



Canada Product Ingredients (Revised November 2019)

This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This list does not include regional or special promotional items as ingredients vary.

BREADS

9-GRAIN WHEAT BREAD Whole wheat flour, enriched flour, yeast, sugar, wheat gluten, wheat, soybean oil, salt, yellow corn, rye, oats, sunflower lecithin, brown rice, flax seed, millet, sorghum, barley, triticale, refiners syrup, natural flavour, honey, ascorbic acid, xylanase, lipase, yeast extract, glucose oxidase, amylase. **Contains wheat, oats, rye, barley and triticale.**

CIABATTA BREAD, Regular (for Paninis/Pizza Bread) Unbleached wheat flour, water, extra virgin olive oil, salt, malted barley flour, yeast. **Contains wheat, barley.** May contain sesame seeds, milk, eggs.

CIABATTA BREAD, Small (for Mighty Melts) Enriched wheat flour, water, yeast, sugar, extra virgin olive oil, wheat gluten, dried malted barley extract, sea salt, malted barley flour, carboxymethylcellulose, dextrose, enzymes (xylanase, lipase, amylase), canola and/or soybean oil, ascorbic acid. **Contains barley and wheat.**

DELI ROLL: Enriched flour, water, yeast, sugar, soybean oil, wheat gluten, salt, sunflower lecithin, refiners syrup, turmeric, honey, yeast extract, ascorbic acid, natural flavours, pentosanase, lipase, glucose oxidase. **Contains wheat.**

FLATBREAD Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), grain and seed blend (sourdough (water, fermented wheat flour, fermented rye flour), wheat grains, rye grains, oat grains, flax seed, millet seed, teff seed, salt), soybean oil, sugar, wheat gluten, yeast, salt, natural flavors, oat bran, oat fiber, cultured wheat flour, enzymes, milk. **Contains wheat, oats, rye, barley, and milk.**

GLUTEN-FREE BREAD (as packaged) Egg whites, cornstarch, modified cornstarch, tapioca starch, palm oil, sugar, distilled monoglycerides, contains less than 2% of the following: yeast, rice bran and germ, salt, natural flavor, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), pectin, xanthan gum, carbohydrate gum, guar gum, enzyme. **Contains eggs.**

HEARTY ITALIAN BREAD Subway® Italian bread, yellow cornmeal. **Contains wheat and barley.**

HONEY OAT BREAD Subway® 9-Grain Wheat Bread, honey oat topping (rolled oats, brown sugar, honey, wheat starch, and natural flavor). **Contains wheat, oats, rye, barley and triticale.**

ITALIAN (WHITE) BREAD Wheat flour, water, yeast, sugar, soybean oil, salt, wheat gluten, cultured wheat flour (wheat flour, yeast, bacterial culture), malted barley flour, sunflower lecithin, dough conditioner (enzymes [glucose-oxidase, xylanase, lipase, amylase], ascorbic acid). **Contains wheat and barley.**

ITALIAN HERBS & CHEESE BREAD Subway® Italian Bread, Monterey Jack cheese [milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose (to prevent caking), natamycin, may contain calcium chloride], corn maltodextrin, ground rice, toasted wheat crumbs, salt,

spices (including oregano), dehydrated garlic, parmesan cheese solids, natural flavour, high oleic sunflower oil, citric acid, yeast extract, lactic acid, silicon dioxide. **Contains barley, wheat and milk.**

MONTEREY CHEDDAR BREAD Subway® Italian Bread, Monterey Jack cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, colour, cellulose [to prevent caking]). May contain calcium chloride. **Contains barley, wheat and milk.**

PARMESAN/OREGANO BREAD SUBWAY® Italian Bread, garlic powder, corn maltodextrin, ground rice, toasted wheat crumbs, salt, spices (including oregano), dehydrated garlic, parmesan cheese solids, natural flavour, high oleic sunflower oil, citric acid, yeast extract, lactic acid, silicon dioxide. **Contains barley, wheat and milk.**

ROASTED GARLIC BREAD Subway® Italian Bread, roasted garlic topping (cornmeal, salt, sugar, dehydrated vegetables [green bell pepper, garlic, onion], spice [including red pepper], sodium acetate, acetic acid, hydrogenated soybean and cottonseed oil, disodium inosinate and guanylate, calcium silicate, ascorbic acid, modified cornstarch, gum arabic, extractives of celery and garlic). **Contains barley and wheat.**

WRAP Unbleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, non GMO canola oil, cultured wheat flour, malted wheat flour, wheat gluten, salt, sugar, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate, guar gum, inactive dry yeast, soy lecithin, citric acid, enzymes. **Contains soy and wheat.**

MEAT, POULTRY, SEAFOOD & EGGS

BACON SLICES Pork, water, salt, sugar, natural smoke flavour, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.

