppercorn Sauce: Canola Oil, Roasted Garlic (Garlic, Canola Oil), Black Pepper Butter (Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil), Celery, Onion, Carrot, Tomato Paste, Rosemary, Thyme, Jack Daniels, Red Wine, Au Jus Powder (Salt, Corn Starch, Hydrolyzed Soy Protein, Caramel Colour (Sulphites), Beef Powder, Sugar, Onion Powder, Beef Fat, Canola Oil, Glucose Solids, Natural Flavours (Maltodextrin, Milk Ingredients), Disodium Inosinate, Disodium Guanylate, Yeast Extract, Torula Yeast, Citric Acid), Rice Wine Vinegar (Rice Wine, Salt, Sugar, Stockton Steak Spice: Spices, Salt
Blue Cheese Allergen Warnings: Milk	Blue Cheese: Pasteurized Milk, Salt, Bacterial Culture, Calcium Chloride, Microbial Enzyme, Penicillium Roqueforti
Jasmine Rice	Jasmine Rice: Long Grain Rice Sushi Vinegar: Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar
Fries	French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose) Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices Table Salt: Salt, Calcium Silicate, Sugar, Potassium Iodine
Cajun Fries	French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose) Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices Table Salt: Salt, Calcium Silicate, Sugar, Potassium Iodine
Sweet Potato Fries Allergen Warnings: Egg, Mustard, Sulphites	Sweet Potato Fries: Sweet Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower and/or Corn), Modified Corn Starch, Modified Potato Starch, Sugars (Sugar, Brown Sugar), Rice Flour, Potato Dextrin, Pea Fibre, Salt, Baking Powder, Sodium Phosphate, Paprika, Turmeric, Xanthan Gum, Corn Fibre Chili Salts: Salt, Red Pepper Flakes Dill Avocado Aioli: Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Dill, Avocado, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfites, Xanthan Gum), Lemon Juice, Lemon Zest, Salt, White Pepper
Garlic Parmesan Fries Allergen Warnings: Soy, Milk, Egg, Mustard, Sulphites	French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose) Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) Chili Salts: Salt, Red Pepper Flakes Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour Gremolata: Parsley, Lemon Zest Scallion Wasabi Aioli: Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.
Table or Side Bread Allergen Warnings: Soy, May Contain Treenuts, Sesame	Schiacciata Bread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lechtin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)

<p>Quinoa + Rice Pilaf Allergen Warnings: Soy</p>	<p>Quinoa + Rice Pilaf: Seasoned Bamboo Rice (Bamboo Rice (Short Grain Rice, Bamboo Extract), Rice Wine Vinegar, Water), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Salt, Water), Quinoa (Tricolour Quinoa, Water, Salt), Salt, Black Pepper, Red Onion, Green Onion, Red Bell Pepper, Yellow Bell Pepper, Carrots, Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Parsley</p>
<p>Gravy Allergen Warnings: Wheat, Soy, Sulphites</p>	<p>Beef Gravy: Water, Beef Gravy Mix (Wheat Flour, Modified Corn Starch, Hydrolyzed Soy and Corn Protein, Canola and/or Palm and/or Palm Kernel Oil Shortening, Corn Maltodextrin (Sulphites), Modified Milk Ingredients, Salt, Potato Starch, Sugar, Silicon Dioxide (MFG AID), Flavour (hydrolyzed Corn and Soy Protein, Autolyzed Yeast Extract), Caramel Colour, Autolyzed Yeast Extract, Onion Powder, Beef Fat, Spices, Sulphites</p>
<p>Mashed Potatoes Allergen Warnings: Milk</p>	<p>Mashed Potatoes: Yukon Gold Potatoes, Butter, Buttermilk, Salt, White Pepper, Roasted Garlic (Garlic, Canola Oil), Parsley</p> <p>Parsley</p>
<p>Sauteed Mushrooms Allergen Warnings: Soy</p>	<p>Garlic Oil Blend: Roasted Garlic Oil (Garlic, Canola Oil), Canola Oil</p> <p>Chicken Stock: Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate</p> <p>Black Pepper Butter: Jack Daniels (Corn, Rye, Malted Barley), Unsalted Butter, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2), Honey, Salt, Black Pepper, Corn Starch, Roasted Garlic (Garlic, Canola Oil)</p> <p>Button & Portobello Mushrooms, Salt, Black Pepper, Green Onion, Parsley</p>
<p>Kids - June 2023 - Ontario/NB</p>	
<p>Kids Grilled Chicken Allergen Warnings: Sulphites, Milk</p>	<p>Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid</p> <p>Seasoned Jasmine Rice: Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p>Green Beans, Butter, Salt, Black Pepper</p>
<p>Kids Grilled Sirloin Allergen Warnings: Milk</p>	<p>Marinated 5oz Sirloin: Top Sirloin, Canola Oil, Roasted Garlic Oil (Garlic, Canola Oil), Stockton Steak Spice (Spices, Salt)</p> <p>Seasoned Jasmine Rice: Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p>Green Beans, Butter, Salt, Black Pepper</p>
<p>Kids Grilled Salmon Allergen Warnings: Milk</p>	<p>Seasoned Jasmine Rice: Jasmine Rice, Sushi Vinegar (Rice Wine Vinegar, Salt, Plantation Sugar, White Sugar)</p> <p>Salmon, Green Beans, Butter, Salt, Black Pepper</p>
<p>Kids Cheese Burger Allergen Warnings: Milk, Wheat, Egg</p>	<p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p>Burger Bun: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Liquid Egg-Whites, Vegetable Oil (Soybean and/or Sunflower Oil), Cane Sugar, Salt, Liquid Egg Yolks, Malted Barley Flour, Yeast, Ascorbic Acid, Rice flour</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Burger Patty: Ground Chuck, Ground Brisket</p>
<p>Kids Chicken Fingers & Fries Allergen Warnings: Egg, Soy, Wheat</p>	<p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Chicken Fingers: Chicken Tenders, Water, Salt, Natural Flavour (soy protein isolate), Sodium Phosphate, Garlic Powder, Onion Powder, Spice, Vegetable Oil Shortening, Monosodium Glutamate, Wheat Flour, Water, Canola Oil, Salt, Wheat Gluten, Baking Powder, Egg White Powder (Bakers Yeast, Citric Acid), Sugars (Dextrose), Vegetable Oil Shortening, Sodium Acid Pyrophosphate, Monosodium Glutamate, Sodium Bicarbonate, Caramel, Spice, Modified Milk Ingredients.</p> <p>Plum Sauce: Sugars (Sugar/Glucose-Fructose, Blackstrap Molasses, Concentrated Orange Juice), Water, Pumpkin, Vinegar, Modified Corn Starch, Salt, Plum Purée, Guar Gum, Sodium Benzoate, Spice, Dehydrated Lime Peel</p>
<p>Kids Noodles + Cheddar Allergen Warnings: Wheat, Milk, Sulphites</p>	<p>Penne: Durum Wheat Semolina, Niacin, Ferrous Sulphate, Thiamin, Riboflavin, Folic Acid</p> <p>Whipping Cream: Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p>Mozzarella: Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Provolone: Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin</p> <p>Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p>Salt, Black Pepper</p>

