

The information provided in this document is based on the most current ingredient information (as of the date listed to the left) available from our suppliers for the ten priority food allergens identified by Health Canada (eggs, milk, mustard, peanuts, seafood [including fish, crustaceans and shellfish (e.g. molluscs)], sulphites, sesame [including sesame seeds], soy [including soybean]), tree nuts, wheat, and other cereal grains containing gluten, and is based on standard product ingredient.

May contain allergens and gluten. Since we prepare our food on one serving line, we cannot guarantee that any of our menu items are free of allergens (including but not limited to those listed above) or gluten, and none of our crust options are recommended for those with a gluten sensitivity.

MOD Canada Allergen Statment
June 5.2020

Customers with allergies and sensitivities should exercise judgment when ordering.

June,5,2020												
		WIFK	EGGS	WHEAT/GLUTEN	CRUSTACEAN / SHELLFISH	FISH	SOY	PEANUTS	TREE NUTS	SESAME	MUSTARD	SULPHITES
Promotions		Con	tains	s alle	erge	n if	•	is lis	sted	in co	olun	nn.
Chorizo	Pork, water, smoked paprika, salt, sugar, spice, natural flavor, garlic powder, dehydrated garlic, paprika oleoresin (color), yeast extract).											
Lemon Honey Poppeyseed	Vegetable Oil (Soybean And/Or Canola Oil), High Fructose Corn Syrup, Water, Apple Cider Vinegar, Sugar, Honey, Dijon Mustard (Water, Vinegar, Mustard Seeds, Salt, Spices), Vidalia Onion, Poppy Seed, Distilled Vinegar, Salt, Rice Extract, Lemon Juice Concentrate, Hydrolyzed Soy Protein, Spices, Xanthan Gum, Sodium Benzoate As a Preservative, Potassium Sorbate As a Preservative, Onion Powder, Extract of Lemon, Calcium Disodium Edta To Protect Flavor, Fd&C Yellow #5.										•	
Crust												

Original	unbleached enriched wheat flour (malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, extra virgin olive oil, sea salt, dough improver (wheat flour, malted barley flour, ascorbic acid, enzymes), yeast			•					
Gluten-Friendly	Water, Rice Flour, Modified Rice Starch, Potato Starch, Sugar, Tapioca Starch, Potato Flour, Canola/Olive Oil Blend, Yeast, Salt, Xanthan Gum, Cultured Brown Rice								
Cauliflower Crust	Cauliflower, Low Moisture Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Rice Flour, Tapioca Starch, Water, Egg Whites, Rice Starch, Modified Food Starch, Sugar, Yeast, Salt, Cultured Brown Rice, Garlic Powder, Italian Seasoning, Xanthan Gum.	•	•						
Sauces									
BBQ Sauce	tomato paste, high fructose corn syrup, corn syrup, water, distilled vinegar, molasses, salt, mustard bran, natural hickory smoke flavor, spices, onion powder, celery seed, sodium benzoate (as a preservative), garlic powder, sugar & natural flavors							•	•
Garlic Rub	water, dehydrated garlic, and citric acid.								
Extra Virgin Olive Oil	100% extra virgin olive oil								
Pesto	canola oil, cheese (parmesan and romano [milk, bacterial culture, salt, microbial enzymes, calcium chloride, lipase]), basil, parsley, garlic, water, salt, spices, concentrated lemon juice.	•							
Red Sauce	fresh vine-ripened california tomatoes, tomato puree, contains less than 2% of: salt, dehydrated garlic, basil, spices, yeast extract, natural flavors, citric acid								
White Sauce	cream (cream, milk, cellulose gel, carrageenan, cellulose gum, sodium citrate, sodium phosphate), water, romano cheese (milk, bacterial culture, salt, calcium chloride, microbial enzymes, lipase), parmesan cheese (milk, bacterial culture, salt, lipase, calcium chloride, microbial enzymes), palm and soybean oil margarine, modified corn starch, butter, enriched wheat flour, salt, spices.	•		•		•			
Cheese									
Asiago	pasteurized milk, salt, bacterial culture, microbial enzyme, lipase, cellulose.	•							
Dairy-free	filtered water, tapioca starch, coconut oil, non-gmo expeller pressed: canola and/or safflower oil, vegan natural flavors, potato protein isolate, sea salt, tricalcium phosphate, whole algal flour, lactic acid (vegan), kojac gum, xanthan gum, yeast extract								

