

Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Donuts												
Fill Lemon Donuts	2	2	3	3	3	3	2	2	0	0	2	3
Fill Bavarian Donuts	2	2	3	3	3	3	2	2	0	0	2	3
Fill Banana Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Fill Blueberry Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Fill Cherry Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Fill Strawberry Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Honey Glaze	2	2	3	3	3	3	2	0	0	0	2	3
Raised Chocolate	2	2	3	3	3	3	3	0	0	0	2	3
Raised Vanilla Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Raised Maple Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Raised Hawaiian Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Raised Peanut Donuts	3	2	3	3	3	3	2	0	0	0	2	3
Chocolate Rainbow Special Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Blue Jay Donuts Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Vanilla Cherry Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Toasted Coconut Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Raised Sugar	2	2	3	3	3	3	2	0	0	0	2	3
White Coconut Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Toasted Coconut Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Plain Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Glaze White Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Maple White Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Vanilla Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Double Chocolate Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Chocolate Glaze Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Coconut Chocolate Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Toasted Coconut Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Peanut Chocolate Cake Donuts	3	2	3	3	3	3	3	0	0	0	2	3
Chocolate Rainbow Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Sour Cream Plain Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Glaze Sour Cream Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Walnut Cruller	2	3	3	3	3	3	2	0	0	0	2	3
Chocolate Cruller	2	2	3	3	3	3	3	0	0	0	2	3
Orange Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Cherry Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Plain Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Apple Fritter	2	2	3	3	3	3	2	0	0	0	2	3
Dutches	2	2	3	3	3	3	3	0	0	0	2	3
Cinnamon Bun Donut	2	2	3	3	3	3	2	0	0	0	2	3
Eclair	2	2	3	3	3	3	2	0	0	0	2	3
Boston Cream Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Maple Boston Donuts	2	2	3	3	3	3	2	0	0	0	2	3
French Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Turnover Apple	2	2	3	3	3	3	3	0	0	0	2	3
Cream Puff	2	2	3	3	3	3	2	0	0	0	2	3
Sugar Twist	2	2	3	3	3	3	2	0	0	0	2	3
Cinnamon Twist	2	2	3	3	3	3	2	0	0	0	2	3
Honey Bun	2	2	3	3	3	3	2	0	0	0	2	3
Glazed White Cake Bits	2	2	3	3	3	3	2	0	0	0	2	3
Chocolate Glazed Bits	2	2	3	3	3	3	3	0	0	0	2	3
Hawaiian Bits	2	2	3	3	3	3	3	0	0	0	2	3
Glazed Yeast Bits	2	2	3	3	3	3	2	0	0	0	2	3
White Cake Coconut Bits	2	2	3	3	3	3	3	0	0	0	2	3
Muffins												
Carrot Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Blueberry Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Chocolate Chip Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Morning Glory Muffin	0	3	2	3	3	2	3	0	0	0	1	3