<p>Kids Noodles + Tomato Allergen Warnings: Wheat, Sulphites</p>	<p>Penne: Durum Wheat Semolina, Niacin, Ferrous Sulphate, Thiamin, Riboflavin, Folic Acid</p> <p>Tomato Sauce: Tomatoes, Tomato Puree (Water, Tomato Paste), Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid</p> <p>Parmesan Romano Cheese: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose, Parmesan Flavour</p> <p>Salt, Black Pepper</p>
<p>Kids Grilled Cheese Allergen Warnings: Wheat, Milk</p>	<p>French Fries: Potatoes, Vegetable Oil (Canola and/or Soybean and/or Cottonseed and/or Sunflower), Modified Potato Starch, Rice Flour, Dextrin, Salt, Baking Powder, Sodium Acid Pyrophosphate, Xanthan Gum, Sugars (Dextrose)</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Cheddar Cheese Slice: Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Annatto</p> <p>White Bread: Enriched Wheat Flour, Water, Sugar/Glucose-Fructose, Yeast, Salt, Defatted Soy Flour, Soybean and/or Canola Oil, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Sodium Stearoyl-2-Lactylate, Vegetable Monoglycerides</p> <p>Butter</p>
<p>Kids French Toast/Waffles Allergen Warnings: Wheat, Egg, Soy, Milk</p>	<p>Challah Bread: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Cane Sugar, Durum Wheat Semolina, Sunflower Oil, Liquid Egg Yolks, Salt, Yeast, Malted Barley Flour.</p> <p>French Toast Batter (French Toast Only): Egg, Cream (Milk), Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Cinnamon (Cinnamon, High Oleic Sunflower Oil)</p> <p>Butter Flavoured Oil (French Toast Only): Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene</p> <p>Waffles: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p>Whipping Cream: Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p>Icing Sugar: Sugar, Corn Starch</p> <p>Maple Syrup</p>
<p>Kids Strawberries & Cream French Toast/Waffles Allergen Warnings: Wheat, Egg, Soy, Milk</p>	<p>Challah Bread: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Cane Sugar, Durum Wheat Semolina, Sunflower Oil, Liquid Egg Yolks, Salt, Yeast, Malted Barley Flour.</p> <p>French Toast Batter (French Toast Only): Egg, Cream (Milk), Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Cinnamon (Cinnamon, High Oleic Sunflower Oil)</p> <p>Butter Flavoured Oil (French Toast Only): Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene</p> <p>Waffles: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p>Whipping Cream: Cream, Milk, Cellulose Gel, Carrageenan, Cellulose Gum</p> <p>Icing Sugar: Sugar, Corn Starch</p> <p>Maple Syrup, Strawberries</p>
<p>Kids Breakfast Allergen Warnings: Soy, Egg, Wheat</p>	<p>Butter Flavoured Oil: Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene</p> <p>Liquid Whole Egg: Whole Egg, Citric Acid</p> <p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper.</p> <p>White Bread: Enriched Wheat Flour, Water, Sugar/Glucose-Fructose, Yeast, Salt, Defatted Soy Flour, Soybean and/or Canola Oil, Calcium Propionate, Diacetyl Tartaric Acid Esters of Mono and Diglycerides, Sodium Stearoyl-2-Lactylate, Vegetable Monoglycerides</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p>

