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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
BAGELS & SPREADS												
Asiago Cheese Bagel	350	9	4	0.1	55	3	5	14	15	660	INGREDIENTS: ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING)]), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)], ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING)])	Contains: Milk, Wheat. May contain: Eggs , Soy
Asiago Everything Bagel	370	9	4	0.1	55	3	5	15	15	800	INGREDIENTS: ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING)]), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)], ASIAGO CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING)]), EVERYTHING BAGEL SEASONING (SESAME SEED, POPPY SEED, DEHYDRATED ONION, SALT, DEHYDRATED GARLIC)	Contains: Milk, Sesame, Wheat. May contain: Eggs, Soy
Blueberry Bagel	290	1.5	0.4	0	60	3	11	10	0	570	INGREDIENTS: BLUEBERRY BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYMES, FOLIC ACID), WATER, SWEETENED DRIED BLUEBERRIES (BLUEBERRIES, SUGAR, SUNFLOWER OIL), BLUEBERRY FLAVORED BITES (SUGAR, ENRICHED FLOUR [WHEAT FLOUR NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], BLUEBERRY SOLIDS, BLUEBERRIES, SUNFLOWER OIL, WHEAT STARCH, DEXTROSE, COLORED WITH FRUIT JUICE, NATURAL BLUEBERRY FLAVOR WITH OTHER NATURAL FLAVORS, BAKING SODA), BROWN SUGAR, WHEAT GLUTEN, SALT, YEAST, YELLOW CORN MEAL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VINEGAR, FERMENTED WHOLE WHEAT FLOUR, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), SESAME FLOUR)	Contains: Sesame, Wheat. May contain: Almonds , Eggs , Hazelnuts , Milk , Pecans , Soy , Walnuts
Chocolate Chip Bagel	330	4.5	2.5	0	65	3	12	10	0	430	INGREDIENTS: Chocolate Chip Bagel (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), VANILLA EXTRACT), BROWN SUGAR, YEAST, YELLOW CORN MEAL, SALT, CINNAMON, CARAMEL COLOR (CLASS I), FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VINEGAR, DOUGH IMPROVER (INACTIVE BAKERS YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), SESAME FLOUR)	Contains: Sesame, Soy, Wheat. May Contain Milk
Cinnamon Crunch Bagel	430	7	4	0	78	3	25	13	0	460	INGREDIENTS: CINNAMON CRUNCH BAGEL (CINNAMON CRUNCH BAGEL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, VANILLA FLAVORED CONFECTIONERY DROPS (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, WHOLE MILK POWDER, WHEY POWDER, PALM OIL, SUNFLOWER LECITHIN, VANILLA EXTRACT), CINNAMON FLAVORED CONFECTIONERY DROPS (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, CINNAMON, SUNFLOWER LECITHIN), YEAST, BROWN SUGAR, SOYBEAN OIL, WHEAT GLUTEN, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, HONEY, NATURAL VANILLA FLAVOR AND OTHER NATURAL FLAVORS, PALM OIL SHORTENING, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)], CINNAMON SUGAR TOPPING [SUGAR, CINNAMON, MODIFIED CORN STARCH, SOYBEAN OIL])	Contains: Milk, Wheat. May contain: Eggs , Soy
Cinnamon Swirl Raisin Bagel	300	1.5	0.4	0	65	3	14	8	0	590	INGREDIENTS: CINNAMON SWIRL RAISIN BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYMES, FOLIC ACID), WATER, SEEDLESS RAISINS, BROWN SUGAR, CINNAMON CONFECTIONERY DROPS (SUGAR, ENRICHED FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YELLOW CORN FLOUR, CINNAMON, SOYBEAN OIL), WHEAT GLUTEN, YELLOW CORN MEAL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CINNAMON, VINEGAR, YEAST, FERMENTED WHOLE WHEAT FLOUR, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), SUNFLOWER OIL, SESAME FLOUR)	Contains: Sesame, Wheat. May contain: Almonds , Eggs , Hazelnuts , Milk , Pecans , Soy , Walnuts
Everything Bagel	300	2.5	0.5	0.1	61	3	7	8	0	720	INGREDIENTS: EVERYTHING BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYMES, FOLIC ACID), WATER, BROWN SUGAR, WHEAT GLUTEN, YELLOW CORN MEAL, SESAME SEEDS, POPPY SEEDS, DEHYDRATED ONION, DEHYDRATED GARLIC, MODIFIED POTATO STARCH, FERMENTED RYE FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, FERMENTED WHOLE WHEAT FLOUR, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), GUAR GUM, SESAME FLOUR)	Contains: Sesame, Wheat. May contain: Almonds , Eggs , Hazelnuts , Milk , Pecans , Soy , Walnuts
Plain Bagel	280	1	0.4	0.2	59	3	8	7	0	590	INGREDIENTS: PLAIN BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYME, FOLIC ACID), WATER, BROWN SUGAR, WHEAT GLUTEN, YELLOW CORN MEAL, FERMENTED RYE FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, FERMENTED WHOLE WHEAT FLOUR, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), SESAME FLOUR)	Contains: Sesame, Wheat. May contain: Almonds , Eggs , Hazelnuts , Milk , Pecans , Soy , Walnuts
Sesame Bagel	310	3.5	0.5	0	61	3	8	8	0	600	INGREDIENTS: SESAME BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYMES, FOLIC ACID), WATER, SESAME SEEDS, BROWN SUGAR, WHEAT GLUTEN, SALT, YELLOW CORN MEAL, YEAST, MODIFIED POTATO STARCH, GUM ARABIC, FERMENTED RYE FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VINEGAR, FERMENTED WHOLE WHEAT FLOUR, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID), GUAR GUM, SESAME FLOUR)	Contains: Sesame, Wheat. May contain: Almonds , Eggs , Hazelnuts , Milk , Pecans , Soy , Walnuts
Herb & Garlic Cream Cheese Spread - 1.75 oz	110	9	6	0.3	5	0	4	4	30	210	INGREDIENTS: HERB & GARLIC CREAM CHEESE (MILK, CREAM, MODIFIED MILK INGREDIENTS, WATER, SALT, ONION, GARLIC, BACTERIAL CULTURE, LACTIC ACID, GUAR GUM AND/OR CAROB BEAN GUM, HERBS, NATURAL FLAVOUR, POTASSIUM SORBATE, CARRAGEENAN)	Contains: Milk
Herb & Garlic Cream Cheese Spread - 8 oz	70	6	3.5	0.2	3	0	2	2	20	130	INGREDIENTS: HERB & GARLIC CREAM CHEESE (MILK, CREAM, MODIFIED MILK INGREDIENTS, WATER, SALT, ONION, GARLIC, BACTERIAL CULTURE, LACTIC ACID, GUAR GUM AND/OR CAROB BEAN GUM, HERBS, NATURAL FLAVOUR, POTASSIUM SORBATE, CARRAGEENAN)	Contains: Milk
Plain Cream Cheese Spread - 1.75 oz	120	9	6	0.3	4	0	4	4	30	190	INGREDIENTS: PLAIN CREAM CHEESE (MILK, CREAM, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, LACTIC ACID, GUAR GUM AND/OR CAROB BEAN GUM, POTASSIUM SORBATE)	Contains: Milk
Plain Cream Cheese Spread - 8 oz	70	6	4	0.2	3	0	2	2	20	120	INGREDIENTS: PLAIN CREAM CHEESE (MILK, CREAM, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, LACTIC ACID, GUAR GUM AND/OR CAROB BEAN GUM, POTASSIUM SORBATE)	Contains: Milk
BREADS												
Artisan Ciabatta	150	1.5	0.2	0	30	1	1	5	0	260	INGREDIENTS: CIABATTA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT))	Contains: Wheat. May contain: Sesame

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Black Pepper Focaccia	160	2.5	0.4	0.1	30	1	1	5	0	350	INGREDIENTS: BLACK PEPPER FOCACCIA (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)), OLIVE OIL BLEND (EXTRA VIRGIN OLIVE OIL, CANOLA OIL), SEA SALT	Contains: Wheat. May contain: Sesame
Bread Portion - Croissant	260	12	8	0.3	32	2	6	6	30	330	INGREDIENTS: CROISSANT (ENRICHED FLOUR (WHEAT FLOUR, MICROBIAL ENZYME, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVORS (CREAM, NATURAL FLAVORS), SUGAR, WHOLE MILK, YEAST, SALT, VITAL WHEAT GLUTEN, XANTHAN GUM, FERMENTED WHEAT FLOUR, WHEY SOLIDS, ENZYME MODIFIED BUTTER (BUTTER, BUTTERMILK POWDER, NATURAL FLAVOR), MALTODEXTRIN, DEHYDRATED BUTTER (BUTTER, BUTTERMILK POWDER), ASCORBIC ACID (DOUGH CONDITIONER), GUAR GUM, MICROBIAL ENZYMES, ANNATTO (COLOR), TURMERIC (COLOR))	Contains: Milk, Wheat. May contain: Almonds , Eggs , Pecans , Sesame , Soy , Walnuts
Bread Portion - Italian Style Roll	230	3	0.5	0	42	1	1	8	0	440	INGREDIENTS: ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES))	Contains: Wheat
Classic White Loaf	190	3.5	2.5	0	32	3	6	6	10	290	INGREDIENTS: CLASSIC WHITE MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (CREAM, NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (NONFAT DRY MILK, WHEY SOLIDS, LACTOSE, MILK PROTEINS), YEAST, SALT, DOUGH IMPROVER (VITAL WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), WHEAT GLUTEN, ENZYME BLEND (WHEAT STARCH, SODIUM CHLORIDE, MICROBIAL ENZYMES))	Contains: Milk, Wheat. May contain: Sesame
Country Rustic Sourdough	140	0.5	0.1	0	30	1	1	5	0	290	INGREDIENTS: COUNTRY RUSTIC SOURDOUGH (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT))	Contains: Wheat. May contain: Sesame
French Baguette	150	0.5	0.1	0	32	1	2	5	0	320	INGREDIENTS: FRENCH BAGUETTE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), SALT, SEA SALT, FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, YEAST, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT))	Contains: Wheat. May contain: Sesame
Italian Style Roll	150	2	0.3	0	28	1	1	5	0	300	INGREDIENTS: ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES))	Contains: Wheat
Sourdough Soup Bowl	650	2.5	0.5	0	136	5	4	21	0	1340	INGREDIENTS: SOURDOUGH BREAD BOWL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT))	Contains: Wheat. May contain: Sesame
Tomato Basil Miche	150	0.5	0.2	0	30	2	3	5	0	320	INGREDIENTS: TOMATO BASIL MICHE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY)	Contains: Wheat. May contain: Sesame
BREAKFAST												
Asiago Bagel Stack - Sausage & Egg	810	49	17	0.4	58	3	6	35	320	1600	INGREDIENTS: ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ASIAGO CHEESE BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING)]), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING)))), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), SAUSAGE PATTY (PORK, WATER, SALT, SPICES (BLACK PEPPER, CELERY SEED, GINGER, NUTMEG, RED PEPPER, SAGE, THYME, WHITE PEPPER), SUGAR, DEXTROSE, PAPRIKA, NATURAL FLAVORS (ROSEMARY EXTRACT AND SAGE OIL)), PROCESSED CHEESE SLICES (MODIFIED MILK INGREDIENTS, WATER, CHEESE (MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME, CALCIUM CHLORIDE, LIPASE), VEGETABLE OIL, SODIUM CITRATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, SORBIC ACID, BACTERIAL CULTURE, MODIFIED COCONUT OIL (MEDIUM CHAIN TRIGLYCERIDES), SUNFLOWER OIL (TO AID IN SLICE SEPARATION), ANNATTO, CALCIUM CHLORIDE, MICROBIAL ENZYME, PAPRIKA OLEORESIN), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Soy

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Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Asiago Everything Bagel Stack Sandwich - Wake-Up BLT	570	24	10	0.4	60	3	7	28	285	1270	INGREDIENTS: ASIAGO EVERYTHING BAGEL (ASIAGO CHEESE BAGEL [ASIAGO CHEESE BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING])), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING))], EVERYTHING BAGEL SEASONING [SESAME SEED, POPPY SEED, DEHYDRATED ONION, SALT, DEHYDRATED GARLIC]), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), CHEESE HOLLANDAISE SAUCE (WATER, NEUFCHATEL STYLE CHEESE (MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), CREAM, MILK, SWISS CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, MICROBIAL ENZYME), CHEDDAR CHEESE (MILK, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME), BUTTER (CULTURED CREAM, SALT), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), WHEY PROTEIN CONCENTRATE, NATURAL FLAVOR, CORN STARCH, SOUR CREAM (CULTURED CREAM, MICROBIAL ENZYMES), SEA SALT, DRIED EGG YOLKS, LEMON JUICE CONCENTRATE, PUMPKIN JUICE (PUMPKIN, WATER, SUGAR, CITRIC ACID), SODIUM CITRATE, SOY LECITHIN, YEAST EXTRACT, XANTHAN GUM, GARLIC POWDER, RED PEPPER, ONION POWDER), TOMATOES, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), ARUGULA, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Sesame, Soy, Wheat
Bacon Double Take on Black Pepper Focaccia	540	27	11	0.5	44	1	3	29	285	1310	INGREDIENTS: BLACK PEPPER FOCACCIA (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)], OLIVE OIL BLEND [EXTRA VIRGIN OLIVE OIL, CANOLA OIL], SEA SALT), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), PROCESSED CHEESE SLICES (MODIFIED MILK INGREDIENTS, WATER, CHEESE (MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME, CALCIUM CHLORIDE, LIPASE), VEGETABLE OIL, SODIUM CITRATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, SORBIC ACID, BACTERIAL CULTURE, MODIFIED COCONUT OIL (MEDIUM CHAIN TRIGLYCERIDES), SUNFLOWER OIL (TO AID IN SLICE SEPARATION), ANNATTO, CALCIUM CHLORIDE, MICROBIAL ENZYME, PAPRIKA OLEORESIN), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Bacon, Egg & Cheese on Ciabatta	500	22	10	0.4	51	2	2	25	280	870	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Bacon, Egg & Cheese on Croissant	510	31	17	0.5	34	2	6	24	305	770	INGREDIENTS: CROISSANT (ENRICHED FLOUR (WHEAT FLOUR, MICROBIAL ENZYME, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVORS (CREAM, NATURAL FLAVORS), SUGAR, WHOLE MILK, YEAST, SALT, VITAL WHEAT GLUTEN, XANTHAN GUM, FERMENTED WHEAT FLOUR, WHEY SOLIDS, ENZYME MODIFIED BUTTER (BUTTER, BUTTERMILK POWDER, NATURAL FLAVOR), MALTODEXTRIN, DEHYDRATED BUTTER (BUTTER, BUTTERMILK POWDER), ASCORBIC ACID (DOUGH CONDITIONER), GUAR GUM, MICROBIAL ENZYMES, ANNATTO (COLOR), TURMERIC (COLOR)), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Almonds , Pecans , Sesame , Soy , Walnuts
Breakfast Asiago Bagel Stack - Farmhouse Duo	730	40	17	0.5	58	3	6	35	320	1520	INGREDIENTS: ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ASIAGO CHEESE BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING])), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING)))), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), SAUSAGE PATTY (PORK, WATER, SALT, SPICES (BLACK PEPPER, CELERY SEED, GINGER, NUTMEG, RED PEPPER, SAGE, THYME, WHITE PEPPER), SUGAR, DEXTROSE, PAPRIKA, NATURAL FLAVORS (ROSEMARY EXTRACT AND SAGE OIL)), CHEESE HOLLANDAISE SAUCE (WATER, NEUFCHATEL STYLE CHEESE (MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), CREAM, MILK, SWISS CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, MICROBIAL ENZYME), CHEDDAR CHEESE (MILK, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME), BUTTER (CULTURED CREAM, SALT), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), WHEY PROTEIN CONCENTRATE, NATURAL FLAVOR, CORN STARCH, SOUR CREAM (CULTURED CREAM, MICROBIAL ENZYMES), SEA SALT, DRIED EGG YOLKS, LEMON JUICE CONCENTRATE, PUMPKIN JUICE (PUMPKIN, WATER, SUGAR, CITRIC ACID), SODIUM CITRATE, SOY LECITHIN, YEAST EXTRACT, XANTHAN GUM, GARLIC POWDER, RED PEPPER, ONION POWDER), UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Soy, Wheat
Breakfast Portion - Artisan Ciabatta	250	2	0.4	0	49	2	1	8	0	430	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)])	Contains: Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Breakfast Portion - Black Pepper Focaccia	210	3.5	0.5	0.1	40	1	1	6	0	460	INGREDIENTS: BLACK PEPPER FOCACCIA (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)], OLIVE OIL BLEND [EXTRA VIRGIN OLIVE OIL, CANOLA OIL], SEA SALT)	Contains: Wheat. May contain: Sesame
Breakfast Portion - Classic White Loaf	190	3.5	2.5	0	32	3	6	6	10	290	INGREDIENTS: CLASSIC WHITE LOAF (CLASSIC WHITE MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (CREAM, NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (NONFAT DRY MILK, WHEY SOLIDS, LACTOSE, MILK PROTEINS), YEAST, SALT, DOUGH IMPROVER (VITAL WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), WHEAT GLUTEN, ENZYME BLEND (WHEAT STARCH, SODIUM CHLORIDE, MICROBIAL ENZYMES))]	Contains: Milk, Wheat. May contain: Sesame
Breakfast Portion - Country Rustic Sourdough	130	0.5	0.1	0	27	1	1	4	0	270	INGREDIENTS: COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)])	Contains: Wheat. May contain: Sesame
Breakfast Portion - French Baguette	290	1	0.3	0	61	1	4	9	0	620	INGREDIENTS: FRENCH BAGUETTE (FRENCH BAGUETTE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), SALT, SEA SALT, FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, YEAST, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)])	Contains: Wheat. May contain: Sesame
Breakfast Portion - Tomato Basil Miche	160	0.5	0.2	0	33	2	3	6	0	350	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY])	Contains: Wheat. May contain: Sesame
Chipotle Chicken, Egg & Avo on Ciabatta	640	33	11	0.5	55	4	3	30	300	1070	INGREDIENTS: Artisan Ciabatta (Ciabatta [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Fermented Whole Wheat Flour, Vinegar, Bacterial Culture, Yeast, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Extra Virgin Olive Oil, Cultured Wheat Flour, Wheat Flakes, Rye Flour, Semolina (Wheat)]), Scrambled Egg Portion (Liquid Whole Egg [liquid whole egg, citric acid], Canola Oil), White Cheddar Cheese (milk, salt, calcium chloride, bacterial culture, microbial enzyme), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), avocado, CHIPOTLE AIOLI SPREAD (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG YOLK), DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, DRIED GARLIC, GARLIC PUREE (GARLIC, WATER), PAPRIKA, CHIPOTLE PEPPER, ONION POWDER, XANTHAN GUM, MUSTARD FLOUR, MUSTARD SEED), diced zesty sweet cherry peppers (cherry peppers, water, sugar, vinegar, salt, ascorbic acid, capsicum, calcium chloride), cilantro, sea salt and black pepper blend (sea salt, black pepper, canola oil)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Egg & Cheese on Ciabatta	460	18	9	0.4	51	2	1	23	270	720	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Egg & Cheese on Croissant	460	28	16	0.5	33	2	6	21	295	630	INGREDIENTS: CROISSANT (ENRICHED FLOUR (WHEAT FLOUR, MICROBIAL ENZYME, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVORS (CREAM, NATURAL FLAVORS), SUGAR, WHOLE MILK, YEAST, SALT, VITAL WHEAT GLUTEN, XANTHAN GUM, FERMENTED WHEAT FLOUR, WHEY SOLIDS, ENZYME MODIFIED BUTTER (BUTTER, BUTTERMILK POWDER, NATURAL FLAVOR), MALTODEXTRIN, DEHYDRATED BUTTER (BUTTER, BUTTERMILK POWDER), ASCORBIC ACID (DOUGH CONDITIONER), GUAR GUM, MICROBIAL ENZYMES, ANNATTO (COLOR), TURMERIC (COLOR)), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Almonds , Pecans , Sesame , Soy , Walnuts
Greek Yogurt Strawberry Parfait	230	7	4	0.1	27	2	17	15	20	80	INGREDIENTS: PLAIN GREEK YOGURT (SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES), STRAWBERRIES, GRANOLA (ROLLED OATS, BROWN SUGAR, BUTTER (CREAM [MILK], SALT, NATURAL FLAVOR), HONEY, PUMPKIN SEEDS, MAPLE SYRUP, SUNFLOWER SEEDS, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), PECANS, COCONUT, SALT), HONEY	Contains: Milk, Pecans. May contain: Almonds , Brazil Nuts , Cashews , Hazelnuts , Macadamia Nuts , Pine Nuts , Pistachios , Walnuts