CHICKEN PATTY: Chicken breast meat, water, seasoning (sea salt, sugar, chicken stock, salt, flavours, canola oil, onion powder, garlic powder, spice, chicken fat, honey), soy protein product, sodium phosphate, spice. **Contains soy.**

CHICKEN STRIPS: Chicken breast meat, water, seasoning (potassium chloride, maltodextrin, yeast extract, flavours, spices, dextrose, onion powder, caramelized sugar, salt, chicken broth, vinegar solids, spice extract), soy protein product, modified potato starch, pea fiber, sodium phosphate, salt, spice, paprika. **Contains soy.**

CHICKEN STRIPS (teriyaki glazed) Chicken breast strips (see above), teriyaki (water, corn syrup, soy sauce (water, wheat, soybean, salt, sodium benzoate [a preservative]), rice vinegar, modified corn starch, sugar, tomato paste, ginger, vinegar, garlic, sesame oil, sesame seed, salt, dehydrated green onion, dehydrated red bell pepper, natural flavours, autolyzed yeast extract, dehydrated garlic, sodium benzoate (a preservative), spices, citric acid, soybean oil, dry yeast (torula), dehydrated onion. **Contains sesame, soy and wheat.**

COLD CUT COMBO MEATS Bologna: Pork, chicken, water, modified corn starch, salt, potassium lactate, modified milk ingredients, sodium phosphate, mustard, spice, sodium erythorbate, sodium diacetate, sodium nitrite, garlic powder, smoke. **Cooked Salami:** Pork, chicken, water, salt, potassium lactate, mustard, spice, sugar, sodium phosphate, sodium erythorbate, garlic powder, sodium diacetate, sodium nitrite, smoke. **Luncheon Loaf:** Pork, water, modified corn starch, salt, potassium lactate, sugar, mustard, spice, sodium phosphate, onion powder, sodium erythorbate, garlic powder, sodium diacetate, sodium nitrite, smoke. **Contains milk and mustard.**

EGG OMELET PATTY (Regular): Liquid whole egg, liquid egg white, water, skim milk powder, canola oil, butter flavour (liquid and hydrogenated soybean oil, salt, soy lecithin, natural flavor, tocopherols), natural corn starch, salt, xanthan gum, citric acid, white pepper.

EGG (WHITE) OMELET PATTY Liquid egg white, natural corn starch, butter flavour (soybean oil, natural flavour), salt, xanthan gum, white pepper.

EGG SALAD Hard boiled eggs, mayonnaise (soybean oil, water, liquid whole egg mix (liquid whole egg, salt), liquid egg yolk mix [liquid egg yolks, salt], vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA. **Contains egg and mustard.**

FALAFEL Water, toasted chick peas, spices, dehydrated onion, salt, toasted wheat crumb, modified cellulose, modified corn starch, dehydrated garlic, dehydrated red bell pepper. **Contains wheat.**

HAM Pork, water, rice starch, sugar, salt, vinegar, sodium phosphate, dehydrated pork broth, dextrose, carrageenan, sodium erythorbate, sodium nitrite, smoke.

ITALIAN B.M.T.® Meats: Genoa Salami: Pork, beef, salt, contains 2% or less of water, corn syrup, dextrose, sugar, flavorings, wine, sodium erythorbate, sodium nitrate, spices, garlic, lactic acid starter culture, sodium nitrite. **Pepperoni:** Pork, beef, salt, dextrose, water, mustard, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, bacterial culture, sodium nitrite **Ham:** Pork, water, rice starch, sugar, salt, vinegar, sodium phosphate, dehydrated pork broth, dextrose, carrageenan, sodium erythorbate, sodium nitrite, smoke. **Contains mustard.**

MEATBALLS Beef, water, bread crumbs (toasted wheat crumbs [enriched wheat flour {wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], sugar, salt, soybean oil, yeast), textured soy protein concentrate, seasoning (dehydrated onion and garlic, salt, spice, dehydrated parsley, soybean oil), soy protein concentrate, Romano cheese (made from pasteurized part-skim cow's milk, cheese cultures, salt, enzymes). **Marinara Sauce:** Tomatoes, tomato puree (water, tomato paste), sugar, soybean oil, modified food starch, salt, dehydrated onions, spices, onion powder.