<p align="center">Vanilla Ice Cream Allergen Warnings: Milk</p>	<p>French Vanilla Ice Cream: Sugars (Sugar, Glucose), Cream, Modified Milk Ingredients, French Vanilla Base (Sugars (Glucose, Fructose), Water, Natural and Artificial Flavour, Potassium Sorbate, Tartrazine, Sunset Yellow, Ice Cream Stabilizer (Mono and Diglycerides, Guar Gum, Cellulose Gum, Polysorbate 80, Locust Bean Gum, Carrageenan, Silicon Dioxide), Artificial Flavour, Tartrazine, Sunset Yellow FCF</p> <p>Chocolate Sauce: Sugar (Glucose, Fructose), Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder (Processed with Alkali), Modified Corn Starch, Salt, Disodium Phosphate, Potassium Sorbate, Artificial Flavour)</p> <p>Caramel Sauce: Sugar (Glucose, Fructose), Sweetened Condensed Whole Milk, Water, Butter (Milk), Salt, Pectin, Disodium Phosphate, Citric Acid, Artificial Flavour</p>
<p align="center">Ice Cream Sammy Allergen Warnings: Milk, Wheat</p>	<p>Ice Cream Sandwich: Ice cream: Sugars (Sugar, Glucose), Fresh Cream, Modified Milk Ingredients, Mono and Diglycerides, Carob Bean Gum, Cellulose Gum, Guar Gum, Carrageenan, Vanilla Extract, Natural Flavour. Wafers: Enriched Wheat Flour, Sugars (Sugar, Glucose-Fructose, Dextrose), Caramel Colour, Palm Oil, Corn Flour, Cocoa, Modified Corn Starch, Baking Soda, Salt, Mono and Diglycerides, Soy Lecithin.</p>

Brunch - March 2023	
<p>Avocado Toast Allergen Warnings: Egg, Milk, Soy, Sulphites, Wheat.</p>	<p>Poached Eggs: Eggs, Water, Vinegar</p> <p>Sourdough: Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Ascorbic Acid</p> <p>Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper.</p> <p>Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Dorati Tomatoes: Cherry Tomatoes, Sunflower Seed Oil, Extra Virgin Olive Oil, Salt, Basil, Acidifier- Lactic Acid</p> <p>Avocado Edamame Mash: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)</p> <p>Sriracha Goat Cheese: Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)</p> <p>Roasted Red Onions: Canola Oil, Salt, Pepper</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Hollandaise: (Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase, Lemon Juice, Water, White Wine (sulphites), Tabasco Sauce (Vinegar, Red Peppers and Salt), Coarse Salt, White Pepper.</p> <p>Sweet & Spicy Tabasco Sauce: Sugar, Red Pepper, Water, Distilled Vinegar, Pear Concentrate, Garlic, Onion, Tabasco Sauce, Ginger, Salt, Xanthan Gum, Spices</p> <p>Canola Oil, Baby Arugula, Parsley</p>
<p>Classic Breakfast Allergen Warnings: Soy, Egg, Wheat, Milk. May Contain Tree Nuts, Sesame</p>	<p>Scrambled Eggs: Whole Egg, Butter Flavoured Oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene)</p> <p>Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper.</p> <p>Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Multigrain: Wheat Flour, Water, Brown Flax Seed, Cracked Soy, Honey, Organic Whole Grain Rye Flour, Ground Flax Seed, Organic Whole Grain Wheat Flour, Yeast, Millet Seeds, Yellow Flax Seeds, Sea Salt, Organic Whole Grain Rye Sourdough, OR Sourdough: Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Ascorbic Acid</p> <p>Andouille Sausage: Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices, OR Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Parsley, Unsalted Butter</p>
<p>Classic Vegan Breakfast Allergen Warnings: Soy, Sulphites, Wheat. May Contain Almonds, Eggs, Milk, Pecans, Sesame Seeds (Schiacciata)</p>	<p>Just Egg: Water, Mungbean Protein Isolate, Expeller Pressed Canola Oil, Sugars (Tapioca Syrup, Solids, Sugar), Soy Lecithin, Tetrasodium Pyrophosphate, Salt, Gellan Gum, Potassium Citrate, Carotene, Nisin, Transglutaminase, Maltodextrin, Natural Flavors, Dehydrated Onions, Turmeric</p> <p>Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper</p> <p>Margarine: Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavor, Citric Acid, Vitamin A, Palmitate, Beta Carotene, Vitamin D2</p> <p>Smoked Aple Sage Sausage: Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage. Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin)</p> <p>Schiacciata Bread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs & Spices, Salt, Malted Barley Flour, Yeast, Ascorbic Acid, Rice Flour</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Canola Oil, Salt, Pepper, Parsley</p>

