



Big Bone BBQ - Allergens and Nutritional Guide

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Section One: Menu Item Allergens

Section Two: Basic Nutritional Profiles

Allergen information is based on supplier information. All ingredients/menu items are prepared in common kitchen areas resulting in possible cross contamination. Fried items are cooked in shared deep fryers with non-gluten free foods, therefore cross contamination may occur with Fries, Pigskins, Wings & Poutine.

We take allergies, intolerances and nutritional preferences seriously and will continue to do our best whenever possible and within reason to prepare food without further risk to you, the customer. However, please understand that there will be times that we are unable to confidently guarantee certain items not be harmful to you and as such, we recommend that you make the best choice for your health.

SODIUM INDICATOR

GREEN = less than 25% RDA (Recommended Daily Allowance)

YELLOW = 25-49% RDA

RED = 50+% RDA and/or contains MSG

NEWMARKET | BARRIE | MAPLE | KESWICK | MILTON | OTTAWA | WOODBRIDGE | MARKHAM | WHITBY | OAKVILLE | DUNDAS



ALLERGEN GUIDE

MENU ITEM		Corn Syrup	Dairy/Milk	Eggs	Fish	Gluten/Wheat	MSG	Mustard	Peanuts	Sesame	Shellfish	Soy	Tomatoes		Sodium Indicator
RIBS & MEATS	Pork Ribs (plain)														GREEN
	Beef Ribs (plain)														GREEN
	Pulled Pork (plain)					X									GREEN
	Brisket (plain)														GREEN
	BBQ Chicken Breast	X													YELLOW
	Peameal Bacon														RED
	Black Angus Burger(PATTY)					X						X			YELLOW
	Chicken Fingers					X									YELLOW
	Veggie Burger (PATTY)					X				X		X	X		YELLOW
	Fried Wings (plain)					X	X			X		X			RED
	Smoked Wings (plain)												X		RED
	Sausages						X					X			RED

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Last updated: MAY 2017



ALLERGEN GUIDE

MENU ITEM		Corn Syrup	Dairy/Milk	Eggs	Fish	Gluten/Wheat	MSG	Mustard	Peanuts	Sesame	Shellfish	Soy	Tomatoes		Sodium Indicator
POUTINES	The Classic		X			X	X					X			
	The Memphis		X			X	X					X	X		
	The Texan		X			X	X					X	X		
	The Lord Burger		X			X	X					X			
	The Southwest		X			X	X					X			
	Carolina BBQ Chicken	X	X			X	X					X	X		
MISC	Hamburger Bun					X						X			

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SAUCES	Signature BBQ				X	X	X						X		Red
	Honey Garlic					X						X			Yellow
	Creamy Parmesan		X	X								X			Red
	Honey Mustard	X						X							Red
	Rasta Jerk														Red
	Franks Hot Sauce														Red
	Chicago Roadhouse	X											X		Green
	Hot Chile												X		Red
	Spicy BBQ				X	X							X		Red
	Kansas BBQ												X		Red
	Dry Cajun														Yellow
	Creamy Garlic		X	X								X			Red
	Alabama Slamma												X		Red
	Bubbass Medium												X		Red
	Golden Thai												X		Red

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SAUCES CONT'D	Fiery Honey Garlic					x						x	x		
	911 Inferno				x								x		
	Roadhouse Hot	x			x								x		
	Hot Thai												x		
	Wicked Hot												x		
	Lemon Pepper														
	Montreal Dry														
	Creamy Caesar		x	x	x	x		x				x	x		
	Hot Creamy Parm		x	x								x			

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CONDIMENTS, ETC	Balsamic Vinaigrette							X				X			GREEN
	Caesar Dressing		X	X	X	X		X					X		RED
	Coleslaw Dressing			X		X		X				X			GREEN
	HP Sauce					X		X					X		GREEN
	Italian Dressing											X			GREEN
	Jalapenos														GREEN
	Mayonnaise			X		X		X				X			GREEN
	Mustard							X							GREEN
	Pickles							X							GREEN
	Plum Sauce														RED
	Relish														GREEN
	Salsa											X	X		GREEN
	Worcestershire Sauce				X										GREEN