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Ham Croissant Benny	440	23	13	0.5	36	2	7	21	300	890	INGREDIENTS: CROISSANT (ENRICHED FLOUR (WHEAT FLOUR, MICROBIAL ENZYME, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVORS (CREAM, NATURAL FLAVORS), SUGAR, WHOLE MILK, YEAST, SALT, VITAL WHEAT GLUTEN, XANTHAN GUM, FERMENTED WHEAT FLOUR, WHEY SOLIDS, ENZYME MODIFIED BUTTER (BUTTER, BUTTERMILK POWDER, NATURAL FLAVOR), MALTODEXTRIN, DEHYDRATED BUTTER (BUTTER, BUTTERMILK POWDER), ASCORBIC ACID (DOUGH CONDITIONER), GUAR GUM, MICROBIAL ENZYMES, ANNATTO (COLOR), TURMERIC (COLOR)), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), CHEESE HOLLANDAISE SAUCE (WATER, NEUFCHATEL STYLE CHEESE (MILK, CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), CREAM, MILK, SWISS CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, MICROBIAL ENZYME), CHEDDAR CHEESE (MILK, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME), BUTTER (CULTURED CREAM, SALT), CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES), WHEY PROTEIN CONCENTRATE, NATURAL FLAVOR, CORN STARCH, SOUR CREAM (CULTURED CREAM, MICROBIAL ENZYMES), SEA SALT, DRIED EGG YOLKS, LEMON JUICE CONCENTRATE, PUMPKIN JUICE (PUMPKIN, WATER, SUGAR, CITRIC ACID), SODIUM CITRATE, SOY LECITHIN, YEAST EXTRACT, XANTHAN GUM, GARLIC POWDER, RED PEPPER, ONION POWDER), SMOKED HAM (PORK, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, FLAVOUR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVOUR, SODIUM NITRITE, SPICES EXTRACT, SMOKE, COATED WITH COLLAGEN), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Soy, Wheat. May contain: Almonds , Pecans , Sesame , Walnuts
Ham, Egg & Cheese on Ciabatta	490	19	9	0.4	53	2	2	28	285	960	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), SMOKED HAM (PORK, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, FLAVOUR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVOUR, SODIUM NITRITE, SPICES EXTRACT, SMOKE, COATED WITH COLLAGEN), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Sausage, Egg & Cheese on Ciabatta	640	35	15	0.5	51	2	2	30	300	1120	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), SAUSAGE PATTY (PORK, WATER, SALT, SPICES (BLACK PEPPER, CELERY SEED, GINGER, NUTMEG, RED PEPPER, SAGE, THYME, WHITE PEPPER), SUGAR, DEXTROSE, PAPRIKA, NATURAL FLAVORS (ROSEMARY EXTRACT AND SAGE OIL)), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Sausage, Egg & Cheese on Croissant	650	44	22	1	34	2	6	29	330	1020	INGREDIENTS: CROISSANT (ENRICHED FLOUR (WHEAT FLOUR, MICROBIAL ENZYME, ASCORBIC ACID, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVORS (CREAM, NATURAL FLAVORS), SUGAR, WHOLE MILK, YEAST, SALT, VITAL WHEAT GLUTEN, XANTHAN GUM, FERMENTED WHEAT FLOUR, WHEY SOLIDS, ENZYME MODIFIED BUTTER (BUTTER, BUTTERMILK POWDER, NATURAL FLAVOR), MALTODEXTRIN, DEHYDRATED BUTTER (BUTTER, BUTTERMILK POWDER), ASCORBIC ACID (DOUGH CONDITIONER), GUAR GUM, MICROBIAL ENZYMES, ANNATTO (COLOR), TURMERIC (COLOR)), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), SAUSAGE PATTY (PORK, WATER, SALT, SPICES (BLACK PEPPER, CELERY SEED, GINGER, NUTMEG, RED PEPPER, SAGE, THYME, WHITE PEPPER), SUGAR, DEXTROSE, PAPRIKA, NATURAL FLAVORS (ROSEMARY EXTRACT AND SAGE OIL)), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Almonds , Pecans , Sesame , Soy , Walnuts
Scrambled Egg Portion	90	7	2	0	1	0	0	8	240	85	INGREDIENTS: LIQUID WHOLE EGG (LIQUID WHOLE EGG, CITRIC ACID), CANOLA OIL	Contains: Eggs
Steak & Wake on Ciabatta	550	22	10	0.5	53	2	2	35	310	1040	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SCRAMBLED EGG PORTION (LIQUID WHOLE EGG [LIQUID WHOLE EGG, CITRIC ACID], CANOLA OIL), MARINATED STEAK (BEEF RIB BLADE MEAT WITH WATER AND BINDER, WATER, CANOLA OIL, CORN STARCH, ONION FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR, WATER, ONION POWDER, SOYBEAN OIL), SEASONING (SALT, SPICES (INCLUDING BLACK PEPPER, DILL SEED, CORIANDER SEED, RED PEPPER), GARLIC, EXTRACTIVES OF DILL AND PAPRIKA), SEASONING (SALT, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, ONION POWDER, CARAMELIZED SUGAR, YEAST EXTRACT, GARLIC POWDER, SPICE, SUNFLOWER OIL), BEEF BROTH CONCENTRATE (BEEF BROTH, SALT), SALT, GARLIC POWDER, ONION POWDER, DEXTROSE), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Steel Cut Oatmeal with Strawberries & Pecans	330	14	1.5	0	51	7	16	8	0	170	INGREDIENTS: STEEL CUT OATMEAL (WATER, STEEL CUT OATS, OAT GROATS, SEA SALT), STRAWBERRIES, CINNAMON SUGAR TOPPING (SUGAR, CINNAMON, MODIFIED CORN STARCH, SOYBEAN OIL), OIL ROASTED PECANS (PECANS, COTTONSEED OIL)	Contains: Pecans
DRESSING & SAUCES												
Apple Cider Vinegar BBQ Sauce	20	0	0	0	5	0	5	0.2	0	110	INGREDIENTS: APPLE CIDER VINEGAR BBQ SAUCE (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES (CELERY SEED, MUSTARD SEED, ALLSPICE), TAMARIND CONCENTRATE, CELERY SEED)	Contains: Mustard
Dressing - Asian Sesame Vinaigrette - Half Portion	80	7	1	0.1	5	0	2	0	0	250	INGREDIENTS: ASIAN SESAME VINAIGRETTE (WATER, DISTILLED VINEGAR, SESAME OIL, SOYBEAN OIL, SUGAR, BLACK PEPPER, DRIED ONION, DRIED PARSLEY, XANTHAN GUM, SALT, STEVIA LEAF EXTRACT, ROSEMARY EXTRACT)	Contains: Sesame
Dressing - Asian Sesame Vinaigrette - Whole Portion	170	15	2.5	0.2	9	0	5	0.1	0	500	INGREDIENTS: ASIAN SESAME VINAIGRETTE (WATER, DISTILLED VINEGAR, SESAME OIL, SOYBEAN OIL, SUGAR, BLACK PEPPER, DRIED ONION, DRIED PARSLEY, XANTHAN GUM, SALT, STEVIA LEAF EXTRACT, ROSEMARY EXTRACT)	Contains: Sesame
Dressing - Balsamic Vinaigrette - Half Portion	100	7	1	0	8	0	7	0.1	0	270	INGREDIENTS: BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR)	May contain: Mustard
Dressing - Balsamic Vinaigrette - Whole Portion	190	15	2	0.1	15	0	14	0.3	0	540	INGREDIENTS: BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR)	May contain: Mustard
Dressing - Caesar Dressing - Half Portion	240	26	2	0.2	1	0	0	1	20	180	INGREDIENTS: CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL)	Contains: Anchovy, Eggs, Milk, Mustard

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Dressing - Caesar Dressing - Whole Portion	480	53	4	0.4	2	0	1	1	35	360	INGREDIENTS: CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL)	Contains: Anchovy, Eggs, Milk, Mustard
Dressing - Creamy Garden Herb Dressing - Half Portion	160	17	2.5	0.2	2	0	1	1	10	270	INGREDIENTS: GARDEN HERB RANCH DRESSING (SOYBEAN OIL, BUTTERMILK (CULTURED LOWFAT MILK, MODIFIED CORN STARCH, LOCUST BEAN GUM, CARAGEENAN, NONFAT MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE, VITAMIN D3), WATER, EGG YOLKS, DISTILLED VINEGAR, DRIED PARSLEY, SALT, SUGAR, CILANTRO, MODIFIED CORN STARCH, DRIED OREGANO, YEAST EXTRACT, DRIED GARLIC, DRIED ONION, NATURAL FLAVORS, XANTHAN GUM, DRIED CILANTRO, BLACK PEPPER)	Contains: Eggs, Milk
Dressing - Creamy Garden Herb Dressing - Whole Portion	330	34	5	0.5	4	0	2	1	20	530	INGREDIENTS: GARDEN HERB RANCH DRESSING (SOYBEAN OIL, BUTTERMILK (CULTURED LOWFAT MILK, MODIFIED CORN STARCH, LOCUST BEAN GUM, CARAGEENAN, NONFAT MILK, SALT, SODIUM CITRATE, VITAMIN A PALMITATE, VITAMIN D3), WATER, EGG YOLKS, DISTILLED VINEGAR, DRIED PARSLEY, SALT, SUGAR, CILANTRO, MODIFIED CORN STARCH, DRIED OREGANO, YEAST EXTRACT, DRIED GARLIC, DRIED ONION, NATURAL FLAVORS, XANTHAN GUM, DRIED CILANTRO, BLACK PEPPER)	Contains: Eggs, Milk
Dressing - Farmhouse Ranch - Half Portion	170	17	3	0.2	3	0	2	1	15	340	INGREDIENTS: FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID)	Contains: Eggs, Milk, Mustard
Dressing - Greek Dressing - Half Portion	220	24	3.5	0.1	1	0	0	0.1	0	280	INGREDIENTS: GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES)	
Dressing - Greek Dressing - Whole Portion	440	48	7	0.1	1	0	0	0.1	0	560	INGREDIENTS: GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES)	
Dressing - Green Goddess Dressing - Half Portion	70	6	0.5	0	4	0	2	2	0	150	INGREDIENTS: GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL)	Contains: Milk, Mustard
Dressing - Green Goddess Dressing - Whole Portion	150	12	1	0	7	1	5	4	5	290	INGREDIENTS: GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL)	Contains: Milk, Mustard
Dressing - Sesame Ginger Dressing - Whole Portion	340	32	5	0.5	13	1	10	1	0	770	INGREDIENTS: SESAME GINGER DRESSING (SOYBEAN OIL, WATER, BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), RICE WINE VINEGAR, GINGER PUREE (GINGER, WATER), DISTILLED VINEGAR, TOASTED SESAME OIL, DRIED ONION, DRIED RED BELL PEPPER, SALT, TOASTED SESAME SEEDS, DRIED GARLIC, LIME JUICE CONCENTRATE, CRUSHED RED PEPPER, BLACK PEPPER, XANTHAN GUM)	Contains: Sesame, Soy, Wheat
Dressing - White Balsamic Vinaigrette flavoured with Apple - Half Portion	150	12	2	0.2	10	0	10	0	0	160	INGREDIENTS: WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID)	
Dressing - White Balsamic Vinaigrette flavoured with Apple - Whole Portion	300	24	4	0.3	21	0	19	0.1	0	330	INGREDIENTS: WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID)	
Dressing - Zesty Smoky Lemon Vinaigrette - Half Portion	180	18	2.5	0.3	4	0	3	0.2	0	210	INGREDIENTS: ZESTY SMOKY LEMON VINAIGRETTE (SOYBEAN OIL, WATER, LEMON JUICE CONCENTRATE, SUGAR, HONEY, DISTILLED VINEGAR, LEMON PASTE (LEMONS, LEMON JUICE, SALT), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), WHITE BALSAMIC VINEGAR, MISO PASTE (WATER, SOYBEANS, RICE, SEA SALT, ALCOHOL), SALT, SPICES (OREGANO, BLACK PEPPER, BASIL), DRIED GARLIC, DRIED LEMON PEEL, DRIED SHALLOTS, LEMON OIL, XANTHAN GUM, NATURAL FLAVORS (INCLUDING NATURAL SMOKE FLAVOR), ROSEMARY EXTRACT)	Contains: Soy, Wheat
Dressing - Zesty Smoky Lemon Vinaigrette - Whole Portion	350	36	5	0.5	7	0	6	0.4	0	420	INGREDIENTS: ZESTY SMOKY LEMON VINAIGRETTE (SOYBEAN OIL, WATER, LEMON JUICE CONCENTRATE, SUGAR, HONEY, DISTILLED VINEGAR, LEMON PASTE (LEMONS, LEMON JUICE, SALT), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), WHITE BALSAMIC VINEGAR, MISO PASTE (WATER, SOYBEANS, RICE, SEA SALT, ALCOHOL), SALT, SPICES (OREGANO, BLACK PEPPER, BASIL), DRIED GARLIC, DRIED LEMON PEEL, DRIED SHALLOTS, LEMON OIL, XANTHAN GUM, NATURAL FLAVORS (INCLUDING NATURAL SMOKE FLAVOR), ROSEMARY EXTRACT)	Contains: Soy, Wheat
Dressing -Farmhouse Ranch - Whole Portion	340	35	6	0.3	5	0	4	2	30	670	INGREDIENTS: FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID)	Contains: Eggs, Milk, Mustard
Farmhouse Ranch Dressing - Sandwich Portion	110	11	2	0.1	2	0	1	1	10	210	INGREDIENTS: FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID)	Contains: Eggs, Milk, Mustard
Greek Dressing - Sandwich Portion	40	4	0.5	0	0	0	0	0	0	50	INGREDIENTS: GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES)	
Green Goddess Dressing - Sandwich Portion	30	2	0.3	0	1	0	1	1	0	55	INGREDIENTS: GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], WHOLE MILK PLAIN GREEK YOGURT [CULTURED PASTEURIZED NON-FAT MILK, CREAM, CONTAINS LIVE ACTIVE CULTURES S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS, L. CASEI, L. PARACASEI, L. RHAMNOSUS], BASIL)	Contains: Milk, Mustard
Hummus	60	4.5	0.5	0	4	1	1	2	0	150	INGREDIENTS: HUMMUS (COOKED CHICKPEAS (CHICKPEAS, WATER), TAHINI PASTE (SESAME SEEDS), CANOLA OIL, GARLIC, SEA SALT, CITRIC ACID, CUMIN, XANTHAN GUM)	Contains: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Sauce - Balsamic Glaze - Sandwich Portion	20	0	0	0	5	0	4	0	0	10	INGREDIENTS: BALSAMIC GLAZE (SUGAR, BALSAMIC VINEGAR, RAISIN JUICE CONCENTRATE, WATER, DISTILLED VINEGAR, CORN STARCH, MOLASSES, LEMON JUICE CONCENTRATE, SALT)	
Sauce - Chipotle Aioli - Sandwich Portion	100	11	1.5	0.2	1	0	0	0.2	10	140	INGREDIENTS: CHIPOTLE AIOLI SPREAD (SOYBEAN&OIL, WATER, CHIPOTLE&PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG&YOLK), DISTILLED&VINEGAR, SALT, SUGAR, LEMON&JUICE&CONCENTRATE, DRIED GARLIC, GARLIC&PUREE (GARLIC,&WATER), PAPRIKA, CHIPOTLE PEPPER, ONION&POWDER, XANTHAN&GUM, MUSTARD&FLOUR, MUSTARD SEED)	Contains: Eggs, Mustard
Sauce - Creamy Pesto - Sandwich Portion	25	2	1.5	0	1	0	0	1	5	105	INGREDIENTS: CREAMY BASIL PESTO (SOUR CREAM (CULTURED CREAM), BASIL, WATER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES, NATAMYCIN), GARLIC, LEMON JUICE, ONIONS, SEA SALT, GRANULATED GARLIC, XANTHAN GUM, BLACK PEPPER)	Contains: Milk
Sauce - Garlic Aioli - Sandwich Portion	110	12	2	0	0	0	0	0.3	20	95	INGREDIENTS: GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR))	Contains: Eggs, Mustard
Sauce - Green Chile Salsa Verde Spread - Sandwich Portion	60	5	3	0.1	2	0	1	1	10	160	INGREDIENTS: GREEN CHILE SALSA VERDE SPREAD (CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM), SOUR CREAM (CULTURED CREAM), MAYONNAISE (VEGETABLE OIL [CANOLA AND/OR SOYBEAN OIL], SALTED EGG YOLK [EGG YOLK, SALT], LEMON JUICE FROM CONCENTRATE [WATER, LEMON JUICE CONCENTRATE], WHITE WINE VINEGAR, WATER, MUSTARD FLOUR), WATER, ROASTED GREEN CHILE PEPPERS (GREEN CHILE PEPPERS, WATER, SEA SALT, CITRIC ACID), ROASTED POBLANO PEPPERS, ONIONS, JALAPENO PEPPERS (JALAPENO PEPPERS, VINEGAR, SALT), LIME JUICE, CILANTRO, SERRANO PEPPERS, ROASTED JALAPENO PEPPERS, GARLIC, SEA SALT, GROUND CUMIN, XANTHAN GUM, BLACK PEPPER)	Contains: Eggs, Milk, Mustard
Sauce - Mayonnaise - Sandwich Portion	130	14	1.5	0	0	0	0	0.2	10	115	INGREDIENTS: MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL)	Contains: Eggs, Mustard
Sauce - Signature Sauce - Sandwich Portion	90	8	1	0	4	0	2	0.3	10	95	INGREDIENTS: BRAVO SAUCE (SOYBEAN OIL, DISTILLED VINEGAR, WATER, TOMATO PASTE, SUGAR, EGG YOLK, MODIFIED CORN STARCH, GREEN OLIVE PUREE (GREEN OLIVES, WATER, DISTILLED VINEGAR, SALT, LACTIC ACID), RED WINE VINEGAR, SALT, GREEN BELL PEPPER PUREE (GREEN BELL PEPPER, DISTILLED VINEGAR, SALT), DRIED GREEN BELL PEPPER, MUSTARD FLOUR, ALLSPICE, DRIED PARSLEY, BLACK PEPPER, DRIED CELERY SEED, CINNAMON, DRIED GINGER, NUTMEG, GARLIC (GARLIC, WATER, CITRIC ACID), DRIED GARLIC, LACTIC ACID, PAPRIKA, OLEORESIN TURMERIC (COLOR), DRIED ONION)	Contains: Eggs, Mustard
Sesame Ginger Dressing - Half Portion	170	16	2.5	0.2	6	0	5	1	0	390	INGREDIENTS: SESAME GINGER DRESSING (SOYBEAN OIL, WATER, BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), RICE WINE VINEGAR, GINGER PUREE (GINGER, WATER), DISTILLED VINEGAR, TOASTED SESAME OIL, DRIED ONION, DRIED RED BELL PEPPER, SALT, TOASTED SESAME SEEDS, DRIED GARLIC, LIME JUICE CONCENTRATE, CRUSHED RED PEPPER, BLACK PEPPER, XANTHAN GUM)	Contains: Sesame, Soy, Wheat
DRINKS												
1 Pump Caramel Syrup	45	0	0	0	11	0	10	0	0	45	INGREDIENTS: CARAMEL SYRUP (SUGAR, WATER, GLYCERIN, SALT, LACTIC ACID, CARAMEL COLOR (CLASS I), NATURAL FLAVOR)	
1 Pump Chocolate Flavored Sauce	50	0.3	0	0	13	1	7	0.5	0	15	INGREDIENTS: CHOCOLATE FLAVORED SAUCE (SUGAR, CORN SYRUP, VEGETABLE GLYCERINE, SWEETENED CONDENSED MILK (MILK, SUGAR), COCOA PROCESSED WITH ALKALI, WATER, NATURAL FLAVORS, COCOA EXTRACT, DISODIUM PHOSPHATE, SALT, CARRAGEENAN, CITRIC ACID, CHOCOLATE LIQUOR)	Contains: Milk
1 Pump Chocolatey Hazelnut Flavored Syrup	25	0	0	0	6	0	5	0	0	20	INGREDIENTS: CHOCOLATEY HAZELNUT FLAVORED SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID)	
1 Pump Madagascar Vanilla Syrup	20	0	0	0	5	0	5	0	0	0	INGREDIENTS: MADAGASCAR VANILLA NATURALLY FLAVORED SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID)	
1 Pump Pumpkin Sauce	45	0	0	0	11	0	10	0.3	0	10	INGREDIENTS: PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT)	Contains: Milk
1 Pump Rocky Road Syrup	25	0	0	0	6	0	4	0	0	20	INGREDIENTS: ROCKY ROAD SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID, CARAMELIZED SUGAR SYRUP)	
1 Pump Snickerdoodle Syrup	20	0	0	0	5	0	4	0	0	20	INGREDIENTS: SNICKERDOODLE SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID)	
7 UP - 591 mL	260	0	0	0	70	0	70	0	0	60	INGREDIENTS: 7 UP (CARBONATED WATER, SUGAR, WATER, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR))	
7 UP - 852 mL	350	0	0	0	87	0	87	0	0	125	INGREDIENTS: 7 UP (CARBONATED WATER, SUGAR, WATER, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR))	
Agave Lemonade - 591 mL	210	0.2	0.1	0	52	0	48	0.3	0	15	INGREDIENTS: AGAVE LEMONADE (WATER, AGAVE LEMONADE BASE [WATER, SUGAR, LEMON JUICE, LEMON JUICE CONCENTRATE, AGAVE, NATURAL FLAVORS])	
Agave Lemonade - 852 mL	320	0.4	0.1	0	78	0	72	0.5	0	20	INGREDIENTS: AGAVE LEMONADE (WATER, AGAVE LEMONADE BASE [WATER, SUGAR, LEMON JUICE, LEMON JUICE CONCENTRATE, AGAVE, NATURAL FLAVORS])	
Almond milk - 237 mL	40	3.5	0.3	0	2	1	0	1	0	100	INGREDIENTS: UNSWEETENED ALMONDMILK (ALMONDMILK (FILTERED WATER, ALMONDS), POTASSIUM CITRATE, DIPOTASSIUM PHOSPHATE, SUNFLOWER LECITHIN, SEA SALT, NATURAL FLAVORS, GUAR GUM, GELLAN GUM)	Contains: Almonds
Americano - 473 mL	5	0.1	0.1	0	1	0	0	0.1	0	15	INGREDIENTS: WATER, ESPRESSO	
Apple Juice - 300 mL	130	0	0	0	31	0	30	0	0	10	INGREDIENTS: APPLE JUICE (APPLE JUICE (WATER, CONCENTRATED APPLE JUICE, VITAMIN C))	
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 591 mL	0	0	0	0	0	0	0	0	0	0	INGREDIENTS: BLACKBERRY HIBISCUS HERBAL TEA – NATURALLY FLAVORED (HIBISCUS, ROSEHIPS, ARONIA BERRY BITS, NATURAL BLACKBERRY FLAVOR)	
Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 852 mL	0	0	0	0	0	0	0	0	0	0	INGREDIENTS: BLACKBERRY HIBISCUS HERBAL TEA – NATURALLY FLAVORED (HIBISCUS, ROSEHIPS, ARONIA BERRY BITS, NATURAL BLACKBERRY FLAVOR)	
Bottled Orange Juice - 300 mL	130	0	0	0	32	0	25	1	0	20	INGREDIENTS: ORANGE JUICE (WATER, CONCENTRATED ORANGE JUICE)	
Cafe Blend Dark Roast Coffee - 473 mL	5	0.1	0	0	0	0	0	1	0	10	INGREDIENTS: BREWED DARK ROAST COFFEE (ARABICA COFFEE)	
Cafe Blend Dark Roast Coffee - 591 mL	5	0.1	0	0	0	0	0	1	0	10	INGREDIENTS: BREWED DARK ROAST COFFEE (ARABICA COFFEE)	
Cafe Blend Light Roast Coffee - 473 mL	5	0.1	0	0	0	0	0	1	0	10	INGREDIENTS: BREWED LIGHT ROAST COFFEE (ARABICA COFFEE)	
Cafe Blend Light Roast Coffee - 591 mL	5	0.1	0	0	0	0	0	1	0	10	INGREDIENTS: BREWED LIGHT ROAST COFFEE (ARABICA COFFEE)	
Cafe Frozen Java - 591 mL	660	35	20	1	78	0	70	9	115	130	INGREDIENTS: WATER, DAIRY BLEND (CREAM, MILK, SUGAR (SUGAR, CORN SYRUP SOLIDS), SKIM MILK POWDER, WHEY POWDER, NATURAL FLAVOURS, MALTODEXTRIN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN), SIMPLE SUGAR SYRUP (SUGAR, WATER, CITRIC ACID), ESPRESSO CONCENTRATE (COFFEE EXTRACT (WATER, COFFEE), POTASSIUM SORBATE (PRESERVATIVE)), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Caffe Latte - 473 mL	130	5	3	0.1	12	0	11	8	20	110	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO	Contains: Milk
Caffe Latte - 591 mL	160	6	4	0.2	15	0	14	10	25	135	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO	Contains: Milk
Cappuccino - 473 mL	130	5	3	0.1	12	0	11	8	20	110	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO	Contains: Milk
Cappuccino - 591 mL	160	6	4	0.2	15	0	14	10	25	135	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO	Contains: Milk
Caramel Latte - 473 mL	320	9	6	0.3	50	0	43	9	35	250	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, CARAMEL SYRUP (SUGAR, WATER, GLYCERIN, SALT, LACTIC ACID, CARAMEL COLOR (CLASS I), NATURAL FLAVOR), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Caramel Latte - 591 mL	390	10	7	0.3	64	0	56	11	40	320	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CARAMEL SYRUP (SUGAR, WATER, GLYCERIN, SALT, LACTIC ACID, CARAMEL COLOR (CLASS I), NATURAL FLAVOR), ESPRESSO, WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Chai Tea	0	0	0	0	0	0	0	0	0	0	INGREDIENTS: CHAI TEA BAG (ORGANIC BLACK TEA, ORGANIC GINGER, ORGANIC CINNAMON BARK, ORGANIC BLACK PEPPER, ORGANIC CARDAMON, ORGANIC CLOVES, ORGANIC STAR ANISE)	
Chai Tea Latte - 473 mL	230	6	4	0.2	33	0	32	10	25	130	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CHAI SYRUP (SUGAR, WATER, CARAMELIZED SUGAR (COLOR), CARDAMOM EXTRACT, TEA EXTRACT, CINNAMON OIL, NATURAL FLAVORS, CLOVE EXTRACT, CITRIC ACID, GINGER OIL, NUTMEG OIL, BLACK PEPPER OIL)	Contains: Milk
Chai Tea Latte - 591 mL	280	7	4.5	0.2	42	0	40	12	30	160	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CHAI SYRUP (SUGAR, WATER, CARAMELIZED SUGAR (COLOR), CARDAMOM EXTRACT, TEA EXTRACT, CINNAMON OIL, NATURAL FLAVORS, CLOVE EXTRACT, CITRIC ACID, GINGER OIL, NUTMEG OIL, BLACK PEPPER OIL)	Contains: Milk
Chamomile Tea	2	0	0	0	0	0	0	1	0	0	INGREDIENTS: CHAMOMILE TEA BAG (CHAMOMILE FLOWERS, HIBISCUS FLOWERS, SPEARMINT LEAVES, ROSE PETALS, LEMONGRASS, BLACKBERRY LEAVES, PEPPERMINT LEAVES, SARSAPARILLA ROOT, LEMON BALM LEAVES, LICORICE ROOT, NATURAL FLAVOUR, TURMERIC (FOR COLOR), RIBOFLAVIN (FOR COLOR))	
Cherry Lime Fresca - 591 mL with ice	180	0	0	0	43	0	42	0.3	0	15	INGREDIENTS: CHERRY LIME FRESCA (WATER, CHERRY LIME FRESCA DRINK BASE [SUGAR, WATER, CITRIC ACID, NATURAL CHERRY AND LIME FLAVORS, LIME JUICE CONCENTRATE, PURPLE CARROT JUICE CONCENTRATE (COLOR), TART CHERRY JUICE CONCENTRATE]), WATER, FREEZE DRIED CHERRY SLICES	
Cherry Lime Fresca - 852 mL with ice	280	0	0	0	69	0	67	0.3	0	25	INGREDIENTS: CHERRY LIME FRESCA (WATER, CHERRY LIME FRESCA DRINK BASE [SUGAR, WATER, CITRIC ACID, NATURAL CHERRY AND LIME FLAVORS, LIME JUICE CONCENTRATE, PURPLE CARROT JUICE CONCENTRATE (COLOR), TART CHERRY JUICE CONCENTRATE]), WATER, FREEZE DRIED CHERRY SLICES	
Decaf Coffee - 473 mL	2	0	0	0	0	0	0	0.5	0	10	INGREDIENTS: DECAFFEINATED COFFEE	
Decaf Coffee - 591 mL	2	0	0	0	0	0	0	1	0	10	INGREDIENTS: DECAFFEINATED COFFEE	
Diet Pepsi - 591 mL	0	0	0	0	0	0	0	0.2	0	60	INGREDIENTS: DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE])	
Diet Pepsi - 852 mL	0	0	0	0	0	0	0	0	0	140	INGREDIENTS: DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE])	
Dr. Pepper - 591 mL	240	0	0	0	65	0	64	0	0	75	INGREDIENTS: DR. PEPPER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CAFFEINE)	
Dr. Pepper - 852 mL	360	0	0	0	98	0	96	0	0	110	INGREDIENTS: DR. PEPPER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CAFFEINE)	
Dragonfruit Sunset Energy Refresher - Naturally Flavored - 852 mL with ice	270	0.3	0	0	64	1	61	1	0	40	INGREDIENTS: CAFFEINATED DRAGONFRUIT SUNSET NATURALLY FLAVORED ENERGY REFRESHER BLEND (WATER, CAFFEINATED DRAGONFRUIT SUNSET NATURALLY FLAVORED ENERGY REFRESHER SYRUP [SUGAR, WATER, APPLE JUICE CONCENTRATE, AGAVE SYRUP, LEMON JUICE CONCENTRATE, CITRIC ACID, BETA-CAROTENE (COLOR), ACEROLA POWDER, GREEN COFFEE EXTRACT (SOURCE OF CAFFEINE), NATURAL FLAVORS (INCLUDING PINEAPPLE, ORANGE, DRAGONFRUIT TYPE FLAVOR AND OTHER NATURAL FLAVORS), SALT, CAFFEINE]), WATER, FREEZE DRIED DRAGONFRUIT	
Dragonfruit Sunset Energy Refresher - Naturally Flavored -591 mL with ice	190	0.2	0	0	44	1	41	1	0	25	INGREDIENTS: CAFFEINATED DRAGONFRUIT SUNSET NATURALLY FLAVORED ENERGY REFRESHER BLEND (WATER, CAFFEINATED DRAGONFRUIT SUNSET NATURALLY FLAVORED ENERGY REFRESHER SYRUP [SUGAR, WATER, APPLE JUICE CONCENTRATE, AGAVE SYRUP, LEMON JUICE CONCENTRATE, CITRIC ACID, BETA-CAROTENE (COLOR), ACEROLA POWDER, GREEN COFFEE EXTRACT (SOURCE OF CAFFEINE), NATURAL FLAVORS (INCLUDING PINEAPPLE, ORANGE, DRAGONFRUIT TYPE FLAVOR AND OTHER NATURAL FLAVORS), SALT, CAFFEINE]), WATER, FREEZE DRIED DRAGONFRUIT	
Drive Thru - 7 UP - 591 mL with Ice	200	0	0	0	52	0	52	0	0	45	INGREDIENTS: 7 UP (CARBONATED WATER, SUGAR, WATER, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR))	
Drive Thru - 7 UP - 852 mL with Ice	220	0	0	0	54	0	54	0	0	80	INGREDIENTS: 7 UP (CARBONATED WATER, SUGAR, WATER, CITRIC ACID, POTASSIUM CITRATE, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR))	
Drive Thru - Agave Lemonade - 591 mL with Ice	130	0.2	0	0	32	0	29	0.2	0	10	INGREDIENTS: AGAVE LEMONADE (WATER, AGAVE LEMONADE BASE [WATER, SUGAR, LEMON JUICE, LEMON JUICE CONCENTRATE, AGAVE, NATURAL FLAVORS]), WATER	
Drive Thru - Agave Lemonade - 852 mL with Ice	190	0.2	0.1	0	48	0	44	0.3	0	15	INGREDIENTS: AGAVE LEMONADE (WATER, AGAVE LEMONADE BASE [WATER, SUGAR, LEMON JUICE, LEMON JUICE CONCENTRATE, AGAVE, NATURAL FLAVORS]), WATER	
Drive Thru - Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 591 mL with Ice	0	0	0	0	0	0	0	0	0	4	INGREDIENTS: BLACKBERRY HIBISCUS HERBAL TEA – NATURALLY FLAVORED (HIBISCUS, ROSEHIPS, ARONIA BERRY BITS, NATURAL BLACKBERRY FLAVOR), WATER	
Drive Thru - Blackberry Hibiscus Iced Tea - Naturally Flavored Herbal Tea - 852 mL with Ice	0	0	0	0	0	0	0	0	0	5	INGREDIENTS: BLACKBERRY HIBISCUS HERBAL TEA – NATURALLY FLAVORED (HIBISCUS, ROSEHIPS, ARONIA BERRY BITS, NATURAL BLACKBERRY FLAVOR), WATER	
Drive Thru - Diet Pepsi - 591 mL with Ice	0	0	0	0	0	0	0	0.2	0	60	INGREDIENTS: DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE])	
Drive Thru - Diet Pepsi - 852 mL with Ice	0	0	0	0	0	0	0	0	0	90	INGREDIENTS: DIET PEPSI (CARBONATED WATER, CARAMEL COLOR, PHOSPHORIC ACID, POTASSIUM BENZOATE (PRESERVE FRESHNESS), ASPARTAME, POTASSIUM CITRATE, CAFFEINE, SODIUM SACCHARINE, NATURAL FLAVOR, ACESULFAME POTASSIUM, CITRIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, [PHENYLKETONURICS: CONTAINS PHENYLALANINE])	
Drive Thru - Dr. Pepper - 591 mL with Ice	60	0	0	0	16	0	16	0	0	20	INGREDIENTS: DR. PEPPER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CAFFEINE)	
Drive Thru - Dr. Pepper - 852 mL with Ice	220	0	0	0	61	0	60	0	0	70	INGREDIENTS: DR. PEPPER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, ARTIFICIAL AND NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), CAFFEINE)	
Drive Thru - Mountain Dew - 591 mL with Ice	210	0	0	0	58	0	58	0	0	45	INGREDIENTS: MOUNTAIN DEW (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, NATURAL FLAVOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, GUM ARABIC, ERYTHORBIC ACID (PRESERVES FRESHNESS), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5)	
Drive Thru - Mountain Dew - 852 mL with Ice	260	0	0	0	69	0	68	0	0	80	INGREDIENTS: MOUNTAIN DEW (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, NATURAL FLAVOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, GUM ARABIC, ERYTHORBIC ACID (PRESERVES FRESHNESS), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5)	
Drive Thru - Mug Root Beer - 591 mL with Ice	180	0	0	0	49	0	49	0	0	45	INGREDIENTS: MUG ROOT BEER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), QUILLAIA EXTRACT)	
Drive Thru - Mug Root Beer - 852 mL with Ice	230	0	0	0	60	0	59	0	0	90	INGREDIENTS: MUG ROOT BEER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), QUILLAIA EXTRACT)	
Drive Thru - Orange Crush - 591 mL with Ice	40	0	0	0	18	0	18	0	0	20	INGREDIENTS: ORANGE SODA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), MODIFIED CORN STARCH, ESTER GUM, YELLOW 6, SALT, RED 40)	
Drive Thru - Orange Crush - 852 mL with Ice	260	0	0	0	69	0	68	0	0	75	INGREDIENTS: ORANGE SODA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), MODIFIED CORN STARCH, ESTER GUM, YELLOW 6, SALT, RED 40)	
Drive Thru - Passion Papaya Naturally Flavored Iced Green Tea - 852 mL with Ice	120	0	0	0	29	0	29	0	0	30	INGREDIENTS: PASSIONFRUIT PAPAYA NATURALLY FLAVORED GREEN TEA MIX (WATER, PASSION FRUIT PAPAYA FLAVORED GREEN TEA SYRUP [WATER, SUGAR, CITRIC ACID, BREWED GREEN TEA, NATURAL FLAVORS (NATURAL PASSION FRUIT FLAVOR, GREEN TEA ESSENCE, AND GREEN TEA EXTRACT), FRUIT JUICE (COLOR), ASCORBIC ACID, TURMERIC OLEORESIN (COLOR), BETA-CAROTENE (COLOR), PAPAYA PUREE]), WATER	

