



Nutritionals & Allergens

If you have any additional questions or concerns,
please feel free to reach out to us at info@choppedleaf.ca



Nutritional Chart

Menu	Calories	Fat (g)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Sodium (mg)
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Salads

Bold Buffalo	400	33	18	5	5	9	1260
Bangkok	390	20	45	7	12	12	500
Caesar	370	32	13	4	2	9	720
Cobb	500	43	16	7	5	16	680
Harvest	400	32	25	7	10	7	610
Mediterranean	350	29	16	4	4	7	580
Signature	390	29	28	6	13	7	480
Southwest	370	26	27	6	7	9	340
Sunshine	350	31	15	7	5	7	500
Santa Fe	320	18	34	10	8	10	690
Goddess	359	35	29	11	8	14	650

Bowls

Bold Buffalo	560	35	54	8	4	11	1430
Bangkok	620	27	84	10	14	15	810
Caesar	630	44	50	6	1	12	1010
Cobb	720	54	45	9	4	18	910
Harvest	580	34	63	11	10	10	750
Mediterranean	560	41	41	5	3	8	740
Signature	600	35	64	8	13	10	680
Southwest	620	40	64	9	6	11	540
Sunshine	540	34	53	10	4	10	660
Santa Fe	490	20	70	13	7	13	850
Goddess	433	38	42	11	6	13	750

Wraps

Bold Buffalo	650	39	64	13	6	17	1650
Bangkok	650	26	91	15	13	21	890
Caesar	640	39	60	12	3	17	1110
Cobb	760	49	62	15	6	24	1060
Harvest	660	38	73	16	12	15	980
Mediterranean	600	35	61	11	5	15	960
Signature	640	35	74	14	14	15	870
Southwest	620	32	74	14	8	17	730
Sunshine	620	37	63	15	6	15	880
Santa Fe	570	24	80	18	9	18	1080
Goddess	381	38	65	17	8	20	920

Sandwiches Multigrain

Bold Buffalo	730	43	60	9	6	31	1930
Cranberry Pesto	850	49	73	10	16	35	1480
Spicy Chicken	820	53	59	8	5	31	1360
Tuna Melt	710	38	56	8	5	40	1240
Jalapeño Popper	740	45	60	7	7	29	1500

Sourdough

Bold Buffalo	770	40	74	4	5	30	2110
Cranberry Pesto	880	45	87	5	14	34	1660
Spicy Chicken	850	49	73	3	4	31	1540
Tuna Melt	740	34	70	3	3	39	1420
Jalapeño Popper	780	42	74	2	6	28	1680

Quesadillas

Baja	900	52	79	15	10	36	1820
BBQ	860	53	68	12	10	33	2150
Pesto	870	55	66	13	8	35	1890
Veggie	770	44	81	15	23	21	1430

Menu	Calories	Fat (g)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Sodium (mg)
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Soups

African Spiced Lentil - Small	100	2.5	16	5	4	5	390
African Spiced Lentil - Large	190	5	31	10	7	10	760
Chicken Noodle - Small	80	2	10	1	1	7	580
Chicken Noodle - Large	170	4.5	21	1	3	13	1170
Loaded Potato - Small	180	11	16	2	2	4	470
Loaded Potato - Large	340	21	32	4	4	7	950
Moroccan Chickpea - Small	130	2.5	24	4	4	4	580
Moroccan Chickpea - Large	250	5	47	7	7	7	1160
Spicy Creamy Tomato - Small	150	14	4	0	1	2	520
Spicy Creamy Tomato - Large	300	28	8	0	3	4	1030
Thai Curry Soup - Small	120	7	14	5	3	3	230
Thai Curry Soup - Large	250	14	38	10	7	7	450
Mushroom Chowder - Small	120	9	8	0	2	2	530
Mushroom Chowder - Large	240	18	15	0	3	4	1070

Kids Menu

Chickie Bowl	210	5	26	2	1	16	380
Chickie Caesar Salad	300	23	7	2	1	16	600
Chickie Caesar Wrap	500	30	39	5	2	21	940
Chickie Quesadilla	300	10	35	3	2	19	610
Chickie Ranch Wrap	450	26	37	4	2	20	790
Grilled Cheese <small>Multi-grain</small>	380	10	59	7	7	17	800
Grilled Cheese <small>Sourdough</small>	410	6	73	2	6	17	980