Feta	pasteurized milk, salt, lipase, bacterial culture, microbial enzyme, natamycin. may contain calcium chloride	•					
Gorgonzola	pasteurized milk, salt, bacterial culture, calcium chloride, microbial enzyme, penicillium roqueforti.	•					
Mozzarella	milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose.	•					
Parmesan	milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial enzyme, lipase, cellulose powder, potassium sorbate.	•					
Ricotta	whey, milk, bacterial culture, citric acid, salt	•					
Meats							
Anchovies	anchovies, olive oil, salt.			•			
Bacon	pork, water, salt, sugar, smoke flavour, sodium phosphate, may contain sodium ascorbate and/or sodium erythorbate, sodium nitrite.						
Back Bacon	pork, water, salt, glucose, sodium phosphate, sodium erythorbate, sodium nitrite, mustard, smoke.					•	•
Grilled Chicken	chicken breasts, water, glucose solids, rice starch, flavour, salt, sodium phosphate, spices.						
Ground Beef	beef, water, salt, pepper						
Mild Italian Sausage	pork, water, salt, spices, corn syrup solids, paprika, garlic powder						
Pepperoni	pork, beef, salt, dextrose, lactic acid starter culture, mustard, spice extracts, natural smoke flavour, sodium erythorbate, dehydrated garlic, sodium nitrite.					-	•
Salami	pork, salt, sugars (dextrose), spices, red wine, sodium ascorbate, starter culture, garlic, sodium nitrate, sodium nitrite						
Spicy Sausage	pork, water, salt, spices, pepper, fennel, corn syrup solids, paprika, garlic powder.						
Vegetables & Other							
Toppings							
Artichokes	artichoke, water, salt, citric acid, ascorbic acid						
Arugula	arugula						
Basil	basil						

Black Olives	olives, water, salt and stabilizer: ferrous gluconate					
Cranberry Powerseed Mix	ROASTED AND SALTED PEPITAS (PUMPKIN SEEDS, VEGETABLE OIL [CANOLA AND/OR SUNFLOWER OIL], SEA SALT), DRIED CRANBERRIES (CRANBERRIES, SUGAR, GLYCERIN, SUNFLOWER OIL), ROASTED AND SALTED SUNFLOWER SEEDS (SUNFLOWER KERNELS, SUNFLOWER OIL, SALT), GOLDEN ROASTED WHOLE FLAXSEEDS.					
Garlic	garlic cloves					
Broccoli - Roasted	broccoli, 100% extra virgin olive oil, sea salt					
Cilantro	cilantro					
Corn - Roasted	corn, 100% extra virgin olive oil, sea salt					
Crouton	wheat flour, canola oil, salt, sugar, rice flour, garlic powder, yeast, romano cheese (from cow's and sheep's milk), parsley, onion powder, yeast extract, natural flavour, spices, soybean oil, partially hydrogenated soybean oil.	•	•	•		
Garlic - Roasted	garlic cloves, 100% extra virgin olive oil, sea salt, black pepper					
Green Olives	olives, water, salt, lactic acid, citric acid, potassium sorbate					
Green Bell Peppers	green bell pepper					
Jalapenos	fresh peppers, water, vinegar, salt, calcium chloride, sodium benzoate (preservative), natural flavors, tartrazine, sodium metabisulfite (preservative)					•
Mama Lil's sweet hot peppas	peppers, water, vinegar, sugar, maple syrup, garlic, fennel seed, salt, calcium chloride					
Mushrooms	mushrooms					
Oregano	oregano					
Pineapple	pineapple tidbits, water, sugar, and citric acid					
Red Onion	red onion					
Roasted Red Pepper	red peppers (peppers, water, salt, citric acid, calcium chloride), basil, garlic, salt, citric acid					
Romaine	romaine lettuce					
Rosemary, Fresh Chopped	rosemary					
Sea Salt	sea salt					

Sea Salt and Pepper	sea salt, black pepper					
Spinach	spinach					
Spring Mix	spring mix (may contain some or all of the following baby whole leaf varieties: green leaf, mizuna, green romaine, tango, green oak, green chard, baby spinach)					
Tomato Sliced	tomato					
Tomato Diced	tomato					
Finishing & Dipping Sauces						
Balsamic Glaze	cooked grape must, balsamic vinegar of modena igp 39% (wine vinegar, concentrated grape must, cooked grape must, caramel color), wine vinegar, guar gum and xanthan gum.					•
BBQ	tomato paste, high fructose corn syrup, corn syrup, water, distilled vinegar, molasses, salt, mustard bran, natural hickory smoke flavor, spices, onion powder, celery seed, sodium benzoate (as a preservative), garlic powder, sugar & natural flavors.					•
Hot Buffalo Sauce	aged cayenne red peppers, distilled vinegar, water, salt and garlic powder.					
Garlic Butter	butter substitute (liquid and hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavor, beta carotene (color), tbhq and citric acid added to protect flavor, dimethylpolysiloxane, an anti-foaming agent added), garlic.			•		
Mike's Hot Honey	raw wildflower honey, brazilian chilies, distilled white vinegar					
Pesto	canola oil, cheese (parmesan and romano [milk, bacterial culture, salt, microbial enzymes, calcium chloride, lipase]), basil, parsley, garlic, water, salt, spices, concentrated lemon juice.	•				
Red Sauce	fresh vine-ripened california tomatoes, tomato puree, contains less than 2% of: salt, dehydrated garlic, basil, spices, yeast extract, natural flavors, citric acid					