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Drive Thru - Pepsi - 591 mL with Ice	190	0	0	0	52	0	52	0	0	45	INGREDIENTS: PEPSI (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVORS)	
Drive Thru - Pepsi - 852 mL with Ice	240	0	0	0	65	0	64	0	0	50	INGREDIENTS: PEPSI (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVORS)	
Drive Thru - Schweppes Ginger Ale - 591 mL with Ice	50	0	0	0	14	0	14	0	0	20	INGREDIENTS: SCHWEPPES GINGER ALE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, NATURAL FLAVORS)	
Drive Thru - Schweppes Ginger Ale - 852 mL with Ice	200	0	0	0	52	0	52	0	0	80	INGREDIENTS: SCHWEPPES GINGER ALE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, NATURAL FLAVORS)	
Drive Thru Passion Papaya Naturally Flavored Iced Green Tea - 591 mL with Ice	80	0	0	0	21	0	21	0	0	20	INGREDIENTS: PASSIONFRUIT PAPAYA NATURALLY FLAVORED GREEN TEA MIX (WATER, PASSION FRUIT PAPAYA FLAVORED GREEN TEA SYRUP [WATER, SUGAR, CITRIC ACID, BREWED GREEN TEA, NATURAL FLAVORS (NATURAL PASSION FRUIT FLAVOR, GREEN TEA ESSENCE, AND GREEN TEA EXTRACT), FRUIT JUICE (COLOR), ASCORBIC ACID, TURMERIC OLEORESIN (COLOR), BETA-CAROTENE (COLOR), PAPAYA PUREE]), WATER	
English Breakfast Tea	3	0	0	0	0	0	0	1	0	0	INGREDIENTS: A BLEND OF BLACK TEAS	
Frozen Signature Hot Chocolate	740	36	21	1	97	2	72	10	115	180	INGREDIENTS: WATER, DAIRY BLEND (CREAM, MILK, SUGAR (SUGAR, CORN SYRUP SOLIDS), SKIM MILK POWDER, WHEY POWDER, NATURAL FLAVOURS, MALTODEXTRIN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN), CHOCOLATE FLAVORED SAUCE (SUGAR, CORN SYRUP, VEGETABLE GLYCERINE, SWEETENED CONDENSED MILK (MILK, SUGAR), COCOA PROCESSED WITH ALKALI, WATER, NATURAL FLAVORS, COCOA EXTRACT, DISODIUM PHOSPHATE, SALT, CARRAGEENAN, CITRIC ACID, CHOCOLATE LIQUOR), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Green Tea	0	0	0	0	0	0	0	0	0	0	INGREDIENTS: GREEN TEA BAG (GREEN TEA, LEMON VERBENA LEAVES, SPEARMINT LEAVES, LEMONGRASS, NATURAL FLAVOUR)	
Hazelnut Flavored Coffee - 473 mL	5	0.1	0	0	0	0	0	1	0	10	INGREDIENTS: HAZELNUT FLAVORED COFFEE (COFFEE, NATURAL FLAVORS)	
Hazelnut Flavored Coffee - 591 mL	5	0.1	0	0	0	0	0	1	0	10	INGREDIENTS: HAZELNUT FLAVORED COFFEE (COFFEE, NATURAL FLAVORS)	
Hazelnut Flavored Mocha Frozen Java - Naturally Flavored - 591 mL	670	35	21	1	79	0	65	9	115	210	INGREDIENTS: WATER, DAIRY BLEND (CREAM, MILK, SUGAR (SUGAR, CORN SYRUP SOLIDS), SKIM MILK POWDER, WHEY POWDER, NATURAL FLAVOURS, MALTODEXTRIN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN), CHOCOLATEY HAZELNUT FLAVORED SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID), ESPRESSO CONCENTRATE (COFFEE EXTRACT (WATER, COFFEE), POTASSIUM SORBATE (PRESERVATIVE)), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR), HAZELNUT FUDGE FLAVORED BARK (FUDGE COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER, WHOLE MILK POWDER, SOY LECITHIN (EMULSIFIER), SALT), SUGAR, CORN SYRUP, SALT, NATURAL HAZELNUT TYPE FLAVOR, CARAMEL COLOR (CLASS I))	Contains: Milk, Soy. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Hazelnut Flavored Mocha Iced Coffee - 591 mL	230	9	8	0.1	35	0	28	1	5	115	INGREDIENTS: BREWED COFFEE, WATER, SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), CHOCOLATEY HAZELNUT FLAVORED SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID), HAZELNUT FUDGE FLAVORED BARK (FUDGE COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER, WHOLE MILK POWDER, SOY LECITHIN (EMULSIFIER), SALT), SUGAR, CORN SYRUP, SALT, NATURAL HAZELNUT TYPE FLAVOR, CARAMEL COLOR (CLASS I))	Contains: Milk, Soy, Sulfites. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Hazelnut Flavored Mocha Iced Coffee - 852 mL	250	9	8	0.1	41	0	32	1	5	140	INGREDIENTS: BREWED COFFEE, WATER, CHOCOLATEY HAZELNUT FLAVORED SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), HAZELNUT FUDGE FLAVORED BARK (FUDGE COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER, WHOLE MILK POWDER, SOY LECITHIN (EMULSIFIER), SALT), SUGAR, CORN SYRUP, SALT, NATURAL HAZELNUT TYPE FLAVOR, CARAMEL COLOR (CLASS I))	Contains: Milk, Soy, Sulfites. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Iced Cafe Blend Dark Roast Coffee - 591 mL	3	0.1	0	0	0	0	0	0.3	0	10	INGREDIENTS: BREWED COFFEE, WATER	
Iced Cafe Blend Dark Roast Coffee 852 mL	5	0.1	0	0	0	0	0	0.4	0	15	INGREDIENTS: BREWED COFFEE, WATER	
Iced Caffe Latte - 591 mL	160	6	4	0.2	15	0	14	10	25	135	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO	Contains: Milk
Iced Caramel Latte - 591 mL	350	10	7	0.3	53	0	46	11	40	280	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO, CARAMEL SYRUP (SUGAR, WATER, GLYCERIN, SALT, LACTIC ACID, CARAMEL COLOR (CLASS I), NATURAL FLAVOR), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Iced Chai Tea Latte - 591 mL	230	6	4	0.2	33	0	32	10	25	135	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, CHAI SYRUP (SUGAR, WATER, CARAMELIZED SUGAR (COLOR), CARDAMOM EXTRACT, TEA EXTRACT, CINNAMON OIL, NATURAL FLAVORS, CLOVE EXTRACT, CITRIC ACID, GINGER OIL, NUTMEG OIL, BLACK PEPPER OIL)	Contains: Milk
Iced Mocha Latte - 591 mL	370	11	7	0.3	57	2	40	12	40	190	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO, CHOCOLATE FLAVORED SAUCE (SUGAR, CORN SYRUP, VEGETABLE GLYCERINE, SWEETENED CONDENSED MILK (MILK, SUGAR), COCOA PROCESSED WITH ALKALI, WATER, NATURAL FLAVORS, COCOA EXTRACT, DISODIUM PHOSPHATE, SALT, CARRAGEENAN, CITRIC ACID, CHOCOLATE LIQUOR), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Iced Pumpkin Spice Latte - 591 mL	370	10	7	0.3	58	0	53	12	40	180	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), WATER, ESPRESSO, PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR), PUMPKIN SPICE FLAVORED SPRINKLES (SUGAR, CINNAMON, NATURAL FLAVOR, ANNATTO (COLOR))	Contains: Milk
Island Mango Energy Refresher - Naturally Flavored - 591 mL with ice	190	0.2	0	0	45	1	41	0.4	0	20	INGREDIENTS: CAFFEINATED ISLAND MANGO NATURALLY FLAVORED ENERGY REFRESHER BLEND (WATER, CAFFEINATED MANGO NATURALLY FLAVORED ENERGY REFRESHER SYRUP [SUGAR, WATER, APPLE JUICE CONCENTRATE, MANGO JUICE CONCENTRATE, CITRIC ACID, BETA-CAROTENE (COLOR), ACEROLA POWDER, NATURAL FLAVORS (INCLUDING MANGO, GUAVA, PINEAPPLE AND OTHER NATURAL FLAVORS), GREEN COFFEE EXTRACT (CAFFEINE SOURCE), CAFFEINE, SALT]), WATER, FREEZE DRIED DRAGONFRUIT	
Island Mango Energy Refresher - Naturally Flavored - 852 mL with ice	270	0.2	0	0	65	1	60	0.4	0	30	INGREDIENTS: CAFFEINATED ISLAND MANGO NATURALLY FLAVORED ENERGY REFRESHER BLEND (WATER, CAFFEINATED MANGO NATURALLY FLAVORED ENERGY REFRESHER SYRUP [SUGAR, WATER, APPLE JUICE CONCENTRATE, MANGO JUICE CONCENTRATE, CITRIC ACID, BETA-CAROTENE (COLOR), ACEROLA POWDER, NATURAL FLAVORS (INCLUDING MANGO, GUAVA, PINEAPPLE AND OTHER NATURAL FLAVORS), GREEN COFFEE EXTRACT (CAFFEINE SOURCE), CAFFEINE, SALT]), WATER, FREEZE DRIED DRAGONFRUIT	
Kids Chocolate Milk	170	3	2	0	28	0	27	8	15	220	INGREDIENTS: CHOCOLATE MILK (PARTLY SKIMMED MILK, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), COCOA, SALT, CARRAGEENAN, CARAMEL POWDER, ARTIFICIAL FLAVOUR, NATURAL FLAVOUR, SUNSET YELLOW FCF, VITAMIN A PALMITATE, VITAMIN D3)	Contains: Milk
Kids White Milk	120	5	3	0.1	12	0	12	8	20	115	INGREDIENTS: MILK (PARTLY SKIMMED MILK, VITAMIN A PALMITATE, VITAMIN D3)	Contains: Milk

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Madagascar Vanilla Latte - 473 mL	250	9	6	0.3	33	0	31	9	35	120	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, MADAGASCAR VANILLA NATURALLY FLAVORED SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Madagascar Vanilla Latte - 591 mL	300	10	7	0.3	41	0	39	11	40	150	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, MADAGASCAR VANILLA NATURALLY FLAVORED SYRUP (CANE SUGAR, WATER, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, CITRIC ACID), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Mango Smoothie with Greek Yogurt - 473 mL	280	2.5	1.5	0.1	51	1	43	12	15	70	INGREDIENTS: MANGO BLEND (WATER, MANGO PUREE CONCENTRATE, BANANA PUREE, WHITE GRAPE JUICE CONCENTRATE, ORANGE JUICE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), NIACINAMIDE (VITAMIN B3), CALCIUM D-PANTOTHENATE (VITAMIN B5), PYROXIDINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), WATER, PLAIN GREEK YOGURT (SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES)	Contains: Milk
Mocha Latte - 473 mL	340	10	6	0.3	54	2	37	10	35	160	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, CHOCOLATE FLAVORED SAUCE (SUGAR, CORN SYRUP, VEGETABLE GLYCERINE, SWEETENED CONDENSED MILK (MILK, SUGAR), COCOA PROCESSED WITH ALKALI, WATER, NATURAL FLAVORS, COCOA EXTRACT, DISODIUM PHOSPHATE, SALT, CARRAGEENAN, CITRIC ACID, CHOCOLATE LIQUOR), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Mocha Latte - 591 mL	430	11	7	0.3	70	2	47	13	40	200	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CHOCOLATE FLAVORED SAUCE (SUGAR, CORN SYRUP, VEGETABLE GLYCERINE, SWEETENED CONDENSED MILK (MILK, SUGAR), COCOA PROCESSED WITH ALKALI, WATER, NATURAL FLAVORS, COCOA EXTRACT, DISODIUM PHOSPHATE, SALT, CARRAGEENAN, CITRIC ACID, CHOCOLATE LIQUOR), ESPRESSO, WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Mountain Dew - 591 mL	290	0	0	0	77	0	77	0	0	60	INGREDIENTS: MOUNTAIN DEW (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, NATURAL FLAVOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, GUM ARABIC, ERYTHORBIC ACID (PRESERVES FRESHNESS), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5)	
Mountain Dew - 852 mL	410	0	0	0	110	0	109	0	0	125	INGREDIENTS: MOUNTAIN DEW (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CONCENTRATED ORANGE JUICE, NATURAL FLAVOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CAFFEINE, SODIUM CITRATE, GUM ARABIC, ERYTHORBIC ACID (PRESERVES FRESHNESS), CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), YELLOW 5)	
Mug Root Beer - 591 mL	240	0	0	0	66	0	65	0	0	60	INGREDIENTS: MUG ROOT BEER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), QUILLAIA EXTRACT)	
Mug Root Beer - 852 mL	360	0	0	0	96	0	95	0	0	140	INGREDIENTS: MUG ROOT BEER (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SODIUM BENZOATE (PRESERVES FRESHNESS), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR), QUILLAIA EXTRACT)	
Orange Crush - 591 mL	260	0	0	0	70	0	69	0	0	75	INGREDIENTS: ORANGE SODA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), MODIFIED CORN STARCH, ESTER GUM, YELLOW 6, SALT, RED 40)	
Orange Crush -852 mL	410	0	0	0	110	0	109	0	0	120	INGREDIENTS: ORANGE SODA (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, NATURAL FLAVORS, SODIUM BENZOATE (PRESERVATIVE), MODIFIED CORN STARCH, ESTER GUM, YELLOW 6, SALT, RED 40)	
Passion Papaya Naturally Flavored Iced Green Tea - 591 mL	140	0	0	0	36	0	36	0	0	25	INGREDIENTS: PASSIONFRUIT PAPAYA NATURALLY FLAVORED GREEN TEA MIX (WATER, PASSION FRUIT PAPAYA FLAVORED GREEN TEA SYRUP [WATER, SUGAR, CITRIC ACID, BREWED GREEN TEA, NATURAL FLAVORS (NATURAL PASSION FRUIT FLAVOR, GREEN TEA ESSENCE, AND GREEN TEA EXTRACT), FRUIT JUICE (COLOR), ASCORBIC ACID, TURMERIC OLEORESIN (COLOR), BETA-CAROTENE (COLOR), PAPAYA PUREE])	
Passion Papaya Naturally Flavored Iced Green Tea - 852 mL	220	0	0	0	54	0	54	0	0	40	INGREDIENTS: PASSIONFRUIT PAPAYA NATURALLY FLAVORED GREEN TEA MIX (WATER, PASSION FRUIT PAPAYA FLAVORED GREEN TEA SYRUP [WATER, SUGAR, CITRIC ACID, BREWED GREEN TEA, NATURAL FLAVORS (NATURAL PASSION FRUIT FLAVOR, GREEN TEA ESSENCE, AND GREEN TEA EXTRACT), FRUIT JUICE (COLOR), ASCORBIC ACID, TURMERIC OLEORESIN (COLOR), BETA-CAROTENE (COLOR), PAPAYA PUREE])	
Passionfruit Paradise Energy Refresher - Naturally Flavored - 591 mL with ice	130	0	0	0	31	0	30	0.2	0	10	INGREDIENTS: CAFFEINATED PASSIONFRUIT PARADISE NATURALLY FLAVORED ENERGY REFRESHER BLEND (WATER, CAFFEINATED PASSIONFRUIT PARADISE NATURALLY FLAVORED ENERGY REFRESHER SYRUP [WATER, SUGAR, ORANGE JUICE CONCENTRATE, CITRIC ACID, MALIC ACID, ACEROLA POWDER, NATURAL FLAVORS (INCLUDING GUAVA, MANGO, PASSIONFRUIT, ORANGE AND OTHER NATURAL FLAVORS), GREEN COFFEE EXTRACT (CAFFEINE SOURCE), CAFFEINE, BETA-CAROTENE (COLOR)]), WATER, PINEAPPLE	
Passionfruit Paradise Energy Refresher - Naturally Flavored - 852 mL with ice	210	0	0	0	47	0	46	0.2	0	15	INGREDIENTS: CAFFEINATED PASSIONFRUIT PARADISE NATURALLY FLAVORED ENERGY REFRESHER BLEND (WATER, CAFFEINATED PASSIONFRUIT PARADISE NATURALLY FLAVORED ENERGY REFRESHER SYRUP [WATER, SUGAR, ORANGE JUICE CONCENTRATE, CITRIC ACID, MALIC ACID, ACEROLA POWDER, NATURAL FLAVORS (INCLUDING GUAVA, MANGO, PASSIONFRUIT, ORANGE AND OTHER NATURAL FLAVORS), GREEN COFFEE EXTRACT (CAFFEINE SOURCE), CAFFEINE, BETA-CAROTENE (COLOR)]), WATER, PINEAPPLE	
Pepsi - 591 mL	250	0	0	0	69	0	69	0	0	55	INGREDIENTS: PEPSI (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVORS)	
Pepsi - 852 mL	380	0	0	0	103	0	103	0	0	80	INGREDIENTS: PEPSI (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, SUGAR, PHOSPHORIC ACID, CAFFEINE, CITRIC ACID, NATURAL FLAVORS)	
Pumpkin Spice Frozen Java - 591 mL	710	35	21	1	89	0	78	10	115	160	INGREDIENTS: WATER, DAIRY BLEND (CREAM, MILK, SUGAR (SUGAR, CORN SYRUP SOLIDS), SKIM MILK POWDER, WHEY POWDER, NATURAL FLAVOURS, MALTODEXTRIN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN), PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT), ESPRESSO CONCENTRATE (COFFEE EXTRACT (WATER, COFFEE), POTASSIUM SORBATE (PRESERVATIVE)), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR), PUMPKIN SPICE FLAVORED SPRINKLES (SUGAR, CINNAMON, NATURAL FLAVOR, ANNATTO (COLOR))	Contains: Milk
Pumpkin Spice Iced Coffee - 591 mL	260	8	7	0.1	46	0	40	2	5	70	INGREDIENTS: BREWED COFFEE, WATER, PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), PUMPKIN SPICE FLAVORED SPRINKLES (SUGAR, CINNAMON, NATURAL FLAVOR, ANNATTO (COLOR))	Contains: Milk, Soy, Sulfites
Pumpkin Spice Iced Coffee - 852 mL	310	8	7	0.1	57	0	51	2	5	90	INGREDIENTS: BREWED COFFEE, WATER, PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), PUMPKIN SPICE FLAVORED SPRINKLES (SUGAR, CINNAMON, NATURAL FLAVOR, ANNATTO (COLOR))	Contains: Milk, Soy, Sulfites

