



## Menu 25/26 - Major Allergen Information

Category	Menu Item	Nuts	Peanuts	Dairy	Eggs	Wheat	Soy	Sesame	Fish
Breakfast	Toasted Bagel					X			
Breakfast	Montreal Bagel with Jam or Cream Cheese					X			
Breakfast	P.L.T.			X		X			
Breakfast	Sausage 'n Egger				X	X			
Breakfast	Full Breakfast			X	X	X			
Breakfast	Sunrise Bagel			X	X	X			
Pizza	Cheese			X	X	X			
Pizza	Pepperoni			X	X	X			
Pizza	Vegetarian			X	X	X			
Pizza	Feature Pizza			X	X	X			
Grill	Smash Burger			X	X	X			
Grill	Black Bean Burger			X	X	X	X		
Grill	Fried Chicken Sandwich			X	X	X			
Grill	Hot Dog					X	X		
Grill	Sausage					X	X		
Grill	Reuben			X		X			
Grill	Butter Chicken Burrito			X		X			
Fried	Chicken Fingers					X			
Fried	Pork & Kimchi Dumplings				X	X	X	X	
Fried	Potato Wedges					X	X		
Fried	Golden Fries					X	X		
Poutines	Classic Canadian			X		X			
Poutines	Nashville Hot Chicken			X	X	X	X		
Poutines	Pulled Pork			X		X			
Poutines	Smoked Beef			X		X			
Soup & Chili	Feature Soups								

Category	Menu Item	Nuts	Peanuts	Dairy	Eggs	Wheat	Soy	Sesame	Fish
Soup & Chili	Chili con Carne								
Soup & Chili	Veggie Chili						X		
Soup & Chili	Mac & Cheese			X		X			



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Mi & Bao	Korean Chicken Bao					X	X	X	
Mi & Bao	Braised Beef Bao					X	X		
Mi & Bao	Duck Mi Fen						X	X	
Mi & Bao	Beef Mi Fen						X		
Mi & Bao	Mushroom & Tofu Mi Fen						X	X	
Grab & Go	Hummus & Crackers							X	
Grab & Go	Yogurt Parfait			X					
Grab & Go	Fruit Cup								
Grab & Go	Crudité								
Grab & Go	Sushi & Maki Rolls					X			X
Grab & Go	Tuna or Salmon Poke						X		X
Grab & Go	Jello, Pudding, Apple Sauce			X					
Grab & Go	Poke Bowls						X		X
Grab & Go	Tuna Sandwich			X		X			
Grab & Go	Ham Sandwich			X		X			
Grab & Go	Chicken Sandwich			X		X			
Grab & Go	Turkey Sandwich			X		X			
Grab & Go	Egg Sandwich			X		X			
Salads	Quinoa Superfood						X		
Salads	Caesar Salad			X	X	X			X
Salads	Greek Salad			X					
Salads	Gado-Gado Salad		X		X		X		
Sandwich Stop	Classic Reuben			X		X			
Sandwich Stop	Triple Grilled Cheese			X		X			
Sandwich Stop	Cubano			X		X			
Sandwich Stop	Vegetable Wrap					X	X	X	
Sandwich Stop	Smoked Turkey & Brie Croissant			X	X	X			
Bakery & Treats	Muffin			X	X	X			
Bakery & Treats	Carrot Cake			X	X	X			
Bakery & Treats	Cheesecake			X	X	X			
Bakery & Treats	Flourless Chocolate Torte			X	X				
Bakery & Treats	Cookie Dough			X	X	X			
Bakery & Treats	Hot Cookie			X	X	X			
Bakery & Treats	Cinnamon Roll					X	X		



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Bakery & Treats	Pretzel					X			
<b>Category</b>	<b>Menu Item</b>	<b>Nuts</b>	<b>Peanuts</b>	<b>Dairy</b>	<b>Eggs</b>	<b>Wheat</b>	<b>Soy</b>	<b>Sesame</b>	<b>Fish</b>
Bakery & Treats	Crumble			X		X			
Bakery & Treats	Brownie			X	X	X			
Bakery & Treats	Buttertart			X	X	X			
Bakery & Treats	Cookies			X	X	X			
Bakery & Treats	Rice Crispie								
Bakery & Treats	Blondie			X	X	X			
Bakery & Treats	Lemon Square			X	X	X			
Bakery & Treats	Chocolate Bars/Candy								
Bakery & Treats	Ice Cream			X	X				

**Disclaimer:** Regardless of the ingredients used in a specific product, we strongly recommend that anyone with allergies should not consume any of our products as many of our ingredients contain allergens and there is always the possibility of cross contamination in our busy kitchen. This information is based on product spec sheets provided by our suppliers. It is not exhaustive and is subject to change from time to time. In addition, some products could have been in contact with or contain traces of other allergens not listed herein.