



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
April 11, 2022

Customers with allergies and sensitivities should exercise judgment when ordering.

		MILK	EGGS	WHEAT/GLUTEN	CRUSTACEAN / SHELLFISH	FISH	SOY	PEANUTS	TREE NUTS	SESAME	MUSTARD	SULPHITES
Promotions		Contains allergen if ● is listed in column.										
Key Lime Squad Cake	white coating (sugar, palm kernel and palm oil, whey powder, non-fat milk powder, soy lecithin [emulsifier], natural flavor, vanilla extract), sugar, unbleached enriched flour (wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), powdered sugar (sugar, corn starch), water, soybean oil, palm oil, eggs, egg whites (pasteurized egg whites, triethyl citrate [whipping aid]), non-fat milk powder, white sanding sugar (sugar, carnauba wax), modified food starch, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), corn syrup, salt, sea salt, citric acid [preservative], gum blend (xanthan gum, guar gum), gum blend (gum acacia, xanthan gum, modified gum acacia), natural flavor, yellow color (medium chain triglycerides, maltodextrin, gum arabic, turmeric oleoresin, sunflower oil, sucrose, sodium ascorbate, beta carotene, ascorbyl palmitate, dl-alpha-tocopherol), blue color (medium chain triglycerides, dextrin, spirulina extract, trisodium citrate, monosodium phosphate), yellow dispersion (glycerin, beta carotene [color]).	●	●	●			●					

Soy Glaze	Water, Honey, Soy Sauce (Water, Soybeans , Wheat , Salt, Sodium Benzoate), Miso Paste (Water, Soybeans , Rice, Sea Salt, Alcohol), Rice Vinegar, Red Jalapeno Puree (Red Jalapeno Peppers, Salt, Citric Acid), Sesame Oil , Ginger, Lemon Juice Concentrate, Corn Starch, Garlic, Dehydrated Ginger, Sesame Seed , Xanthan Gum (To Provide Thickness), Spice, Dehydrated Green Onion, Onion Powder.			●				●			●	
Wontons	Enriched flour ([wheat flour , niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], malted barley flour , enzymes), canola and/or soybean oil, salt, cornstarch, sodium benzoate (preservative)			●								
Red Thai Curry Chicken	chicken breast meat with rib meat, water, rice starch, lemon juice concentrate, vinegar, salt, black pepper. Spices, Chili Peppers, Salt, Paprika, Garlic, Onion.											
Crust												
Original	Extract, Celery Seed Powder, Ginger Powder, White Pepper, Tomato Powder, Sunflower Oil, Spices.			●								
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.											

<p>Sri-rancha</p>	<p>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)</p>	●	●									
<p>Sriracha</p>	<p>chili, sugar, salt, garlic, distilled vinegar, potassium sorbate and sodium bisulfate as preservatives, xanthan gum</p>											
<p>Ranch</p>	<p>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,</p>	●	●									
<p>Salad Dressing</p>												
<p>Balsamic</p>	<p>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.</p>										●	●
<p>Caesar</p>	<p>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).</p>	●	●	●	●	●						

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																		
Red Wine Vinegar	Distilled vinegar, water, natural and artificial flavors, grape skin extract																		
Modern Greek	Prosecco Wine Vinegar, Soybean Oil , Blue Agave (Organic Agave Nectar), Shallots, Extra Virgin Olive Oil, Tahini (Sesame Seeds) , Spices, Garlic, Yellow Onions, Sea Salt.									●								●	
Sherry Dijon Vinaigrette	Sherry Vinegar, Soybean Oil , Light Blue Agave, Shallots, Dijon Mustard, Coarse Ground Mustard , Tomato Juice Concentrate, Garlic, Sea Salt, Spice.									●									●
Zesty Roma	Golden Balsamic Vinegar, Soybean Oil , Light Blue Agave (Organic Agave Nectar), Lemon Juice, Shallots, Extra Virgin Olive Oil, Tomato Paste, Garlic, Spices, Chipotles in Adobo Puree (Chipotle Peppers, Water, Tomato Paste, Vinegar, Onions, Salt, Sugar, Vegetable Oil, Spices), Sea Salt.									●									
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.	●			●						●								

<p>Garlic Strips (limited locations)</p>	<p>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.</p>	●		●			●					
<p>Cinnamon Strips (limited locations)</p>	<p>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 anti-foaming agent added), sugar, cinnamon spice (cinnamon, hydrogenated soybean and cottonseed oil)</p>	●		●			●					
<p>Cinnamon Topping</p>	<p>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)</p>						●					
<p>Cinnamon Icing</p>	<p>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)</p>	●					●					
<p>Beverages</p>												

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 (blackberry, invert sugar syrup).											
Black Tea	water, black tea.											
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.	●	●	●								

white coating (sugar, palm kernel and palm oil, whey powder, non-fat milk powder, soy lecithin [emulsifier], natural flavor, vanilla extract), sugar, unbleached enriched flour (wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), soybean oil, water, powdered sugar (sugar, corn starch), eggs, palm oil, egg whites (pasteurized egg whites, triethyl citrate [whipping aid]), non-fat milk powder, red sanding sugar (red sugar [sugar, fruit and vegetable coloring, carnauba wax], gum arabic clear glitter, white glitter [gum arabic, calcium carbonate]), modified food starch, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), berry color (sunflower oil, maltodextrin, water, vegetable juice [color], citric acid [preservative], ascorbic acid [preservative]), salt, corn syrup, cherry flavor (cherry, cane sugar, preservatives [citric acid, ascorbic acid], natural flavor), gum blend (xanthan gum, guar gum, gum acacia, modified gum acacia), butter flavor (maltodextrin, natural flavor, annatto [color] and turmeric [color]), natural cola flavor (soy lecithin [emulsifier]), oil (canola oil, mono and diglycerides, silicon dioxide, calcium stearate), citric acid (preservative), color (sunflower oil, maltodextrin, vegetable juice [color], citric acid [preservative], annatto [color], ascorbic acid [preservative]), potassium hydroxide [preservative]).