Dressings

Balsamic Vinaigrette	160	17	2	0	1	0.2	180
Buffalo Sauce	5	0	1	0	0	0.2	1330
Caesar Dressing	230	25	1	0	0	1	350
Chipotle Lime Citrus	250	27	5	0	0	0.1	115
Chipotle Ranch	280	29	5	1	0	1	160
Evil Peanut	170	14	10	0	8	0	450
Goddess	220	24	1	1	0	1	430
Greek Vinaigrette	230	25	1	0	0	0.4	135
Ranch dressing	210	23	0	0	0	0.1	250
Salsa	15	0	4	1	1	0	340
Sour Cream	45	3.5	2	0	1	1	25
Tzatziki	70	5	2	0	1	3	75
Pesto	80	7	1	0	0	2	200

Proteins

Chicken	90	2	3	0	1	14	240
Steak	120	6	3	0	0	13	340
Tuna	340	30	0	0	0	17	510
Tofu	130	7	4	0	3	12	450
Falafel	200	11	22	5	4	6	360
Eggs	150	10	2	0	1	12	125
Shrimp	60	0	0	0	0	15	190

Allergen Chart

Our restaurants contain nuts, peanuts, soy, egg, milk, wheat, fish, mustard, & sesame that are not individually packaged. Meals at all Chopped Leaf restaurants may come into contact with any or all of these allergens. We have chosen the term “gluten-friendly” as opposed to gluten-free because we cannot guarantee that cross-contamination with a gluten product in our restaurants will not occur. Although our dressings and soups are gluten-friendly, they are made in a facility that may come in contact with all allergens previously listed. If you are unsure of any products, please ask a staff-member or contact info@choppedleaf.ca for more information.

Menu	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Treenuts	Fish	Shellfish	Sesame	Mustard	Sulphites
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Salads

Bold Buffalo	X	X	X	X							
Bangkok	X		X	X	X				X		X
Caesar	X	X	X	X			X			X	X
Harvest	X			X		X			X		
Mediterranean	X	X								X	X
Signature	X	X				X				X	X
Southwest	X	X								X	X
Sunshine	X	X		X					X		
Santa Fe	X	X									X
Goddess	X	X		X					X		

Bowls

Bold Buffalo	X	X	X	X							
Bangkok	X		X	X	X				X	X	X
Caesar	X	X	X	X			X				X
Harvest						X			X	X	
Mediterranean	X	X								X	X
Signature	X	X				X				X	X
Southwest	X	X		X							X
Sunshine		X							X		
Santa Fe	X	X		X							X
Goddess		X							X		

Wraps

Bold Buffalo	X	X	X	X							
Bangkok	X		X	X	X				X	X	X
Caesar	X	X	X	X			X				X
Harvest	X			X		X			X	X	
Mediterranean	X	X		X						X	X
Signature	X	X		X		X				X	X
Southwest	X	X		X							X
Sunshine	X	X		X					X		
Santa Fe	X	X		X							X
Goddess	X	X		X					X		

Sandwiches

Multigrain

Bold Buffalo	X	X	X	X					X		
Cranberry Pesto	X	X	X	X					X		
Spicy Chicken	X	X	X	X					X		
Tuna Melt	X	X	X	X			X		X		
Jalapeño Popper	X	X	X	X					X		

Sourdough

Bold Buffalo	X	X	X	X							
Cranberry Pesto	X	X	X	X							
Spicy Chicken	X	X	X	X							
Tuna Melt	X	X	X	X			X				
Jalapeño Popper	X	X	X	X							

Menu Category	Wheat & Gluten	Milk	Egg	Soy	Peanuts	Treenuts	Fish	Shellfish	Sesame	Mustard	Sulphites
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Quesadillas

Baja	X	X	X	X							X
BBQ	X	X	X	X						X	X
Pesto	X	X	X	X							
Veggie	X	X	X	X							

Soups

African Spiced Lentil	MC	MC	MC	MC	MC	MC	MC		MC	MC	MC
Chicken Noodle	X		X	X							
Loaded Potato	MC	X	MC	MC	MC	MC	MC		MC	MC	MC
Moroccan Chickpea	MC	MC	MC	MC	MC	MC	MC		MC	MC	MC
Spicy Creamy Tomato	MC	X	MC	MC	MC	MC	MC		MC	MC	MC
Thai Curry Soup	MC	MC	MC	MC	MC	MC	MC		MC	MC	X
Wild Mushroom Chowder	MC	X	MC	MC	MC	MC	MC		MC	MC	MC