ROAST BEEF Beef, water, potato starch, corn syrup solids, vinegar, salt, soy protein concentrate, potassium chloride, cane sugar, sodium phosphate, spices, flavour.

ROTISSERIE STYLE CHICKEN White meat chicken, water, soybean, canola and/or sunflower oil, seasoning (chicken broth powder, chicken powder, onion powder, natural flavor), salt, sodium phosphate, dextrose, rotisserie chicken flavor (chicken broth, chicken skins, salt, natural flavor, xanthan gum, maltodextrin, gum arabic, acacia gum), spice extractives, black pepper extract. May contain wheat.

SAUSAGE, BREAKFAST Pork, turkey, water, salt, pepper, sage, spices, corn syrup solids, dextrose, spice extractives.

STEAK Beef, water, salt, modified corn starch, sugar, dextrose, sodium phosphate, autolyzed yeast, tomato powder, natural flavor, natural brown color blend (vegetable juice color, turmeric), lemon juice powder, garlic, onion, citric acid, hydrolyzed corn protein.

SEAFOOD SENSATION Seafood Sensation (Alaskan Pollock, water, potato starch, wheat starch, corn starch, sugar, sorbitol, salt, natural crab flavor [contains blue crab, snow crab, maltodextrin], spices (allspice, bay, black pepper, cardamom, cassia, celery, clove, ginger, mace, nutmeg, red pepper),

carrageenan, Pollock oil, calcium carbonate, snow crabmeat, egg whites, sodium tripolyphosphate, tetrasodium phosphate, citric acid, color (lycopene, paprika oleoresin), soy lecithin, mayonnaise (soybean oil, water, liquid whole egg mix [liquid whole egg, salt], liquid egg yolk mix (liquid egg yolks, salt), vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA). **Contains egg, fish, mustard, shellfish, soy and wheat.**

TUNA Tuna (tuna, water, salt), mayonnaise (soybean oil, water, liquid whole egg mix [liquid whole egg, salt], liquid egg yolk mix (liquid egg yolks, salt), vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA. **Contains egg, fish and mustard.**

TURKEY BREAST Turkey breast, water, modified potato starch, potassium lactate, salt, dextrose, carrageenan, sodium phosphate, turkey flavor, sodium diacetate, spice, caramel.

VEGGIE PATTY (Vegan) Vegetables (carrots, red peppers, green peppers, onions, water chestnuts, mushrooms), water, soy protein, wheat gluten, canola oil, sugar, modified cellulose, oats, rice, onion powder, garlic powder, modified corn starch, hydrolyzed corn, soy and wheat gluten protein, dextrose, salt, potassium chloride, spices, jalapeno pepper powder, dehydrated lemon peel, dehydrated cilantro, dehydrated orange peel, flavour, spinach powder, dehydrated parsley. **Contains oats, wheat and soy.** (Note: Some restaurants may sell a non-vegan veggie patty, this patty will be clearly identified on menu boards as “containing eggs and milk”.)

VEGGIE PATTY (NON-VEGAN) Water, water chestnuts (water chestnuts, water, citric acid), onions, carrots, cooked brown rice (water, brown rice), whole grain oats, mushrooms, egg whites, wheat gluten, soy flour, corn oil, calcium caseinate (from milk), green peppers, soy sauce (water, soybeans, salt, wheat), red bell peppers, contains two percent or less of soy protein concentrate, cornstarch, onion powder, salt, black olives, hydrolyzed vegetable protein (corn, wheat, and soy protein), sugar, soy protein isolate, spices, yeast extract, garlic powder, dried jalapeno peppers, natural flavors, sunflower oil, cottonseed oil, dextrose. Due to alternate product availability may also contain: zucchini, leek, celery, herbs, spices, potato starch and palm fat. **Contains egg, milk, soy, oats and wheat.**

CHEESE

CHEDDAR CHEESE PRODUCT, PROCESSED Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, sorbic acid), modified milk ingredients, water, glucose, sodium citrate and/or sodium phosphate, salt, sorbic acid, soy lecithin, carboxymethylcellulose, citric acid. **Contains milk and soy.**

FETA Pasteurized milk, modified milk ingredients, salt, lipase, bacterial culture, microbial enzyme, natamycin. May contain calcium chloride. **Contains milk.**

MONTEREY CHEESE BLEND (shredded) Milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose (to prevent caking), natamycin. May contain calcium chloride. **Contains milk.**

MONTEREY JACK Partly skimmed milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme. **Contains milk.**

NATURAL CHEDDAR Milk, modified milk ingredients, bacterial culture, salt, annatto, microbial enzyme. **Contains milk.** May contain calcium chloride.