<p>Eggs Benny - By The Ocean Allergen Warnings: Eggs, Milk, Sulphites, Mustard, Wheat</p>	<p>Poached Eggs Whole Eggs, Water, Vinegar Shrimp & Salmon Cakes: Salmon, Shrimp, Red & Yellow Pepper, Red & Green Onion, Lemon, Dijon Mustard, Ancho, Table Salt, White Pepper, Garlic, Panko Breadcrumbs, Egg Red Pepper Relish: Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Red Onions, Garlic, Lemon Juice, White Wine, Sugar, Salt, Pepper, Chili Flakes, Ginger. Chili Salts: Salt, Red Pepper Flakes Wilted Arugula: Arugula, Salt Roasted Red Onions: Red Onions, Canola Oil, Salt, Pepper Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper. Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion Hollandaise Sauce: Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices Ancho, Dill, Parsley</p>
<p>Eggs Benny - Roasted Tomato & Spinach Allergen Warnings: Eggs, Milk, Wheat, Soy, Sulphites. May Contain Sesame</p>	<p>Poached Eggs Whole Eggs, Water, Vinegar Spinach & Artichoke Dip: 33% Cream, Spinach, Artichokes (Artichoke, water, salt, citric acid), Parmesan Cheese (Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Lipase Calcium Chloride, Enzyme, Powdered Cellulose, Natural Flavour), Flour, Onion, Butter, Romano Cheese (Milk, Milk Ingredients, Bacterial Culture, Salt, Lipase, Calcium Chloride, Rennet and/or Microbial Enzyme, Powdered Cellulose), Sour Cream (Cream, Milk, Modified Milk Ingredients, Modified Corn Starch, Guar Gum Carrageenan, Carob Bean Gum, Sodium Citrate, Sodium Phosphate, Bacterial Culture), Garlic, Vegetable Stock (Corn Syrup, Sea Salt, Yeast Extract (Barley, Wheat), Sugar (Dextrose), Parsley, Spices, Vegetable Oil (Canola, Extra Virgin Olive Oil), Disodium Guanylate, Disodium Inosinate, Colour, Flavour (Includes Celery, Garlic, Onion), Asiago/Mozzarella/Provone Cheese (Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Lipase, Bacterial Culture, Microbial Enzyme, Cellulose, Natamycin). Roasted Tomato Chutney: Grape Tomato, Canola Oil, Tomato Paste, Salt, Pepper, Basil, Roasted Garlic (Garlic, Canola Oil), Thyme Goat Cheese: Pasteurized Goat's Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate English Muffin: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose-Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentosanase Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper. Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion Hollandaise Sauce: Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices Salt, Pepper, Parsley, Ancho</p>
<p>Eggs Benny - Traditional Allergen Warnings: Milk, Eggs, Soy, Wheat, Sulphites. May Contain Sesame</p>	<p>Poached Eggs Whole Eggs, Water, Vinegar Ham: Pork; Water, Glucose Solids, Salt, Potassium Lactate, Flavour, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Smoke Flavour, Sodium Nitrite, Spices, Smoke. Coated with Collagen English Muffin: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose-Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentosanase Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper. Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion Hollandaise Sauce: Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices Parsley</p>