Sri-rancha	canola oil, buttermilk (milk ingredients, salt, bacterial culture), water, egg yolks, vinegar, sugar, salt, garlic juice, dried buttermilk, xanthan gum (thickener), phosphoric acid (enhances tartness), natural flavours, spices, yeast extract (natural flavour enhancer), dried parsley, lemon juice concentrate, silicon dioxide, sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum)	•	•					
Sriracha	chili, sugar, salt, garlic, distilled vinegar, potassium sorbate and sodium bisulfate as preservatives, xanthan gum							
Ranch	canola oil, buttermilk (milk ingredients, salt, bacterial culture), water, egg yolks, vinegar, sugar, salt, garlic juice, dried buttermilk, xanthan gum (thickener), phosphoric acid (enhances tartness), natural flavours, spices, yeast extract (natural flavour enhancer), dried parsley, lemon juice concentrate, silicon dioxide,	•	•					
Chocolate Sauce	sugar, corn syrup, high fructose corn syrup, water, cocoa (processed with alkali), cocoa, natural flavor, salt, potassium sorbate (preservative), xanthan gum							
Strawberry Sauce	strawberry, invert sugar syrup							
Salad Dressing								
Balsamic	water, balsamic vinegar (wine vinegar, concentrated grape must, caramel colour, sulphites), soybean oil, sugar, dehydrated garlic, salt, caramel colour, spices, xanthan gum, potassium sorbate, dehydrated parsley, dijon mustard (water, mustard seed, vinegar, white wine, citric acid, tartaric acid, spices), calcium disodium edta, citric acid.						•	•
Caesar	water, soybean oil, parmesan and romano cheese (contains milk), egg yolks, vinegar, sugar, salt, modified corn starch, garlic, spices and seasonings (contains wheat and soy), anchovy paste, lactic acid (enhances tartness), lemon juice concentrate, dried onions, natural flavour, sorbic acid (maintains quality), xanthan gum (thickener), polysorbate 60 (prevents oil separation), dried garlic, calcium disodium edta (maintains flavour).	•	•	•	•			
Italian	water, soybean oil, white vinegar, sugar, salt, parmesan cheese, extra virgin olive oil, spices, dehydrated garlic, dehydrated onion, dehydrated parsley, xanthan gum, citric acid.	•						

Ranch	canola oil, buttermilk (milk ingredients, salt, bacterial culture), water, egg yolks, vinegar, sugar, salt, garlic juice, dried buttermilk, xanthan gum (thickener), phosphoric acid (enhances tartness), natural flavours, spices, yeast extract (natural flavour enhancer), dried parsley, lemon juice concentrate, silicon dioxide.	•	•				
Red Wine Vinegar	red wine vinegar						•
Extra Virgin Olive Oil	100% extra virgin olive oil						
Green Goddess Dressing	Pesto: canola oil, <b>cheese</b> (parmesan and romano [ <b>milk</b> , bacterial culture, salt, microbial enzymes, calcium chloride, lipase]), basil, parsley, garlic, water, salt, spices, concentrated lemon juice.  Ranch: canola oil, <b>buttermilk (milk ingredients</b> , salt, bacterial culture), water, <b>egg yolks</b> , vinegar, sugar, salt, garlic juice, <b>dried buttermilk</b> , xanthan gum (thickner), phosphoric acid (enhances tartness), dried parsley, lemon juice concentrate, silicon dixide.	•	•				
More Stuff							
Cheesy Garlic Bread	crust (unbleached enriched wheat flour (malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, extra virgin olive oil, sea salt, dough improver (wheat flour, malted barley flour, ascorbic acid, enzymes), yeast), mozzarella (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose), parmesan (milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial enzyme, lipase, cellulose powder, potassium sorbate), 100% extra virgin olive oil, garlic (water, dehydrated garlic, and citric acid), rosemary.	•		•	•		
Garlic Strips (limited locations)	crust (unbleached enriched wheat flour (malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, extra virgin olive oil, sea salt, dough improver (wheat flour, malted barley flour, ascorbic acid, enzymes), yeast), garlic butter substitute (butter substitute (liquid and hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavor, beta carotene (color), dimethylpolysiloxane, an anti-foaming agent added), garlic), parmesan (milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial enzyme, lipase, cellulose powder, potassium sorbate), garlic (water, dehydrated garlic, and citric acid), rosemary.	•		•	•		