NATURAL SWISS (sliced) Partly skimmed milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme. **Contains milk.**

PROVOLONE CHEESE Milk, cream, salt, calcium chloride, bacterial culture, microbial enzyme, lipase. **Contains milk.**

VEGETABLES

BANANA PEPPERS Banana peppers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative), turmeric, sodium metabisulfite (preservative), natural flavors and polysorbate 80. **Contains sulphites.**

CUCUMBERS Fresh ripe cucumbers.

GREEN PEPPERS Fresh green bell.

JALAPEÑO PEPPER SLICES Jalapeno peppers, water, distilled vinegar, salt, natural flavorings, calcium chloride, sodium benzoate (preservative).

PICKLES Cucumbers, water, distilled vinegar, salt, calcium chloride, sodium benzoate as a preservative, alum, natural flavors, polysorbate 80 and turmeric.

LETTUCE Fresh iceberg variety.

OLIVES Ripe olives, water, salt, ferrous gluconate.

ONIONS Jumbo red onions.

TOMATOES Fresh red ripe.

CONDIMENTS

BASIL PESTO Canola oil, basil, parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), water, Romano cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), roasted sunflower seeds (sunflower seeds, sunflower oil), extra virgin olive oil, extra virgin olive oil, garlic (garlic, water), lemon juice, rice vinegar (water, rice), cultured sugar, spice, calcium ascorbate (protect quality). **Contains milk.**

CAESAR Soybean oil, water, parmesan cheese, vinegar, egg yolk, salt, sugar, lemon juice concentrate, anchovy paste, dehydrated garlic, dehydrated onion, herbs, mustard flour, spices, phosphoric acid, sodium benzoate, potassium sorbate, xanthan gum, polysorbate 60, calcium disodium EDTA. **Contains egg, fish, milk and mustard.**

CHIPOTLE SOUTHWEST Soybean oil, water, chipotle pepper sauce concentrate (chipotle pepper puree, water, vinegar, sugar, salt, onion powder), buttermilk (partly skimmed milk, salt, sodium citrate, bacterial culture), liquid egg yolk, vinegar, skim milk powder, modified corn starch, salt, sugar, dehydrated onion, phosphoric acid, autolyzed yeast extract, xanthan gum, dehydrated garlic, dried yeast, dehydrated parsley, paprika oleoresin, sucralose, lactic acid, potassium sorbate, sodium benzoate, polysorbate 60, calcium disodium EDTA. **Contains egg and milk.**

GARLIC AIOLI Soybean oil, water, sugar, prepared mustard (vinegar, water, mustard seed, salt), garlic puree (water, dehydrated garlic, canola oil, citric acid), liquid egg yolk, extra virgin olive oil, salt, vinegar, lemon juice concentrate, modified corn starch, dehydrated garlic, dehydrated onion, xanthan gum, natural flavour, spices, potassium sorbate, sodium benzoate, citric acid, calcium disodium EDTA. **Contains egg and mustard.**

GUACAMOLE Hass avocados, jalapeno puree (white vinegar, jalapeno peppers, salt), onion, garlic, sea salt.

HOUSE SANDWICH SAUCE Soybean oil, water, vinegar, sugar, seasoning blend (spices, natural flavour, hydrolyzed corn protein, yeast extract, salt, parsley, dehydrated garlic, dehydrated onion), salt, xanthan gum, propylene glycol alginate, sodium benzoate, potassium sorbate.