<p align="center">Eggs Benny - California Allergen Warnings: Eggs, Milk, Shellfish, Soy, Wheat, Sulphites. May contain Sesame</p>	<p>Poached Eggs Whole Eggs, Water, Vinegar</p> <p>English Muffin: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Glucose-Fructose, Corn Flour, Salt, Vinegar, Cornmeal, Preservatives (calcium propionate, potassium sorbate, sorbic acid), Wheat Gluten, Soybean Oil, Leavening (Monocalcium Phosphate, Calcium Carbonate, Calcium Sulfate), Monoglycerides, Fumaric Acid, Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Ammonium Sulfate, Calcium Silicate, Amylase, Pentosanase</p> <p>Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper.</p> <p>Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)</p> <p>Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion</p> <p>Avocado Edamame Mash: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)</p> <p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p> <p>Avocado Edamame Mash: Avocado, Edamame (Soy), Red Onion, Canola Oil, Lime Juice, Cilantro, Salt, Black Pepper, Cholula Hot Sauce (Water, Peppers [Arbol and Piquin], Salt, Vinegar, Spices, Xanthan Gum)</p> <p>Shrimp: Shrimp, Salt, Sodium Tripolyphosphate</p> <p>Hollandaise Sauce: Unsalted Butter, Emulsa (Egg Yolk, Water, Salt, Phospholipase), Lemon Juice, Water, White Wine, Tabasco Sauce (Vinegar, Red Peppers and Salt, Salt), Coarse Salt, White Pepper</p> <p>Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices</p> <p>Parsley</p>
<p align="center">Cookies n' Cream French Toast Allergen Warning: Tree Nuts, Eggs, Soy, Wheat, Sulphites. May Contain Sesame</p>	<p>Challah Bread: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Cane Sugar, Durum Wheat Semolina, Sunflower Oil, Liquid Egg Yolks, Salt, Yeast, Malted Barley Flour.</p> <p>French Toast Batter: Egg, Cream (Milk), Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Cinnamon (Cinnamon, High Oleic Sunflower Oil)</p> <p>Butter Flavoured Oil: Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene</p> <p>Cream Cheese Icing: Cream Cheese (Milk, Cream, Modified Milk Ingredients, Salt, Bacterial Culture, Lactic Acid, Carob Bean Gum, Potassium Sorbate), Icing Sugar (Sugar, Cornstarch), Butter, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour)</p> <p>Chocolate Syrup: Sugar/Glucose Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Sodium Phosphate, Potassium Sorbate, Artificial Flavor</p> <p>Vanilla Whipped Cream: Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annato Extracts</p> <p>Chocolate Shavings: Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p>Chocolate Cookie Crumb: Sugars, Wheat Flour, Modified Palm Oil, Vegetable Oil, Cocoa, Corn Starch, Baking Soda, Salt, Soy Lecithin, Monocalcium Phosphate, Unsweetend Chocolate, Artificial Flavor</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Maple Syrup</p>
<p align="center">Cookies n' Cream Waffles Allergen Warning: Tree Nuts, Eggs, Soy, Wheat, Sulphites. May Contain Sesame</p>	<p>Waffles: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p>Cream Cheese Icing: Cream Cheese (Milk, Cream, Modified Milk Ingredients, Salt, Bacterial Culture, Lactic Acid, Carob Bean Gum, Potassium Sorbate), Icing Sugar (Sugar, Cornstarch), Butter, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour)</p> <p>Chocolate Syrup: Sugar/Glucose Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Sodium Phosphate, Potassium Sorbate, Artificial Flavor</p> <p>Vanilla Whipped Cream: Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annato Extracts</p> <p>Chocolate Shavings: Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p>Chocolate Cookie Crumb: Sugars, Wheat Flour, Modified Palm Oil, Vegetable Oil, Cocoa, Corn Starch, Baking Soda, Salt, Soy Lecithin, Monocalcium Phosphate, Unsweetend Chocolate, Artificial Flavor</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Maple Syrup</p>

