

INGREDIENTS LIST

COOKIES

BELGIAN CHOCOLATE CHUNK COOKIE

Wheat flour, Semi-sweet chocolate chips (unsweetened chocolate, sugar, cocoa powder, soy lecithin, 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)

Raw sugar, wheat flour, dark chocolate chunks (sugar, chocolate liquor, cocoa butter, soya lecithin), canola oil, soy milk (filtered water, whole organic soybeans, natural cane sugar, dipotassium phosphate, expeller pressed canola oil, sodium citrate, natural flavour, sea salt, carrageenan), cocoa powder, instant coffee (100% coffee), vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), baking soda, salt.

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

ALMOND CROISSANT

Wheat flour, unsalted butter, almonds, water, milk, icing sugar, eggs (whole egg, citric acid), cornstarch, yeast, salt, lemon juice (filtered water, lemon juice concentrate, sodium metabisulfite, lemon oil), vanilla extract (water, propylene glycol, artificial flavour, citric acid sodium benzoate), xanthan gum.

BUTTER CROISSANT

Wheat flour, unsalted butter, water, granulated sugar, milk, eggs (whole egg, citric acid), yeast, salt, lemon juice (filtered water, lemon juice concentrate, sodium metabisulfite, lemon oil), Datem (emulsifier), ascorbic acid, and enzymes.

CHOCOLATE CROISSANT

Wheat flour, unsalted butter, water, dark chocolate (sugar, cocoa mass, cocoa butter, soya lecithin, vanillin), granulated sugar, milk, eggs (whole egg, citric acid), yeast, salt, lemon juice (filtered water, lemon juice concentrate, sodium metabisulfite, lemon oil).

CHEESE CROISSANT

Wheat flour, unsalted butter, water, aged cheddar cheese (milk, modified milk ingredients, cream, salt, bacterial culture, calcium chloride, microbial enzyme), sugar, whole milk, eggs, baker's yeast, black pepper.

MUFFINS**BLUEBERRY BRAN MUFFIN (VEGAN FRIENDLY)**

Water, wheat flour, soy milk, raisins (raisins, vegetable oil), cane sugar, vegetable oil, wheat bran, frozen blueberries, coconut (coconut, sodium metabisulfite), baking powder, baking soda, salt.

CARROT RAISIN BRAN MUFFIN (VEGAN FRIENDLY)

Water, raisins (raisins, vegetable oil), wheat flour, soy milk, cane sugar, vegetable oil, carrots, wheat bran, coconut (coconut, sodium metabisulfite), baking powder, baking soda, salt, ground cinnamon.

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.

PEACH OATMEAL MUFFIN

Buttermilk, wheat flour, rolled oats, canned peaches, brown sugar, unsalted butter, eggs, 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, raw sugar, pumpkin purée, granny smith apples, soy milk (filtered water, whole organic soybeans, natural cane sugar, dipotassium phosphate, expeller pressed canola oil, sodium citrate, natural flavour, sea salt, carrageenan), canola oil, dried cranberries (cranberries, sugar, sunflower oil), orange zest (ground orange peel, sugar, orange oil), baking soda, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), ground cinnamon, ground ginger, ground nutmeg, ground cloves, salt.

VERY BERRY MUFFIN (VEGAN FRIENDLY)

Banana purée (banana, ascorbic acid), wheat flour, raw sugar, canola oil, soy milk (filtered water, whole organic soybeans, natural cane sugar, dipotassium phosphate, expeller pressed canola oil, sodium citrate, natural flavour, sea salt, carrageenan), frozen blueberries, frozen cranberries, lemon juice (filtered water, lemon juice concentrate, sodium metabisulfite, lemon oil), lemon zest (ground lemon peel, sugar, lemon oil), baking soda, vanilla extract (water, propylene glycol, artificial flavour, citric acid, sodium benzoate), salt, sliced almonds.

JALAPEÑO & CHEESE MUFFIN

Wheat flour, buttermilk (milk ingredients, salt, bacterial culture), shredded cheddar cheese (milk, bacterial culture, salt, microbial enzyme), canola oil, eggs (whole eggs, citric acid), pickled jalapeño peppers (sliced jalapeño peppers, vinegar, water, salt, calcium chloride, sodium benzoate), granulated sugar, 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)

Banana puree (banana, ascorbic acid), wheat flour, raw sugar, canola oil, baking powder, baking soda, vanilla extract (water, propylene glycol, artificial flavour, citric acid sodium benzoate), salt, molasses.