Kids Menu

Chickie Bowl		X									
Chickie Caesar Salad	X	X	X	X			X			X	X
Chickie Caesar Wrap	X	X	X	X			X			X	X
Chickie Quesadilla	X	X									
Chickie Ranch Wrap	X	X	X	X							
Grilled Cheese <small>Multi-grain</small>	X	X	X	X					X		
Grilled Cheese <small>Sourdough</small>	X	X									

Dressings

Balsamic Vinaigrette	MC	MC	MC	MC	MC	MC	MC		MC	X	X
Buffalo Sauce											
Caesar Dressing	MC	X	X	X	MC	MC	X		MC	X	X
Chipotle Lime Citrus	MC	MC	MC	MC	MC		MC		MC	X	X
Chipotle Ranch	MC	MC	X	X	MC	MC	MC		MC	MC	MC
Evil Peanut	MC	MC	MC	X	X	MC	MC		X	MC	X
Goddess	MC	MC	MC	X	MC	MC	MC		X	MC	MC
Greek Vinaigrette	MC	X	MC	MC	MC	MC	MC		MC	X	X
Ranch dressing	MC	MC	X	X	MC	MC	MC		MC	MC	MC
Salsa											
Sour Cream		X									
Tzatziki		X									
Pesto		X									

Proteins

Chicken											
Steak											
Tuna			X	X			X				
Falafel											
Eggs			X								
Shrimp								X			X
Tofu	X			X							

MC - May Contain

We use the term “may contain” for our dressings and soups because they are made in a facility that contains nuts, peanuts, soy, egg, milk, wheat, fish, mustard, and sesame. Therefore, we cannot guarantee that cross-contamination with these allergens will **not occur** in our manufacturing facility.

Product Claims

Menu	Gluten Friendly	Vegetarian	Vegan
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Salads Any salad can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mien Noodles.

Bold Buffalo			
Bangkok		X	
Caesar			
Harvest		X	X
Mediterranean		X	
Signature		X	
Southwest		X	
Sunshine		X	
Santa Fe		X	

Bowls Any bowl can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mien Noodles.

Bold Buffalo			
Bangkok		X	
Caesar			
Harvest	X	X	X
Mediterranean		X	
Signature		X	
Southwest		X	
Sunshine	X	X	
Santa Fe		X	

Wraps

Bold Buffalo			
Bangkok		X	
Caesar			
Harvest		X	X
Mediterranean		X	
Signature		X	
Southwest		X	
Sunshine		X	
Santa Fe		X	

Sandwiches

Multigrain

Bold Buffalo			
Cranberry Pesto			
Spicy Chicken			
Tuna Melt			

Sourdough

Bold Buffalo			
Cranberry Pesto			
Spicy Chicken			
Tuna Melt			

Quesadillas

Baja			
BBQ			
Pesto			
Veggie		X	

Soups

African Spiced Lentil	X	X	X
Chicken Noodle			
Loaded Potato	X		
Moroccan Chickpea	X	X	X
Spicy Creamy Tomato	X	X	
Thai Curry Soup	X	X	X
Wild Mushroom Chowder	X		

Menu Category	Gluten Friendly	Vegetarian	Vegan
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Kids Menu

Chickie Bowl	X		
Chickie Caesar Salad			
Chickie Caesar Wrap			
Chickie Quesadilla			
Chickie Ranch Wrap			
Grilled Cheese <small>Multi-grain</small>		X	
Grilled Cheese <small>Sourdough</small>		X	

Dressings

Balsamic Vinaigrette	X	X	X
Buffalo Sauce	X	X	X
Caesar Dressing	X		
Chipotle Lime Citrus	X	X	X
Chipotle Ranch	X	X	
Evil Peanut	X	X	X
Goddess	X	X	X
Greek Vinaigrette	X	X	
Ranch dressing	X	X	
Salsa	X	X	X
Sour Cream	X	X	
Tzatziki	X	X	
Pesto			

Proteins

Chicken	X		
Steak	X		
Tuna	X		
Falafel	X	X	X
Eggs	X	X	
Shrimp	X		
Tofu		X	X



We use the term gluten-friendly for our dressings and soups because they are made in a facility that contains nuts, peanuts, soy, egg, milk, wheat, fish, mustard, and sesame. Therefore, we cannot guarantee that cross-contamination with a gluten product in our manufacturing facility will **not occur**.