<p align="center">Cookies n' Cream Waffles Allergen Warning: Tree Nuts, Eggs, Soy, Wheat, Sulphites. May Contain Sesame</p>	<p>Waffles: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p>Cream Cheese Icing: Cream Cheese (Milk, Cream, Modified Milk Ingredients, Salt, Bacterial Culture, Lactic Acid, Carob Bean Gum, Potassium Sorbate), Icing Sugar (Sugar, Cornstarch), Butter, Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour)</p> <p>Chocolate Syrup: Sugar/Glucose Fructose, Water, Hydrogenated Coconut Oil, Milk Ingredients, Cocoa Powder, Modified Corn Starch, Sodium Phosphate, Potassium Sorbate, Artificial Flavour</p> <p>Vanilla Whipped Cream: Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annato Extracts</p> <p>Chocolate Shavings: Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract</p> <p>Chocolate Cookie Crumb: Sugars, Wheat Flour, Modified Palm Oil, Vegetable Oil, Cocoa, Corn Starch, Baking Soda, Salt, Soy Lecithin, Monocalcium Phosphate, Unsweetened Chocolate, Artificial Flavor</p> <p>Icing Sugar: Sugar, Cornstarch</p> <p>Maple Syrup</p>
<p align="center">Chicken n' Waffles Allergen Warnings: Tree Nuts, Milk, Egg, Soy, Wheat, Sulphites. May Contain Sesame</p>	<p>Waffles: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour</p> <p>Chili Salts: Salt, Red Pepper Flakes</p> <p>Marinated Chicken Thighs: Chicken Thigh, Chili Garlic Sauce (Chili, Salt, Garlic, Acetic Acid, Potassium Sorbate and Sodium Bisulfite as preservatives, Xanthan Gum), Buttermilk (Partly Skimmed Milk, Salt, Bacterial Culture), Roasted Garlic (Garlic, Canola Oil)</p> <p>Chili Flour: Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chili Salts (Salt, Red Pepper Flakes), Corn Starch</p> <p>Sausage Gravy: Andouille Sausage (Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices), Canola Oil, Garlic, Roasted Garlic (Canola Oil, Garlic), White Onions, Rosemary, Salt, Pepper, Flour (Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Stock (Water, Broth concentrate (Chicken Stock, Natural Flavour, Salt, Chicken Fat, Sugar, Maltodextrin, Yeast Extract, Stabilizer (Xanthan Gum, Propylene Glycol Alginate)), Milk, Cream.</p> <p>Honey Hot Sauce: Honey, Red Chili Flakes</p> <p>Butter Flavoured Oil: Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene (Colour)</p> <p>Gremolata: Parsley, Lemon</p> <p>Heritage Spring Mix: Crisphead Lettuce, Red Leaf Lettuce</p> <p>Lemon Vinaigrette Dressing: Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum</p> <p>Butter, Whole Egg</p>
<p align="center">Wagyu Beef Shakshouka Allergen Warnings: Sesame, Egg, Wheat, Sulphites, Soy</p>	<p>Garlic Canola Oil: Garlic, Canola Oil</p> <p>Roasted Mushrooms: Button Mushrooms, Portobello Mushrooms, Canola Oil, Rosemary, Thyme, Red Chili Flakes, Black Pepper</p> <p>Roasted Red Onions: Red Onions, Canola Oil, Salt, Pepper</p> <p>Garlic/Roasted Garlic: Garlic, Canola Oil</p> <p>Spiced Tomato Pepper Sauce: Olive Oil, Onions, Carrots, Garlic, Tomato Paste, Tomato Filets, Black Pepper, Salt, Basil Oil (Basil, Canola Oil, Olive Oil, Salt), Basil, Roasted Red Peppers (Roasted Red Peppers, Water, Salt, Citric Acid), Chipotle Chili Peppers (Smoked Red Jalapeno, Water, Vinegar, Sugar, Salt, Natural Smoke Essence, Xanthan Gum, Garlic), Lemon Juice, Salt, Parsley).</p> <p>Kalbi Marinade: Sugar, Soy Sauce (Water, Soybeans, Wheat, Salt), Roasted Sesame Seed Oil, Canola Oil, Modified Corn Starch, Garlic, Spice and Spice Extract, Dehydrated Garlic, Water, Soy Lecithin, Potassium Sorbate, Xanthan Gum</p> <p>Chili Salts: Salt, Red Chili Flakes</p> <p>Sriracha Goat Cheese: Goat Cheese (Pasteurized Goat's Milk, Sea Salt, Potassium Sorbate, Bacterial Culture, Microbial Enzyme), Sriracha Sauce (Sweet Red Peppers, Water, Cayenne Pepper Sauce, Modified Corn Starch, Salt, Brown Sugar, Chili Pepper Seeds, Cider Vinegar, Garlic Powder, Potassium Sorbate, Xanthan Gum, Caramel, Spices, Natural Flavour), Sriracha Seasoning (Ground Chillies, Dehydrated Garlic, Brown Sugar, Salt, Citric Acid, Spices, Natural Flavour, Olive Oil, Xanthan Gum)</p> <p>Sourdough: Enriched Flour (Wheat, Barley), Water, Light Rye Flour, Sourdough (Fermented Rye Flour, Salt), Vegetable Oil, Yeast, Sea Salt, Enzyme Preparation (Enzymes, Salt), Cultured Wheat Starch, Malted Barley Flour, Citric Acid, Ascorbic Acid</p> <p>Crispy Leeks: Leeks, Corn Starch, Canola Oil</p> <p>Roma Tomato, Baby Arugula, Ground Chuck & Wagyu, Whole Egg, Parsley, Butter</p>

