

INGREDIENTS LIST

COOKIES

CHOCOLATE CHUNK COOKIE

Wheat flour, dark chocolate chunks (64%) (unsweetened chocolate, sugar, cocoa butter, soy lecithin (emulsifier), natural vanilla flavour), brown sugar, butter (unsalted), sugar, egg (whole eggs, citric acid), vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), salt, baking powder, baking soda.

DOUBLE CHOCOLATE BROWNIE COOKIE (VEGAN FRIENDLY)

Unrefined cane sugar, wheat flour, dark chocolate chunks (64%) (unsweetened chocolate, sugar, cocoa butter, soy lecithin (emulsifier), natural vanilla flavour), vegetable oil, oat milk (Oat base (water, oats 10 %), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, riboflavin, B12)), cocoa powder, ground coffee beans, artificial vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking soda, salt.

GINGER MOLASSES COOKIE (SEASONAL)

Unbleached wheat flour, unsalted butter (cream), granulated sugar, golden yellow sugar, blackstrap molasses, eggs (whole eggs, citric acid), orange zest (orange peel, sugar), baking soda, ground ginger, salt, cinnamon, cloves.

KRISPIE OATMEAL COOKIE

Wheat flour, unsalted butter, granulated sugar, rolled oats, brown sugar, eggs (whole eggs, citric acid), raisins (raisins, vegetable oil), coconut (coconut, sodium metabisulfite), walnuts, Rice Krispies (rice, sugar, salt, malt [corn flour, malted barley], vitamins, iron, bht), vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking powder, baking soda, salt.

PEANUT BUTTER COOKIE (GLUTEN-FREE FRIENDLY)

Chunky peanut butter, gluten free flour (rice flour, buckwheat flour, corn starch, potato starch, tapioca starch, xanthan gum), ground almonds, unsalted butter, white granulated sugar, brown sugar, pasteurized eggs, vanilla extract, baking soda, table salt.

SALTED CARAMEL CRACKLE COOKIE

Granulated sugar, butter (cream), wheat flour (unbleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, ascorbic acid, amylase), Skor toffee bits (sugar, butter, almonds, milk chocolate [sugar, cocoa butter, unsweetened chocolate, milk ingredients, lactose, salt, soy lecithin, natural flavour], milk ingredients, salt, sunflower oil), golden brown sugar, corn flakes (corn, cane sugar, barley malt, salt), skim milk powder, mini marshmallows (corn syrup, sugar, modified corn starch, dextrose, water, gelatin, natural and artificial flavour, tetrasodium pyrophosphate) eggs, salt, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking powder, baking soda.

CROISSANTS

DOUBLE-BAKED ALMOND CROISSANT

Butter croissant (Wheat flour, unsalted butter (cream), water, sugar, whole milk, egg (whole eggs, citric acid), baker's yeast, salt, dough conditioner (enriched wheat flour, DATEM, ascorbic acid, enzymes)). Almond Cream (Pastry cream (water, glucose-fructose, modified corn starch, sugar, salt, sodium alginate, potassium sorbate, titanium dioxide, natural and artificial flavour, phosphoric acid, pectin, tricalcium phosphate, phosphate tartrazine (FD&C yellow #5), sunset yellow FCF (FD&C yellow #6), amaranth (FD&C red #2), unsalted butter (cream), ground blanched almonds, confectioner's sugar, eggs (whole eggs, citric acid), corn starch, sliced almonds).

BUTTER CROISSANT

Wheat flour, unsalted butter (cream), water, sugar, whole milk, egg (whole eggs, citric acid), baker's yeast, salt, dough conditioner (enriched wheat flour, DATEM, ascorbic acid, enzymes).

CHOCOLATE CROISSANT

Wheat flour, unsalted butter (cream), water, sugar, whole milk, egg (whole eggs, citric acid), dark chocolate (sugar, cocoa mass, cocoa butter, lecithin, vanillin) baker's yeast, salt, dough conditioner (enriched wheat flour, DATEM, ascorbic acid, enzymes).

EVERYTHING CROISSANT

Wheat flour, unsalted butter (cream), water, sugar, whole milk, egg (whole eggs, citric acid), baker's yeast, salt, dough conditioner (enriched wheat flour, DATEM, ascorbic acid, enzymes), poppy seeds, white sesame seeds, black sesame seeds, dehydrated garlic, dehydrated onion, kosher salt.