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MENU ITEM		Corn Syrup	Dairy/Milk	Eggs	Fish	Gluten/Wheat	MSG	Mustard	Peanuts	Sesame	Shellfish	Soy	Tomatoes		Sodium Indicator
STARTERS & SALADS	Pig Skins		x		x	x							x		
	Buffalo Fingers					x									
	Onion Rings					x						x			
	Potato & Bacon Soup		x			x	x								
	Caesar Salad		x	x	x	x		x				x	x		
	Garden Salad												x		
	Nashville Nachos		x									x	x		
	Chubby Cheesy GB		x			x						x			
SIDES	Fries					x						x			
	Beans											x			
	Coleslaw			x		x		x				x			
	Gravy					x	x					x			
	Cornbread		x	x		x									

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Basic Nutritional Information & Ingredients

Contents:

Balsamic Vinaigrette	9	Dry Cajun	14	Peameal Bacon	19
Banana Peppers	9	Franks' Red Hot	14	Plum Sauce	19
BBQ Sauce * Base	9	French Fries	14	Roadhouse	19
Beans	10	Gravy	15	Roadhouse Hot	20
Beef Soup Base	10	Honey Garlic Sauce	15	Salsa	20
Bubba's Medium	10	Honey Mustard	15	Sausages	20
Burger Buns	11	Hot Sauce	16	Slider Buns	21
Burgers	11	HP Sauce	16	Sour Cream	21
Caesar Dressing	11	Italian Dressing	16	Sweet Chili Sauce	21
Cheese	12	Jerk Sauce	17	Veggie Burger	22
Chicken Breasts	12	Lemon Pepper	17	Worchestershire Sauce	22
Chicken Fingers	12	Montreal Dry	17	Sweet Potato Fries	22
Coleslaw Dressing	13	Nachos	18	Chicken Burgers	23
Creamy Garlic Dressing	13	Onion Rings	18		
Croutons	13	Parmesan Cheese	18		

Balsamic Vinaigrette

Nutrition Facts - Serving Size: 2 TBSP		
Amount Per Serving:		% Daily Value
Calories	150	
Fat	16g	25%
Saturated	1.0g	8%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	200mg	8%
Total Carbohydrates	2g	1%
Fibre	0g	0%
Sugars	1g	
Protein	0g	

CANOLA AND/OR SOYA OIL, WATER, BALSAMIC VINEGAR, SUGAR, SALT, SPICES, MUSTARD FLOUR, DEHYDRATED GARLIC, XANTHAN GUM, POTASSIUM SORBATE.

CONTAINS: SOY, MUSTARD
SELECT BRAND FOODS

Banana Peppers

Nutrition Facts - Serving Size: 30g		
Amount Per Serving:		% Daily Value
Calories	5	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	220mg	9%
Total Carbohydrates	1g	0%
Fibre	0g	0%
Sugars	1g	
Protein	0g	

BANANA PEPPERS, WATER, SALT, CALCIUM CHLORIDE, SODIUM BENZOATE, SEASONINGS, POLYSORBATE 80.

BICK'S / SUPREME

BBQ Sauce *Base

Nutrition Facts - Serving Size: 2 TBSP		
Amount Per Serving:		% Daily Value
Calories	50	
Fat	0.2g	1%
Saturated	0.1g	1%
Trans Fat	0.1g	
Cholesterol	0mg	
Sodium	480mg	20%
Total Carbohydrates	13g	4%
Fibre	0g	0%
Sugars	11g	
Protein	0.2g	

WATER, SUGAR, TOMATO PASTE, WHITE VINEGAR, SALT, MODIFIED CORN STARCH, CANOLA OIL, DEHYDRATED ONION, DEHYDRATED GARLIC, CITRIC ACID, SPICES, TAMARIND EXTRACT.

CONTAINS: TOMATO
BIG BONE BBQ



Beans *Can

Nutrition Facts - Serving Size: 1/2 CUP		
Amount Per Serving:		% Daily Value
Calories	130	
Fat	0.5g	1%
Saturated	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	390mg	16%
Total Carbohydrates	28g	9%
Fibre	7g	28%
Sugars	9g	
Protein	7g	

WHITE BEANS, WATER, SUGAR, BROWN SUGAR, TOMATO PASTE, SALT, GLUCOSE, MODIFIED CORN STARCH, SPICES.