<p>Ultimate M Classic Breakfast Allergen Warnings: Soy, Egg, Wheat, Milk. May Contain Tree Nuts, Sesame</p>	<p>Scrambled Eggs: Whole Egg, Butter Flavoured Oil (High Oleic Canola Oil, Soybean Lecithin, Artificial Flavour, Coloured with Beta-Carotene) Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper. Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion Challah Bread: Unbleached Wheat Flour, Water, Liquid Whole Eggs, Cane Sugar, Durum Wheat Semolina, Sunflower Oil, Liquid Egg Yolks, Salt, Yeast, Malted Barley Flour. French Toast Batter (French Toast Only): Egg, Cream (Milk), Vanilla Extract (Water, Alcohol, Caramel Colour, Artificial Flavour), Cinnamon (Cinnamon, High Oleic Sunflower Oil) Butter Flavoured Oil (French Toast Only): Canola Oil, Liquid and Hydrogenated Soybean Oil, Salt, Soy Lecithin, Natural and Artificial Flavours, Beta Carotene Waffles: Enriched wheat flour, Water, Liquid whole eggs, Sugar, Soybean and/or canola oil, Liquid egg whites, Salt, Baking soda, Mono- and di-glycerides, Monocalcium phosphate, Propylene glycol monostearate, Sodium aluminum phosphate, Sodium stearoyl-lactate, Sodium phosphate, Soy lecithin, Natural flavour Andouille Sausage: Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices, OR Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke Vanilla Whipped Cream: Water, Sugars (Glucose Syrup, Sugar, Dextrose), Hydrogenated Vegetable Oil (Palm, Palm Kernel, Coconut and/or Cottonseed), Dried Cream, Sodium Caseinate, Skim Milk Powder, Natural Flavor, Polysorbate 60, Sorbitan Monostearate, Guar Gum, Xanthan Gum, Turmeric and Annato Extracts Chocolate Shavings: Sugar, Unsweetened Chocolate, Cocoa Butter, Butter Oil (Milk), Emulsifier (Soy Lecithin), Natural Vanilla Extract Ketchup: Tomato Paste, Liquid Sugar, White Vinegar, Salt, Onion Powder, Spices Maple Syrup, Parsley, Unsalted Butter (Waffle Only)</p>
<p>Side Brunch Potatoes Allergen Warnings: Soy, Milk</p>	<p>Brunch Potatoes: Yukon Gold Potatoes, Canola Oil, Salt, Black Pepper. Chimmichurri Butter: Butter, Olive Oil, Garlic, Table Salt, Red Chili Flakes, Cumin, Lemon Juice, Parsley, Cilantro, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2) Nola Cajun Spice: Spices (Including Paprika for Colour), Salt, Garlic, Onion Chopped Parsley</p>
<p>Gluten Free English Muffin Allergen Warnings: Egg, Milk</p>	<p>Water, Corn Starch, Tapioca Starch, Skim Milk Powder, Corn Flour, Liquid Egg White, Cane Sugar, Canola Oil, Salt, Carboxymethyl Cellulose, Yeast, Glucono-Delta-Lactone, Baking Powder, Pectin, Sodium Bicarbonate, Sodium Alginate, Modified Cellulose, Corn Meal, Iron, Niacin, Tricalcium Phosphate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin.</p>
<p>Side/Sub Fruit Salad</p>	<p>Cane Syrup: Sugar, Water Fruit Salad Mix: Blueberries, Strawberries, Pineapple</p>
<p>Side Double Smoked Bacon</p>	<p>Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke</p>
<p>Side Vegan Sausage Allergen Warning: Wheat</p>	<p>Smoked Aple Sage Sausage: Vital Wheat Gluten, Expeller Pressed Safflower Oil, Non-Sulphured Dried Apples, Yukon Gold Potatoes, Yeast Extract, Granulated Sugar, Pea Protein, Onion Powder, Barley Malt, Garlic, Natural Hickory Smoke Flavour with Torula Yeast, Spices, Cultured Cane Sugar, Vinegar, Sea Salt, Rubbed Sage. Vitamins and Minerals (Potassium Chloride, L-Lysine Monohydrochloride, Niacinamide, Reduced Iron, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Cyanocobalamin)</p>
<p>Side Andouille Sausage</p>	<p>Andouille Sausage: Pork, Water, Salt, Garlic, Bay Leaf, Cayenne, Spices</p>

Lunch - March 2023

The "M" Bowl
Allergen Warnings: Milk, Sulphites,
Soy. May Contain Wheat

Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid

Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)

Sushi Rice Blend: Seasoned Bamboo Rice (Bamboo Rice (Short Grain Rice, Bamboo Extract), Water, Rice Wine Vinegar, Salt), Seasoned Jasmine Rice (Jasmine Rice, Rice Wine Vinegar, Water, Salt)

Spiced Tomato Sauce: Mother Sauce (Tomatoes, Tomato Puree [Water, Tomato Paste], Onions, Extra Virgin Olive Oil, Garlic, Sugar, Modified Corn Starch, Salt, Spices, Citric Acid), Roasted Red Pepper Strips (Roasted Red Peppers, Water, Salt, Citric Acid., Chipotle Peppers in Adobo (Chipotle Peppers, Water, Vinegar, Sugar, Salt, Tomato Paste, Artificial Smoke Flavour, Xanthan Gum, Onion, Garlic, Sulphites), Lemon Juice, Garlic, Parsley, Salt.

Heritage Spring Mix: Crisphead Lettuce, Red Leaf Lettuce

Lemon Vinaigrette Dressing: Lemon Juice (water, lemon juice concentrate, sodium bisulphates, sodium benzoate), Olive Oil, Canola Oil, Salt, Black Pepper, Oregano, Garlic, Xanthan Gum

Roasted Mushrooms: Portobello Mushrooms, Button Mushrooms, Canola Oil, Rosemary, Thyme, Chili Flakes, Black Pepper.