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Pumpkin Spice Latte - 473 mL	340	9	6	0.3	55	0	50	10	35	160	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), ESPRESSO, PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR), PUMPKIN SPICE FLAVORED SPRINKLES (SUGAR, CINNAMON, NATURAL FLAVOR, ANNATTO (COLOR))	Contains: Milk
Pumpkin Spice Latte -591 mL	420	10	7	0.3	69	0	63	12	40	190	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), PUMPKIN SPICE SAUCE (SUGAR, CORN SYRUP, SWEETENED CONDENSED SKIM MILK (SKIM MILK, SUGAR), WATER, PUMPKIN PUREE, NATURAL FLAVORS (NATURAL PUMPKIN FLAVOR WITH OTHER NATURAL FLAVORS, NUTMEG OIL), PUMPKIN SPICE (CINNAMON, GINGER, NUTMEG, ALLSPICE), CULTURED DEXTROSE, SALT), ESPRESSO, WHIPPED CREAM (CREAM, SKIM MILK, CANE SUGAR, SORBITAN MONOSTEARATE, CARRAGEENAN, DEXTROSE, NATURAL VANILLA FLAVORING), PUMPKIN SPICE FLAVORED SPRINKLES (SUGAR, CINNAMON, NATURAL FLAVOR, ANNATTO (COLOR))	Contains: Milk
Rocky Road Frozen Java - 591 mL	670	35	21	1	77	0	64	9	115	210	INGREDIENTS: WATER, DAIRY BLEND (CREAM, MILK, SUGAR (SUGAR, CORN SYRUP SOLIDS), SKIM MILK POWDER, WHEY POWDER, NATURAL FLAVOURS, MALTODEXTRIN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN), ROCKY ROAD SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID, CARAMELIZED SUGAR SYRUP), ESPRESSO CONCENTRATE (COFFEE EXTRACT (WATER, COFFEE), POTASSIUM SORBATE (PRESERVATIVE)), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR), WHITE FUDGE COFFEE BARK (WHITE COATING (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, WHOLE MILK POWDER, SOY LECITHIN (EMULSIFIER), SALT), SUGAR, INSTANT COFFEE, SALT)	Contains: Milk, Soy. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Rocky Road Iced Coffee - 591 mL	220	9	8	0.1	34	0	26	1	5	120	INGREDIENTS: BREWED COFFEE, WATER, ROCKY ROAD SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID, CARAMELIZED SUGAR SYRUP), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), WHITE FUDGE COFFEE BARK (WHITE COATING (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, WHOLE MILK POWDER, SOY LECITHIN (EMULSIFIER), SALT), SUGAR, INSTANT COFFEE, SALT)	Contains: Milk, Soy, Sulfites. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Rocky Road Iced Coffee - 852 mL	250	9	8	0.1	39	0	30	1	5	140	INGREDIENTS: BREWED COFFEE, WATER, ROCKY ROAD SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID, CARAMELIZED SUGAR SYRUP), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), WHITE FUDGE COFFEE BARK (WHITE COATING (SUGAR, PALM KERNEL OIL, NONFAT DRY MILK, WHOLE MILK POWDER, SOY LECITHIN (EMULSIFIER), SALT), SUGAR, INSTANT COFFEE, SALT)	Contains: Milk, Soy, Sulfites. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Schweppes Ginger Ale - 591 mL	210	0	0	0	56	0	55	0	0	85	INGREDIENTS: SCHWEPPES GINGER ALE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, NATURAL FLAVORS)	
Schweppes Ginger Ale - 852 mL	310	0	0	0	84	0	83	0	0	80	INGREDIENTS: SCHWEPPES GINGER ALE (CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, WATER, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR, NATURAL FLAVORS)	
Signature Hot Chocolate - 473 mL	340	10	6	0.3	53	2	37	10	35	160	INGREDIENTS: REDUCED FAT MILK (VITAMIN A PALMITATE, VITAMIN D3 ADDED), CHOCOLATE FLAVORED SAUCE (SUGAR, CORN SYRUP, VEGETABLE GLYCERINE, SWEETENED CONDENSED MILK (MILK, SUGAR), COCOA PROCESSED WITH ALKALI, WATER, NATURAL FLAVORS, COCOA EXTRACT, DISODIUM PHOSPHATE, SALT, CARRAGEENAN, CITRIC ACID, CHOCOLATE LIQUOR), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR)	Contains: Milk
Snickerdoodle Frozen Java - 591 mL	650	35	21	1	76	0	61	9	115	220	INGREDIENTS: WATER, DAIRY BLEND (CREAM, MILK, SUGAR (SUGAR, CORN SYRUP SOLIDS), SKIM MILK POWDER, WHEY POWDER, NATURAL FLAVOURS, MALTODEXTRIN, MONO AND DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, CARRAGEENAN), SNICKERDOODLE SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID), ESPRESSO CONCENTRATE (COFFEE EXTRACT (WATER, COFFEE), POTASSIUM SORBATE (PRESERVATIVE)), WHIPPED CREAM (CREAM, WATER, SUGARS (SUGAR, GLUCOSE-FRUCTOSE), SKIM MILK POWDER, MONO AND DIGLYCERIDES, CARRAGEENAN, NATURAL FLAVOUR), CINNAMON SPRINKLES (SUGAR, CINNAMON, TAPIOCA SYRUP, SALT)	Contains: Milk. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Peanuts , Pecans , Pine Nuts , Pistachios , Soy , Walnuts , Wheat
Snickerdoodle Iced Coffee - 591 mL	210	8	7	0.1	33	0	24	1	5	125	INGREDIENTS: BREWED COFFEE, WATER, SNICKERDOODLE SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), CINNAMON SPRINKLES (SUGAR, CINNAMON, TAPIOCA SYRUP, SALT)	Contains: Soy, Sulfites. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Milk , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts . Wheat
Snickerdoodle Iced Coffee - 852 mL	230	8	7	0.1	38	0	28	1	5	150	INGREDIENTS: BREWED COFFEE, WATER, SNICKERDOODLE SYRUP (SUGAR, WATER, GLYCERIN, SALT, NATURAL FLAVOR, CITRIC ACID), SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN), CINNAMON SPRINKLES (SUGAR, CINNAMON, TAPIOCA SYRUP, SALT)	Contains: Soy, Sulfites. May contain: Almonds , Brazil Nuts , Cashews , Eggs , Hazelnuts , Macadamia Nuts , Milk , Peanuts , Pecans , Pine Nuts , Pistachios , Walnuts , Wheat
Strawberry Banana Smoothie with Greek Yogurt - 473 mL	240	1.5	1	0	51	4	36	7	5	40	INGREDIENTS: WATER, STRAWBERRY PUREE FRUIT BLEND (STRAWBERRY PUREE, WHITE GRAPE JUICE CONCENTRATE, WATER, APPLE PUREE CONCENTRATE, CONCORD GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), STEVIOL GLYCOSIDES, NIACINAMIDE (VITAMIN B3), CALCIUM D-PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)), BANANA, PLAIN GREEK YOGURT (SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES)	Contains: Milk
Strawberry Basil Lemonade Fresca - 591 mL	150	0.2	0	0	36	1	32	1	0	15	INGREDIENTS: STRAWBERRY BASIL LEMONADE FRESCA (WATER, AGAVE LEMONADE BASE [WATER, SUGAR, LEMON JUICE, LEMON JUICE CONCENTRATE, AGAVE, NATURAL FLAVORS], STRAWBERRY PUREE FRUIT BLEND [STRAWBERRY PUREE, WHITE GRAPE JUICE CONCENTRATE, WATER, APPLE PUREE CONCENTRATE, CONCORD GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), STEVIOL GLYCOSIDES, NIACINAMIDE (VITAMIN B3), CALCIUM D-PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)]), WATER, STRAWBERRIES, BASIL	

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Strawberry Basil Lemonade Fresca - 852 mL	220	0.3	0	0	55	1	49	1	0	20	INGREDIENTS: STRAWBERRY BASIL LEMONADE FRESCA (WATER, AGAVE LEMONADE BASE [WATER, SUGAR, LEMON JUICE, LEMON JUICE CONCENTRATE, AGAVE, NATURAL FLAVORS], STRAWBERRY PUREE FRUIT BLEND [STRAWBERRY PUREE, WHITE GRAPE JUICE CONCENTRATE, WATER, APPLE PUREE CONCENTRATE, CONCORD GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), STEVIOL GLYCOSIDES, NIACINAMIDE (VITAMIN B3), CALCIUM D-PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)]), WATER, STRAWBERRIES, BASIL	
Strawberry Smoothie with Greek Yogurt - 473 mL	240	2.5	1.5	0.1	43	2	37	12	15	65	INGREDIENTS: STRAWBERRY PUREE FRUIT BLEND (STRAWBERRY PUREE, WHITE GRAPE JUICE CONCENTRATE, WATER, APPLE PUREE CONCENTRATE, CONCORD GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), STEVIOL GLYCOSIDES, NIACINAMIDE (VITAMIN B3), CALCIUM D-PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)), WATER, PLAIN GREEK YOGURT (SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES)	Contains: Milk
Sweet Cream Cold Foam	100	8	7	0.1	7	0	5	1	5	25	INGREDIENTS: SWEET CREAM COLD FOAM (WATER, HYDROGENATED VEGETABLE OIL (PALM, PALM KERNEL, COCONUT AND/OR COTTONSEED), SUGARS (GLUCOSE SYRUP, SUGAR, LACTOSE (FROM MILK)), BUTTERMILK SOLIDS, DRIED CREAM (FROM MILK), SKIM MILK POWDER, NATURAL FLAVOUR, MODIFIED CORN STARCH, MODIFIED MILK INGREDIENTS, MONO AND DIGLYCERIDES, POLYSORBATE 60, DISODIUM PHOSPHATE, GUAR GUM, CAROB BEAN GUM, CARRAGEENAN, SOYA LECITHIN)	Contains: Soy, Sulfites
Tropical Green Smoothie - 473 mL	200	0.4	0	0	48	2	41	1	0	60	INGREDIENTS: TROPICAL GREEN SMOOTHIE BASE (WATER, MANGO PUREE CONCENTRATE, GUAVA PUREE, WHITE GRAPE JUICE CONCENTRATE, PINEAPPLE JUICE CONCENTRATE, FREEZE-DRIED SPINACH, PASSION FRUIT JUICE CONCENTRATE, LEMON JUICE CONCENTRATE, SPIRULINA (COLOR), SOLUBLE CORN FIBER, NATURAL FLAVORS, TRICALCIUM PHOSPHATE), WATER	
MARKET BOWLS												
Market Bowl - All-In Veggie - Half	450	24	4.5	0.3	50	5	12	7	5	870	INGREDIENTS: HERBED BROWN RICE (WATER, BROWN RICE, PARSLEY, GARLIC, SALT), ZESTY SMOKY LEMON VINAIGRETTE (SOYBEAN OIL, WATER, LEMON JUICE CONCENTRATE, SUGAR, HONEY, DISTILLED VINEGAR, LEMON PASTE (LEMONS, LEMON JUICE, SALT), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), WHITE BALSAMIC VINEGAR, MISO PASTE (WATER, SOYBEANS, RICE, SEA SALT, ALCOHOL), SALT, SPICES (OREGANO, BLACK PEPPER, BASIL), DRIED GARLIC, DRIED LEMON PEEL, DRIED SHALLOTS, LEMON OIL, XANTHAN GUM, NATURAL FLAVORS (INCLUDING NATURAL SMOKE FLAVOR), ROSEMARY EXTRACT), FIRE ROASTED HONEY GLAZED SWEET POTATOES (SWEET POTATOES, HONEY, EXTRA VIRGIN OLIVE OIL, HIMALAYAN PINK SALT, BLACK PEPPER), CUCUMBER, TOMATOES, FIRE GRILLED SWEET CORN, ARUGULA, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), BLUE CORN TORTILLA STRIPS (BLUE CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SEA SALT)	Contains: Milk, Soy, Wheat
Market Bowl - Sesame Ginger Chicken - Whole	940	45	6	0.5	91	11	27	41	80	2180	INGREDIENTS: HERBED BROWN RICE (WATER, BROWN RICE, PARSLEY, GARLIC, SALT), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), SESAME GINGER DRESSING (SOYBEAN OIL, WATER, BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), RICE WINE VINEGAR, GINGER PUREE (GINGER, WATER), DISTILLED VINEGAR, TOASTED SESAME OIL, DRIED ONION, DRIED RED BELL PEPPER, SALT, TOASTED SESAME SEEDS, DRIED GARLIC, LIME JUICE CONCENTRATE, CRUSHED RED PEPPER, BLACK PEPPER, XANTHAN GUM), FIRE ROASTED SEASONED BROCCOLI (BROCCOLI, CANOLA OIL, SEA SALT, BLACK PEPPER), CUCUMBER, RED CABBAGE, ARUGULA, FIRE ROASTED EDAMAME (EDAMAME (SOYBEANS)), CANDIED BLACK PEPPER ALMONDS (SUGAR, ALMONDS, PALM OIL, CORN SYRUP, BLACK PEPPER, SALT), CILANTRO	Contains: Almonds, Sesame, Soy, Wheat. May contain: Eggs , Milk , Peanuts
Market Bowl - Sesame Ginger Chicken - Half	470	22	3	0.2	46	5	13	21	40	1090	INGREDIENTS: HERBED BROWN RICE (WATER, BROWN RICE, PARSLEY, GARLIC, SALT), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), SESAME GINGER DRESSING (SOYBEAN OIL, WATER, BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), RICE WINE VINEGAR, GINGER PUREE (GINGER, WATER), DISTILLED VINEGAR, TOASTED SESAME OIL, DRIED ONION, DRIED RED BELL PEPPER, SALT, TOASTED SESAME SEEDS, DRIED GARLIC, LIME JUICE CONCENTRATE, CRUSHED RED PEPPER, BLACK PEPPER, XANTHAN GUM), FIRE ROASTED SEASONED BROCCOLI (BROCCOLI, CANOLA OIL, SEA SALT, BLACK PEPPER), CUCUMBER, RED CABBAGE, ARUGULA, FIRE ROASTED EDAMAME (EDAMAME (SOYBEANS)), CANDIED BLACK PEPPER ALMONDS (SUGAR, ALMONDS, PALM OIL, CORN SYRUP, BLACK PEPPER, SALT), CILANTRO	Contains: Almonds, Sesame, Soy, Wheat. May contain: Eggs , Milk , Peanuts
Market Bowl -All-In Veggie - Whole	910	49	9	0.5	100	10	24	15	10	1740	INGREDIENTS: HERBED BROWN RICE (WATER, BROWN RICE, PARSLEY, GARLIC, SALT), ZESTY SMOKY LEMON VINAIGRETTE (SOYBEAN OIL, WATER, LEMON JUICE CONCENTRATE, SUGAR, HONEY, DISTILLED VINEGAR, LEMON PASTE (LEMONS, LEMON JUICE, SALT), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), WHITE BALSAMIC VINEGAR, MISO PASTE (WATER, SOYBEANS, RICE, SEA SALT, ALCOHOL), SALT, SPICES (OREGANO, BLACK PEPPER, BASIL), DRIED GARLIC, DRIED LEMON PEEL, DRIED SHALLOTS, LEMON OIL, XANTHAN GUM, NATURAL FLAVORS (INCLUDING NATURAL SMOKE FLAVOR), ROSEMARY EXTRACT), FIRE ROASTED HONEY GLAZED SWEET POTATOES (SWEET POTATOES, HONEY, EXTRA VIRGIN OLIVE OIL, HIMALAYAN PINK SALT, BLACK PEPPER), CUCUMBER, TOMATOES, FIRE GRILLED SWEET CORN, ARUGULA, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), BLUE CORN TORTILLA STRIPS (BLUE CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SEA SALT)	Contains: Milk, Soy, Wheat
PASTRIES & SWEETS												
Brownie	520	24	8	0.1	70	4	50	7	115	230	INGREDIENTS: BROWNIE DOUGH (SUGAR, EGGS, BROWN SUGAR, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, MILK), SOYBEAN AND/OR CANOLA OIL, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), COCOA PROCESSED WITH ALKALI, BUTTER (CREAM [MILK], SALT), WATER, EGG YOLKS, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, SALT, SOY LECITHIN, WHEAT STARCH), POWDERED SUGAR	Contains: Eggs, Milk, Soy, Wheat
Cinnamon Roll	580	18	10	0.4	97	2	62	7	40	420	INGREDIENTS: CINNAMON ROLL (CINNAMON ROLL [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYME, FOLIC ACID), SUGAR, BUTTER (CREAM [MILK]), WATER, MARGARINE (PALM OIL, MODIFIED PALM OIL, CANOLA OIL, WATER, SUGAR, CANOLA LECITHIN, NATURAL FLAVOR, CITRIC ACID, VINEGAR, SALT, ANNATTO [COLOR], VITAMIN A PALMITATE, VITAMIN D3), WHOLE EGG, BROWN SUGAR, YEAST, CINNAMON, WHEY POWDER, MODIFIED POTATO STARCH, SALT, COCOA POWDER, SOYBEAN OIL, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), WHOLE MILK POWDER, NATURAL BUTTER FLAVOR, WHEAT GLUTEN, ASCORBIC ACID, MICROBIAL ENZYMES]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT)	Contains: Eggs, Milk, Wheat. May contain: Almonds , Hazelnuts , Pecans , Sesame , Soy , Walnuts