CONTAINS: SOY BEANS
RONDUELLE

Beef Soup Base

Nutrition Facts - Serving Size: N/A		
Amount Per Serving:		% Daily Value
Calories	N/A	
Fat	N/A	
Saturated		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrates		
Fibre	N/A	
Sugars		
Protein		

SALT, GLUCOSE SOLIDS (MAY CONTAIN SUGAR), HYDROLYZED VEGETABLE PROTEIN, PURE VEGETABLE SHORTENING, ONION POWDER, CORN STARCH, MSG, WHEAT FLOUR, CARAMEL, SPICE AND SPICE EXTRACTS, CANOLA OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE.

CONTAINS: SOY, WHEAT, MSG.
EMPIRE FOODS

Bubba's Medium

Nutrition Facts - Serving Size: 2 TBSP		
Amount Per Serving:		% Daily Value
Calories	35	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	250mg	10%
Total Carbohydrates	8g	3%
Fibre	0g	0%
Sugars	7g	
Protein	0.3g	

WATER, TOMATO PUREE (WATER, TOMATO PASTE), GLUCOSE-FRUCTOSE, VINEGAR, SALT, MODIFIED CORN STARCH, SPICE, DEHYDRATED GARLIC, SODIUM BENZOATE (TO ENSURE FRESHNESS), COLOUR.

CONTAINS: TOMATO
E.D. SMITH FOODS, LTD.



Burger Buns

Nutrition Facts - Serving Size: N/A		
	Amount Per Serving:	% Daily Value
Calories	N/A	
Fat		
Saturated		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrates		
Fibre		N/A
Sugars		
Protein		

ENRICHED WHEAT FLOUR, WATER, YEAST, VEGETABLE OIL (SOYBEAN AND/OR CANOLA), SUGAR, SALT, WHEAT GLUTEN, CALCIUM PROPIONATE, VEGETABLE MONOGLYCERIDES, DIACETYL TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES, CALCIUM STEAROYL LACTYLATE, SORBIC ACID, CALCIUM SULFATE, POTASSIUM IODATE, CORN MEAL, RYE FLOUR.

CONTAINS: SOY, WHEAT
DEMPSTER'S

Burgers

Nutrition Facts - Serving Size: 1 PATTY		
	Amount Per Serving:	% Daily Value
Calories	476	
Fat	34g	52%
Saturated	4g	32%
Trans Fat	0g	
Cholesterol	128mg	
Sodium	578mg	26%
Total Carbohydrates	5g	2%
Fibre	0g	0%
Sugars	0g	
Protein	37g	

BEEF, WATER, TOASTED BREAD CRUMBS, SALT, TEXTURED SOY PROTEIN, SPICES AND SPICE EXTRACTS, ONION POWDER, SUGAR, GARLIC POWDER, FLAVOUR, CANOLA OIL AND/OR SUNFLOWER OIL (CONTAINS SOY AND WHEAT).

CONTAINS: SOY, WHEAT
MACGREGOR MEATS LTD.

Caesar Dressing

Nutrition Facts - Serving Size: 2 TBSP.		
	Amount Per Serving:	% Daily Value
Calories	180	
Fat	19g	29%
Saturated	3.0g	17%
Trans Fat	0.4g	
Cholesterol	10mg	
Sodium	170mg	7%
Total Carbohydrates	1g	1%
Fibre	0g	0%
Sugars	0g	
Protein	0.3g	

CANOLA AND/OR SOYA OIL, WATER, FROZEN EGG YOLK, PARMESAN CHEESE (MODIFIED MILK INGREDIENTS, PASTEURIZED MILK, SALT, LIPASE, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME, CELLULOSE, SORBIC ACID), SALT, SPICES, DEHYDRATED GARLIC, ANCHOVY PASTE (PASTEURIZED ANCHOVIES, SALT, WATER), LEMON JUICE CONCENTRATE, CITRIC ACID POWDER, VINEGAR, POTASSIUM SORBATE, XANTHAN GUM, SUGAR, DEXTROSE, SPICES, SPICE EXTRACTS, TRICALCIUM PHOSPHATE, POLYSORBATE 80, FLAVOUR, ROSEMARY OIL, MUSTARD FLOUR, TOMATO PASTE, TITANIUM DIOXIDE, SUGAR, DEHYDRATED ONION.