LIGHT MAYONNAISE Water, soybean oil, liquid egg yolks, glucose syrup, modified corn starch, vinegar, salt, spice (mustard), lemon juice concentrate, potassium sorbate, sodium benzoate, xanthan gum, calcium disodium EDTA. **Contains egg and mustard.**

MAYONNAISE, REGULAR Soybean oil, water, liquid egg yolks, vinegar, salt, sugar, liquid whole eggs, spice (mustard), lemon juice concentrate, calcium disodium EDTA. **Contains egg and mustard.**

MUSTARD (Deli Brown) Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor. **Contains mustard.**

MUSTARD (Yellow) Distilled vinegar, water, No. 1 grade yellow mustard seed, salt, turmeric, paprika, spices, garlic powder, natural flavour. **Contains mustard.**

ORIGINAL SUB SAUCE Soybean oil, water, prepared mustard (water, vinegar, mustard seed, salt, turmeric, natural flavour, spice), sugar/glucose-fructose, vinegar, non-hydrogenated shortening (palm and modified palm oil), cellulose gel, salt, mustard flour, mustard seed, dehydrated onion, dehydrated garlic, dehydrated parsley, potassium sorbate, sodium benzoate, xanthan gum, propylene glycol alginate, spice, flavour, calcium disodium EDTA. **Contains mustard.**

PROVENÇAL HERBS Spice, onion powder, dextrose, garlic powder, salt, dehydrated onion, corn syrup solids, citric acid, lemon juice powder, natural flavor.

RANCH Soybean oil, water, sugar, liquid egg yolk, vinegar, salt, buttermilk (partly skimmed milk, salt, sodium citrate, bacterial culture), modified corn starch, dehydrated garlic, dehydrated onion, autolyzed yeast extract, buttermilk powder, black pepper, dehydrated parsley, whey protein, xanthan gum, phosphoric acid, polysorbate 60, potassium sorbate, sodium benzoate, calcium disodium EDTA. **Contains egg and milk.**

SMOKY HONEY MUSTARD Soybean oil, honey, prepared mustard (water, vinegar, mustard seed, salt, turmeric, spice), water, liquid egg yolks, vinegar, salt, natural smoke flavour, xanthan gum, spice (includes mustard), potassium sorbate (a preservative), sodium benzoate (a preservative), paprika, calcium disodium EDTA (to protect flavour). **Contains egg and mustard.**

SWEET ONION Sugar, water, vinegar, seasoning (dehydrated onion, mustard, poppy seeds, spices, dehydrated red bell pepper), corn starch, modified corn starch, salt, onion juice, cucumber juice, potassium sorbate, sodium benzoate. **Contains mustard.**

SUBWAY® HERB GARLIC OIL: Soybean oil, red wine vinegar, olive oil, dehydrated garlic, salt, spice, dehydrated onion, citric acid, natural flavour (includes yeast).

SUB SPICE Salt, garlic powder, spice, onion powder, paprika extractives, natural flavor.

TZATZIKI Soybean oil, water, cucumber (cucumber, vinegar, salt, sugar, xanthan gum), liquid egg yolks, buttermilk (partially skim milk, salt, sodium citrate, bacterial culture), fresh garlic (garlic, canola oil, citric acid), vinegar, buttermilk powder, concentrated lemon juice, salt, dehydrated onion, phosphoric acid, xanthan gum, polysorbate 60, potassium sorbate, mustard flour, sodium benzoate, calcium disodium EDTA. **Contains egg, milk and mustard.**

COOKIES

CHOCOLATE CHIP Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), sugar, palm oil, eggs, butter (cream [milk], natural flavor), water, contains 2% or less of: molasses, baking soda, salt, soy lecithin, wheat starch, natural flavors (contains milk).

Contains egg, milk, soy, wheat. *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

CHOCOLATE CHIP WITH RAINBOW GEM Enriched wheat flour (contains barley), sugar, palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), milk chocolate gems (milk chocolate [sugar cane syrup, cocoa butter, unsweetened chocolate, whole milk powder, soy lecithin, vanilla], sugar, sugar cane syrup, rice starch, colour [turmeric oleoresin, beta carotene, beet juice, spirulina extract], gum arabic, confectioner's glaze [shellac, carnauba wax beeswax]), liquid whole eggs, water, molasses, salt, sodium bicarbonate, whey (milk), natural flavour.

Contains barley, egg, milk, soy, wheat.