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Cookie - Candy	410	19	11	0.5	58	1	31	4	55	310	INGREDIENTS: SUGAR COOKIE (SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), UNSALTED BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM (MILK), NATURAL FLAVORS), EGGS, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), INVERT SUGAR, LEAVENING (SODIUM BICARBONATE, FULLY HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), NATURAL FLAVOR, SALT), CHOCOLATEY MINI GEMS (DARK CHOCOLATE FLAVORED CONFECTIONERY COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER [PROCESSED WITH ALKALI], SOY LECITHIN, NATURAL FLAVOR, MILK, SALT), SUGAR, RICE STARCH, GUM ACACIA, COLORS (SPIRULINA EXTRACT, VEGETABLE JUICE, TURMERIC OLEORESIN), CARNAUBA WAX)	Contains: Eggs, Milk, Soy, Wheat
Cookie - Chocolate Chipper	390	18	11	0.5	52	1	31	4	40	330	INGREDIENTS: COOKIE DOUGH (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, UNSALTED BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), SEMI-SWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, SALT, MILK), MILK CHOCOLATE FLAKES (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, UNSWEETENED CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), SUGAR, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), EGGS, LEAVENING (SODIUM BICARBONATE, HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), NATURAL FLAVOR, SALT)	Contains: Eggs, Milk, Soy, Wheat
Cookie - Chocolate Dipped Chocolate Coconut Macaroon	190	10	8	0	23	3	18	3	0	95	INGREDIENTS: CHOCOLATE COCONUT MACAROON (CHOCOLATE COCONUT MACAROON [SUGAR, COCONUT, EGG WHITES, INVERT SUGAR, COCOA ALKALI PROCESSED, MODIFIED CORNSTARCH, NATURAL FLAVOR (NATURAL VANILLA FLAVOR & NATURAL ALMOND EXTRACT), SEA SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)]), DARK CHOCOLATE FLAVORED CONFECTIONERY (SUGAR, VEGETABLE FAT (PALM KERNEL AND/OR PALM), COCOA POWDER PROCESSED WITH ALKALI, COCOA POWDER, NONFAT DRY MILK, WHEY POWDER, LACTOSE, SOY LECITHIN, VANILLA EXTRACT)	Contains: Almonds, Eggs, Milk, Soy, Wheat. May contain: Peanuts
Cookie - Chocolate Dipped Coconut Macaroon	180	9	8	0	24	2	19	3	0	105	INGREDIENTS: COCONUT MACAROON (COCONUT MACAROON [SUGAR, COCONUT, EGG WHITES, INVERT SUGAR, MODIFIED CORNSTARCH, NATURAL FLAVOR (NATURAL VANILLA FLAVOR & NATURAL ALMOND EXTRACT), SEA SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)]), DARK CHOCOLATE FLAVORED CONFECTIONERY (SUGAR, VEGETABLE FAT (PALM KERNEL AND/OR PALM), COCOA POWDER PROCESSED WITH ALKALI, COCOA POWDER, NONFAT DRY MILK, WHEY POWDER, LACTOSE, SOY LECITHIN, VANILLA EXTRACT)	Contains: Almonds, Eggs, Milk, Soy, Wheat. May contain: Peanuts
Cookie - Dubai Style Chocolate Pistachio	220	13	5	0	25	2	14	4	30	65	INGREDIENTS: CHOCOLATE PISTACHIO CREAM COOKIE (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PISTACHIO PASTE (PISTACHIO KERNELS, SUGAR, CANOLA OIL), SUGAR, SALTED BUTTER (CREAM [MILK], SALT), PISTACHIOS, EGGS, COCOA PROCESSED WITH ALKALI, INVERT SUGAR, NATURAL VANILLA FLAVOR, BAKING SODA), DARK CHOCOLATE FLAVORED CONFECTIONERY (SUGAR, VEGETABLE FAT (PALM KERNEL AND/OR PALM), COCOA POWDER PROCESSED WITH ALKALI, COCOA POWDER, NONFAT DRY MILK, WHEY POWDER, LACTOSE, SOY LECITHIN, VANILLA EXTRACT), PISTACHIOS	Contains: Eggs, Milk, Pistachios, Soy, Wheat
Cookie - Kitchen Sink	810	42	26	1	100	3	56	7	65	840	INGREDIENTS: KITCHEN SINK COOKIE (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), UNSALTED BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), CARAMEL MINI CUPS (SUGAR, PALM KERNEL OIL, CORN SYRUP, WHOLE MILK POWDER, SWEETENED CONDENSED MILK [WHOLE MILK, SUGAR], HEAVY CREAM, MODIFIED CORN STARCH, NATURAL FLAVORS, HYDROGENATED PALM OIL, BUTTER [CREAM, SALT], COCOA POWDER, SEA SALT, SOY LECITHIN, VANILLA EXTRACT, BROWN SUGAR, RICE CONCENTRATE, NONFAT DRY MILK, PAPRIKA OLEORESIN COLOR), BROWN SUGAR, SEMI-SWEET CHOCOLATE (UNSWEETENED CHOCOLATE, SUGAR, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, MILK), MILK CHOCOLATE FLAKES (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, UNSWEETENED CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), SUGAR, GLAZED PRETZELS (PRETZELS [ENRICHED WHEAT FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}, CONTAINS LESS THAN 2% OF SALT, HIGH OLEIC CANOLA OIL AND/OR SOYBEAN OIL, LEAVENING {YEAST, SODIUM BICARBONATE AND/OR AMMONIUM BICARBONATE}, CORN SYRUP, BARLEY MALT EXTRACT], SUGAR, PALM OIL, CARAMEL, CORN SYRUP, SALT, TOCOPHEROL [MIXED TOCOPHEROLS, SUNFLOWER OIL]), MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), EGGS, LEAVENING (SODIUM BICARBONATE, FULLY HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), NATURAL FLAVOR, SALT), SEA SALT	Contains: Eggs, Milk, Soy, Wheat
Cookie - Oatmeal Raisin with Berries	340	12	6	0.3	55	3	33	4	40	190	INGREDIENTS: Oatmeal Raisin Cookie (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, OATS, UNSALTED BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), SUGAR, RAISINS (RAISINS, PALM OIL), DRIED SWEETENED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), EGGS, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), DRIED SWEETENED BLUEBERRIES (BLUEBERRIES, SUGAR, NATURAL FLAVOR, CITRIC ACID, SUNFLOWER OIL), DRIED SWEETENED STRAWBERRIES (STRAWBERRIES, CANE SUGAR, CELLULOSE, SUNFLOWER OIL, NATURAL STRAWBERRY FLAVOR, CITRIC ACID), LEAVENING (SODIUM BICARBONATE, FULLY HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), NATURAL FLAVOR, SALT, CINNAMON)	Contains: Eggs, Milk, Soy, Wheat
Cookie - Pumpkin Shaped Cookie	460	26	15	0.1	51	1	14	4	25	270	INGREDIENTS: pumpkin shaped cookie (WHITE CONFECTIONERY COATING (SUGAR, FRACTIONATED PALM KERNEL AND PALM OIL, WHEY POWDER, NONFAT DRY MILK, SOY LECITHIN, NATURAL FLAVORS), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER WITH NATURAL FLAVORS (CREAM, NATURAL FLAVOR), SUGAR, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, SOY LECITHIN, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), CORN STARCH, POWDERED SUGAR (SUGAR, CORN STARCH), SANDING SUGAR (SUGAR, ANNATTO EXTRACT [COLOR], CARNAUBA WAX), SALT, PALM OIL, ANNATTO EXTRACT (COLOR), SPIRULINA EXTRACT AND RIBOFLAVIN (COLOR), TURMERIC AND BETA-CAROTENE (COLOR))	Contains: Milk, Soy, Wheat. May contain: Almonds , Eggs , Peanuts , Walnuts
Mini Orange Scones	180	7	4.5	0.3	25	1	13	3	25	280	INGREDIENTS: scone dough (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CREAM (MILK), SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID), BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, SODIUM BICARBONATE), NATURAL GRAND MARNIER FLAVOR, SALT, NATURAL ORANGE FLAVORING, WATER, CORN SYRUP, ORANGES, ORANGE JUICE CONCENTRATE, ASCORBIC ACID, CITRIC ACID, DEXTROSE, GUAR GUM, PECTIN), orange icing (SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID), WATER, CORNSTARCH, ASCORBIC ACID, BETA-CAROTENE (COLOR), CITRIC ACID, CORN SYRUP, DEXTROSE, GUAR GUM, NATURAL ORANGE FLAVOR, ORANGE JUICE FROM CONCENTRATE, ORANGES, PECTIN, SOYBEAN OIL)	Contains: Milk, Wheat
Muffin - Blueberry	530	22	5	0.2	75	2	42	7	55	410	INGREDIENTS: muffin dough (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BLUEBERRIES, SOYBEAN OIL, EGGS, PALM OIL AND BUTTER BLEND (PALM OIL, BUTTER [CREAM {MILK}, SALT], WATER, SALT, NATURAL FLAVORS [MILK], BETA CAROTENE [COLOR], VITAMIN A PALMITATE), BROWN SUGAR, LEMON PEEL (LEMON PEEL, WATER, CITRIC ACID), WATER, NONFAT MILK, CORN STARCH-MODIFIED, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL VANILLA AND BUTTERMILK TYPE FLAVOR, SALT, DEFATTED SOY FLOUR), pan spray oil (Canola Oil, Mineral Oil, Canola Lecithin, Natural Flavor, Beta-Carotene (color))	Contains: Eggs, Milk, Soy, Wheat

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Pastry - Almond	470	24	11	0.5	54	3	21	10	60	280	INGREDIENTS: Almond Pastry (dough [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM [MILK]), WATER, YEAST, SUGAR, EGGS, SALT, WHEAT GLUTEN, DRY WHOLE MILK, MICROBIAL ENZYMES, ASCORBIC ACID], almond filling [BUTTER (CREAM [MILK]) WITH LACTIC ACID], SUGAR, ALMONDS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, WATER, NATURAL ALMOND FLAVOR WITH OTHER NATURAL FLAVOR, SOY FLOUR], almonds), white icing (sugar, water, corn syrup, cornstarch, agar-agar, corn starch modified, invert sugar, natural vanilla flavor, natural lemon flavor wonf, salt)	Contains: Almonds, Eggs, Milk, Soy, Wheat
Pastry - Asiago Croissant Twists	210	13	8	0.5	16	1	3	6	40	200	INGREDIENTS: CROISSANT SQUARE (ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), WATER, WHOLE MILK (MILK, VITAMIN D3), SUGAR, YEAST, WHOLE EGGS, WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH, MICROCRYSTALLINE CELLULOSE, CORN STARCH), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE)	Contains: Eggs, Milk, Wheat
Pastry - Caramel Pumpkin Slice - Naturally Flavored	420	9	3	0.1	77	1	54	7	65	340	INGREDIENTS: PUMPKIN CARAMEL SLICED LOAF - NATURALLY FLAVORED (SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, CARAMEL FLAVORED DROPS (SUGAR, PALM KERNEL AND PALM OIL, NONFAT DRY MILK POWDER, WHOLE MILK POWDER, COCOA POWDER, SOY LECITHIN [AN EMULSIFIER], SALT, NATURAL FLAVOR, PAPRIKA EXTRACT [ADDED FOR COLOR]), WATER, PUMPKIN, LIGHT BROWN SUGAR, SOYBEAN OIL, WHEAT GLUTEN, MODIFIED CORN STARCH, NON-FAT DRY MILK, SPICES (GINGER, CINNAMON AND CLOVE), LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), NATURAL FLAVOR (MILK), SEA SALT, MICROBIAL ENZYMES), PUMPKIN SPICE ICING (WHITE ICING [SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT], WATER, PUMPKIN PIE SPICE BLEND [CINNAMON, GINGER, NUTMEG, CLOVES, SOYBEAN OIL (PROCESSING AID)])	Contains: Egg, Milk, Soy, Wheat
Pastry - Cherry	330	11	6	0.5	53	2	24	6	35	300	INGREDIENTS: CHERRY PASTRY (DOUGH [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM [MILK]), WATER, YEAST, SUGAR, EGGS, SALT, WHEAT GLUTEN, DRY WHOLE MILK, MICROBIAL ENZYMES, ASCORBIC ACID], CHERRY FILLING [CHERRIES, SUGAR, MODIFIED CORN STARCH, MUSHROOM EXTRACT (PRESERVATIVE), VEGETABLE JUICE (COLOR), SALT, GELLAN GUM, WATER]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT)	Contains: Eggs, Milk, Wheat
Pastry - Chocolate Croissant	410	20	13	0.5	51	2	17	7	40	330	INGREDIENTS: CHOCOLATE CROISSANT (CROISSANT DOUGH [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, ASCORBIC ACID, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYME, FOLIC ACID), WATER, BUTTER (CREAM [MILK], NATURAL FLAVOR), CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, VANILLA), SUGAR, YEAST, LIQUID WHOLE EGG, SALT, WHOLE MILK POWDER, NATURAL BUTTER FLAVOR, ASCORBIC ACID, MICROBIAL ENZYMES]), DARK CHOCOLATE FLAVORED CONFECTIONERY (SUGAR, VEGETABLE FAT (PALM KERNEL AND/OR PALM), COCOA POWDER PROCESSED WITH ALKALI, COCOA POWDER, NONFAT DRY MILK, WHEY POWDER, LACTOSE, SOY LECITHIN, VANILLA EXTRACT), POWDERED SUGAR	Contains: Eggs, Milk , Soy, Wheat
Pastry - Cinnamon Croissant Bites with Icing - 12 Count	750	29	17	1	113	2	74	10	85	420	INGREDIENTS: CROISSANT BITE (CROISSANT SQUARE [ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), WATER, WHOLE MILK (MILK, VITAMIN D3), SUGAR, YEAST, WHOLE EGGS, WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH, MICROCRYSTALLINE CELLULOSE, CORN STARCH]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT), CINNAMON SUGAR TOPPING (SUGAR, CINNAMON, MODIFIED CORN STARCH, SOYBEAN OIL)	Contains: Eggs, Milk, Wheat
Pastry - Cinnamon Croissant Bites with Icing - 4 Count	360	10	6	0.4	65	1	53	4	30	190	INGREDIENTS: WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT), CROISSANT BITE (CROISSANT SQUARE [ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), WATER, WHOLE MILK (MILK, VITAMIN D3), SUGAR, YEAST, WHOLE EGGS, WHEAT GLUTEN, SALT, DOUGH CONDITIONER [ASCORBIC ACID, MICROCRYSTALLINE CELLULOSE, CORN STARCH, MICROCRYSTALLINE CELLULOSE, CORN STARCH]), CINNAMON SUGAR TOPPING (SUGAR, CINNAMON, MODIFIED CORN STARCH, SOYBEAN OIL)	Contains: Eggs, Milk, Wheat
Pastry - Pecan Braid	450	25	9	0.3	50	3	23	6	25	160	INGREDIENTS: PECAN BRAID (PASTRY DOUGH [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, MICROBIAL ENZYME), SUGAR, WATER, PECANS, BUTTER (CREAM [MILK]), MARGARINE (PALM OIL, MODIFIED PALM OIL, CANOLA OIL, WATER, SUGAR, CANOLA LECITHIN, NATURAL FLAVOR, CITRIC ACID, VINEGAR, SALT, ANNATTO FOR COLOR, VITAMIN A PALMITATE, VITAMIN D3), YEAST, EGG YOLK, SALT, NATURAL VANILLA AND PECAN FLAVOR, SPICES, ASCORBIC ACID, ENZYMES]), WHITE ICING (SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT), OIL ROASTED PECANS (PECANS, COTTONSEED OIL)	Contains: Eggs, Milk, Pecans, Wheat. May contain: Sesame , Soy
Petite Chocolate Chipper	100	4.5	2.5	0.1	13	0	8	1	10	85	INGREDIENTS: COOKIE DOUGH (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, UNSALTED BUTTER WITH NATURAL FLAVORS (PASTEURIZED CREAM, NATURAL FLAVORS), SEMI-SWEET CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, SALT, MILK), MILK CHOCOLATE FLAKES (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, UNSWEETENED CHOCOLATE, SOY LECITHIN, NATURAL FLAVOR), SUGAR, MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, SOY LECITHIN, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), EGGS, LEAVENING (SODIUM BICARBONATE, HYDROGENATED VEGETABLE OIL [SOYBEAN, PALM, COTTONSEED OIL]), NATURAL FLAVOR, SALT)	Contains: Eggs, Milk, Soy, Wheat
Pumpkin Spice Cinnamon Roll	650	19	10	0.4	115	3	75	8	40	510	INGREDIENTS: PUMPKIN SPICE CINNAMON ROLL (CINNAMON ROLL [ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, THIAMINE MONONITRATE, RIBOFLAVIN, MICROBIAL ENZYME, FOLIC ACID), SUGAR, BUTTER (CREAM [MILK]), WATER, MARGARINE (PALM OIL, MODIFIED PALM OIL, CANOLA OIL, WATER, SUGAR, CANOLA LECITHIN, NATURAL FLAVOR, CITRIC ACID, VINEGAR, SALT, ANNATTO [COLOR], VITAMIN A PALMITATE, VITAMIN D3), WHOLE EGG, BROWN SUGAR, YEAST, CINNAMON, WHEY POWDER, MODIFIED POTATO STARCH, SALT, COCOA POWDER, SOYBEAN OIL, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), WHOLE MILK POWDER, NATURAL BUTTER FLAVOR, WHEAT GLUTEN, ASCORBIC ACID, MICROBIAL ENZYMES], PUMPKIN FILLING [PUMPKIN, SUGAR, BROWN SUGAR, GLUCOSE SYRUP, WATER, GLYCERIN, UNSALTED BUTTER (CREAM [MILK], NATURAL FLAVORS), NATURAL FLAVORS, PECTIN, CINNAMON, SALT, GINGER, SODIUM CITRATE, CLOVES, CITRIC ACID)], PUMPKIN SPICE ICING (WHITE ICING [SUGAR, WATER, CORN SYRUP, CORNSTARCH, AGAR-AGAR, CORN STARCH MODIFIED, INVERT SUGAR, NATURAL VANILLA FLAVOR, NATURAL LEMON FLAVOR WONF, SALT], WATER, PUMPKIN PIE SPICE BLEND [CINNAMON, GINGER, NUTMEG, CLOVES, SOYBEAN OIL (PROCESSING AID)])	Contains: Eggs, Milk, Wheat. May contain: Almonds , Hazelnuts , Pecans , Sesame , Soy , Walnuts
Scone - Orange	540	21	13	1	77	2	39	8	80	850	INGREDIENTS: SCONE DOUGH (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CREAM (MILK), SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID), BAKING POWDER (SODIUM ACID PYROPHOSPHATE, CORN STARCH, SODIUM BICARBONATE), NATURAL GRAND MARNIER FLAVOR, SALT, NATURAL ORANGE FLAVORING, WATER, CORN SYRUP, ORANGES, ORANGE JUICE CONCENTRATE, ASCORBIC ACID, CITRIC ACID, DEXTROSE, GUAR GUM, PECTIN), ORANGE ICING (SUGAR, ORANGE PEEL (ORANGE PEEL, WATER, CITRIC ACID), WATER, CORNSTARCH, ASCORBIC ACID, BETA-CAROTENE (COLOR), CITRIC ACID, CORN SYRUP, DEXTROSE, GUAR GUM, NATURAL ORANGE FLAVOR, ORANGE JUICE FROM CONCENTRATE, ORANGES, PECTIN, SOYBEAN OIL)	Contains: Milk, Wheat

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Slice – Cranberry Orange Loaf – Naturally Flavored	370	14	2.5	0.2	53	1	30	5	35	240	INGREDIENTS: SLICED CRANBERRY ORANGE FLAVORED LOAF (SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CRANBERRIES, SOYBEAN OIL, EGGS, SOUR CREAM (CULTURED PASTEURIZED LIGHT CREAM, NONFAT MILK, MICROBIAL ENZYMES), MODIFIED CORN STARCH, WHEAT GLUTEN, NON-FAT DRY MILK, LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), SEA SALT, NATURAL ORANGE OIL FLAVOR, MICROBIAL ENZYMES)	Contains: Eggs, Milk, Wheat
SALADS & STUFFERS												
Asian Sesame Chicken Salad Stuffer	580	26	3.5	0.2	62	5	8	24	40	1130	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), ASIAN SESAME VINAIGRETTE (WATER, DISTILLED VINEGAR, SESAME OIL, SOYBEAN OIL, SUGAR, BLACK PEPPER, DRIED ONION, DRIED PARSLEY, XANTHAN GUM, SALT, STEVIA LEAF EXTRACT, ROSEMARY EXTRACT), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), CRISPY WONTON STRIPS (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SALT), ROASTED ALMONDS, SESAME SEEDS, CILANTRO	Contains: Almonds, Sesame, Wheat
Asian Sesame with Chicken - Whole	530	31	4	0.2	32	6	8	33	80	870	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ASIAN SESAME VINAIGRETTE (WATER, DISTILLED VINEGAR, SESAME OIL, SOYBEAN OIL, SUGAR, BLACK PEPPER, DRIED ONION, DRIED PARSLEY, XANTHAN GUM, SALT, STEVIA LEAF EXTRACT, ROSEMARY EXTRACT), CRISPY WONTON STRIPS (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SALT), ROASTED ALMONDS, SESAME SEEDS, CILANTRO	Contains: Almonds, Sesame, Wheat
Asian Sesame with Chicken- Half	270	16	2	0.1	16	3	4	16	40	440	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ASIAN SESAME VINAIGRETTE (WATER, DISTILLED VINEGAR, SESAME OIL, SOYBEAN OIL, SUGAR, BLACK PEPPER, DRIED ONION, DRIED PARSLEY, XANTHAN GUM, SALT, STEVIA LEAF EXTRACT, ROSEMARY EXTRACT), CRISPY WONTON STRIPS (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SALT), ROASTED ALMONDS, SESAME SEEDS, CILANTRO	Contains: Almonds, Sesame, Wheat
Caesar Salad - Half	360	33	6	0.3	10	2	2	6	30	410	INGREDIENTS: ROMAINE, CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Anchovy, Eggs, Milk, Mustard, Wheat
Caesar Salad - Whole	710	66	11	0.5	21	4	5	11	60	820	INGREDIENTS: ROMAINE, CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Anchovy, Eggs, Milk, Mustard, Wheat
Caesar Salad Stuffer	830	62	8	0.5	53	4	4	14	50	1030	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Anchovy, Eggs, Milk, Mustard, Wheat
Caesar with Chicken Salad - Half	430	34	6	0.3	11	2	3	18	70	510	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Anchovy, Eggs, Milk, Mustard, Wheat
Caesar with Chicken Salad - Whole	850	69	12	0.5	23	4	5	37	140	1020	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Anchovy, Eggs, Milk, Mustard, Wheat

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Caesar with Chicken Salad Stuffer	900	64	8	0.5	54	4	4	27	90	1130	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), CAESAR DRESSING (CANOLA OIL, WATER, LIQUID EGG YOLK, PARMESAN CHEESE (MILK), SEASONINGS (MUSTARD, ANCHOVIES), CONCENTRATED LEMON JUICE, GARLIC, SALT, SPICES, CULTURED SKIM MILK POWDER, SKIM MILK POWDER, SUGARS (MOLASSES, GLUCOSE-FRUCTOSE, BLACKSTRAP MOLASSES), XANTHAN GUM, CARAMEL), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Anchovy, Eggs, Milk, Mustard, Wheat
Farmhouse Crunch Salad - Half	400	31	7	0.3	25	5	13	9	25	570	INGREDIENTS: ROMAINE, FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), FIRE ROASTED HONEY GLAZED SWEET POTATOES (SWEET POTATOES, HONEY, EXTRA VIRGIN OLIVE OIL, HIMALAYAN PINK SALT, BLACK PEPPER), CUCUMBER, AVOCADO, TOMATOES, SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CANDIED BLACK PEPPER ALMONDS (SUGAR, ALMONDS, PALM OIL, CORN SYRUP, BLACK PEPPER, SALT), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Almonds, Eggs, Milk, Mustard. May contain: Peanuts , Sesame , Soy , Wheat
Farmhouse Crunch Salad - Whole	800	62	14	0.5	49	11	26	17	55	1130	INGREDIENTS: ROMAINE, FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), FIRE ROASTED HONEY GLAZED SWEET POTATOES (SWEET POTATOES, HONEY, EXTRA VIRGIN OLIVE OIL, HIMALAYAN PINK SALT, BLACK PEPPER), CUCUMBER, AVOCADO, TOMATOES, SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CANDIED BLACK PEPPER ALMONDS (SUGAR, ALMONDS, PALM OIL, CORN SYRUP, BLACK PEPPER, SALT), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Almonds, Eggs, Milk, Mustard. May contain: Peanuts , Sesame , Soy , Wheat
Fuji Apple Chicken Salad - Half	350	23	4	0.2	22	3	15	16	45	390	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ROMAINE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), APPLE CHIPS (APPLES, CANOLA OIL, CORN SYRUP, CITRIC ACID), RED ONION	Contains: Milk, Pecans
Fuji Apple Chicken Salad - Whole	710	45	8	0.5	45	6	30	31	95	790	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ROMAINE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), APPLE CHIPS (APPLES, CANOLA OIL, CORN SYRUP, CITRIC ACID), RED ONION	Contains: Milk, Pecans
Fuji Apple Chicken Salad Stuffer	700	35	6	0.4	72	4	24	23	45	960	INGREDIENTS: ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ROMAINE, TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), APPLE CHIPS (APPLES, CANOLA OIL, CORN SYRUP, CITRIC ACID), RED ONION	Contains: Milk, Pecans, Wheat
Fuji Apple Salad - Half	280	21	4	0.2	21	3	15	3	5	290	INGREDIENTS: ROMAINE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), APPLE CHIPS (APPLES, CANOLA OIL, CORN SYRUP, CITRIC ACID), RED ONION	Contains: Milk, Pecans
Fuji Apple Salad - Whole	570	42	8	0.5	43	5	30	6	10	580	INGREDIENTS: ROMAINE, WHITE BALSAMIC WITH APPLE FLAVORED VINAIGRETTE (SOYBEAN OIL, WATER, SUGAR, APPLE JUICE CONCENTRATE, WHITE BALSAMIC VINEGAR, APPLE CIDER VINEGAR, EXTRA VIRGIN OLIVE OIL, SALT, ARABIC GUM, NATURAL APPLE FLAVOR, GUM ACACIA, LEMON JUICE CONCENTRATE, XANTHAN GUM, DEHYDRATED ONION, GARLIC, ROSEMARY EXTRACT, GREEN TEA EXTRACT, GINGER, CITRIC ACID), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), APPLE CHIPS (APPLES, CANOLA OIL, CORN SYRUP, CITRIC ACID), RED ONION	Contains: Milk, Pecans

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Greek Salad - Half	310	30	6	0.2	8	2	3	4	10	740	INGREDIENTS: ROMAINE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), KALAMATA OLIVES (KALAMATA OLIVES, WATER, SEA SALT, RED WINE VINEGAR, CONCENTRATED GRAPE JUICE, HERBS (HOP, SAGE, CHAMOMILE, CORIANDER, ANISE, THYME), LACTIC ACID), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk
Greek Salad Stuffer	700	50	9	0.3	50	4	5	12	10	1390	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), KALAMATA OLIVES (KALAMATA OLIVES, WATER, SEA SALT, RED WINE VINEGAR, CONCENTRATED GRAPE JUICE, HERBS (HOP, SAGE, CHAMOMILE, CORIANDER, ANISE, THYME), LACTIC ACID), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk, Wheat
Greek Salad- Whole	630	60	12	0.4	16	5	7	9	25	1480	INGREDIENTS: ROMAINE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), KALAMATA OLIVES (KALAMATA OLIVES, WATER, SEA SALT, RED WINE VINEGAR, CONCENTRATED GRAPE JUICE, HERBS (HOP, SAGE, CHAMOMILE, CORIANDER, ANISE, THYME), LACTIC ACID), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk
Greek Salad with Chicken - Half	390	31	7	0.2	9	3	4	17	55	840	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), KALAMATA OLIVES (KALAMATA OLIVES, WATER, SEA SALT, RED WINE VINEGAR, CONCENTRATED GRAPE JUICE, HERBS (HOP, SAGE, CHAMOMILE, CORIANDER, ANISE, THYME), LACTIC ACID), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk
Greek Salad with Chicken - Whole	770	63	13	0.4	18	5	7	34	105	1680	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), KALAMATA OLIVES (KALAMATA OLIVES, WATER, SEA SALT, RED WINE VINEGAR, CONCENTRATED GRAPE JUICE, HERBS (HOP, SAGE, CHAMOMILE, CORIANDER, ANISE, THYME), LACTIC ACID), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk
Greek with Chicken Salad Stuffer	770	52	9	0.3	51	4	5	25	55	1490	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), KALAMATA OLIVES (KALAMATA OLIVES, WATER, SEA SALT, RED WINE VINEGAR, CONCENTRATED GRAPE JUICE, HERBS (HOP, SAGE, CHAMOMILE, CORIANDER, ANISE, THYME), LACTIC ACID), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk, Wheat
Green Goddess Chicken Cobb Salad - Half	290	17	3.5	0.1	14	4	7	22	150	470	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ROMAINE, GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL), HARD BOILED EGGS, AVOCADO, TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Mustard