CHEESE & MUSTARD CROISSANT

Wheat flour, unsalted butter (cream), water, sugar, whole milk, egg (whole eggs, citric acid), baker's yeast, salt, dough conditioner (enriched wheat flour, DATEM, ascorbic acid, enzymes), old fashioned grainy mustard (water, mustard seeds, vinegar, salt, citric acid, natural flavours, potassium metabisulfite, turmeric), aged cheddar (milk, modified milk ingredients, cream, salt, bacterial culture, calcium chloride, microbial enzyme).

MUFFINS

BLUEBERRY BRAN MUFFIN (VEGAN FRIENDLY)

Water, wheat flour, oat milk (Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, riboflavin, B12)), sultana raisins, unrefined cane sugar, vegetable oil, wheat bran, blueberries, shredded coconut (coconut, sodium metabisulfite), baking powder, baking soda, salt.

CARROT BRAN MUFFIN (VEGAN FRIENDLY)

Water, wheat flour, sultanas raisins, oat milk (Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, riboflavin, B12)), unrefined cane sugar, vegetable oil, shredded carrots, wheat bran, shredded coconut (coconut, sodium metabisulfite), baking powder, baking soda, salt.

BLUEBERRY OATMEAL MUFFIN

Buttermilk (milk ingredients, salt, bacterial culture), wheat flour, rolled oats, frozen blueberries, brown sugar, unsalted butter, eggs (whole eggs, citric acid), baking powder, molasses, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking soda, ground cinnamon, salt, ground nutmeg.

CRANBERRY OATMEAL MUFFIN

Buttermilk (milk ingredients, salt, bacterial culture), wheat flour, rolled oats, frozen cranberries, brown sugar, unsalted butter, eggs (whole eggs, citric acid), baking powder, molasses, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking soda, ground cinnamon, salt, ground nutmeg.

RASPBERRY OATMEAL MUFFIN

Buttermilk (milk ingredients, salt, bacterial culture), wheat flour, rolled oats, frozen raspberries, brown sugar, unsalted butter, eggs (whole eggs, citric acid), baking powder, molasses, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking soda, ground cinnamon, salt, ground nutmeg.

CHOCOLATE ZUCCHINI MUFFIN (VEGAN FRIENDLY)

Banana purée (banana, ascorbic acid), wheat flour, grated zucchini, raw sugar, canola oil, walnuts, dark chocolate chips (sugar, chocolate liquor, cocoa butter, soya lecithin), baking soda, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), ground cinnamon, salt.

PUMPKIN APPLE MUFFIN (VEGAN FRIENDLY)

Wheat flour, unrefined cane sugar, pumpkin puree, diced apples, oat milk (Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, riboflavin, B12)), vegetable oil, raisins (cranberries, sugar, sunflower oil), orange zest, baking soda, artificial vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), cinnamon, dried ginger, nutmeg, cloves, salt.

VERY BERRY MUFFIN (VEGAN FRIENDLY)

Banana puree (bananas, ascorbic acid), wheat flour, unrefined cane sugar, vegetable oil, oat milk (Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, riboflavin, B12)), blueberries, cranberries, lemon juice, lemon zest, baking soda, artificial vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), sliced almonds, salt.

JALAPEÑO & CHEESE MUFFIN

Wheat flour, buttermilk, shredded cheddar cheese (pasteurized milk, bacterial culture, salt, microbial enzymes, annatto colour, cellulose), vegetable oil, egg (whole eggs, citric acid), sugar, pickled jalapeno peppers (sliced jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate), baking powder, salt.

MUFFINS (GLUTEN-FREE FRIENDLY)**BLUEBERRY LEMON (GLUTEN-FREE FRIENDLY)**

Gluten free flour blend (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), unsalted butter, granulated sugar, buttermilk (milk ingredients, salt, bacterial culture), blueberries, brown sugar, eggs (whole egg, citric acid), lemon zest (ground lemon peel, sugar, lemon oil), baking powder, vanilla extract (water, propylene glycol, artificial flavour, citric acid sodium benzoate), salt.

CRANBERRY ORANGE (GLUTEN-FREE FRIENDLY)

Gluten free flour blend (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), unsalted butter, granulated sugar, buttermilk (milk ingredients, salt, bacterial culture), cranberries, brown sugar, eggs (whole egg, citric acid), orange zest (ground orange peel, sugar, orange oil), baking powder, vanilla extract (water, propylene glycol, artificial flavour, citric acid sodium benzoate), salt.