CHOCOLATE CHUNK enriched wheat flour (contains barley), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract, milk), palm oil, liquid whole eggs, invert sugar, water, molasses, sodium bicarbonate, salt, whey (milk), natural flavours. **Contains egg, barley, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

DOUBLE CHOCOLATE Sugar, enriched wheat flour (contains barley), white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), liquid whole eggs, butter (cream [milk], lactic acid), cocoa (processed with alkali), water, molasses, sodium bicarbonate, salt, natural flavours (contains milk), wheat starch, soy lecithin. **Contains barley, egg, soy, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

OATMEAL RAISIN Sugar, enriched wheat flour, palm oil, raisins, rolled oats, liquid whole eggs, water, molasses, natural flavour, whey (milk), sodium bicarbonate, corn starch, salt, spice. **Contains egg, milk, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

PEANUT BUTTER Enriched wheat flour, sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter drops (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose [milk], whey [milk], anhydrous milk fat, skim milk powder, sodium caseinate [milk], powdered buttermilk, soy lecithin, salt, natural flavour), palm oil, liquid whole eggs, butter (cream [milk], lactic acid), molasses, water, invert sugar, sodium bicarbonate, salt, soy lecithin, natural flavour (contains milk), wheat starch. **Contains eggs, peanuts, milk,**

soy, and wheat. *Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

RASPBERRY CHEESECAKE Enriched wheat flour, sugar, white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), palm oil, liquid whole eggs, raspberry flavored bits (dextrose, palm oil, sugar, corn flour, raspberry powder, vegetable extracts [red cabbage, beet juice], citric acid, natural flavour), water, invert sugar, cream cheese product (cultured milk ingredients, salt, carob bean gum), sodium bicarbonate, salt, wheat starch, soy lecithin, natural flavours (contains milk), raspberry juice concentrate, colours added (pumpkin concentrate, turmeric, annatto). **Contains wheat, milk, soy, eggs.** *(Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)*

SUGAR Enriched wheat flour (contains barley), sugar, palm oil, liquid whole eggs, water, sodium bicarbonate, whey (milk), salt, soybean oil, natural flavour (contains milk). **Contains barley, egg, milk, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

WHITE CHIP MACADAMIA NUT Enriched wheat flour (contains barley), sugar, white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), palm oil, macadamia nuts, liquid whole eggs, water, butter (cream [milk], lactic acid), molasses, salt, sodium bicarbonate, corn starch, natural flavours (contains milk). **Contains barley, eggs, macadamia nuts, milk, soy, and wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with peanut cookies.)*

SOUPS

(Not available in all locations)

BEEF CHILI WITH BEANS Ground beef, water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), dark red kidney beans [kidney beans (water, kidney beans), salt], seasoning (spices, brown sugar, salt, hydrolyzed soy, corn and wheat protein, wheat flour, dextrose, sugar, yeast extract, garlic powder, maltodextrin, soy lecithin, onion powder and not more than 2% soybean oil and silicon dioxide added to aid processing), celery, tomato paste, contains less than 2% of the following: green bell peppers, modified corn starch, dehydrated onion, salt, beef fat type flavor (beef fat and natural flavor). **Contains soy and wheat.**

BLACK BEAN (Vegan) Black beans (water, black beans, and salt), water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), onions, celery, tomato paste (tomatoes), contains 2% or less of the following: brown sugar, vegetarian flavor (water, salt, hydrolyzed soy and corn protein, soy protein concentrate, corn oil, onion powder, yeast extract, flavoring, soy protein isolate, sugar, garlic powder and turmeric), garlic puree, corn starch, orange juice concentrate, lime juice, onion juice concentrate, sea salt, seasoning blend (spices, yeast extract, and paprika), oregano and yeast extract. **Contains soy.**

CHICKEN AND WILD RICE Water, fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), whipping cream, seasoning [modified corn starch, whey protein concentrate, whole milk, wheat flour, yeast extract, salt, skim milk powder, natural flavors, sugar, sodium caseinate (from milk), brown sugar, spices, chicken fat, sesame oil], cooked wild rice (water, wild rice), celery, cooked brown rice (water, brown rice), carrots, contains less than 2% of the following: chicken stock concentrate (chicken broth, salt, organic cane sugar, yeast extract, cornstarch, chicken fat, ascorbic acid, sunflower oil, natural flavor, lactic acid), onions, chicken fat, unsalted butter, wheat flour, dehydrated parsley. **Contains milk, wheat, sesame.**

CREAMY CHICKEN AND DUMPLINGS Water, dumplings (water, wheat flour, eggs, durum wheat flour, salt, oleoresin turmeric), fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), carrots, celery, whipping cream, contains 2% or less of the following: modified corn starch, onions, seasoning (maltodextrin, salt, chicken fat, chicken broth, yeast extract, whey protein concentrate, sugar, natural flavors, chicken powder, modified corn starch, corn starch, sodium phosphate, soy protein concentrate, sodium caseinate, beta carotene, garlic powder, onion powder), chicken broth, mirepoix base (sautéed vegetables [carrot, onion, celery], salt, sugar, corn oil, potato flour, carrot powder), wheat flour, whey protein concentrate, chicken fat (chicken fat, natural flavor), umami flavor (natural flavors, safflower oil), dehydrated parsley.