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Green Goddess Chicken Cobb Salad - Whole	580	33	7	0.2	27	7	13	44	295	950	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ROMAINE, GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL), HARD BOILED EGGS, AVOCADO, TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Mustard
Green Goddess Cobb with Chicken Salad Stuffer	590	25	4.5	0.1	59	5	10	31	150	1040	INGREDIENTS: ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), ROMAINE, HARD BOILED EGGS, AVOCADO, TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, PICKLED RED ONIONS (RED ONIONS, SUGAR, WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, CALCIUM CHLORIDE, SEA SALT), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Mustard, Wheat
Harvest Medley Chicken Salad - Half	440	24	4.5	0.1	39	3	19	19	45	550	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR), RED RICE AND FARRO BLEND (COOKED RICE, COOKED FARRO (WHEAT)), MANDARIN ORANGES (MANDARIN SEGMENTS, WATER, SUGAR, CITRIC ACID), GREEN AND RED LEAF LETTUCE BLEND, ARUGULA, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), SALTED CRISPY BEET STRIPS (BEETS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Pecans, Wheat. May contain: Mustard
Harvest Medley Chicken Salad - Whole	890	47	9	0.2	78	7	38	38	95	1100	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR), RED RICE AND FARRO BLEND (COOKED RICE, COOKED FARRO (WHEAT)), MANDARIN ORANGES (MANDARIN SEGMENTS, WATER, SUGAR, CITRIC ACID), GREEN AND RED LEAF LETTUCE BLEND, ARUGULA, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), SALTED CRISPY BEET STRIPS (BEETS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Pecans, Wheat. May contain: Mustard
Harvest Medley Salad - Half	370	22	4	0.1	38	3	19	6	5	450	INGREDIENTS: BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR), RED RICE AND FARRO BLEND (COOKED RICE, COOKED FARRO (WHEAT)), MANDARIN ORANGES (MANDARIN SEGMENTS, WATER, SUGAR, CITRIC ACID), GREEN AND RED LEAF LETTUCE BLEND, ARUGULA, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), SALTED CRISPY BEET STRIPS (BEETS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Pecans, Wheat. May contain: Mustard
Harvest Medley Salad - Whole	740	44	8	0.2	76	6	37	12	10	900	INGREDIENTS: BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR), RED RICE AND FARRO BLEND (COOKED RICE, COOKED FARRO (WHEAT)), MANDARIN ORANGES (MANDARIN SEGMENTS, WATER, SUGAR, CITRIC ACID), GREEN AND RED LEAF LETTUCE BLEND, ARUGULA, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), SALTED CRISPY BEET STRIPS (BEETS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Pecans, Wheat. May contain: Mustard

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Ranch Parm BLT Salad - Half	380	31	9	0.4	14	2	5	11	45	920	INGREDIENTS: ROMAINE, FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL)	Contains: Eggs, Milk, Mustard, Wheat
Ranch Parm BLT Salad Stuffer	770	51	12	0.5	59	3	9	20	60	1670	INGREDIENTS: ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), ROMAINE, TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL)	Contains: Eggs, Milk, Mustard, Wheat
Ranch Parm BLT Salad- Whole	760	63	18	1	29	3	11	22	90	1840	INGREDIENTS: ROMAINE, FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL)	Contains: Eggs, Milk, Mustard, Wheat
Salad Stuffer - Farmhouse Crunch Salad	800	51	11	0.5	69	7	16	17	40	1350	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), FIRE ROASTED HONEY GLAZED SWEET POTATOES (SWEET POTATOES, HONEY, EXTRA VIRGIN OLIVE OIL, HIMALAYAN PINK SALT, BLACK PEPPER), CUCUMBER, AVOCADO, TOMATOES, SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN), CANDIED BLACK PEPPER ALMONDS (SUGAR, ALMONDS, PALM OIL, CORN SYRUP, BLACK PEPPER, SALT), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Almonds, Eggs, Milk, Mustard, Wheat. May contain: Peanuts , Sesame , Soy
Salad Stuffer - Harvest Medley Chicken Salad	770	34	6	0.2	88	5	27	27	45	1260	INGREDIENTS: BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR), ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), RED RICE AND FARRO BLEND (COOKED RICE, COOKED FARRO (WHEAT)), MANDARIN ORANGES (MANDARIN SEGMENTS, WATER, SUGAR, CITRIC ACID), GREEN AND RED LEAF LETTUCE BLEND, ARUGULA, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), SALTED CRISPY BEET STRIPS (BEETS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Pecans, Wheat. May contain: Mustard

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Salad Stuffer - Harvest Medley Salad	700	32	5	0.2	87	5	27	14	5	1160	INGREDIENTS: BALSAMIC VINAIGRETTE DRESSING (WATER, BALSAMIC VINEGAR (WINE VINEGAR, CONCENTRATED GRAPE MUST), SUGAR, SOYBEAN AND/OR CANOLA OIL, WHITE VINEGAR, OLIVE OIL, GARLIC PUREE (GARLIC, WATER), SALT, DRIED GARLIC, XANTHAN GUM, SPICE, NATURAL FLAVOUR), ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), RED RICE AND FARRO BLEND (COOKED RICE, COOKED FARRO (WHEAT)), MANDARIN ORANGES (MANDARIN SEGMENTS, WATER, SUGAR, CITRIC ACID), GREEN AND RED LEAF LETTUCE BLEND, ARUGULA, SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), SALTED CRISPY BEET STRIPS (BEETS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SALT), FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), OIL ROASTED PECANS (PECANS, COTTONSEED OIL), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Pecans, Wheat. May contain: Mustard
Southwest Chicken Ranch Salad - Half	410	30	5	0.2	19	5	6	17	60	530	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), AVOCADO, TOMATOES, FIRE GRILLED SWEET CORN, CHIPOTLE AIOLI SPREAD (SOYBEAN&OIL, WATER, CHIPOTLE&PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG&YOLK), DISTILLED&VINEGAR, SALT, SUGAR, LEMON&JUICE&CONCENTRATE, DRIED GARLIC, GARLIC&PUREE (GARLIC,&WATER), PAPRIKA, CHIPOTLE PEPPER, ONION&POWDER, XANTHAN&GUM, MUSTARD&FLOUR, MUSTARD SEED), BLUE CORN TORTILLA STRIPS (BLUE CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SEA SALT), CILANTRO	Contains: Eggs, Milk, Mustard
Southwest Chicken Ranch Salad - Whole	810	60	10	0.5	37	10	13	34	120	1050	INGREDIENTS: ROMAINE, CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), AVOCADO, TOMATOES, FIRE GRILLED SWEET CORN, CHIPOTLE AIOLI SPREAD (SOYBEAN&OIL, WATER, CHIPOTLE&PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG&YOLK), DISTILLED&VINEGAR, SALT, SUGAR, LEMON&JUICE&CONCENTRATE, DRIED GARLIC, GARLIC&PUREE (GARLIC,&WATER), PAPRIKA, CHIPOTLE PEPPER, ONION&POWDER, XANTHAN&GUM, MUSTARD&FLOUR, MUSTARD SEED), BLUE CORN TORTILLA STRIPS (BLUE CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SEA SALT), CILANTRO	Contains: Eggs, Milk, Mustard
Southwest Chicken Ranch Salad Stuffer	800	50	9	0.4	63	6	10	26	75	1310	INGREDIENTS: ROMAINE, ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES)), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), AVOCADO, TOMATOES, FIRE GRILLED SWEET CORN, CHIPOTLE AIOLI SPREAD (SOYBEAN&OIL, WATER, CHIPOTLE&PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG&YOLK), DISTILLED&VINEGAR, SALT, SUGAR, LEMON&JUICE&CONCENTRATE, DRIED GARLIC, GARLIC&PUREE (GARLIC,&WATER), PAPRIKA, CHIPOTLE PEPPER, ONION&POWDER, XANTHAN&GUM, MUSTARD&FLOUR, MUSTARD SEED), BLUE CORN TORTILLA STRIPS (BLUE CORN MASA FLOUR, SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SEA SALT), CILANTRO	Contains: Eggs, Milk, Mustard, Wheat
SANDWICHES												
Chicken Bacon Rancher on Black Pepper Focaccia - Half	550	28	10	0.5	43	2	3	29	90	1120	INGREDIENTS: BLACK PEPPER FOCACCIA (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)], OLIVE OIL BLEND [EXTRA VIRGIN OLIVE OIL, CANOLA OIL], SEA SALT), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Chicken Bacon Rancher on Black Pepper Focaccia - Whole	1090	57	20	1	87	3	6	58	180	2250	INGREDIENTS: BLACK PEPPER FOCACCIA (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)], OLIVE OIL BLEND [EXTRA VIRGIN OLIVE OIL, CANOLA OIL], SEA SALT), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), FARMHOUSE RANCH DRESSING (SOYBEAN OIL, CULTURED BUTTERMILK, SOUR CREAM (CULTURED CREAM, MODIFIED CORN STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN), DISTILLED VINEGAR, EGG YOLK, SALT, GARLIC PUREE (GARLIC, WATER), DRIED GARLIC, SUGAR, SOUR CREAM SOLIDS (CULTURED WHOLE MILK, CULTURED BUTTERMILK, CULTURED SKIM MILK, LACTIC ACID), DRIED ONION, BUTTERMILK SOLIDS, SPICE (GROUND WHITE PEPPER, DRIED PARSLEY, BLACK PEPPER), LEMON JUICE CONCENTRATE, YEAST EXTRACT, MALTODEXTRIN, TOASTED ONION POWDER, XANTHAN GUM, CULTURED DEXTROSE, NATURAL FLAVOR, CITRIC ACID), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Mediterranean Veggie on Tomato Basil - Half	280	8	2.5	0.1	42	5	6	10	5	620	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY]), HUMMUS (COOKED CHICKPEAS, WATER, TAHINI (SESAME SEED PASTE), SUNFLOWER OIL, CITRIC ACID, SALT, GARLIC POWDER), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), GREEN AND RED LEAF LETTUCE BLEND, DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk, Sesame, Wheat
Mediterranean Veggie on Tomato Basil - Whole	560	15	4.5	0.1	85	10	13	20	10	1230	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY]), HUMMUS (COOKED CHICKPEAS, WATER, TAHINI (SESAME SEED PASTE), SUNFLOWER OIL, CITRIC ACID, SALT, GARLIC POWDER), CUCUMBER, TOMATOES, FETA CHEESE (PASTEURIZED ULTRA-FILTERED MILK, CREAM, MILK PROTEIN CONCENTRATE, MODIFIED MILK INGREDIENTS, MICROBIAL ENZYME, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, LIPASE, CELLULOSE, POTASSIUM SORBATE, LACTIC ACID, NATAMYCIN), GREEN AND RED LEAF LETTUCE BLEND, DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE), RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk, Sesame, Wheat
Toasted Italiano on Baguette - Half	670	31	10	0.2	67	2	6	29	80	1820	INGREDIENTS: FRENCH BAGUETTE (FRENCH BAGUETTE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), SALT, SEA SALT, FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, YEAST, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SMOKED HAM (PORK, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, FLAVOUR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVOUR, SODIUM NITRITE, SPICES EXTRACT, SMOKE, COATED WITH COLLAGEN), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), UNCURED SOPPRESSATA (PORK, SALT, DEXTROSE, WATER, CELERY POWDER, NATURAL FLAVORS (INCLUDING PAPRIKA), GARLIC POWDER, SPICES, SEA SALT, GARLIC, LACTIC ACID STARTER CULTURE), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), ROMAINE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED ONION	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Toasted Italiano on Baguette - Whole	1330	62	20	0.4	134	4	11	58	165	3650	INGREDIENTS: FRENCH BAGUETTE (FRENCH BAGUETTE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), SALT, SEA SALT, FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, YEAST, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), SMOKED HAM (PORK, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, FLAVOUR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVOUR, SODIUM NITRITE, SPICES EXTRACT, SMOKE, COATED WITH COLLAGEN), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), UNCURED SOPPRESSATA (PORK, SALT, DEXTROSE, WATER, CELERY POWDER, NATURAL FLAVORS (INCLUDING PAPRIKA), GARLIC POWDER, SPICES, SEA SALT, GARLIC, LACTIC ACID STARTER CULTURE), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), PEPPERONCINI (PEPPERONCINI PEPPERS, WATER, SALT, VINEGAR, CITRIC ACID, TURMERIC (FOR COLOR)), ROMAINE, GREEK DRESSING (SOYBEAN OIL, WATER, DISTILLED VINEGAR, POMACE OLIVE OIL, APPLE CIDER VINEGAR, SALT, BLACK PEPPER, DEHYDRATED GARLIC, GUM ACACIA, DEHYDRATED OREGANO, XANTHAN GUM, GUAR GUM, ARABIC GUM, LEMON JUICE CONCENTRATE, DEHYDRATED TARRAGON, CITRIC ACID, DEHYDRATED PARSLEY, DEHYDRATED ROSEMARY, DEHYDRATED THYME, DEHYDRATED BAY LEAVES), RED ONION	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
French Onion Ciabatta Dipper - Half	640	29	10	0.5	61	2	7	34	105	1610	INGREDIENTS: BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (WATER, TOMATOES, TOMATO PASTE, SALT, RED PEPPER, DEHYDRATED ONION, DEHYDRATED GARLIC, CELERY EXTRACTIVE, CITRIC ACID), BUTTER (CREAM [MILK], SALT), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), CORN STARCH, SEA SALT, COOKED ONION JUICE CONCENTRATE, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), SOYBEAN OIL, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR GUM, BLACK PEPPER, THYME), ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), MARINATED STEAK (BEEF RIB BLADE MEAT WITH WATER AND BINDER, WATER, CANOLA OIL, CORN STARCH, ONION FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR, WATER, ONION POWDER, SOYBEAN OIL), SEASONING (SALT, SPICES (INCLUDING BLACK PEPPER, DILL SEED, CORIANDER SEED, RED PEPPER), GARLIC, EXTRACTIVES OF DILL AND PAPRIKA), SEASONING (SALT, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, ONION POWDER, CARAMELIZED SUGAR, YEAST EXTRACT, GARLIC POWDER, SPICE, SUNFLOWER OIL), BEEF BROTH CONCENTRATE (BEEF BROTH, SALT), SALT, GARLIC POWDER, ONION POWDER, DEXTROSE), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH	Contains: Eggs, Milk, Mustard, Soy, Wheat. May contain: Sesame
French Onion Ciabatta Dipper - Whole	1230	57	19	1	114	4	9	66	200	2740	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), MARINATED STEAK (BEEF RIB BLADE MEAT WITH WATER AND BINDER, WATER, CANOLA OIL, CORN STARCH, ONION FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR, WATER, ONION POWDER, SOYBEAN OIL), SEASONING (SALT, SPICES (INCLUDING BLACK PEPPER, DILL SEED, CORIANDER SEED, RED PEPPER), GARLIC, EXTRACTIVES OF DILL AND PAPRIKA), SEASONING (SALT, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, ONION POWDER, CARAMELIZED SUGAR, YEAST EXTRACT, GARLIC POWDER, SPICE, SUNFLOWER OIL), BEEF BROTH CONCENTRATE (BEEF BROTH, SALT), SALT, GARLIC POWDER, ONION POWDER, DEXTROSE), BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (WATER, TOMATOES, TOMATO PASTE, SALT, RED PEPPER, DEHYDRATED ONION, DEHYDRATED GARLIC, CELERY EXTRACTIVE, CITRIC ACID), BUTTER (CREAM [MILK], SALT), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), CORN STARCH, SEA SALT, COOKED ONION JUICE CONCENTRATE, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), SOYBEAN OIL, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR GUM, BLACK PEPPER, THYME), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH	Contains: Eggs, Milk, Mustard, Soy, Wheat. May contain: Sesame
Pesto Chicken Ciabatta Dipper - Half	570	22	13	0.5	61	3	7	31	90	1200	INGREDIENTS: VEGETARIAN CREAMY TOMATO SOUP (TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), WATER, HEAVY CREAM (CREAM, MILK), ONIONS, SALTED BUTTER (PASTEURIZED CREAM {MILK}, SALT), SEASONING (SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL), EXTRA VIRGIN OLIVE OIL, OLIVE OIL, MODIFIED CORN STARCH, CORN STARCH, GARLIC PUREE (GARLIC, WATER)), ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), CREAMY BASIL PESTO (SOUR CREAM (CULTURED CREAM), BASIL, WATER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES, NATAMYCIN), GARLIC, LEMON JUICE, ONIONS, SEA SALT, GRANULATED GARLIC, XANTHAN GUM, BLACK PEPPER), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN)	Contains: Milk, Wheat. May contain: Sesame
Pesto Chicken Ciabatta Dipper - Whole	1030	37	21	1	113	5	9	60	165	2060	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), VEGETARIAN CREAMY TOMATO SOUP (TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), WATER, HEAVY CREAM (CREAM, MILK), ONIONS, SALTED BUTTER (PASTEURIZED CREAM {MILK}, SALT), SEASONING (SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL), EXTRA VIRGIN OLIVE OIL, OLIVE OIL, MODIFIED CORN STARCH, CORN STARCH, GARLIC PUREE (GARLIC, WATER)), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), CREAMY BASIL PESTO (SOUR CREAM (CULTURED CREAM), BASIL, WATER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES, NATAMYCIN), GARLIC, LEMON JUICE, ONIONS, SEA SALT, GRANULATED GARLIC, XANTHAN GUM, BLACK PEPPER), SHAVED PARMESAN (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE, CELLULOSE, NATAMYCIN)	Contains: Milk, Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Asiago Bagel Stack Sandwich - Chicken Roma	620	28	9	0.3	58	3	6	32	90	950	INGREDIENTS: ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ASIAGO CHEESE BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING])), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING)))), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), TOMATOES, MOZZARELLA (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, CALCIUM LACTATE, POTASSIUM SORBATE), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), GREEN GODDESS DRESSING BLEND (GREEN GODDESS DRESSING BASE [CANOLA AND/OR SUNFLOWER OIL, LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), APPLE CIDER VINEGAR, BASIL, SUGAR, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), CHAMPAGNE VINEGAR, SALT, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), XANTHAN GUM, MODIFIED CORN STARCH, GRANULATED GARLIC, ONION POWDER, BLACK PEPPER, ASCORBIC ACID], PLAIN GREEK YOGURT [SKIM MILK, CREAM, MILK PROTEIN, BACTERIAL CULTURES], BASIL), ARUGULA, BASIL, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Soy
Asiago Bagel Stack Sandwich - Spicy Steak	630	25	12	0.5	62	4	7	39	105	1390	INGREDIENTS: ASIAGO CHEESE BAGEL (ASIAGO CHEESE BAGEL [ASIAGO CHEESE BAGEL (ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), POWDERED CELLULOSE (TO PREVENT CAKING])), BROWN SUGAR, SOYBEAN OIL, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, VINEGAR, YEAST, DOUGH IMPROVER (INACTIVATED YEAST, MICROBIAL ENZYMES, ASCORBIC ACID)), ASIAGO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, MICROBIAL ENZYMES, POWDERED CELLULOSE (ANTICAKING)))), MARINATED STEAK (BEEF RIB BLADE MEAT WITH WATER AND BINDER, WATER, CANOLA OIL, CORN STARCH, ONION FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR, WATER, ONION POWDER, SOYBEAN OIL), SEASONING (SALT, SPICES (INCLUDING BLACK PEPPER, DILL SEED, CORIANDER SEED, RED PEPPER), GARLIC, EXTRACTIVES OF DILL AND PAPRIKA), SEASONING (SALT, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, ONION POWDER, CARAMELIZED SUGAR, YEAST EXTRACT, GARLIC POWDER, SPICE, SUNFLOWER OIL), BEEF BROTH CONCENTRATE (BEEF BROTH, SALT), SALT, GARLIC POWDER, ONION POWDER, DEXTROSE), GREEN CHILE SALSA VERDE SPREAD (CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM), SOUR CREAM (CULTURED CREAM), MAYONNAISE (VEGETABLE OIL [CANOLA AND/OR SOYBEAN OIL], SALTED EGG YOLK [EGG YOLK, SALT], LEMON JUICE FROM CONCENTRATE [WATER, LEMON JUICE CONCENTRATE], WHITE WINE VINEGAR, WATER, MUSTARD FLOUR), WATER, ROASTED GREEN CHILE PEPPERS (GREEN CHILE PEPPERS, WATER, SEA SALT, CITRIC ACID), ROASTED POBLANO PEPPERS, ONIONS, JALAPENO PEPPERS (JALAPENO PEPPERS, VINEGAR, SALT), LIME JUICE, CILANTRO, SERRANO PEPPERS, ROASTED JALAPENO PEPPERS, GARLIC, SEA SALT, GROUND CUMIN, XANTHAN GUM, BLACK PEPPER), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), ARUGULA, DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE), RED ONION	Contains: Eggs, Milk, Mustard, Wheat. May contain: Soy
Bacon Turkey Bravo on Tomato Basil - Half	450	21	9	0.4	41	3	6	26	75	1230	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY)), SMOKED TURKEY (TURKEY BREAST, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, SODIUM PHOSPHATE, FLAVOUR, CARRAGEENAN, SODIUM DIACETATE, SMOKE FLAVOUR, SODIUM NITRITE, SMOKE, COATED WITH COLLAGEN. MAY CONTAIN EGG), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), TOMATOES, BRAVO SAUCE (SOYBEAN OIL, DISTILLED VINEGAR, WATER, TOMATO PASTE, SUGAR, EGG YOLK, MODIFIED CORN STARCH, GREEN OLIVE PUREE (GREEN OLIVES, WATER, DISTILLED VINEGAR, SALT, LACTIC ACID), RED WINE VINEGAR, SALT, GREEN BELL PEPPER PUREE (GREEN BELL PEPPER, DISTILLED VINEGAR, SALT), DRIED GREEN BELL PEPPER, MUSTARD FLOUR, ALLSPICE, DRIED PARSLEY, BLACK PEPPER, DRIED CELERY SEED, CINNAMON, DRIED GINGER, NUTMEG, GARLIC (GARLIC, WATER, CITRIC ACID), DRIED GARLIC, LACTIC ACID, PAPRIKA, OLEORESIN TURMERIC (COLOR), DRIED ONION), GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Bacon Turkey Bravo on Tomato Basil - Whole	910	42	17	0.5	82	6	12	52	150	2460	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY)), SMOKED TURKEY (TURKEY BREAST, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, SODIUM PHOSPHATE, FLAVOUR, CARRAGEENAN, SODIUM DIACETATE, SMOKE FLAVOUR, SODIUM NITRITE, SMOKE, COATED WITH COLLAGEN. MAY CONTAIN EGG), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), TOMATOES, BRAVO SAUCE (SOYBEAN OIL, DISTILLED VINEGAR, WATER, TOMATO PASTE, SUGAR, EGG YOLK, MODIFIED CORN STARCH, GREEN OLIVE PUREE (GREEN OLIVES, WATER, DISTILLED VINEGAR, SALT, LACTIC ACID), RED WINE VINEGAR, SALT, GREEN BELL PEPPER PUREE (GREEN BELL PEPPER, DISTILLED VINEGAR, SALT), DRIED GREEN BELL PEPPER, MUSTARD FLOUR, ALLSPICE, DRIED PARSLEY, BLACK PEPPER, DRIED CELERY SEED, CINNAMON, DRIED GINGER, NUTMEG, GARLIC (GARLIC, WATER, CITRIC ACID), DRIED GARLIC, LACTIC ACID, PAPRIKA, OLEORESIN TURMERIC (COLOR), DRIED ONION), GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Chipotle Chicken Avo Melt on Black Pepper Focaccia - Half	550	29	9	0.5	45	3	3	27	80	1200	INGREDIENTS: Black Pepper Focaccia (Black Pepper Focaccia [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Fermented Whole Wheat Flour, Bacterial Culture, Sea Salt, Salt, Yeast, Deactivated Yeast, Extra Virgin Olive Oil, Oat Flour Blend (Whole Oat Flour, Calcium Carbonate, Calcium Phosphate, Salt), Whole wheat flour, Cultured Wheat flour, Organic Vinegar, Vinegar, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Cultured Wheat Flour, Black Pepper, Wheat Flakes, Rye Flour, Bacterial Culture, Semolina flour (Wheat)], olive oil blend [extra virgin olive oil, canola oil], sea salt), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), White Cheddar Cheese (milk, salt, calcium chloride, bacterial culture, microbial enzyme), avocado, CHIPOTLE AIOLI SPREAD (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG YOLK), DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, DRIED GARLIC, GARLIC PUREE (GARLIC, WATER), PAPRIKA, CHIPOTLE PEPPER, ONION POWDER, XANTHAN GUM, MUSTARD FLOUR, MUSTARD SEED), diced zesty sweet cherry peppers (cherry peppers, water, sugar, vinegar, salt, ascorbic acid, capsicum, calcium chloride), cilantro	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Chipotle Chicken Avo Melt on Black Pepper Focaccia - Whole	1090	58	19	1	90	7	6	55	165	2410	INGREDIENTS: Black Pepper Focaccia (Black Pepper Focaccia [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Fermented Whole Wheat Flour, Bacterial Culture, Sea Salt, Salt, Yeast, Deactivated Yeast, Extra Virgin Olive Oil, Oat Flour Blend (Whole Oat Flour, Calcium Carbonate, Calcium Phosphate, Salt), Whole wheat flour, Cultured Wheat flour, Organic Vinegar, Vinegar, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Cultured Wheat Flour, Black Pepper, Wheat Flakes, Rye Flour, Bacterial Culture, Semolina flour (Wheat)], olive oil blend [extra virgin olive oil, canola oil], sea salt), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), White Cheddar Cheese (milk, salt, calcium chloride, bacterial culture, microbial enzyme), avocado, CHIPOTLE AIOLI SPREAD (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG YOLK), DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, DRIED GARLIC, GARLIC PUREE (GARLIC, WATER), PAPRIKA, CHIPOTLE PEPPER, ONION POWDER, XANTHAN GUM, MUSTARD FLOUR, MUSTARD SEED), diced zesty sweet cherry peppers (cherry peppers, water, sugar, vinegar, salt, ascorbic acid, capsicum, calcium chloride), cilantro	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Ciabatta Cheesesteak - Half	580	27	8	0.4	58	3	7	26	75	960	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), MARINATED STEAK (BEEF RIB BLADE MEAT WITH WATER AND BINDER, WATER, CANOLA OIL, CORN STARCH, ONION FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR, WATER, ONION POWDER, SOYBEAN OIL), SEASONING (SALT, SPICES (INCLUDING BLACK PEPPER, DILL SEED, CORIANDER SEED, RED PEPPER), GARLIC, EXTRACTIVES OF DILL AND PAPRIKA), SEASONING (SALT, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, ONION POWDER, CARAMELIZED SUGAR, YEAST EXTRACT, GARLIC POWDER, SPICE, SUNFLOWER OIL), BEEF BROTH CONCENTRATE (BEEF BROTH, SALT), SALT, GARLIC POWDER, ONION POWDER, DEXTROSE), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), CARAMELIZED ONIONS (ONION, CANOLA OIL, BROWN SUGAR), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Ciabatta Cheesesteak - Whole	1160	53	15	0.5	117	5	13	52	150	1920	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), MARINATED STEAK (BEEF RIB BLADE MEAT WITH WATER AND BINDER, WATER, CANOLA OIL, CORN STARCH, ONION FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR, WATER, ONION POWDER, SOYBEAN OIL), SEASONING (SALT, SPICES (INCLUDING BLACK PEPPER, DILL SEED, CORIANDER SEED, RED PEPPER), GARLIC, EXTRACTIVES OF DILL AND PAPRIKA), SEASONING (SALT, SUGAR, NATURAL FLAVOR, MODIFIED CORN STARCH, ONION POWDER, CARAMELIZED SUGAR, YEAST EXTRACT, GARLIC POWDER, SPICE, SUNFLOWER OIL), BEEF BROTH CONCENTRATE (BEEF BROTH, SALT), SALT, GARLIC POWDER, ONION POWDER, DEXTROSE), PROVOLONE (PASTEURIZED MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, LIPASE), CARAMELIZED ONIONS (ONION, CANOLA OIL, BROWN SUGAR), GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Deli Ham on Country Rustic Sourdough - Half	210	2	0.5	0	32	2	3	14	30	750	INGREDIENTS: SMOKED HAM (PORK, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, FLAVOUR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVOUR, SODIUM NITRITE, SPICES EXTRACT, SMOKE, COATED WITH COLLAGEN), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND	Contains: Wheat. May contain: Sesame
Deli Ham on Country Rustic Sourdough - Whole	410	4	1.5	0	65	3	6	28	55	1500	INGREDIENTS: SMOKED HAM (PORK, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, FLAVOUR, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, SMOKE FLAVOUR, SODIUM NITRITE, SPICES EXTRACT, SMOKE, COATED WITH COLLAGEN), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND	Contains: Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Grilled Cheese on Classic White Loaf - Half	380	17	8	0.2	37	3	9	19	40	1320	INGREDIENTS: PROCESSED CHEESE SLICES (MODIFIED MILK INGREDIENTS, WATER, CHEESE (MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME, CALCIUM CHLORIDE, LIPASE), VEGETABLE OIL, SODIUM CITRATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, SORBIC ACID, BACTERIAL CULTURE, MODIFIED COCONUT OIL (MEDIUM CHAIN TRIGLYCERIDES), SUNFLOWER OIL (TO AID IN SLICE SEPARATION), ANNATTO, CALCIUM CHLORIDE, MICROBIAL ENZYME, PAPRIKA OLEORESIN), CLASSIC WHITE LOAF (CLASSIC WHITE MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER WITH NATURAL FLAVOR (CREAM, NATURAL FLAVOR), SUGAR, HIGH HEAT MILK SOLIDS (NONFAT DRY MILK, WHEY SOLIDS, LACTOSE, MILK PROTEINS), YEAST, SALT, DOUGH IMPROVER (VITAL WHEAT GLUTEN, ACEROLA EXTRACT, MICROBIAL ENZYMES), WHEAT GLUTEN, ENZYME BLEND (WHEAT STARCH, SODIUM CHLORIDE, MICROBIAL ENZYMES)))	Contains: Milk, Wheat. May contain: Sesame
Grilled Cheese on Classic Loaf - Whole	760	34	16	0.5	73	5	19	39	80	2630	INGREDIENTS: PROCESSED CHEESE SLICES (MODIFIED MILK INGREDIENTS, WATER, CHEESE (MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME, CALCIUM CHLORIDE, LIPASE), VEGETABLE OIL, SODIUM CITRATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, SORBIC ACID, BACTERIAL CULTURE, MODIFIED COCONUT OIL (MEDIUM CHAIN TRIGLYCERIDES), SUNFLOWER OIL (TO AID IN SLICE SEPARATION), ANNATTO, CALCIUM CHLORIDE, MICROBIAL ENZYME, PAPRIKA OLEORESIN), CLASSIC WHITE LOAF (CLASSIC WHITE MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED	Contains: Milk, Wheat. May contain: Sesame
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Half	510	30	10	0.4	33	3	2	27	95	770	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), AVOCADO, TOMATOES, GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Grilled Chicken & Avo BLT on Country Rustic Sourdough - Whole	1010	60	20	0.5	66	7	4	54	190	1550	INGREDIENTS: CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), AVOCADO, TOMATOES, GARLIC AIOLI (SOYBEAN OIL, EGG YOLK, OLIVE OIL, DISTILLED VINEGAR, WATER, GARLIC PUREE (GARLIC, WATER), SALT, MUSTARD SEED, DRIED GARLIC, GARLIC BASE (ROASTED GARLIC, ROASTED GARLIC POWDER, SALT, CORN STARCH, MALTODEXTRIN, CANOLA OIL, CITRIC ACID), WHITE WINE, SUGAR, NATURAL UMAMI FLAVORS, XANTHAN GUM, CITRIC ACID, SPICE, TARTARIC ACID, TURMERIC (COLOR)), GREEN AND RED LEAF LETTUCE BLEND, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Smokehouse BBQ Chicken on Artisan Ciabatta - Half	460	13	7	0.3	56	2	7	29	70	1130	INGREDIENTS: Artisan Ciabatta (Ciabatta [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Fermented Whole Wheat Flour, Vinegar, Bacterial Culture, Yeast, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Extra Virgin Olive Oil, Cultured Wheat Flour, Wheat Flakes, Rye Flour, Semolina (Wheat)]), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), White Cheddar Cheese (milk, salt, calcium chloride, bacterial culture, microbial enzyme), apple cider vinegar bbq sauce (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES (CELERY SEED, MUSTARD SEED, ALLSPICE), TAMARIND CONCENTRATE, CELERY SEED), red onion	Contains: Milk, Mustard, Wheat. May contain: Eggs , Sesame
Smokehouse BBQ Chicken on Artisan Ciabatta - Whole	920	27	14	0.5	113	4	14	57	145	2250	INGREDIENTS: Artisan Ciabatta (Ciabatta [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Fermented Whole Wheat Flour, Vinegar, Bacterial Culture, Yeast, Deactivated Yeast, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Extra Virgin Olive Oil, Cultured Wheat Flour, Wheat Flakes, Rye Flour, Semolina (Wheat)]), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), White Cheddar Cheese (milk, salt, calcium chloride, bacterial culture, microbial enzyme), apple cider vinegar bbq sauce (WATER, BROWN SUGAR, TOMATO PASTE, MOLASSES, APPLE CIDER VINEGAR, DISTILLED VINEGAR, GUAJILLO PEPPER, CORN STARCH, SALT, NATURAL SMOKE FLAVOR, DEHYDRATED ONION, PAPRIKA, SUGAR, DEHYDRATED GARLIC, MUSTARD BRAN, MUSTARD SEED, CITRIC ACID, ALLSPICE, SPICES (CELERY SEED, MUSTARD SEED, ALLSPICE), TAMARIND CONCENTRATE, CELERY SEED), red onion	Contains: Milk, Mustard, Wheat. May contain: Eggs , Sesame
Spicy Fiesta Chicken on Ciabatta - Half	510	19	10	0.4	56	3	4	29	80	890	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), GREEN CHILE SALSA VERDE SPREAD (CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM), SOUR CREAM (CULTURED CREAM), MAYONNAISE (VEGETABLE OIL [CANOLA AND/OR SOYBEAN OIL], SALTED EGG YOLK [EGG YOLK, SALT], LEMON JUICE FROM CONCENTRATE [WATER, LEMON JUICE CONCENTRATE], WHITE WINE VINEGAR, WATER, MUSTARD FLOUR), WATER, ROASTED GREEN CHILE PEPPERS (GREEN CHILE PEPPERS, WATER, SEA SALT, CITRIC ACID), ROASTED POBLANO PEPPERS, ONIONS, JALAPENO PEPPERS (JALAPENO PEPPERS, VINEGAR, SALT), LIME JUICE, CILANTRO, SERRANO PEPPERS, ROASTED JALAPENO PEPPERS, GARLIC, SEA SALT, GROUND CUMIN, XANTHAN GUM, BLACK PEPPER), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), FIRE GRILLED SWEET CORN, DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE), CILANTRO	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Spicy Fiesta Chicken on Ciabatta - Whole	1010	37	19	1	112	6	8	57	165	1770	INGREDIENTS: ARTISAN CIABATTA (CIABATTA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, BACTERIAL CULTURE, YEAST, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, EXTRA VIRGIN OLIVE OIL, CULTURED WHEAT FLOUR, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), CITRUS PEPPER CHICKEN (CHICKEN BREAST, WATER, RICE STARCH, SUGAR, SEA SALT, SPICES, HERB, GARLIC, ONION, LEMON PEEL, CITRIC ACID, MALIC ACID, SMOKE FLAVOUR, LEMON FLAVOUR), GREEN CHILE SALSA VERDE SPREAD (CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, GUAR GUM, CAROB BEAN GUM, XANTHAN GUM), SOUR CREAM (CULTURED CREAM), MAYONNAISE (VEGETABLE OIL [CANOLA AND/OR SOYBEAN OIL], SALTED EGG YOLK [EGG YOLK, SALT], LEMON JUICE FROM CONCENTRATE [WATER, LEMON JUICE CONCENTRATE], WHITE WINE VINEGAR, WATER, MUSTARD FLOUR), WATER, ROASTED GREEN CHILE PEPPERS (GREEN CHILE PEPPERS, WATER, SEA SALT, CITRIC ACID), ROASTED POBLANO PEPPERS, ONIONS, JALAPENO PEPPERS (JALAPENO PEPPERS, VINEGAR, SALT), LIME JUICE, CILANTRO, SERRANO PEPPERS, ROASTED JALAPENO PEPPERS, GARLIC, SEA SALT, GROUND CUMIN, XANTHAN GUM, BLACK PEPPER), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), FIRE GRILLED SWEET CORN, DICED ZESTY SWEET CHERRY PEPPERS (CHERRY PEPPERS, WATER, SUGAR, VINEGAR, SALT, ASCORBIC ACID, CAPSICUM, CALCIUM CHLORIDE), CILANTRO	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Toasted Caprese Focaccia - Half	370	14	7	0.5	48	2	7	15	35	680	INGREDIENTS: BLACK PEPPER FOCACCIA (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)], OLIVE OIL BLEND [EXTRA VIRGIN OLIVE OIL, CANOLA OIL], SEA SALT), MOZZARELLA (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, CALCIUM LACTATE, POTASSIUM SORBATE), TOMATOES, CREAMY BASIL PESTO (SOUR CREAM (CULTURED CREAM), BASIL, WATER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES, NATAMYCIN), GARLIC, LEMON JUICE, ONIONS, SEA SALT, GRANULATED GARLIC, XANTHAN GUM, BLACK PEPPER), BALSAMIC GLAZE (SUGAR, BALSAMIC VINEGAR, RAISIN JUICE CONCENTRATE, WATER, DISTILLED VINEGAR, CORN STARCH, MOLASSES, LEMON JUICE CONCENTRATE, SALT), ARUGULA, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk, Wheat. May contain: Sesame
Toasted Caprese Focaccia - Whole	750	27	14	1	96	5	13	29	65	1360	INGREDIENTS: BLACK PEPPER FOCACCIA (BLACK PEPPER FOCACCIA [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEAT SOURDOUGH (WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, SEA SALT, SALT, YEAST, DEACTIVATED YEAST, EXTRA VIRGIN OLIVE OIL, OAT FLOUR BLEND (WHOLE OAT FLOUR, CALCIUM CARBONATE, CALCIUM PHOSPHATE, SALT), WHOLE WHEAT FLOUR, CULTURED WHEAT FLOUR, ORGANIC VINEGAR, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, CULTURED WHEAT FLOUR, BLACK PEPPER, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, SEMOLINA FLOUR (WHEAT)], OLIVE OIL BLEND [EXTRA VIRGIN OLIVE OIL, CANOLA OIL], SEA SALT), MOZZARELLA (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, CALCIUM LACTATE, POTASSIUM SORBATE), TOMATOES, CREAMY BASIL PESTO (SOUR CREAM (CULTURED CREAM), BASIL, WATER, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES, NATAMYCIN), GARLIC, LEMON JUICE, ONIONS, SEA SALT, GRANULATED GARLIC, XANTHAN GUM, BLACK PEPPER), BALSAMIC GLAZE (SUGAR, BALSAMIC VINEGAR, RAISIN JUICE CONCENTRATE, WATER, DISTILLED VINEGAR, CORN STARCH, MOLASSES, LEMON JUICE CONCENTRATE, SALT), ARUGULA, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Milk, Wheat. May contain: Sesame
Toasted Frontega Chicken® on Black Pepper Focaccia - Half	450	20	6	0.4	43	2	3	24	65	1070	INGREDIENTS: Black Pepper Focaccia (Black Pepper Focaccia [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Fermented Whole Wheat Flour, Bacterial Culture, Sea Salt, Salt, Yeast, Deactivated Yeast, Extra Virgin Olive Oil, Oat Flour Blend (Whole Oat Flour, Calcium Carbonate, Calcium Phosphate, Salt), Whole wheat flour, Cultured Wheat flour, Organic Vinegar, Vinegar, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Cultured Wheat Flour, Black Pepper, Wheat Flakes, Rye Flour, Bacterial Culture, Semolina flour (Wheat)], olive oil blend [extra virgin olive oil, canola oil], sea salt), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), tomatoes, Mozzarella (Pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzyme, calcium lactate, potassium sorbate), CHIPOTLE AIOLI SPREAD (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG YOLK), DISTILLED&VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, DRIED GARLIC, GARLIC PUREE (GARLIC, WATER), PAPRIKA, CHIPOTLE PEPPER, ONION POWDER, XANTHAN GUM, MUSTARD FLOUR, MUSTARD SEED), red onion, basil, sea salt and black pepper blend (sea salt, black pepper, canola oil)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Toasted Frontega Chicken® on Black Pepper Focaccia - Whole	900	40	11	1	87	4	6	48	135	2140	INGREDIENTS: Black Pepper Focaccia (Black Pepper Focaccia [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Sourdough (Water, Fermented Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Fermented Whole Wheat Flour, Bacterial Culture, Sea Salt, Salt, Yeast, Deactivated Yeast, Extra Virgin Olive Oil, Oat Flour Blend (Whole Oat Flour, Calcium Carbonate, Calcium Phosphate, Salt), Whole wheat flour, Cultured Wheat flour, Organic Vinegar, Vinegar, Ascorbic Acid (Dough Conditioner), Microbial Enzymes, Cultured Wheat Flour, Black Pepper, Wheat Flakes, Rye Flour, Bacterial Culture, Semolina flour (Wheat)], olive oil blend [extra virgin olive oil, canola oil], sea salt), SMOKED CHICKEN (CHICKEN BREAST, WATER, SEA SALT, SALT, FLAVOUR, VINEGAR POWDER, SPICES, SUGARS (DEXTROSE), SODIUM PHOSPHATE, CHICKEN BROTH, NATURAL SMOKE, MAY CONTAIN EGG), tomatoes, Mozzarella (Pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzyme, calcium lactate, potassium sorbate), CHIPOTLE AIOLI SPREAD (SOYBEAN OIL, WATER, CHIPOTLE PEPPER PUREE (WATER, CHIPOTLE PEPPER] EGG YOLK), DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, DRIED GARLIC, GARLIC PUREE (GARLIC, WATER), PAPRIKA, CHIPOTLE PEPPER, ONION POWDER, XANTHAN GUM, MUSTARD FLOUR, MUSTARD SEED), red onion, basil, sea salt and black pepper blend (sea salt, black pepper, canola oil)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Tomato Basil BLT on Tomato Basil Miche - Half	390	22	4.5	0.1	35	3	5	12	30	780	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY)), TOMATOES, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), GREEN AND RED LEAF LETTUCE BLEND, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Mustard, Wheat. May contain: Sesame