RASPBERRY (GLUTEN-FREE FRIENDLY)

Gluten free flour blend (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), unsalted butter, granulated sugar, buttermilk (milk ingredients, salt, bacterial culture), raspberries, brown sugar, eggs (whole egg, citric acid), baking powder, vanilla extract (water, propylene glycol, artificial flavour, citric acid sodium benzoate), salt, almond extract (water, alcohol, propylene glycol, artificial flavour).

OTHER BAKED GOODS**APPLE FRITTER CRUFFIN**

Water, wheat flour, granulated sugar, granny smith apples, homogenized milk (3.3% butter fat), compressed baker's yeast, egg, table salt, ground cinnamon.

BANANA BREAD (VEGAN FRIENDLY)

Bananas, wheat flour, unrefined cane sugar, vegetable oil, baking powder, natural vanilla extract (alcohol, vanilla bean), baking soda, salt, molasses.

BELGIAN CHOCOLATE BANANA BREAD (VEGAN FRIENDLY)

Bananas, wheat flour, unrefined cane sugar, vegetable oil, dark chocolate chunks (sugar, chocolate liquor, cocoa butter, lecithin), baking powder, natural vanilla extract (alcohol, vanilla bean), baking soda, salt, molasses.

BERRIES AND GRANOLA YOGURT CUP

Vanilla yogurt (partly skimmed milk, vanilla flavoured syrup [sugar, water, natural flavour, pectin, locust bean gum, lemon juice concentrate], sugar, milk protein concentrate, bacterial cultures), frozen raspberries, granola (quick rolled oats, corn syrup [dark], canola oil, cane sugar, walnuts, sunflower seeds, unsweetened shredded coconut, maple flavour, cinnamon, salt).

BERRIES AND GRANOLA COCONUT YOGURT CUP (VEGAN FRIENDLY)

Coconut yogurt (filtered water, coconut cream, can sugar, pea protein isolate, creamed coconut, potato protein isolate, chicory root extract, potato starch, rice starch, vegan natural flavours, lactic acid [vegan], locust bean gum, vanilla extract, guar gum, sea salt, vanilla bean seeds, bacterial cultures, stevia leaf extract), frozen raspberries, granola (quick rolled oats, corn syrup [dark], canola oil, cane sugar, walnuts, sunflower seeds, unsweetened shredded coconut, maple flavour, cinnamon, salt).

BUTTER TART

Unsalted butter, wheat flour, brown sugar, eggs (whole egg, citric acid), water, corn syrup, raisins (grapes, vegetable oil), vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), salt, granulated sugar, ground cinnamon.

BLUEBERRY SCONE

Wheat flour, buttermilk (milk ingredients, salt, bacterial culture), blueberries, unsalted butter, eggs (whole eggs, citric acid), granulated sugar, lemon zest, baking powder, salt.

CHIVE & CHEDDAR SAVOURY SCONE

Wheat flour, buttermilk (milk ingredients, salt, bacterial culture), cheddar cheese (milk, bacterial culture, salt, microbial enzyme), unsalted butter, eggs (whole eggs, citric acid), granulated sugar, baking powder, salt.

CINNAMON BUN

Wheat flour, buttermilk (milk ingredients salt, bacterial culture), unsalted butter, eggs (whole egg, citric acid), granulated sugar, brown sugar, raisins (grapes, vegetable oil), corn syrup, cinnamon, yeast, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), salt.

CREAM CHEESE ICING

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum, sorbic acid), icing sugar, lemon juice, natural vanilla extract (alcohol, vanilla bean), salt.

PEANUT BUTTER OATMEAL BAR

Oats, peanut butter (peanuts, hydrogenated vegetable oil, salt), honey, brown sugar, unsalted butter, dried cranberries (cranberries, sugar, sunflower oil), raisins (raisins, vegetable oil), dark chocolate chips (sugar, chocolate liquor, cocoa butter, soya lecithin), flaked coconut (coconut, sodium metabisulfite), sunflower seeds, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate).

RHUBARB DANISH

Wheat flour, butter, rhubarb, water, sugar, eggs, pastry cream (water, glucose-fructose, modified cornstarch, sugar, salt, sodium alginate, potassium sorbate, titanium dioxide, natural and artificial flavour, phosphoric acid, pectin, tricalcium phosphate, phosphate tartrazine (FD&C yellow #5, sunset yellow FCF (FD&C yellow #6), amaranth (FD&C red #2), almond flour, milk (homogenized), almonds (sliced), baker's yeast, salt, corn starch, natural vanilla.

