

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) 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.

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.

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.

OATMEAL JAMMER COOKIE Oats, unsalted butter, golden yellow sugar, unbleached wheat flour, pumpkin seeds, sunflower seeds, granulated sugar, ground flaxseed, salt, baking soda, cinnamon, raspberry Jam (sugar, raspberries, water, glucose, citric acid, pectin, sodium benzoate, colour).

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.

HAM & CHEESE CROISSANT Unbleached wheat flour, unsalted european-style churn butter (cream), cooked ham (pork leg, salt, honey, natural seasonings, sodium ascorbate, sodium nitrates), aged cheddar (milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, lipase), whole milk, water, sugar, baker's yeast, salt.

MUFFINS

GOOD MORNING GLORY MUFFIN Wheat flour, water, apples, sultanas raisins, cane sugar, canola oil, oat beverage (Oat base (water, oats 10%), rapeseed oil, acidity regulator (dipotassium phosphate), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, riboflavin, B12)), zucchini, carrots, wheat bran, coconut, sunflower seeds, pumpkin seeds, walnuts, dried cranberries, baking powder, molasses, cinnamon, 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) 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) 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) 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.

PEACH COBBLER MUFFIN (GLUTEN-FREE FRIENDLY) Gluten free flour (rice flour, buckwheat flour, cornstarch, potato starch, tapioca starch, xanthan gum), gluten free oats, peaches, brown sugar, butter, buttermilk, eggs, baking powder, baking soda, vanilla extract, salt, cinnamon, nutmeg.

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) 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.

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.

MAPLE GLAZED CRANBERRY SCONE (VEGAN) Wheat flour, oat beverage (water, oats. Contains 2% or less of: low erucic acid rapeseed oil, dipotassium phosphate, calcium carbonate, tricalcium phosphate, sea salt, dicalcium phosphate, riboflavin, vitamin A, vitamin D2, vitamin B1) cranberries, plant-based butter (modified palm and palm kernel oil, canola oil, water, salt, pea protein, soy lecithin, citric acid, natural flavour, beta carotene, Calcium Disodium EDTA), organic cane sugar, orange zest, icing sugar, maple extract, baking powder, salt.

TROPICAL SCONE Wheat flour, plant-based butter (modified palm and palm kernel oil, canola oil, water, salt, pea protein, soy lecithin, citric acid, natural flavour, beta carotene, Calcium Disodium EDTA), oat beverage (water, oats. Contains 2% or less of: low erucic acid rapeseed oil, dipotassium phosphate, calcium carbonate, tricalcium phosphate, sea salt, dicalcium phosphate, riboflavin, vitamin A, vitamin D2, vitamin B1), dried pineapple (pineapple, sugar, citric acid, sodium metabisulfite), shredded coconut, organic cane sugar, sodium bicarbonate, pineapple, pineapple juice, lemon juice, natural flavour, salt, dehydrated coconut, cornstarch.

RASPBERRY EARL GREY SCONE (SEASONAL) Unbleached wheat flour, unsalted butter, granulated sugar, buttermilk, raspberries, egg, baking powder, Earl Grey tea leaves, icing sugar, whole milk, 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.

VANILLA ICING Powdered sugar (sugar, corn starch), unsalted butter (cream), whole milk (3.7% MF), natural vanilla extract (alcohol, vanilla bean).

POWER PUCK Maple syrup, oats, almond butter, sunflower seeds, water, pumpkin seeds, white sesame seeds, raisins, chia seeds, almond flour, chocolate chips, ground flax seeds, cinnamon, natural vanilla extract, salt.

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.