Cinnamon Strips (limited locations)	crust (unbleached enriched wheat flour (malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, extra virgin olive oil, sea salt, dough improver (wheat flour, malted barley flour, ascorbic acid, enzymes), yeast), butter substitute (liquid and hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavor, beta carotene (color), dimethylpolysiloxane, an antifoaming agent added), sugar, cinnamon spice (cinnamon, hydrogenated soybean and cottonseed oil)	•	•	•		
Cinnamon Topping	butter substitute (liquid and hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavor, beta carotene (color), tbhq and citric acid added to protect flavor, dimethylpolysiloxane, an anti-foaming agent added), cinnamon spice (cinnamon, hydrogenated soybean and cottonseed oil)			•		
Cinnamon Icing	powdered sugar, milk (partly skimmed milk, vitamin a palmitate, vitamin d3), butter substitute (liquid and hydrogenated soybean oil, salt, soy lecithin, natural & artificial flavor, beta carotene (color), tbhq and citric acid added to protect flavor, dimethylpolysiloxane, an anti-foaming agent added), cinnamon spice (cinnamon, hydrogenated soybean and cottonseed oil), artificial vanilla extract (water, alcohol, caramel colour, artificial flavour)	•		•		
Beverages						
Caramelized Pear Tea	water, rooibos, honeybush, apple bits, roasted chicory, safflowers, calendula petals, natural flavors, simple syrup (sugar, water, less than 2% of: potassium sorbate (preservative), citric acid).					
Vintage Lemonade	water, lemonade concentrate (lemon juice, water, sugar).					
Blackberry Lemonade	water, lemonade concentrate (lemon juice, water, sugar), blackberry puree (blackerry, invert sugar syrup).					
Black Tea	water, black tea.					
Milkshakes						
Vanilla Shake	milk ingredients, sugar, glucose, modified milk ingredients, guar gum, mono and diglycerides, xanthan gum, polysorbate 80, carrageenan, artificial flavour, disodium phosphate.	•				

Chocolate Shake	vanilla shake (milk ingredients, sugar, glucose, modified milk ingredients, guar gum, mono and diglycerides, xanthan gum, polysorbate 80, carrageenan, artificial flavour, disodium phosphate.), chocolate sauce (sugar, corn syrup, high fructose corn syrup, water, cocoa (processed with alkali), cocoa, natural flavor, salt, potassium sorbate (preservative), xanthan gum.	•					
Strawberry Shake	vanilla shake (milk ingredients, sugar, glucose, modified milk ingredients, guar gum, mono and diglycerides, xanthan gum, polysorbate 80, carrageenan, artificial flavour, disodium phosphate), strawberry, invert sugar syrup.	•					
Float (root beer)	vanilla shake ( milk ingredients, sugar, glucose, modified milk ingredients, guar gum, mono and diglycerides, xanthan gum, polysorbate 80, carrageenan, artificial flavour, disodium phosphate), root beer (sugar/glucose-fructose, water, caramel colour, sodium benzoate, natural and artificial flavour, citric acid, caffeine).	•					
Chocolate Sauce	sugar, corn syrup, high fructose corn syrup, water, cocoa (processed with alkali), cocoa, natural flavor, salt, potassium sorbate (preservative), xanthan gum.						
Strawberry puree	strawberry puree, sugar.						
Desserts							
No Name Cake	sugars (sugar, icing sugar, corn syrup), dark chocolate flavored coating (sugar, modified palm kernel oil, cocoa, lactose, palm oil, soy lecithin [emulsifier], vanilla powder), enriched flour, soybean oil, eggs, palm oil, cocoa, pudding (modified food starch, cocoa, sugar, salt, monoglycerides, citric acid [preservative]), skim milk powder, vanilla extract (water, alcohol, sugar, vanilla bean extractives), baking powder, baking soda, soy lecithin, vanilla powder (modified food starch, dextrose, whey, maltodextrin, natural flavor, salt, modified palm oil [medium chain triglycerides]), salt, gum base.	•	•	•	•		