Grilled Pineapple: Pineapple, Salt, Black Pepper, Canola Oil

Mediterranean Salad: Chick Peas, Quinoa, Lemon Vinaigrette Dressing [Canola oil, lemon juice, olive oil, rice wine vinegar (may contain soy, wheat, sulphites), honey, salt], Chili Salts (Salt, Red Chili Flakes), Gremolata (Parsley, Lemon Zest), Cholula Hot Sauce (Water, Peppers (Arbol/Piquin), Salt, Vinegar, Garlic Powder, Spices, Xanthan Gum)

Fresh Cut Salsa: Roma Tomatoes, Red Chili Flakes, Franks Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Salt, Black Pepper, Cilantro, White Onions, Lemon Juice, Lime Juice, Canola Oil

Crispy Leeks: Leeks, Corn Starch

Gremolata: Parsley, Lemon

Grape Tomatoes, Avocado, Salt, Pepper

Chicken Club Trio
Allergen Warnings: Milk, Sulphites,
Nuts. May Contain Tree Nuts, Soy,
Sesame, Peanuts

Chicken Breast: Chicken, Water, Vegetable Oil, Corn Maltodextrin, Vinegar Solids, Sodium Phosphate, Salt, Dried Garlic, Honey, Horseradish Powder, Flavour, Sugar, Fructose, Onion Powder, Modified Corn Starch, Garlic Powder, Spice, Rice Starch, Xanthan Gum, Wine Solids, Sulphites, Malic Acid

Garlic Butter: Butter (Milk), Garlic Clove, Roasted Garlic (Garlic Clove, Canola Oil), Salt, Lemon Juice, Frank's Red Hot Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Natural Flavour and Garlic Powder), Parsley, Margarine (Canola Oil, Water, Modified Palm and Palm Kernel Oils, Salt, Vegetable Monoglycerides, Soy Lecithin, Natural Flavour, Citric Acid, Vitamin A Palmitate, Beta Carotene, Vitamin D2)

Balsamic Reduction: Balsamic Vinegar of Modena 61% (Wine Vinegar, Cooked Grape Must), Cooked Grape Must, Sugar, Xanthan Gum

Smoked Bacon: Pork, Water, Salt, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Smoke

Scallion Wasabi Aioli: Sour Cream (Milk, Cream, Skim Milk Powder, Modified Corn Starch, Guar Gum, Carrageenan, Carob Bean Gum, Whey Powder (Contains Dextrose), Chives, Sodium Citrate, Bacterial Culture, Microbial Enzyme, Cilantro, Wasabi Paste (Horseradish, Water, White Vinegar, Vegetable Oil, Sugar/Glucose-fructose Mix, Salt, Xanthan Gum, Artificial Flavour, Colour, Sodium Benzoate, Sulphites), Salt, Black Pepper, Mayonnaise (Soybean Oil, Frozen Whole Eggs, Vinegar, Frozen Egg Yolk, Water, Salt, Sugar, Concentrated Lemon Juice, Mustard Flour, Calcium Disodium Edta, Spices), Lime Juice, Garlic Clove, Scallions, Rice Wine Vinegar.

Schiacciata Bread: Unbleached Wheat Flour, Water, Extra Virgin Olive Oil, Herbs, Salt, Malted Barley Flour, Yeast

Heritage Spring Mix: Crisphead Lettuce, Red Leaf Lettuce

Poppy Seed Goat Cheese: Goat Cheese (Pasteurized Goat Milk, Salt, Bacterial Culture, Microbial Enzyme, Cellulose, Guar Gum, Xanthan Gum, Carob Gum, Potassium Sorbate), Poppy Seeds

Praline Spiced Pecans: Pecan (Tree Nuts), Sugar, Cayenne Pepper, Glucose, Soy Lecithin, Salt

Honey Mustard Vinaigrette: Dijon Mustard (Water, Mustard Seed, Vinegar, Apple Cider Vinegar, Salt, Potassium Metabisulphite (Sulphites), Canola Oil, Red Wine Vinegar (May Contain Sulphites), Salt, Honey, Black Pepper, Poppy Seed

Vegan Roasted Mushroom Soup: Reconstituted Vegetable Stock [Water, Vegetable Stock Concentrate [Vegetable Juice (Tomato, Mushroom, Onion, Carrot, Celery)], Sugar, Maltodextrin, Salt, Yeast Extract], Button Mushroom, Portobello Mushroom, White Onion, Celery, White Wine (Sulphites), Potato, Olive Oil, Canola Oil, Margarine [Vegetable Oil (Canola Oil, Modified Palm And Palm Kernel Oils), Water, Salt, Vegetable Monoglycerides, Sunflower Lecithin, Sodium Benzoate, Citric Acid, Natural Flavour, Colour (Annatto And Turmeric), Vitamin A Palmitate, Vitamin D2], Cholula Hot Sauce [Water, Peppers (Arbol And Piquin), Salt, Vinegar, Spices, Xanthan Gum], Salt, Black Pepper, Parsley, Dried Bay Leaf, Frozen Thyme

Basil Oil: Olive Oil, Canola Oil, Salt, Basil

Salt, Pepper, Mozzarella Cheese, Provolone Cheese, Lettuce, Tomato, Red Onion, Avocado, Strawberries, Spinach, Red Onion, Parsley

YOUR TABLE'S
WAITING.
m+