MEAL OPTIONS

FRITTATA BREAKFAST SANDWICH (GLUTEN-FREE FRIENDLY) Gluten Free Ciabatta Bun* (water, canola oil, modified tapioca starch, rice flour, corn starch, powdered egg white, yeast, wholegrain corn flour, potato starch, psyllium husk powder, glycerol, hydroxypropyl methylcellulose, sugar, white vinegar, sugarcane fibre, Salt, Xanthan gum, Guar gum, Sodium propionate, Sorbic acid, Sodium carbonate, natural flavour, Frittata (Eggs, Cottage Cheese, Cheese Blend (modified milk ingredients, water, cheddar & mozzarella cheese (milk, bacterial culture, salt, microbial enzymes, annatto colour), Ham (pork leg, salt, honey, natural flavourings, sodium ascorbate, sodium nitrite), Green

Onions, Baby Spinach, Tomato, Maple Cajun Mayonnaise (mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA), lemon juice, maple syrup, Cajun Seasoning (salt, dehydrated vegetables (garlic, onion, red bell pepper), brown sugar).

DOUBLE-SMOKED BACON & EGG BREAKFAST BAGEL Everything bagel, 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.

EGG, TOMATO, CHEESE BREAKFAST BAGEL (VEGETARIAN) Sesame Seed Bagel (organic wheat flour, water, organic sesame seeds, organic cornmeal, organic cane sugar, yeast, sea salt, organic vinegar, organic wheat gluten, organic sunflower oil, cultured wheat flour, organic malted barley flour, organic whole wheat flour, ascorbic acid, enzymes), Egg (whole egg, water, whole milk powder, soybean oil, modified corn starch, salt, xanthan gum, citric acid), Tomato, Medium Cheddar (pasteurized milk, bacteria culture, salt, microbial enzymes, colour), Pickled Jalapeno Mayo (Mayo: canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice and calcium disodium EDTA, Pickled Jalapenos: sliced jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate). Allergens: Sesame, egg, dairy, wheat

RANCHERO BREAKFAST WRAP (VEGETARIAN) 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.

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.

UMAMI MUSHROOM BREAKFAST WRAP Just Egg (water, mung bean protein isolate, expeller-pressed canola oil, contains less than 2% of dehydrated onion, gellan gum, natural carrot extractives (colour), natural flavours, natural turmeric extractives (color), potassium citrate, salt, soy lecithin, sugar, tapioca syrup, tetrasodium pyrophosphate, transglutaminase, nisin (preservative), umami mushrooms (button mushrooms, tamari, maple syrup, liquid smoke, black pepper, garlic powder), potatoes, red bell peppers, red onions, vegan spiced mayonnaise (vegan mayonnaise (sunflower oil, water, vinegar, modified potato starch, sugar, salt, modified corn starch, concentrated lemon juice, spice, natural flavour, sorbic acid, calcium disodium EDTA) ketchup (tomato paste, liquid sugar, vinegar, salt, onion powder, spices), hot sauce (water, chili peppers, vinegar, salt, spices, 0.1% sodium benzoate (preservative), smoked paprika).

CLASSIC TUNA MELT Sourdough bread (unbleached wheat flour, water, whole wheat flour, salt, yeast), Tuna Salad (Tuna (Tuna loins, vegetable broth (pea extract, carrot extract) water, salt), Mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice and calcium disodium EDTA), Garlic Dill

Pickles (cucumbers, water, white vinegar, salt, dehydrated garlic, calcium chloride, polysorbate 80, Seasonings.). Shallots, Banana Peppers (banana peppers, water, white vinegar, salt, calcium chloride, seasonings, polysorbate 80), Parsley), Cheddar Cheese (pasteurized milk, bacterial culture, salt, microbial enzyme, annatto colour, cellulose), Black Pepper.

MUSHROOM MELT (VEGETARIAN) Sourdough bread (unbleached wheat flour, water, whole wheat flour, yeast, salt), Mushrooms, Red Onions, Tamari, Lemon Juice, Garlic, Thyme, Havarti Cheese (Pasteurized milk, bacterial culture, salt, microbial enzyme), Mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice and calcium disodium EDTA). Allergens: Dairy, egg, wheat.

GRILLED CHEESE SANDWICH (VEGETARIAN) Sourdough bread (unbleached wheat flour, water, whole wheat flour, yeast, salt), Garlic Cream Cheese Mayo ((Mayo: canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice and calcium disodium EDTA, Cream Cheese: Milk Ingredients, Bacterial Culture, Salt, Guar Gum, Locust Bean Gum, garlic powder, black pepper) Medium Cheddar (pasteurized milk, bacteria culture, salt, microbial enzymes, colour), Havarti Cheese ((Pasteurized milk, bacterial culture, salt, microbial enzyme). Allergens: Dairy, egg, wheat.