Ingredient Listing

Soups

AFRICAN SPICED LENTIL:   a fiery stew base made from red lentils, packed with full ethnic flavours and hearty vegetables (mild spice)

water, diced tomatoes, red lentils, carrots, onions, concentrated vegetable base, canola oil, garlic, ginger, paprika, turmeric, coriander, sea salt, ground ginger, cayenne pepper, black pepper *Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites

THAI CURRY:   made with a red lentil base, this smooth velvet soup is paired with coconut milk and eastern flavours

water, coconut milk, onions, carrots, red lentils, canola oil, garlic, curry powder, ginger, sea salt, black pepper *Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites

WILD MUSHROOM CHOWDER:  comforting, rich and creamy soup flavoured with celery, onions, sautéed mushrooms and rice

water, onions, celery, sliced mushrooms, concentrated chicken base, butter, rice, fresh garlic, sea salt, ground ginger, marjoram, white pepper, black pepper, whipping cream, thyme *CONTAINS: dairy. *Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites

SPICY CREAMY TOMATO:  spicy, smooth & creamy tomato soup

water, crushed tomatoes, onions, potatoes, concentrated vegetable base, canola oil, garlic, sea salt, black pepper, chili flakes, thyme, oregano, basil, whipping cream *CONTAINS: dairy. *Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites

MOROCCAN CHICKPEA:   a medley of legumes with layers of aromatics & spices like fresh ginger, coriander leaves, cumin & paprika

beans, liquid from stewed kidney beans, water, potatoes, diced tomatoes, onions, carrots, soup liquid concentrated vegetable base, canola oil, spinach, garlic puree, fresh ginger, paprika, fresh coriander leaves, ground cumin, salt, ground cayenne pepper, black pepper, ground cinnamon, white pepper, ground ginger *Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites

LOADED POTATO: classic baked potato toppings flavours like bacon, chives, parmesan & butter

onion, potato, dehydrated potato, celery, garlic, green onion, parsley, granulated garlic, thyme, sea salt, chives, parmesan, black pepper, white pepper, water, chicken concentrate, heavy cream, bacon, butter *CONTAINS: dairy. *Produced in a facility that contains sesame, soy, tree nuts, seafood, eggs, wheat, mustard, milk & sulphites

CHICKEN NOODLE: chicken, noodles & vegetables come together in a flavourful broth

chicken broth (water, chicken stock), carrots, seasoned chicken (contains soy), egg noodles (wheat flour, whole egg, egg white), celery, onions, salt, modified corn starch, yeast extract, chicken fat, garlic, garlic powder, onion powder, dried parsley, flavour, spices, beta carotene *CONTAINS: gluten, eggs, soy, sulphites.

BROCCOLI & CHEDDAR: made with loads of broccoli & real cheese for a smooth, velvety soup

water, broccoli, milk, processed cheese food, modified corn starch, cheddar cheese, cream, salt, yeast extract (barley), dijon mustard(vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid,spice), dried garlic, onion powder, annatto, paprika extract, spice *CONTAINS: dairy, gluten, sulphites.

Dressings/Sauces

CHOPPED BALSAMIC:   a neutral balsamic vinaigrette

100% olive/pomace oil, balsamic vinegar, dijon mustard, garlic, sea salt, black pepper *CONTAINS: mustard, sulphites

GODDESS:   creamy combination of sesame and soy with a hint of lemon


canola oil, wheat free soy sauce, tahini, red wine vinegar, lemon juice, garlic, chives *CONTAINS: soy, sesame, sulphites

GREEK VINAIGRETTE:  light, flavourful vinaigrette with feta

canola oil, red wine vinegar, olive/pomace oil, dijon mustard, garlic powder, feta, onion powder, black pepper, basil, oregano, sea salt, xanthan gum *CONTAINS: mustard, dairy, sulphites

EVIL PEANUT:   spicy peanut dressing with a hint of lime

Gluten-friendly hoisin sauce, canola oil, sesame oil, lemon juice, lime juice (fresh), peanut butter (organic peanuts), brown sugar, chilli garlic sauce, sambal oelek, garlic, sea salt *CONTAINS: soy, peanuts, sulphites, sesame

PESTO:  canola oil, cheese, basil, parsley, garlic, water, concentrated lemon juice, spices, salt *MAY CONTAIN: other tree nuts, peanuts, dairy

CAESAR: creamy garlic dressing

mayonnaise, garlic, dijon mustard, lemon juice, parmesan cheese, worcestershire sauce, anchovies, black pepper, sea salt

***CONTAINS: eggs, soy, mustard, dairy, seafood, sulphites**

RANCH:  a homestyle ranch dressing with hints of garlic & dill

mayonnaise, water, cayenne sauce (aged cayenne red peppers, distilled vinegar, water, salt and garlic powder), lemon juice (lemon juice, sulphites, lemon oil), garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives

***CONTAINS: eggs, soy, sulphites, mustard**

CHIPOTLE LIME CITRUS:   spicier lime dressing with a hint of chipotle flavour

canola oil, olive/pomace oil, lime juice, chipotle jelly, chipotle peppers, chipotle seasoning mix (garlic powder, onion powder, coriander, paprika, black pepper, dijon mustard, cumin, sea salt, xanthan gum

***CONTAINS: mustard, sulphites**

CHIPOTLE RANCH:  spicy creamy chipotle ranch

mayonnaise, water, cayenne sauce, lemon juice, chipotle peppers, ground chipotle chili peppers, garlic powder, onion powder, dill, black pepper, sea salt, parsley, chives

***CONTAINS: eggs, soy, sulphites, mustard**

SALSA: water, broccoli, milk, processed cheese food, modified corn starch, cheddar cheese, cream, salt, yeast extract (barley), dijon mustard(vinegar, water, mustard seed, salt, white wine, citric acid, tartaric acid,spice), dried garlic, onion powder, annatto, paprika extract, spice

SOUR CREAM: milk ingredients, modified corn starch, guar, gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures

***CONTAINS: dairy**

BBQ SAUCE: water, sugar/glucose-fructose, vinegar, modified corn starch, salt, tomato paste, spices and seasonings, canola oil, cooking molasses, natural flavour, mustard, colour, ugar, gum (thickener)



***CONTAINS: mustard**



TZATZIKI:  cream, pasteurized ultra-filtered milk, milk protein concentrate, canola oil, salt, garlic puree, cucumber, white vinegar, white pepper, dill, bacterial culture


***CONTAINS: milk/dairy, whey and yogurt powder**

Choppings

RICE:   brown basmati rice, cumin, chili powder, salt, pepper, olive oil

QUINOA:   cumin, chili powder, salt, pepper, olive oil

BLACK BEAN CORN SALSA:   corn, black beans, green onions, olive oil, balsamic vinegar, lime juice, cumin, chili powder

PITA CHIPS:  pita bread (whole wheat flour, water, yeast, salt, calcium propionate), canola oil, rosemary, salt

***CONTAINS: wheat**

CHOWMEIN NOODLES: flour, water, frozen albumen, whole liquid eggs (may contain citric acid), salt, sodium propionate, sodium benzoate, sodium bicarbonate, beta carotene, corn starch

***MAY CONTAIN: citric acid, egg**

WHOLE WHEAT CROUTON: bread (whole wheat flour, water, yeast, glucose-fructose/sugar, wheat gluten, dehydrated potato flakes (mono and diglycerides, sodium acid pyrophosphate, citric acid), vegetable oil (canola or soybean), salt, vinegar, sodium stearoyl-2-lactylate, calcium, propionate, acetylated tartaric acid esters of mono and diglycerides, monoglycerides, sorbic acid) butter, canola oil, garlic salt

***MAY CONTAIN: potassium sorbate, soybeans, sesame seeds, wheat**

Tortillas/Bread

12" WHOLE WHEAT TORTILLA: whole wheat flour, enriched unbleached wheat flour (wheat flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one or more of the following: canola oil, corn oil, soybean oil, safflower oil). Contains less than 2% of each of the following: leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, food starch-modified, calcium propionate (preservative), yeast.

***CONTAINS: wheat**

10" WHOLE GRAIN HOMESTYLE TORTILLA: whole grain flour, water, palm oil, expeller pressed canola oil. Contains less than 2% of each of the following: non-gmo leavening (wheat starch, sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), powdered evaporated cane juice (cane sugar), salt, yeast, sodium bicarbonate.

***CONTAINS: wheat**

SOURDOUGH BREAD: enriched wheat flour (wheat flour, ascorbic acid, malted barley flour, amylase, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, durum wheat semolina flour, yeast, sea salt, dough conditioner (wheat flour, malted barley flour, ascorbic acid, amylase, lipase), natural preservative (cultured corn syrup solids, citric acid), soya lecithin

***CONTAINS: wheat *MAY CONTAIN: sulphites, soy, tree nuts and/or sesame seeds**

12" WHOLE WHEAT TORTILLA: whole wheat flour, enriched unbleached wheat flour (wheat flour, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (contains one or more of the following: canola oil, corn oil, soybean oil, safflower oil). Contains less than 2% of each of the following: leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, food starch-modified, calcium propionate (preservative), yeast.

