

Common ingredients and allergens list – August 2026

**Note, only priority allergens are listed.

Protein Foods

Black Forest Ham (Freybe) 	Pork, mustard, sulphites Gluten and Lactose free
Highliner battered cod 	Fish, wheat, soy
Honey Ham (Freybe) 	Pork, mustard Gluten and Lactose free
Peanut Butter (Kraft) 	Peanuts, Soy
Pizza Pepperoni (Freybe and Grimms) 	Pork, mustard Gluten and Lactose free
Pizza Ham (Grimms)	Pork, mustard
Hickory Smoked Turkey (Freybe)	Mustard

	Gluten, lactose and nitrate free
Meatballs (Maple Leaf)	Soy, wheat
Breakfast Pork Sausage (Capital Fine Meats)	Pork Facility is free of all priority allergens
Wow Butter 	Soy Peanut, tree nut, and gluten free

Frozen Products

Breakfast hash 	Pork
Hashbrowns (McCain) 	Wheat, milk Note: the fries, tater tots and potato patty-style hashbrown do not contain wheat or milk, however they may not be certified gluten free due to possible contamination at production site

Grain Products

Made Good Muffins 	Free of all priority allergen (gluten, dairy and nut free)
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Bagels (Country Harvest)	Wheat May contain: soy, sesame
Bread (Deli World)	Wheat
Bread (D'Italiano) 	Wheat, soy May contain: sesame
Croutons 	Milk, wheat May contain: sesame, soy
English Muffin	Wheat May contain: sesame, soy
Hog Dog Bun (Dempsters)	Wheat May contain: sesame
Hamburger Bun (Dempsters)	Wheat May contain: sesame
Tortilla (Casa Mendosa) 	Wheat May contain: sesame, soy

More to come