CAJUN CHICKEN SANDWICH Sourdough Bread (unbleached wheat flour, water, whole wheat flour, yeast, salt), Cajun-spiced chicken (chicken thigh, Cajun spice mix (spice (including red bell pepper), salt, dehydrated vegetables (garlic, onion, red bell pepper), brown sugar), Medium Cheddar (pasteurized milk, bacteria culture, salt, microbial enzymes, colour), Pickled Red Onions (red onions, apple cider vinegar, water, salt, sugar), Spinach, Pickled Jalapeno Mayo (Pickled Jalapeno Mayo (Mayo: canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice and calcium disodium EDTA, Pickled Jalapenos: sliced jalapeno peppers, vinegar, water, salt, calcium chloride, sodium benzoate). Allergens: Dairy, egg, wheat.

IMPOSSIBLE BULGOGI BURRITO (VEGAN) Whole Wheat Flour Tortilla (Whole Grain Whole Wheat flour, water, vegetable oil (canola, modified palm and palm kernel oils), salt, sodium acid pyrophosphate, potassium bicarbonate, potassium sorbate, mono and diglycerides, fumaric acid (contains soybean oil and/or palm oil and/or cottonseed oil), calcium propionate, cellulose gum, guar gum, xanthan gum, L-cysteine), Bulgogi-Style Impossible Plant-Based Meat (Water, Soy Protein Concentrate, Coconut Oil, Sunflower Oil, Potato Protein, Methylcellulose, Soy Leghemoglobin, Glutamates, Natural Flavours, Sugars (Cultured Dextrose), Salt, Modified Plant Starch, Yeast Extract, Mixed Tocopherols (Antioxidant), Soy Protein Isolate, Thiamine Hydrochloride (Flavour), L-Tryptophan, Zinc Gluconate, Niacin (Vitamin B3), Ferric Phosphate, Pyridoxine Hydrochloride (Vitamin B6), Calcium Pantothenate (Vitamin B5), Riboflavin (Vitamin B2), and Vitamin B12, Pickled Veggies (Broccoli, Carrot, Red Cabbage, apple cider vinegar, water, cane sugar, kosher salt,), Green Onions, Gochujang Vegan Mayo: Plant based mayonnaise (Soybean oil*, Water, Sugar*, Vinegar, Salt, Modified Corn and Potato Starch*, Concentrated Lemon Juice, Natural Flavour*, Spice* And Calcium Disodium EDTA (Maintains Flavour). *Non-GMO Ingredients), Gochujang (Rice Paste (Rice, Water, Salt, Koji-Starter), corn syrup, red pepper seasoning (red pepper powder, water, salt, garlic, onion), hot pepper powder, soybean paste (water, soybean, salt, koji-starter), distilled alcohol, water, salt, wheat extract, fermented soy seasoning (soybean, water, sea salt, wheat extract, distilled alcohol, yeast extract), garlic juice concentrate). Allergens: wheat, soy.

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).

BERRIES & 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), raspberries, chia seeds, cane sugar, lemon juice, granola (quick rolled oats, honey, canola oil, brown sugar, walnuts, sunflower seeds, unsweetened shredded coconut, raisins, dried blueberries, maple flavour, cinnamon, salt).

YOGGU! COCONUT YOGURT PARFAIT (VEGAN, GLUTEN-FREE FRIENDLY) YOGGU! Coconut yogurt (Organic coconut, Water, Organic coconut nectar, Organic vanilla extract, Agar, Non-dairy bacterial cultures), Blueberry Chia Compote (blueberries, organic cane sugar, white chia seeds, lemon juice), Pumpkin seed flax granola (pumpkin seeds, sunflower seeds, ground flax seeds, shredded coconut, maple syrup, organic cane sugar, cinnamon, salt, cardamom).

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.