CONTAINS: SOY, EGG, FISH, MUSTARD, FLOUR, TOMATO
BIG BONE BBQ



Cheese

Nutrition Facts - Serving Size: 5g		
Amount Per Serving:		% Daily Value
Calories	50	
Fat	4.5g	7%
Saturated	3g	15%
Trans Fat	0.1g	
Cholesterol	15mg	
Sodium	95mg	4%
Total Carbohydrates	0g	0%
Fibre	0g	0%
Sugars	0g	
Protein	3g	

MILK, MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME, COLOUR. MAY CONTAIN CALCIUM CHLORIDE.

CONTAINS: MILK
PARMALAT

Chicken Breasts

Nutrition Facts - Serving Size: 100g		
Amount Per Serving:		% Daily Value
Calories	80	
Fat	1g	2%
Saturated	0.3g	1%
Trans Fat	0g	
Cholesterol	40mg	
Sodium	460mg	19%
Total Carbohydrates	1g	0%
Fibre	0g	0%
Sugars	0g	
Protein	15g	

CHICKEN BREASTS, WATER, FLAVOUR, CORN SYRUP SOLIDS, SODIUM PHOSPHATES, SEA SALT.

CONTAINS: CORN SYRUP

Chicken Fingers

Nutrition Facts - Serving Size: 100		
Amount Per Serving:		% Daily Value
Calories	216	
Fat	9.94g	10%
Saturated	0.83g	2%
Trans Fat	0.118g	
Cholesterol	24mg	
Sodium	500mg	20%
Total Carbohydrates	18.9g	19%
Fibre	0.9g	1%
Sugars	3.4g	
Protein	12.83g	

CHICKEN BREAST FILLETS, WATER, TOASTED WHEAT CRUMBS, CANOLA OIL, WHEAT FLOUR, MODIFIED CORN STARCH, SALT, SPICES, SUGAR, BAKING POWDER. **MAY CONTAIN: EGGS, SOY.**

CONTAINS: WHEAT
GOLDEN GATE



Coleslaw Dressing

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	130	
Fat	12g	19%
Saturated	2g	11%
Trans Fat	0.2g	
Cholesterol	15mg	
Sodium	330mg	14%
Total Carbohydrates	5g	2%
Fibre	0g	0%
Sugars	5g	
Protein	0.4g	

CANOLA AND/OR SOYA OIL, WATER, SUGARS, WHITE VINEGAR, FROZEN EGG YOLK, SALT, MUSTARD FLOUR, PROPYLENE GLYCOL ALGINATE, DEHYDRATED ONION, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA.

CONTAINS: SOY, EGG, MUSTARD, FLOUR
SELECT

Creamy Garlic Dressing

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	160	
Fat	17g	26%
Saturated	1.0g	6%
Trans Fat	0g	
Cholesterol	20mg	
Sodium	490mg	20%
Total Carbohydrates	2g	1%
Fibre	0g	0%
Sugars	2g	
Protein	0.2g	

CANOLA AND/OR SOYA OIL, WATER, WHITE VINEGAR, SUGAR, FROZEN EGG YOLK, SALT, DEHYDRATED GARLIC AND ONION, XANTHAN GUM, SODIUM BENZOATE, SPICES, COLOUR, CALCIUM DISODIUM EDTA.

CONTAINS: SOY, EGG
SELECT

Croutons

Nutrition Facts - Serving Size: N/A		
Amount Per Serving:		% Daily Value
Calories	N/A	
Fat		
Saturated		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrates	N/A	
Fibre		
Sugars		
Protein		

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.

CONTAINS: WHEAT, MILK, SOY
HEINZ CANADA



Dry Cajun

Nutrition Facts - Serving Size: 1/2 TSP		
Amount Per Serving:		% Daily Value
Calories	0	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	N/A	
Sodium	90mg	4%
Total Carbohydrates	1g	0%
Fibre	0g	0%
Sugars	0g	
Protein	0.1g	

SPICES AND HERBS (INCLUDING RED PEPPER, THYME), SALT, DEHYDRATED VEGETABLES (ONION, GREEN BELL PEPPER, CELERY, GARLIC), SUGAR, NATURAL FLAVOUR, MODIFIED CORN STARCH, HIGH OLEIC SUNFLOWER OIL, DISODIUM INOSINATE AND GUANYLATE, ASCORBIC ACID, SPICE EXTRACTS, CALCIUM SILICATE.