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Tomato Basil BLT on Tomato Basil Miche - Whole	780	45	9	0.3	71	6	10	23	55	1560	INGREDIENTS: TOMATO BASIL MICHE (TOMATO BASIL MICHE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE, WATER, TOMATO PASTE, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FERMENTED WHOLE WHEAT FLOUR, SALT, VINEGAR, YEAST, GARLIC, CULTURED WHEAT FLOUR, DRIED BASIL, DOUGH CONDITIONER (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT STARCH, ENZYMES, SALT), BROWN SUGAR, SUGAR, CINNAMON, VANILLA EXTRACT (WATER, ALCOHOL, SUGAR, VANILLA BEAN EXTRACTIVES), INTERESTERIFIED SOYBEAN OIL, SOYBEAN OIL, HONEY)), TOMATOES, UNCURED APPLEWOOD SMOKED BACON (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER), MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), GREEN AND RED LEAF LETTUCE BLEND, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Mustard, Wheat. May contain: Sesame
Tuna Salad on Country Rustic Sourdough - Half	210	3.5	0.4	0	33	2	4	11	20	410	INGREDIENTS: TUNA SALAD (TUNA, SALAD DRESSING (WATER, SUGARS (GLUCOSE-FRUCTOSE, SUGAR, MALTODEXTRIN), CANOLA OIL, MODIFIED CORN STARCH, VINEGAR, FROZEN EGG YOLK, CONCENTRATED LEMON JUICE, SALT, GROUND MUSTARD, SODIUM BENZOATE, POTASSIUM SORBATE, XANTHAN GUM, DRIED ONION, DRIED GARLIC, CELERY SEED, CALCIUM DISODIUM EDTA, PAPRIKA EXTRACT), GLUCONO DELTA LACTONE, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, XANTHAN GUM, SALT, SODIUM ERYTHORBATE, SPICES), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Mustard, Tuna, Wheat. May contain: Sesame
Tuna Salad on Country Rustic Sourdough - Whole	410	7	1	0	65	3	7	22	35	830	INGREDIENTS: TUNA SALAD (TUNA, SALAD DRESSING (WATER, SUGARS (GLUCOSE-FRUCTOSE, SUGAR, MALTODEXTRIN), CANOLA OIL, MODIFIED CORN STARCH, VINEGAR, FROZEN EGG YOLK, CONCENTRATED LEMON JUICE, SALT, GROUND MUSTARD, SODIUM BENZOATE, POTASSIUM SORBATE, XANTHAN GUM, DRIED ONION, DRIED GARLIC, CELERY SEED, CALCIUM DISODIUM EDTA, PAPRIKA EXTRACT), GLUCONO DELTA LACTONE, CITRIC ACID, SODIUM BENZOATE, POTASSIUM SORBATE, XANTHAN GUM, SALT, SODIUM ERYTHORBATE, SPICES), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), TOMATOES, GREEN AND RED LEAF LETTUCE BLEND, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Mustard, Tuna, Wheat. May contain: Sesame
Turkey & Cheddar on Country Rustic Sourdough - Whole	880	50	16	0.5	64	3	5	45	135	2150	INGREDIENTS: SMOKED TURKEY (TURKEY BREAST, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, SODIUM PHOSPHATE, FLAVOUR, CARRAGEENAN, SODIUM DIACETATE, SMOKE FLAVOUR, SODIUM NITRITE, SMOKE, COATED WITH COLLAGEN. MAY CONTAIN EGG), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), TOMATOES, MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), GREEN AND RED LEAF LETTUCE BLEND, RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
Turkey & Cheddar on Country Rustic Sourdough - Half	440	25	8	0.3	32	2	3	23	70	1070	INGREDIENTS: SMOKED TURKEY (TURKEY BREAST, WATER, SUGARS (GLUCOSE SOLIDS), POTASSIUM LACTATE, SALT, SODIUM PHOSPHATE, FLAVOUR, CARRAGEENAN, SODIUM DIACETATE, SMOKE FLAVOUR, SODIUM NITRITE, SMOKE, COATED WITH COLLAGEN. MAY CONTAIN EGG), COUNTRY RUSTIC SOURDOUGH (COUNTRY RUSTIC SOURDOUGH [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FERMENTED WHOLE WHEAT FLOUR, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, SEA SALT, YEAST, VINEGAR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)]), WHITE CHEDDAR CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME), TOMATOES, MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, DRIED GARLIC, GROUND RED PEPPER, MUSTARD OIL), GREEN AND RED LEAF LETTUCE BLEND, RED ONION, SEA SALT AND BLACK PEPPER BLEND (SEA SALT, BLACK PEPPER, CANOLA OIL)	Contains: Eggs, Milk, Mustard, Wheat. May contain: Sesame
SIDES												
Apple	80	0	0	0	22	5	16	0.5	0	0	INGREDIENTS: APPLE	
French Baguette - Side Portion	190	0.5	0.2	0	41	1	3	6	0	410	INGREDIENTS: FRENCH BAGUETTE (FRENCH BAGUETTE [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), SALT, SEA SALT, FERMENTED WHOLE WHEAT FLOUR, BACTERIAL CULTURE, YEAST, VINEGAR, ASCORBIC ACID (DOUGH CONDITIONER), MICROBIAL ENZYMES, WHEAT FLAKES, RYE FLOUR, SEMOLINA (WHEAT)])	Contains: Wheat. May contain: Sesame
Fruit Cup	60	0.2	0	0	14	1	12	1	0	25	INGREDIENTS: FRUIT BLEND (HONEYDEW MELON, CANTALOUPE, PINEAPPLE)	
Kettle Cooked Potato Chips	210	11	1	0	24	1	0	3	0	190	INGREDIENTS: KETTLE COOKED POTATO CHIPS (POTATOES, VEGETABLE OIL, SALT)	
Pickle Spear	2	0	0	0	0	0	0	0.2	0	220	INGREDIENTS: DILL PICKLE (CUCUMBERS, WATER, VINEGAR, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE (PRESERVATIVE), SPICES, GARLIC, MUSTARD SEED, TURMERIC, POLYSORBATE 80)	Contains: Mustard
SOUPS & MAC												
Bacon Mac & Cheese - Bowl	1050	71	34	2	68	0	15	36	185	2620	INGREDIENTS: MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Wheat