***CONTAINS: wheat**

10" WHOLE GRAIN HOMESTYLE TORTILLA: whole grain flour, water, palm oil, expeller pressed canola oil. Contains less than 2% of each of the following: non-gmo leavening (wheat starch, sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), powdered evaporated cane juice (cane sugar), salt, yeast, sodium bicarbonate. ***CONTAINS: wheat**

SOURDOUGH BREAD: enriched wheat flour (wheat flour, ascorbic acid, malted barley flour, amylase, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, durum wheat semolina flour, yeast, sea salt, dough conditioner (wheat flour, malted barley flour, ascorbic acid, amylase, lipase), natural preservative (cultured corn syrup solids, citric acid), soya lecithin


***CONTAINS: wheat *MAY CONTAIN: sulphites, soy, tree nuts and/or sesame seeds**

MULTIGRAIN BREAD: enriched wheat flour, water, sunflower seeds, wheat flakes, rye meal, rolled oats, wheat bran, flax seeds, corn flakes, sugar, salt, molasses, yeast, oat flakes, rye flour, soya grits, millet seeds, sesame seeds, flaked rye, vegetable oil, malted barley flour, ascorbic acid, amylase, dextrose, acetylated tartaric acid esters of mono and diglycerides, calcium carbonate, sea salt, calcium propionate, mono-diglycerides, guar gum, corn syrup solids, lipase, soya lecithin **CONTAINS: wheat *MAY CONTAIN: sulphites, soy, tree nuts lecithin and/or sesame seeds**

Protein

SHRIMP:  shrimp, salt, sodium phosphate, sulphites


TUNA:  mixed with lemon dill dressing

BACON BITS:  pork water salt sugars (sugar brown sugar) cultured celery extract sodium phosphate flavour sodium erythorbate potassium chloride smoke flavour sodium nitrite spice extract smoke. ingredient proportions indicated are subject to change. ***MAY CONTAIN: sodium ascorbate and/or sodium erythorbate, sodium nitrite**

MARINATED TOFU: water, soybeans (non-gmo), soy sauce (water, wheat, soybeans, salt, less than 0.1% sodium benzoate as a preservative, brewing starter (aspergillus sojae)), sugar, salt, calcium sulphate, caramel colour ***MAY CONTAIN: sulphites**

SMOKED TOFU: water, organic soybeans (non-gmo), calcium sulphate, salt, smoke

EXTRA FIRM TOFU: water, soybeans (non-gmo), magnesium chloride, calcium sulphate

GRILLED CHICKEN:  chicken breast, water, chicken broth, salt, spices

Dietary Restriction Menu Suggestions

Vegetarian

A diet which does not include meat, and occasionally other animal byproducts.

- Sante Fe** (contains Cheddar & Sour Cream)
- Harvest
- Bangkok** (remove Chow Mein Noodles)
- Mediterranean** (contains Feta, Tzatziki, Greek Vinaigrette Dressing)
- Southwest** (contains Cheddar Cheese)
- Sunshine ** (contains Mozzarella Cheese)
- Signature** (contains Feta Cheese)
- Vegetarian Proteins/Add ons: Falafel, Tofu, Avocado, Quinoa, Brown Basmati Rice

Gluten Friendly

A diet that excludes the protein gluten.

Any Salad or bowl can be made gluten friendly with the removal of Pita Chips, Croutons & Chow Mein Noodles.

Examples:

Bangkok Salad - Remove Chow Mein Noodles and Pita Chip

Signature Salad - Remove Pita Chip and Croutons

Caesar Salad - Remove Croutons and Pita Chip

Gluten-friendly Protein/Add ons: Chicken, Sirloin Steak, Tuna, Falafel, Eggs, Shrimp, Quinoa, Brown Basmati Rice

Keto

A diet that is high-fat, adequate-protein, and low-carbohydrate and low sugar.

Any Salad can be made Keto with the removal of Pita Chips, Croutons, and Chow Mien Noodles.

Examples:

Sunshine Salad - remove Pita Chip, add double Chicken

Harvest Salad - remove Pita Chip, add double Chicken

Vegan

A diet that does not include meat, eggs, dairy products and other animal-derived substances.

- Harvest Salad
- Southwest Salad - Remove Cheddar
- Signature Salad - Remove Feta & Croutons
- Sunshine Salad - Remove Mozzarella
- Bangkok Salad - Remove Chow Mein Noodles

***** Croutons contain butter, wraps contain yeast**