CONTAINS: SUNFLOWER OIL
CLUB HOUSE

Frank's Red Hot

Nutrition Facts - Serving Size: 1 TSP.		
Amount Per Serving:		% Daily Value
Calories	0	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	N/A	
Sodium	190mg	8%
Total Carbohydrates	0g	0%
Fibre	N/A	
Sugars	N/A	
Protein	0.1g	

AGED CAYENNE RED PEPPERS, VINEGAR, WATER, SALT, GARLIC POWDER.

FRENCH'S FOOD COMPANY

French Fries

Nutrition Facts - Serving Size: 100G		
Amount Per Serving:		% Daily Value
Calories	149	
Fat	5g	8%
Saturated	3g	16%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	0mg	0%
Total Carbohydrates	24g	8%
Fibre	0g	0%
Sugars	1g	
Protein	2g	

POTATOES, VEGETABLE OIL (SOYBEAN, CANOLA, COTTONSEED AND/OR SUNFLOWER), ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF DEGERMED YELLOW CORN MEAL, DEXTROSE, FOOD STARCH - MODIFIED, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), RICE, FLOUR, SALT, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO MAINTAIN NATURAL COLOUR).

CONTAINS: WHEAT, SOY
SIMPLOT JIFFI CRISP



Gravy

Nutrition Facts - Serving Size: N/A		
Amount Per Serving:		% Daily Value
Calories	N/A	
Fat		
Saturated		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrates	N/A	
Fibre		
Sugars		
Protein		

WHEAT FLOUR, MODIFIED CORN STARCH, GLUCOSE AND/OR SUGAR, SALT, HYDROLYZED VEGETABLE PROTEIN, PURE VEGETABLE SHORTENING, MSG, ONION POWDER, CARAMEL, CANOLA OIL, SPICE AND SPICE EXTRACTS, GARLIC POWDER, DISODIUM INOSINATE, GUANYLATE.

CONTAINS: SOY, WHEAT, MSG
BF FOODS

Honey Garlic Sauce

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	60	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	100mg	4%
Total Carbohydrates	14g	5%
Fibre	0g	0%
Sugars	13g	
Protein	0.1g	

WATER, SUGAR, PURE WHITE HONEY, MODIFIED CORN STARCH, NATURALLY BREWED SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), DEHYDRATED GARLIC, SALT, CITRIC ACID, NATURAL FLAVOUR, SODIUM BENZOATE (TO ENSURE FRESHNESS), NATURAL COLOUR.

CONTAINS: SOY, WHEAT
E.D. SMITH FOODS, LTD.

Honey Mustard

Nutrition Facts - Serving Size: 30ml		
Amount Per Serving:		% Daily Value
Calories	80	
Fat	0.3	1%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	105mg	4%
Total Carbohydrates	18g	6%
Fibre	0g	0%
Sugars	16g	
Protein	0.2g	

SUGAR/GLUCOSE/FRUCTOSE, WATER, VINEGAR, CORN SYRUP, MODIFIED CORN STARCH, MUSTARD AND MUSTARD SEED, HONEY, SALT, SPICE, NATURAL AND ARTIFICIAL FLAVOUR, COLOUR.

CONTAINS: CORN SYRUP, MUSTARD
LYNCH FOODS



Hot Sauce

Nutrition Facts - Serving Size: 2 TBSP		
Amount Per Serving:		% Daily Value
Calories	30	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	1290mg	54%
Total Carbohydrates	6g	2%
Fibre	0g	0%
Sugars	5g	
Protein	0.1g	

WATER, VINEGAR, GLUCOSE-FRUCTOSE, SALT, TOMATO PASTE, MODIFIED CORN STARCH, AGED CAYENNE PEPPERS, NATURAL FLAVOUR, SODIUM CITRATE, COLOUR, GUAR GUM, XANTHAN GUM, DEHYDRATED GARLIC, CANOLA OIL, CITRIC ACID, SODIUM BENZOATE (TO ENSURE FRESHNESS).

CONTAINS: TOMATO

E.D. SMITH FOODS, LTD.

HP Sauce

Nutrition Facts - Serving Size: 1 TBSP.		
Amount Per Serving:		% Daily Value
Calories	20	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	190mg	8%
Total Carbohydrates	5g	2%
Fibre	0g	0%
Sugars	4g	
Protein	0g	

WHITE VINEGAR, GLUCOSE-FRUCTOSE, TOMATO PUREE, BLACKSTRAP MOLASSES, DATES, MODIFIED CORN STARCH, SALT, CONCENTRATED ORANGE JUICE, SPICES, ONIONS, TAMARIND EXTRACT, CONCENTRATED APPLE JUICE, GARLIC, MUSTARD FLOUR, CARAMEL.