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Bacon Mac & Cheese - Bread Bowl	1170	38	17	1	170	5	11	39	90	2650	INGREDIENTS: SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Bacon Mac & Cheese - Cup	530	35	17	1	34	0	8	18	90	1310	INGREDIENTS: MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Eggs, Milk, Wheat
Bistro French Onion - Bowl	300	15	8	0.2	34	1	17	9	30	1750	INGREDIENTS: BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (WATER, TOMATOES, TOMATO PASTE, SALT, RED PEPPER, DEHYDRATED ONION, DEHYDRATED GARLIC, CELERY EXTRACTIVE, CITRIC ACID), BUTTER (CREAM [MILK], SALT), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), CORN STARCH, SEA SALT, COOKED ONION JUICE CONCENTRATE, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), SOYBEAN OIL, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR GUM, BLACK PEPPER, THYME), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Milk, Soy, Wheat
Bistro French Onion Soup - Bread Bowl	850	12	6	0.1	158	6	15	27	20	2510	INGREDIENTS: BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (WATER, TOMATOES, TOMATO PASTE, SALT, RED PEPPER, DEHYDRATED ONION, DEHYDRATED GARLIC, CELERY EXTRACTIVE, CITRIC ACID), BUTTER (CREAM [MILK], SALT), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), CORN STARCH, SEA SALT, COOKED ONION JUICE CONCENTRATE, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), SOYBEAN OIL, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR GUM, BLACK PEPPER, THYME), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Milk, Soy, Wheat. May contain: Sesame
Bistro French Onion Soup - Cup	200	10	5	0.1	22	1	11	6	20	1170	INGREDIENTS: BISTRO FRENCH ONION SOUP (WATER, ONIONS, TOMATO SAUCE (WATER, TOMATOES, TOMATO PASTE, SALT, RED PEPPER, DEHYDRATED ONION, DEHYDRATED GARLIC, CELERY EXTRACTIVE, CITRIC ACID), BUTTER (CREAM [MILK], SALT), GASTRIQUE (SUGAR, TOMATO CONCENTRATE, SHERRY WINE VINEGAR, CARAMEL), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), CORN STARCH, SEA SALT, COOKED ONION JUICE CONCENTRATE, NATURAL CARAMELIZED ONION FLAVOR, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), SOYBEAN OIL, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), NATURAL ROAST CHICKEN FLAVOR (CHICKEN FAT, NATURAL FLAVOR), YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR GUM, BLACK PEPPER, THYME), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Milk, Soy, Wheat
Broccoli Cheddar Soup - Bowl	420	31	19	2.5	25	1	9	12	90	1520	INGREDIENTS: BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK (MILK, VITAMIN D3), BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES), WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA {COLOR}, ANNATTO EXTRACT {COLOR}), WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC), SEASONING (ENRICHED WHEAT FLOUR {[NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, SALT, WHITE PEPPER, CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER [PASTEURIZED CREAM, SALT], DIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT])	Contains: Milk, Mustard, Wheat

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Broccoli Cheddar Soup - Bread Bowl	930	23	13	1.5	152	6	10	29	60	2350	INGREDIENTS: BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK (MILK, VITAMIN D3), BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES), WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA (COLOR), ANNATTO EXTRACT (COLOR)), WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC), SEASONING (ENRICHED WHEAT FLOUR ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHITE PEPPER, CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER [PASTEURIZED CREAM, SALT], DIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT]), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)])	Contains: Milk, Mustard, Wheat. May contain: Sesame
Broccoli Cheddar Soup - Cup	280	20	13	1.5	17	1	6	8	60	1010	INGREDIENTS: BROCCOLI CHEDDAR SOUP (WATER, WHOLE MILK (MILK, VITAMIN D3), BROCCOLI, PASTEURIZED PROCESSED CHEDDAR CHEESE FOOD (CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, MICROBIAL AND ANIMAL ENZYMES), WHEY, WHEY PROTEIN CONCENTRATE, NONFAT MILK, SODIUM CITRATE, MILKFAT, SALT, LACTIC ACID, OLEORESIN PAPRIKA (COLOR), ANNATTO EXTRACT (COLOR)), WHIPPING CREAM (CREAM, MILK), CARROTS, CORN STARCH, ONIONS, CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, SALT, CHICKEN FAT, YEAST EXTRACT, SUGAR, NATURAL FLAVOR, POTATO FLOUR, CARROT POWDER, TURMERIC), SEASONING (ENRICHED WHEAT FLOUR ([NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHITE PEPPER, CANOLA OIL ADDED TO AID PROCESSING], SALTED BUTTER [PASTEURIZED CREAM, SALT], DIJON MUSTARD [WATER, MUSTARD SEED, VINEGAR, SALT, RED PEPPER], PEPPER SAUCE [DISTILLED VINEGAR, RED PEPPER, SALT])	Contains: Milk, Mustard, Wheat
Cream of Chicken & Wild Rice Soup - Bowl	300	16	9	0.5	29	3	6	9	50	1400	INGREDIENTS: CREAMY CHICKEN WILD RICE SOUP (WATER, MILK (MILK, VITAMIN D3), ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT), CELERY, CABBAGE, WILD RICE, ENRICHED PARBOILED RICE (PARBOILED LONG GRAIN RICE, IRON PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SEA SALT, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), CARROT PUREE, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, BUTTER (CULTURED CREAM, SALT), SUGAR, PARSLEY, TURMERIC, THYME, TARRAGON)	Contains: Milk, Wheat
Cream of Chicken & Wild Rice Soup - Bread Bowl	850	13	6	0.4	155	7	8	27	30	2270	INGREDIENTS: CREAMY CHICKEN WILD RICE SOUP (WATER, MILK (MILK, VITAMIN D3), ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT), CELERY, CABBAGE, WILD RICE, ENRICHED PARBOILED RICE (PARBOILED LONG GRAIN RICE, IRON PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SEA SALT, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), CARROT PUREE, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, BUTTER (CULTURED CREAM, SALT), SUGAR, PARSLEY, TURMERIC, THYME, TARRAGON), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)])	Contains: Milk, Wheat. May contain: Sesame
Cream of Chicken & Wild Rice Soup - Cup	200	11	6	0.4	19	2	4	6	30	930	INGREDIENTS: CREAMY CHICKEN WILD RICE SOUP (WATER, MILK (MILK, VITAMIN D3), ONIONS, CARROTS, CREAM, WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, CHICKEN BROTH, RICE STARCH, SALT), CELERY, CABBAGE, WILD RICE, ENRICHED PARBOILED RICE (PARBOILED LONG GRAIN RICE, IRON PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), MODIFIED CORN STARCH, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA OIL, SEA SALT, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), CARROT PUREE, SOYBEAN OIL, CHICKEN FAT, ONION POWDER, BUTTER (CULTURED CREAM, SALT), SUGAR, PARSLEY, TURMERIC, THYME, TARRAGON)	Contains: Milk, Wheat
Homestyle Chicken Noodle Soup - Bowl	180	4.5	1.5	0	21	0	3	14	50	1570	INGREDIENTS: HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE MEAT CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH, SALT), EGG NOODLES (WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS), CARROTS, CELERY, ONIONS, CORNSTARCH, MODIFIED CORNSTARCH, SEA SALT, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, AND XANTHAN GUM), CHICKEN FAT (CHICKEN FAT, EXTRACT OF ROSEMARY), SUGAR, GARLIC, YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR AND XANTHAN GUM, ONION POWDER, DRIED THYME, BLACK PEPPER, DRIED PARSLEY, DRIED ROSEMARY, TURMERIC, BAY LEAF)	Contains: Eggs, Wheat
Homestyle Chicken Noodle Soup - Bread Bowl	770	5	1.5	0	150	5	6	30	35	2380	INGREDIENTS: HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE MEAT CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH, SALT), EGG NOODLES (WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS), CARROTS, CELERY, ONIONS, CORNSTARCH, MODIFIED CORNSTARCH, SEA SALT, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, AND XANTHAN GUM), CHICKEN FAT (CHICKEN FAT, EXTRACT OF ROSEMARY), SUGAR, GARLIC, YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR AND XANTHAN GUM, ONION POWDER, DRIED THYME, BLACK PEPPER, DRIED PARSLEY, DRIED ROSEMARY, TURMERIC, BAY LEAF), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)])	Contains: Eggs, Wheat. May contain: Sesame
Homestyle Chicken Noodle Soup - Cup	120	3	1	0	14	0	2	10	35	1050	INGREDIENTS: HOMESTYLE CHICKEN NOODLE SOUP (WATER, WHITE MEAT CHICKEN (CHICKEN BREAST MEAT WITH RIB MEAT, CHICKEN BROTH, RICE STARCH, SALT), EGG NOODLES (WATER, DURUM SEMOLINA WHEAT FLOUR, EGG WHITES, EGGS), CARROTS, CELERY, ONIONS, CORNSTARCH, MODIFIED CORNSTARCH, SEA SALT, CHICKEN STOCK (CHICKEN STOCK, NATURAL FLAVOR, SEA SALT), CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, AND XANTHAN GUM), CHICKEN FAT (CHICKEN FAT, EXTRACT OF ROSEMARY), SUGAR, GARLIC, YEAST EXTRACT (YEAST EXTRACT, SALT), GUAR AND XANTHAN GUM, ONION POWDER, DRIED THYME, BLACK PEPPER, DRIED PARSLEY, DRIED ROSEMARY, TURMERIC, BAY LEAF)	Contains: Eggs, Wheat

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Canada - Bakery - Cafe Nutrition, Ingredient Allergen Information
Effective 9/2/2026
Edition 2

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Mac & Cheese - Bread Bowl	1140	34	16	1	170	5	11	37	85	2490	INGREDIENTS: SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE)	Contains: Eggs, Milk, Wheat. May contain: Sesame
Mac & Cheese - Large	980	64	32	2	68	0	15	32	165	2300	INGREDIENTS: MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE)	Contains: Eggs, Milk, Wheat
Mac & Cheese - Small	490	32	16	1	34	0	7	16	85	1150	INGREDIENTS: MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE)	Contains: Eggs, Milk, Wheat
Rustic Baked Potato Soup - Bowl	430	26	14	0.5	38	2	6	14	85	1660	INGREDIENTS: BAKED POTATO SOUP (WATER, POTATOES, MILK, ONIONS, CREAM (CREAM, MILK), NEUFCHATEL CHEESE (MILK, CREAM, SALT, CAROB BEAN GUM), LONG GRAIN RICE FLOUR, BUTTER (CREAM, SALT), BACON (PORK, WATER, SEA SALT, CANE SUGAR, CULTURED CELERY JUICE, CHERRY POWDER, MAY CONTAIN SALT, SUGAR, ROSEMARY EXTRACT, NATURAL SMOKE FLAVORING), CORN STARCH, SEA SALT, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), GREEN ONIONS, SPICES (WHITE PEPPER, CELERY SEED, CHIVES), YEAST EXTRACT, PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), NATURAL SMOKE FLAVOR, ONION POWDER, TURMERIC (FOR COLOR)), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Milk
Rustic Baked Potato Soup - Cup	280	16	9	0.5	25	1	4	9	55	1050	INGREDIENTS: BAKED POTATO SOUP (WATER, POTATOES, MILK, ONIONS, CREAM (CREAM, MILK), NEUFCHATEL CHEESE (MILK, CREAM, SALT, CAROB BEAN GUM), LONG GRAIN RICE FLOUR, BUTTER (CREAM, SALT), BACON (PORK, WATER, SEA SALT, CANE SUGAR, CULTURED CELERY JUICE, CHERRY POWDER, MAY CONTAIN SALT, SUGAR, ROSEMARY EXTRACT, NATURAL SMOKE FLAVORING), CORN STARCH, SEA SALT, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), GREEN ONIONS, SPICES (WHITE PEPPER, CELERY SEED, CHIVES), YEAST EXTRACT, PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), NATURAL SMOKE FLAVOR, ONION POWDER, TURMERIC (FOR COLOR)), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Milk
Rustic Baked Potato Soup - Group	920	19	10	0.5	161	6	8	29	55	2390	INGREDIENTS: BAKED POTATO SOUP (WATER, POTATOES, MILK, ONIONS, CREAM (CREAM, MILK), NEUFCHATEL CHEESE (MILK, CREAM, SALT, CAROB BEAN GUM), LONG GRAIN RICE FLOUR, BUTTER (CREAM, SALT), BACON (PORK, WATER, SEA SALT, CANE SUGAR, CULTURED CELERY JUICE, CHERRY POWDER, MAY CONTAIN SALT, SUGAR, ROSEMARY EXTRACT, NATURAL SMOKE FLAVORING), CORN STARCH, SEA SALT, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, MICROBIAL ENZYMES), GREEN ONIONS, SPICES (WHITE PEPPER, CELERY SEED, CHIVES), YEAST EXTRACT, PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), NATURAL SMOKE FLAVOR, ONION POWDER, TURMERIC (FOR COLOR)), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), UNCURED APPLEWOOD SMOKED BACON PIECES (PORK, WATER, SALT, SUGAR, NATURAL SMOKE FLAVOR, CULTURED CELERY JUICE POWDER, SEA SALT, CHERRY POWDER)	Contains: Milk, Wheat. May contain: Sesame
Three Cheese Lasagna Soup - Bowl	360	17	7	0.3	33	3	7	19	75	1410	INGREDIENTS: LASAGNA SOUP (WATER, GROUND TOMATOES (TOMATOES, SALT, CITRIC ACID), GROUND PORK, MAFALDA PASTA (SEMOLINA [WHEAT], EGGS, EGG WHITES), ONIONS, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, PASTEURIZED CREAM, VINEGAR, SALT, STABILIZER [XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM]), TOMATO PASTE, PARMESAN CHEESE FLAVOR BASE (PARMESAN CHEESE CONCENTRATE [GRANULAR CHEESE AND PARMESAN CHEESE {PASTEURIZED MILK, CULTURES, SALT, ENZYMES}, WATER, SALT, NATURAL FLAVOR, CITRIC ACID], SALT, YEAST EXTRACT, PARMESAN CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], BUTTER [CREAM], CORN OIL, OLIVE OIL, SWEET CREAM, SUGAR, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR), CORN STARCH, FENNEL SEED, GARLIC, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), CANOLA OIL, SEA SALT, BLACK PEPPER, RED PEPPER FLAKES, BASIL, OREGANO, DRIED ROSEMARY, GROUND THYME), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE)	Contains: Eggs, Milk, Wheat
Three Cheese Lasagna Soup - Bread Bowl	880	13	5	0.1	158	7	8	32	45	2260	INGREDIENTS: LASAGNA SOUP (WATER, GROUND TOMATOES (TOMATOES, SALT, CITRIC ACID), GROUND PORK, MAFALDA PASTA (SEMOLINA [WHEAT], EGGS, EGG WHITES), ONIONS, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, PASTEURIZED CREAM, VINEGAR, SALT, STABILIZER [XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM]), TOMATO PASTE, PARMESAN CHEESE FLAVOR BASE (PARMESAN CHEESE CONCENTRATE [GRANULAR CHEESE AND PARMESAN CHEESE {PASTEURIZED MILK, CULTURES, SALT, ENZYMES}, WATER, SALT, NATURAL FLAVOR, CITRIC ACID], SALT, YEAST EXTRACT, PARMESAN CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], BUTTER [CREAM], CORN OIL, OLIVE OIL, SWEET CREAM, SUGAR, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR), CORN STARCH, FENNEL SEED, GARLIC, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), CANOLA OIL, SEA SALT, BLACK PEPPER, RED PEPPER FLAKES, BASIL, OREGANO, DRIED ROSEMARY, GROUND THYME), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE)	Contains: Eggs, Milk, Wheat. May contain: Sesame

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Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Ingredient Statement	Allergen Statement
Three Cheese Lasagna Soup - Cup	230	11	4.5	0.1	22	2	4	12	45	930	INGREDIENTS: LASAGNA SOUP (WATER, GROUND TOMATOES (TOMATOES, SALT, CITRIC ACID), GROUND PORK, MAFALDA PASTA (SEMOLINA [WHEAT], EGGS, EGG WHITES), ONIONS, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, PASTEURIZED CREAM, VINEGAR, SALT, STABILIZER [XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM]), TOMATO PASTE, PARMESAN CHEESE FLAVOR BASE (PARMESAN CHEESE CONCENTRATE [GRANULAR CHEESE AND PARMESAN CHEESE {PASTEURIZED MILK, CULTURES, SALT, ENZYMES}, WATER, SALT, NATURAL FLAVOR, CITRIC ACID], SALT, YEAST EXTRACT, PARMESAN CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], BUTTER [CREAM], CORN OIL, OLIVE OIL, SWEET CREAM, SUGAR, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR), CORN STARCH, FENNEL SEED, GARLIC, CHICKEN FLAVORED BROTH CONCENTRATE (CHICKEN BROTH [WATER, CHICKEN BROTH], SALT, NATURAL FLAVOR, DRIED CHICKEN BROTH, YEAST EXTRACT, LACTIC ACID, XANTHAN GUM), CANOLA OIL, SEA SALT, BLACK PEPPER, RED PEPPER FLAKES, BASIL, OREGANO, DRIED ROSEMARY, GROUND THYME), SHREDDED ASIAGO CHEESE (MILK, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, LIPASE, MICROBIAL ENZYME, CELLULOSE)	Contains: Eggs, Milk, Wheat
Ultimate Mac Stuffer	940	52	27	2	78	2	9	38	140	1740	INGREDIENTS: MACARONI AND CHEESE (COOKED ENRICHED MACARONI PRODUCT (WATER, SEMOLINA WHEAT, EGG WHITES, EGG WHITE POWDER, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURES, SALT, ENZYMES), CREAM, SOYBEAN OIL, MILK, CONCENTRATED SKIM MILK, WHEY, SKIM MILK, SALT, BUTTER (CREAM, SALT), WHEY PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CREAM POWDER (WHOLE MILK, CREAM), MILK PROTEIN CONCENTRATE, DRIED CREAM, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, GUAR GUM, XANTHAN GUM, LACTIC ACID, SODIUM ALGINATE, ENZYMES, CALCIUM LACTATE), MOZZARELLA (PASTEURIZED MILK, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, CALCIUM LACTATE, POTASSIUM SORBATE), ITALIAN STUFFER ROLL (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SOYBEAN OIL, SALT, SUGAR, DEXTROSE, MALTED BARLEY FLOUR, DOUGH CONDITIONERS (ASCORBIC ACID, MICROBIAL ENZYMES))	Contains: Eggs, Milk, Wheat
Vegetarian Autumn Squash Soup with Pepitas - Bowl	330	17	7	0.2	41	5	33	8	50	1210	INGREDIENTS: VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE (MILK, CREAM, CONTAINS LESS THAN 2% OF CHEESE CULTURE, SALT, CAROB BEAN GUM), BROWN SUGAR, CARROT PUREE, ONIONS, CREAM, APPLE JUICE CONCENTRATE (APPLES), SUGAR, MODIFIED FOOD STARCH, SALT, GINGER PUREE (GINGER, CITRIC ACID), BUTTER (CULTURED CREAM, SALT), HONEY, CONCENTRATED LEMON JUICE, CURRY POWDER (TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER), YEAST EXTRACT (YEAST EXTRACT, SALT), CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk
Vegetarian Autumn Squash Soup with Pepitas - Bread Bowl	860	13	5	0.1	163	8	26	26	35	2140	INGREDIENTS: SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE (MILK, CREAM, CONTAINS LESS THAN 2% OF CHEESE CULTURE, SALT, CAROB BEAN GUM), BROWN SUGAR, CARROT PUREE, ONIONS, CREAM, APPLE JUICE CONCENTRATE (APPLES), SUGAR, MODIFIED FOOD STARCH, SALT, GINGER PUREE (GINGER, CITRIC ACID), BUTTER (CULTURED CREAM, SALT), HONEY, CONCENTRATED LEMON JUICE, CURRY POWDER (TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER), YEAST EXTRACT (YEAST EXTRACT, SALT), CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk, Wheat. May contain: Sesame
Vegetarian Autumn Squash Soup with Pepitas - Cup	220	11	5	0.1	27	3	22	5	35	800	INGREDIENTS: VEGETARIAN AUTUMN SQUASH SOUP (SQUASH, WATER, MILK, NEUFCHATEL CHEESE (MILK, CREAM, CONTAINS LESS THAN 2% OF CHEESE CULTURE, SALT, CAROB BEAN GUM), BROWN SUGAR, CARROT PUREE, ONIONS, CREAM, APPLE JUICE CONCENTRATE (APPLES), SUGAR, MODIFIED FOOD STARCH, SALT, GINGER PUREE (GINGER, CITRIC ACID), BUTTER (CULTURED CREAM, SALT), HONEY, CONCENTRATED LEMON JUICE, CURRY POWDER (TURMERIC, CORIANDER, GINGER, FENUGREEK, SALT, BLACK PEPPER, CUMIN, CINNAMON, NUTMEG, RED PEPPER), YEAST EXTRACT (YEAST EXTRACT, SALT), CINNAMON, ROSEMARY, WHITE PEPPER, CARDAMOM), ROASTED & SALTED PUMPKIN SEEDS (PUMPKIN SEEDS, SUNFLOWER OIL, SALT)	Contains: Milk
Vegetarian Creamy Tomato - Bread Bowl	880	18	10	0.3	157	6	15	24	30	2100	INGREDIENTS: VEGETARIAN CREAMY TOMATO SOUP (TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), WATER, HEAVY CREAM (CREAM, MILK), ONIONS, SALTED BUTTER (PASTEURIZED CREAM {MILK}, SALT), SEASONING (SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL), EXTRA VIRGIN OLIVE OIL, OLIVE OIL, MODIFIED CORN STARCH, CORN STARCH, GARLIC PUREE (GARLIC, WATER)), SOURDOUGH SOUP BOWL (SOURDOUGH BREAD BOWL [ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, FERMENTED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEA SALT, YEAST, FERMENTED WHOLE WHEAT FLOUR, VINEGAR, WHEAT FLAKES, RYE FLOUR, BACTERIAL CULTURE, MICROBIAL ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), SEMOLINA FLOUR (WHEAT)]), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Milk, Wheat. May contain: Sesame
Vegetarian Creamy Tomato Soup - Bowl	340	23	14	0.4	30	1	17	4	40	1110	INGREDIENTS: VEGETARIAN CREAMY TOMATO SOUP (TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), WATER, HEAVY CREAM (CREAM, MILK), ONIONS, SALTED BUTTER (PASTEURIZED CREAM {MILK}, SALT), SEASONING (SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL), EXTRA VIRGIN OLIVE OIL, OLIVE OIL, MODIFIED CORN STARCH, CORN STARCH, GARLIC PUREE (GARLIC, WATER)), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Milk, Wheat
Vegetarian Creamy Tomato Soup - Cup	240	16	9	0.3	21	1	11	3	30	760	INGREDIENTS: VEGETARIAN CREAMY TOMATO SOUP (TOMATOES (TOMATOES, TOMATO PUREE, SALT, CITRIC ACID), WATER, HEAVY CREAM (CREAM, MILK), ONIONS, SALTED BUTTER (PASTEURIZED CREAM {MILK}, SALT), SEASONING (SUGAR, SALT, SPICES {BLACK PEPPER, CELERY SEED, OREGANO, WHITE PEPPER, RED PEPPER}, CANOLA OIL), EXTRA VIRGIN OLIVE OIL, OLIVE OIL, MODIFIED CORN STARCH, CORN STARCH, GARLIC PUREE (GARLIC, WATER)), CROISSANT CROUTONS (ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, TRICALCIUM PHOSPHATE, FOLIC ACID, MICROBIAL ENZYME), WATER, MARGARINE (PALM OIL, CANOLA OIL), SUGAR, YEAST, GARLIC POWDER, SEA SALT, SUNFLOWER OIL, XANTHAN GUM, DEACTIVATED YEAST, ASCORBIC ACID (DOUGH CONDITIONER), CULTURED WHEAT FLOUR, GUAR GUM, MICROBIAL ENZYMES, VINEGAR)	Contains: Milk, Wheat

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