SPINACH & FETA BREAKFAST BUN

Wheat flour, buttermilk (milk ingredients, salt, bacterial culture), frozen chopped spinach, mozzarella cheese (milk, bacterial culture, salt, calcium chloride, microbial enzyme, modified milk ingredients), unsalted butter, feta cheese (milk, bacterial culture, salt, lipase, microbial enzyme), eggs (whole egg, citric acid), granulated sugar, green onions, yeast, garlic powder, salt, black pepper, dried oregano.

MEAL OPTIONS**VEGGIE & EGG BREAKFAST SANDWICH**

Whole wheat English muffin, egg, roasted red pepper, arugula, Havarti (milk, cream, bacterial culture, salt, calcium chloride, microbial enzymes, colour), tomato jam (tomatoes, sugar, ginger, spices).

DOUBLE-SMOKED BACON & EGG BREAKFAST SANDWICH

English muffin, egg, Two Rivers double-smoked bacon (pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate, spices, smoke), medium cheddar (pasteurized milk, bacterial culture, salt, microbial enzyme, colour), seasoned mayonnaise.

GRILLED CHEESE SANDWICH

House-made sourdough bread (wheat flour, whole wheat flour, water, salt), aged cheddar (modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, lipase), medium cheddar, tomato, mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA), cream cheese (milk ingredients, salt, bacterial culture, carob bean gum, sorbic acid), spices, salt, black pepper.

CHICKEN MODENA SANDWICH (REDUCED FAT)

Sourdough Bread: Bread Flour (wheat flour, whole wheat flour, water, salt), Chicken Breast, Tomato, Havarti Cheese (milk, cream, bacterial culture, salt, calcium chloride, microbial enzymes, colour), yellow onions, balsamic vinegar, granulated sugar, mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA), fresh basil, black pepper, salt.

CODY'S VEGAN BURRITO (VEGAN FRIENDLY)

Whole Wheat Tortilla (whole wheat flour, enriched bleached flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, vegetable shortening [interesterified and hydrogenated soybean oils], contains 2% or less of: salt, baking soda, sodium acid Pyrophosphate, distilled monoglycerides, enzymes, vital wheat gluten, cellulose gum, fumaric acid, calcium propionate and sorbic acid [to maintain freshness]), Broccoli slaw (broccoli stems, carrots, red cabbage), Brown rice pilaf (brown rice, vegetable stock base (Water, Maltodextrin, Concentrated Vegetable Juices (Carrot, Celery, Onion, Tomato), Salt, Sugar, Yeast Extract, Cabbage Juice, Garlic Powder, Spice, Mushroom Extract, Citric Acid, Natural Flavour), Field Roast Chipotle Chorizo (Filtered water vital wheat gluten expeller pressed safflower oil onions garlic wheat protein isolate cider vinegar yeast extract pea protein chipotle peppers onion powder granulated garlic brown sugar sea salt cultured sugar vinegar barley malt black pepper spices paprika oleoresin chili de arbol peppers cumin oregano. Vitamins and Minerals potassium chloride l-lysine monohydrochloride niacinamide reduced iron zinc oxide calcium pantothenate pyridoxine hydrochloride and cyanocobalamin. Contains wheat barley.), Tomatoes, Herb & Lime Vegannaise (parsley, cilantro, lime juice, oat milk, canola oil, salt, xanthan gum).

RANCHERO BREAKFAST WRAP (VEGETARIAN FRIENDLY)

Garlic & Herb flour tortilla, cage-free eggs, potato, yam, red onion, red pepper, shredded cheese blend (modified milk ingredients, water, cheddar & mozzarella cheese (milk, bacterial culture, salt, microbial enzyme, annatto colour), natural flavour, salt, citric acid, sodium phosphate, sodium nitrate, potassium sorbate, cellulose, beta-apo-8-carotenal colour)), sour cream, mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA), chipotle peppers, cilantro, lime juice, lime zest, olive oil, chili powder, ground cumin, salt, black pepper, salsa, tomatoes, jalapeño peppers, onions, vinegar, dehydrated onions, salt, garlic flavour.