CONTAINS: TOMATO, MUSTARD, FLOUR

HEINZ CANADA

Italian Dressing

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	140	
Fat	15g	23%
Saturated	2.5g	14%
Trans Fat	0.3g	
Cholesterol	0mg	
Sodium	210mg	9%
Total Carbohydrates	1g	1%
Fibre	0g	0%
Sugars	1g	
Protein	0.1g	

CANOLA AND/OR SOYA OIL, WATER, WHITE VINEGAR, SALT, SUGAR, DEHYDRATED GARLIC AND ONION, XANTHAN GUM, SPICES, CITRIC ACID, CALCIUM DISODIUM EDTA, COLOUR.

CONTAINS: SOY

SELECT



Jerk Sauce

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	20	
Fat	1.5g	2%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	730mg	30%
Total Carbohydrates	2g	1%
Fibre	0g	0%
Sugars	0g	
Protein	0.2g	

WATER, JALAPENO PEPPERS, VINEGAR, ONIONS, GREEN ONIONS, SALT, CANOLA OIL, SPICES, MODIFIED CORN STARCH, LEMON JUICE, SODIUM CITRATE, XANTHAN GUM, FLAVOUR.

E.D. SMITH FOODS, LTD.

Lemon Pepper

Nutrition Facts - Serving Size: 1/2 TSP		
Amount Per Serving:		% Daily Value
Calories	0	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	0mg	0%
Total Carbohydrates	1g	0%
Fibre	0g	0%
Sugars	0g	
Protein	0g	

LEMON CRYSTALS, PEPPER, LEMON PEEL, SALT, SPICES, GARLIC, ONION, HERBS, CITRIC ACID, YELLOW COLOUR (TARTRAZINE).

HORTON

Montreal Dry

Nutrition Facts - Serving Size: 1/2 TSP		
Amount Per Serving:		% Daily Value
Calories	0	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	N/A	
Sodium	190mg	8%
Total Carbohydrates	0g	0%
Fibre	0g	0%
Sugars	0g	
Protein	0.1g	

SALT, DEHYDRATED VEGETABLES (ONION, ROASTED GARLIC), SPICES AND HERBS, HIGH OLEIC SUNFLOWER OIL, DISODIUM INOSINATE AND GUANYLATE, ASCORBIC ACID, NATURAL FLAVOUR.

CONTAINS: SUNFLOWER OIL
BIG BONE BBQ



Nachos**Nutrition Facts - Serving Size:**

Amount Per Serving:	% Daily Value
Calories	N/A
Fat	
Saturated	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrates	
Fibre	N/A
Sugars	
Protein	

WHOLE GRAIN CORN, CANOLA AND/OR SOYBEAN OIL, SALT, CALCIUM HYDROXIED

CONTAINS: SOY, WHEAT, FISH
MEXICASA

Onion Rings**Nutrition Facts - Serving Size: 3 OZ.**

Amount Per Serving:	% Daily Value
Calories 200	
Fat 10g	15%
Saturated 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	
Sodium 540mg	23%
Total Carbohydrates 24g	8%
Fibre 2g	8%
Sugars 3g	
Protein 2g	

ONION, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), WATER, TOASTED WHEAT CRUMBS, WHEAT FLOUR, YELLOW CORN FLOUR, SALT, SUGAR, DEFATTED SOY FLOUR, BAKING POWDER, DEXTROSE, SPICES.

CONTAINS: WHEAT, SOY
CAVENDISH FARMS

Parmesan Cheese**Nutrition Facts - Serving Size: 2 TBSP.**

Amount Per Serving:	% Daily Value
Calories 60	
Fat 1.5g	3%
Saturated 1g	6%
Trans Fat 0g	
Cholesterol 5mg	
Sodium 100mg	4%
Total Carbohydrates 8g	3%
Fibre 3g	11%
Sugars 4g	
Protein 2g	

PASTEURIZED MILK, MODIFIED MILK, SALT, POWDERED CELLULOSE, LIPASE, MICROBIAL ENZYME, BACTERIAL CULTURE, NATAMYOIN.