BELGIAN CHOCOLATE BANANA BREAD (VEGAN FRIENDLY)

Banana puree (banana, ascorbic acid), wheat flour, raw sugar, dark chocolate chips (sugar, chocolate liquor, cocoa butter, soya lecithin), canola oil, baking powder, baking soda, vanilla extract (water, propylene glycol, artificial flavour, citric acid sodium benzoate), 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 (cream, milk, skim milk powder, salt, guar gum, propylene glycol alginate, carrageenan, locust bean gum, potassium sorbate, bacterial culture), icing sugar, unsalted butter, lemon juice (filtered water, lemon juice concentrate, sodium metabisulfite, lemon oil), 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**SEASONAL OFFERING: JJ'S BREAKFAST SANDWICH (VEGETARIAN FRIENDLY)**

English muffin (whole wheat), egg, tomato, havarti cheese, arugula, garlic cream cheese spread, salt, pepper.

SEASONAL OFFERING: JJ'S HAM BREAKFAST SANDWICH

English muffin (Enriched Flour, ascorbic acid, enzymes, water, yeast, salt, sugar, canola oil, wheat gluten, calcium sulfate, ammonium chloride, monocalcium phosphate, calcium propionate, diacetyl tartaric ester of mono-diglycerides, wheat starch, cornstarch, microcrystalline cellulose, dicalcium phosphate, sodium bicarbonate, sodium acid pyrophosphate, sodium chloride, cornmeal), egg, old-fashioned ham, tomato, havarti cheese, arugula, garlic cream cheese spread, salt, pepper.

GRILLED CHEESE SANDWICH

Sourdough Bread: Bread Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, amylase, ascorbic acid), Whole Wheat Flour (whole wheat, amylase, ascorbic acid), water, salt. Mild Cheddar (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzymes, colour), Aged Cheddar (milk, modified milk ingredients, cream, salt, bacterial culture, calcium chloride, microbial enzyme), Tomato, Mayonnaise (soybean oil, water, whole eggs, vinegar, salt, egg yolk, sugar, concentrated lemon juice, spices and seasonings, calcium disodium EDTA, dehydrated garlic, dehydrated onion [B02911]), Cream Cheese (milk ingredients, salt, locust bean gum, bacterial culture), garlic powder, salt, black pepper.



CHICKEN MODENA SANDWICH (REDUCED FAT)

Sourdough Bread: Bread Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid, amylase, ascorbic acid), Whole Wheat Flour (whole wheat, amylase, ascorbic acid), water, salt, Chicken Breast, Tomato, Havarti Cheese (milk, cream, bacterial culture, salt, calcium chloride, microbial enzymes, colour), yellow onions, balsamic vinegar, granulated sugar, mayonnaise (soybean oil, water, whole eggs, vinegar, salt, egg yolk, sugar, concentrated lemon juice, spices and seasonings, calcium disodium EDTA, dehydrated garlic, dehydrated onion [B02911]), fresh basil, black pepper, salt.

BEYOND® BREAKFAST WRAP (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]), Soft Tofu scramble (soft tofu, turmeric, garlic powder), Potato Onion Pepper Hash (golden potatoes, red onion, red bell pepper, canola/olive oil blend, salt, pepper), BEYOND® Italian sausage crumbles (water, pea protein isolate, expeller pressed canola oil, beef type flavour [yeast extract, maltodextrin, natural flavouring, salt, sunflower oil, onion powder], sausage type flavour [yeast extract, salt, tapioca maltodextrin, sunflower oil, natural flavouring, mixed triglycerides], spices, garlic powder, paprika, potassium bicarbonate, caramel colour, calcium sulfate), Sheese (water, coconut oil, modified potato starch, soya protein concentrate, cornstarch, salt, natural flavouring, thickeners [carrageenan, guar gum], yeast extract, modified corn starch, lactic acid [dairy-free], sodium lactate [dairy-free], colour [carotenes]), Herb and Lime Vegan Mayo (canola/olive oil blend, soy beverage [organic soy base {water, organic soybeans}, cane sugar, dipotassium phosphate, expeller-pressed canola oil, natural flavour, sea salt, sodium nitrate], lime juice, cilantro, parsley, salt, xanthan gum.)

RANCHERO BREAKFAST WRAP (VEGETARIAN FRIENDLY)

Jalapeno cheese tortilla, cage-free eggs, potato, yam, red onion, red pepper, shredded cheese blend (Monterey Jack with chili peppers, Cheddar and Pizza Mozzarella cheeses), sour cream, mayonnaise, 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 herb tortilla, long grain parboiled rice, chicken breast, tomatoes, corn, black beans, shredded cheese blend (Monterey Jack with chili peppers, Cheddar and Pizza Mozzarella cheeses), mayonnaise, chipotle peppers, olive oil, lemon juice, cilantro, parsley, onion, dried oregano, black pepper, salt.

TURKEY CHORIZO BREAKFAST WRAP

Tomato tortilla, cage-free eggs, turkey chorizo (ground turkey, spices), potato, red onion, red pepper, Jack cheese blend, 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.