SPICY SOUTHWEST CHICKEN WRAP

Spinach flour tortilla, long grain parboiled rice, chicken breast, tomatoes, corn, black beans, shredded cheese blend (modified milk ingredients, water, cheddar & mozzarella cheese (milk, bacterial culture, salt, microbial enzyme, annatto colour), natural flavour, salt, citric acid, sodium phosphate, sodium nitrate, potassium sorbate, cellulose, beta-apo-8-carotenal colour)), mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA), chipotle peppers (smoked red jalapeno, water, vinegar, sugar, salt, natural smoke essence, xanthan gum, garlic, olive oil, lemon juice, cilantro, parsley, onion, dried oregano, black pepper, salt.

TURKEY CHORIZO BREAKFAST WRAP

Sundried tomato flour tortilla, cage-free eggs, turkey chorizo (ground turkey, spices), potato, red onion, red pepper, shredded cheese blend (modified milk ingredients, water, cheddar & mozzarella cheese (milk, bacterial culture, salt, microbial enzymes, annatto colour), natural flavour, salt, citric acid, sodium phosphate, sodium nitrate, potassium sorbate, cellulose, beta-apo-8-carotenal colour)), sour cream, cilantro, lime juice, olive oil, salt, black pepper.

SOUP

CREAM OF MUSHROOM

White mushrooms, yellow onion, cream (35%), flour (unbleached wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, ascorbic acid, amylase), red wine, unsalted butter (cream), vegetable soup base (water, maltodextrin, concentrated vegetable juices (carrot, celery, onion, tomato)), garlic, wild mushroom mix (Chanterelle, Porcini, Morel, Shiitake, Oyster, Cauliflower, Lobster), salt, black pepper, fresh thyme, bay leaf.

HARVEST CHOWDER

Butternut squash, onion, coconut milk, celery, potato, fennel, apple, carrot, garlic, vegetable soup base (water, maltodextrin, concentrated vegetable juices (carrot, celery, onion, tomato)), white wine, lemon juice, cane sugar, salt, black pepper, fresh thyme, bay leaf.

POTATO LEEK

Potato, water, leeks, whipping cream, white wine, concentrated vegetable stock (water, maltodextrin, concentrated vegetable juices (carrot, celery, onion, tomato), salt, sugar, yeast extract, cabbage juice, garlic powder, spices, mushroom extract, citric acid), butter, bay leaf, black pepper.

SMOKY RED LENTIL

Water, diced tomatoes, red lentils, red onion, white wine, garlic, concentrated vegetable stock (water, maltodextrin, concentrated vegetable juices (carrot, celery, onion, tomato), salt, sugar, yeast extract, cabbage juice, garlic powder, spices, mushroom extract, citric acid), olive oil, liquid smoke, black pepper, salt.

TOMATO BASIL

Diced tomatoes, tomato juice, water, red wine, red onion, carrot, celery, tomato paste, garlic, basil, concentrated vegetable stock (water, maltodextrin, concentrated vegetable juices (carrot, celery, onion, tomato), salt, sugar, yeast extract, cabbage juice, garlic powder, spices, mushroom extract, citric acid) olive oil, salt, black pepper.

VEGAN CHILI (VEGAN FRIENDLY)

Water, black beans, red kidney beans, crushed tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), sweet corn, carrots, onions, celery, red bell pepper, green bell pepper, yellow bell pepper, bulgur wheat, vegetable soup base (water, maltodextrin, concentrated vegetable juices [carrot, celery, onion, tomato], salt, sugar, yeast extract, cabbage juice, garlic powder, spice, mushroom extract, citric acid, natural flavour), tomato paste (tomatoes, citric acid), red wine, garlic, chipotle pepper in adobo (smoked red jalapeno, water, vinegar, sugar, salt, natural smoke essence, xanthan gum, garlic), canola/olive oil mix, chili powder (chili pepper, cumin, coriander, salt, oregano, garlic powder, cloves, silicon dioxide), smoked paprika, cumin, salt, black pepper, cayenne pepper.

WHITE CHEDDAR CAULIFLOWER

Water, cauliflower, onion, cheddar cheese (milk, bacterial culture, salt, microbial enzyme), whipping cream, concentrated vegetable stock (water, maltodextrin, concentrated vegetable juices (carrot, celery, onion, tomato), salt, sugar, yeast extract, cabbage juice, garlic powder, spices, mushroom extract, citric acid), butter, black pepper, ground nutmeg.