CONTAINS: MILK
KRINOS FOODS



Peameal Bacon

Nutrition Facts - Serving Size: 100g		
Amount Per Serving:		% Daily Value
Calories	141	
Fat	6g	9%
Saturated	2g	10%
Trans Fat	0g	
Cholesterol	53mg	
Sodium	1000mg	42%
Total Carbohydrates	4g	1%
Fibre	0g	0%
Sugars	1g	
Protein	18g	

PORK LOINS, WATER, SALT, BROWN SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE, SPICE, COATED WITH CORNMEAL.

JADEE MEAT PRODUCTS LTD

Plum Sauce

Nutrition Facts - Serving Size: 100ML		
Amount Per Serving:		% Daily Value
Calories	220	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	970mg	40%
Total Carbohydrates	55g	18%
Fibre	0g	0%
Sugars	50g	
Protein	0.3g	

SUGAR/GLUCOSE-FRUCTOSE, WATER, PUMPKIN, VINEGAR, SALT, MODIFIED CORN STARCH, APRICOT PUREE, PLUM PUREE, GUAR GUM, XANTHAN GUM, BLACKSTRAP MOLASSES, SODIUM BENZOATE, SPICES, ASCORBIC ACID, CARAMEL COLOUR.

WING'S

Roadhouse

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	40	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	86mg	4%
Total Carbohydrates	10g	3%
Fibre	0g	0%
Sugars	6g	
Protein	0g	

TOMATO PUREE, VINEGAR, SUGAR, PINEAPPLE, RAISINS, CORN SYRUP, ONIONS, NATURAL SMOKE FLAVOUR, SALT, SPICES, GARLIC POWDER, TAMARIND, NATURAL FLAVOUR.

CONTAINS: TOMATO, CORN SYRUP
ROADHOUSE, INC.



Roadhouse Hot**Nutrition Facts - Serving Size: 2 TBSP.**

Amount Per Serving:		% Daily Value
Calories	45	
Fat	0g	0%
Saturated	0g	
Trans Fat	0g	0%
Cholesterol	0mg	
Sodium	86mg	4%
Total Carbohydrates	11g	4%
Fibre	0g	0%
Sugars	6g	
Protein	0g	

TOMATO PUREE, VINEGAR, SUGAR, PINEAPPLE, RAISINS, CORN SYRUP, ONIONS, SPICES, NATURAL SMOKE FLAVOUR, LIME JUICE, SALT, GARLIC POWDER, TAMARIND, NATURAL FLAVOUR.

CONTAINS: TOMATO, CORN SYRUP
ROADHOUSE, INC.

Salsa**Nutrition Facts - Serving Size: 4 TBSP.**

Amount Per Serving:		% Daily Value
Calories	25	
Fat	0.4g	1%
Saturated	0.1g	
Trans Fat	0g	0%
Cholesterol	0mg	
Sodium	290mg	12%
Total Carbohydrates	5g	2%
Fibre	1g	5%
Sugars	0g	
Protein	1g	

TOMATOES, ONIONS, TOMATO PASTE, GREEN PEPPERS, WATER, WHITE VINEGAR, CELERY, JALAPENO PEPPERS, SALT, DEHYDRATED GARLIC, CANOLA AND/OR SOYA OIL, SPICES, SODIUM BENZOATE, POTASSIUM SORBATE.

CONTAINS: TOMATO, SOY
SELECT

Sausages**Nutrition Facts - Serving Size:**

Amount Per Serving:		% Daily Value
Calories		N/A
Fat		
Saturated		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrates		
Fibre		N/A
Sugars		
Protein		

PORK, WATER, SALT, SPICES, SODIUM PHOSPHATE, SUGAR, MSG, TRICALCIUM PHOSPHATE, PROPYLENE GLYCOL, SOY LECITHIN.

CONTAINS: MSG, SOY
EUROPEAN MEATS



Slider Buns

Nutrition Facts - Serving Size: 2 BUNS		
Amount Per Serving:		% Daily Value
Calories	170	
Fat	2g	3%
Saturated	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	240mg	10%
Total Carbohydrates	33g	11%
Fibre	2g	8%
Sugars	3g	
Protein	6g	

ENRICHED WHEAT FLOUR, WATER, SUGAR/GLUCOSE-FRUCTOSE, YEAST, SESAME SEEDS, CANOLA AND/OR SOYBEAN OIL, SALT, VINEGAR, CALCIUM PROPIONATE, SODIUM STEAROYL 2, LACTYLATE, ACETYLATED TARTARIC ACID ESTERS OF MONO- AND DIGLYCERIDES, VEGETABLE MONOGLYCERIDES, SORBIC ACID. MAY CONTAIN OTHER SOY INGREDIENTS.