Contains egg, milk, soy, wheat.

CREAM OF BROCCOLI Water, broccoli, whole milk (milk, vitamin D3), whipping cream (cream, milk), seasoning (corn syrup solids, wheat flour, modified corn starch, yeast extract, natural flavor [contains milk], dehydrated onion, garlic powder, spice), skim milk powder, modified corn starch, onions, cream flavor (cream, skim milk), sea salt, soybean oil, lemon juice, natural flavor. **Contains milk, wheat.**

CREAM OF MUSHROOM Water, mushrooms, whipping cream, skim milk (vitamins a and d added), skim milk powder, contains 2% or less of the following: wheat flour, modified corn starch, whey protein concentrate, salted butter, soybean oil, seasoning (salt, yeast extract, xanthan gum). **Contains milk, wheat.**

FRENCH ONION (does not include bread or cheese toppings) Water, onions, roasted beef flavored base [dextrose, salt, beef type flavor (hydrolyzed soy protein, maltodextrin, corn syrup solids, soybean oil), beef fat, onion powdered, chicken fat, corn starch, natural flavors, sugar, paprika, garlic powdered], modified corn starch, no salt sherry (California white wine), tomato paste, onion juice concentrate, unsalted butter, seasoning [salt, flavor (onion, yeast extract), yeast extract, beef extract, malt extract, maltodextrin, natural flavor], vegetarian flavor (filtered water, yeast extract, dextrose, salt, corn starch, corn oil, flavoring, onion powder, garlic powder, turmeric), light brown sugar, beef base (roasted beef and concentrated beef stock, salt, yeast extract, corn oil, maltodextrin from corn, sugar, natural flavorings), thyme. **Contains milk and soy.**

HOMESTYLE CHICKEN NOODLE Water, noodles (water, durum wheat flour, egg whites, eggs, wheat gluten), all natural fully cooked seasoned chicken pieces (chicken breast with rib meat, chicken thigh meat, water, rice starch and salt), carrots, green cabbage, celery, chicken stock (chicken stock and flavor), contains 2% or less of the following: seasoning (corn starch, sugar, guar gum and xanthan gum, spice, extractive of turmeric), wheat flour, unsalted butter (pasteurized cream, natural flavors), sea salt, chicken flavor concentrate (chicken, yeast extract, salt and flavorings), parsley, and natural flavors. **Contains egg, milk, wheat.**

LOADED BAKED POTATO Water potatoes, whole milk (milk, vitamin d3), whipping cream, cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums]), onion, seasoning (modified corn starch, salt, wheat flour, sugar, flavor [yeast extract, canola oil], whey, flavor [medium chain triglycerides, natural flavor, smoke flavor], spice and not more than 2% soybean oil added to aid processing), bacon topping (bacon [cured with water, salt, sugar, sodium erythorbate, sodium nitrite. may also contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate]), contains 2% or less of the following: dehydrated potatoes (potatoes, mono and diglycerides and disodium pyrophosphate), chicken broth, green onion, canola oil, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), cheese (parmesan type) [granular and parmesan cheese

(pasteurized milk, cheese cultures, salt, enzymes), water, salt, lactic acid, citric acid], pepper sauce (distilled vinegar, red pepper, salt). **Contains milk, wheat**

MEDITERRANEAN SOUP (Vegan) Water, dark red kidney beans [kidney beans (water, kidney beans), salt], tomatoes (diced tomatoes, tomato puree, citric acid), potatoes (potatoes, sodium acid pyrophosphate), onions, zucchini, spinach, carrots, red bell peppers, vegetable stock plus (yeast extract, salt, water, natural flavor, olive oil, potato maltodextrin, turmeric, spice, carrot powder), modified corn starch, extra virgin olive oil, garlic puree (garlic, water), sugar, sea salt, spice.

TOMATO BASIL Water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), tomatoes (tomatoes, tomato puree, citric acid), whipping cream, tomato paste, onions, contains less than 2% of the following: parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), sea salt, spice, modified corn starch, natural flavors, seasoning (yeast extract, garlic powder, spice), and yeast extract. **Contains milk.**