CONTAINS: WHEAT, SOY, SESAME
SENSATIONS

Sour Cream

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	50	
Fat	4g	6%
Saturated	2.5g	14%
Trans Fat	0.1g	
Cholesterol	15mg	
Sodium	40mg	2%
Total Carbohydrates	2g	1%
Fibre	0g	0%
Sugars	1g	
Protein	1g	

CREAM, MILK, MODIFIED MILK INGREDIENTS, MODIFIED CORN STARCH, GUAR GUM, CARRAGEENAN, CAROB BEAN GUM, SODIUM CITRATE, SODIUM PHOSPHATE, BACTERIAL CULTURE.

CONTAINS: MILK
GAY LEA

Sweet Chili Sauce

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	70	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	340mg	14%
Total Carbohydrates	15g	5%
Fibre	0g	0%
Sugars	14g	
Protein	0.1g	

WATER, SUGAR, RED CHILIS, VINEGAR, MODIFIED CORN STARCH, SALT, DEHYDRATED GARLIC, DEHYDRATED RED PEPPERS, ACETIC ACID.

E.D. SMITH FOODS, LTD.



Veggie Burger

Nutrition Facts - Serving Size: N/A		
Amount Per Serving:		% Daily Value
Calories	N/A	
Fat		
Saturated		
Trans Fat		
Cholesterol		
Sodium		
Total Carbohydrates		
Fibre	N/A	
Sugars		
Protein		

WATER, SOY PROTEIN (CONTAINS CARAMEL COLOUR), VEGETABLE OIL, KETCHUP (TOMATO PASTE, LIQUID SUGAR, WHITE VINEGAR, SALT, ONION POWDER, SPICES), ONION, METHYLCELLULOSE, WHEAT GLUTEN, FLAVOUR (CONTAINS SESAME, HYDROLYZED SOY PROTEIN), GARLIC, SALT, YEAST EXTRACT, CARAMEL COLOUR, SUGAR, SPICES, PARSLEY, POTASSIUM CHLORIDE, MALTODEXTRIN, MAGNESIUM OXIDE, FERRIC ORTHOPHOSPHATE, NIACINAMIDE, ZINC OXIDE, CYANOCOBALAMIN, D-CALCIUM PANTOTHENATE, COPPER GLUCONATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN.

CONTAINS: SOY, GLUTEN, SUNFLOWER, TOMATO

Worcestershire Sauce

Nutrition Facts - Serving Size: 2 TBSP.		
Amount Per Serving:		% Daily Value
Calories	23	
Fat	0g	0%
Saturated	0g	0%
Trans Fat	0g	
Cholesterol	0mg	
Sodium	333mg	14%
Total Carbohydrates	6.62g	2%
Fibre	0g	0%
Sugars	3.41g	
Protein	0g	

WHITE VINEGAR, BLACKSTRAP MOLASSES, GLUCOSE-FRUCTOSE, SALT, ANCHOVIES, ONIONS, TAMARIND EXTRACT, GARLIC, SPICES, FLAVOUR.

CONTAINS: FISH

LEA & PERRINS

Sweet Potato Fries

Nutrition Facts - Serving Size:

INGREDIENTS: SWEET POTATOES, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), MODIFIED POTATO STARCH, RICE FLOUR, WHEAT FLOUR CORN DEXTRI SEA SALT, SPICES CORN STARCH, ONION POWDER, BAKING POWDER, GARLIC POWDER, XANTHAN GUM, SODIUM ACID PHOSPHATE.

CONTAINS WHEAT



Chicken Burger

Nutrition Facts - Serving Size:

INGREDIENTS: CHICKEN, WATER, TOASTED WHEAT CRUMBS WITH SPICES, CORN STARCH, WHEAT FLOUR, SOY PROTEIN PRODUCT, BAKING POWDER, DEXTROSE, GUAR GUM, ONION POWDER, BAKING, GARLIC POWDER, SPICE EXTRACT, BROWNED IN VEGETABLE OIL.

CONTAINS WHEAT, SOY