Banana Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Harvest Corn Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Raisin Bran Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Lemon Cranberry Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Apple & Spice Muffin	0	2	3	3	3	2	3	0	0	0	1	3
Zucchini Nut Muffin	0	3	3	3	3	2	2	0	0	0	1	3
Raspberry Yogurt Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Other Bake Goods												
Triple Chocolate Cookie	0	0	3	3	3	3	0	0	0	0	0	3
Chocolate Chip Cookie	0	0	3	3	3	3	0	0	0	0	0	3
Oatmeal Raisin Cookie	0	0	3	3	3	3	0	0	0	0	0	3
Peanut Butter Cookie	3	3	3	3	3	3	0	0	0	0	0	3
White Chocolate Macadamia Cookie	1	3	3	3	3	3	1	0	0	0	0	3
Cranberry Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Blueberry Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3

Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten	
Cheese Tea Biscuit	1	0	3	3	3	3	3	2	1	1	0	1	3
Plain Tea Biscuit	0	0	3	3	3	3	3	2	0	0	0	0	3
Raisin Tea Biscuit	1	1	3	3	3	3	3	2	1	0	0	1	3
Cranberry Oatmeal Bar	0	0	3	3	3	3	3	3	0	0	0	0	3
Raisin Oatmeal Bar	1	1	3	3	3	3	3	3	1	0	0	1	3
Apple Strudel	0	2	2	2	3	3	3	2	0	0	0	0	3
Raspberry Strudel	0	2	2	2	3	3	3	2	0	0	0	0	3
Croissant Plain	0	1	3	2	3	3	3	0	0	0	0	1	3
Croissant Cheese	0	1	3	3	3	3	3	2	0	0	0	0	3
Croissant Chocolate	0	1	3	3	3	3	3	1	0	0	0	1	3
Strawberry Cream Cheese Danish	0	2	3	3	3	3	3	3	0	0	0	0	3
Maple Pecan Danish	0	3	3	3	3	3	3	3	0	0	0	2	3
Cinnamon Bun	0	2	3	3	3	3	3	3	0	0	0	1	3
Rice Krispy Square	0	0	2	3	0	3	3	2	0	0	0	2	0
Beef Samosa	0	0	0	0	3	0	0	0	0	0	0	0	3
Chicken Samosa	0	0	0	0	3	0	0	0	0	0	0	0	3
Vegetable Samosa	0	0	0	0	3	0	0	0	0	0	0	0	3
Sausage Roll	0	2	3	3	3	3	3	2	2	0	0	0	3
Beef Patties, Mild	0	0	1	0	3	3	3	0	0	0	0	0	3
Beef Patties, Extra Spicy	0	0	1	0	3	3	3	0	0	0	0	0	3
Vegetable Patties	0	0	1	0	3	0	0	0	0	0	0	0	3
Chicken Patties	0	0	1	0	3	3	3	0	0	0	0	0	3
Spinach Pie	0	2	3	3	3	3	3	2	2	0	0	0	3
Feta Cheese Pie	0	2	3	2	3	3	3	2	2	0	0	0	3
Nanaimo Bar	2	2	3	2	3	3	3	3	0	0	0	0	0
Raisin Tarts	0	2	3	3	3	3	3	0	0	0	0	0	3
Pecan Tarts	0	3	3	3	3	3	3	0	0	0	0	0	3
Cinnamon Crunchie	0	2	3	3	3	3	3	0	0	0	0	0	3
Sandwiches													
Chunky Egg Salad Sandwich	0	2	2	3	3	3	3	2	3	2	0	2	3
Cranberry Chicken Salad Sandwich	0	2	3	3	3	3	3	2	3	2	0	3	3
Hearty Tuna Salad Sandwich	0	2	2	3	3	3	3	2	3	3	0	2	3
Classic BLT Sandwich	0	2	2	3	3	3	3	3	3	2	0	2	3
Smoked Turkey Sandwich	0	2	2	2	3	3	3	3	0	0	0	2	3
Smoked Ham & Cheddar Sandwich	1	2	3	2	3	3	3	3	1	1	0	2	3
Margherita Chicken Sandwich	1	2	3	3	3	3	3	2	3	2	0	3	3
Honey Ham & Swiss Sandwich	0	2	3	2	3	3	3	3	3	1	0	2	3
Tuscan Turkey Club Sandwich	0	2	2	2	3	3	3	3	0	0	0	2	3
Steak and Cheese Sandwich	1	2	3	2	3	3	3	3	3	1	0	2	3
Garden Vegetable Sandwich	0	2	2	2	3	3	3	2	0	0	0	2	3
Roast Beef Sandwich	0	2	2	2	3	3	3	3	0	0	0	2	3
Breakfast													
Egg & Cheese Brekwich	1	2	3	3	3	3	3	2	1	1	1	2	3
Bacon, Egg & Cheese Brekwich	1	2	3	3	3	3	3	3	1	1	1	2	3
Sausage, Egg & Cheese Brekwich	1	2	3	3	3	3	3	2	1	1	1	2	3
BBQ Steak, Egg & Cheese Brekwich	1	2	3	3	3	3	3	3	3	1	1	2	3
Egg & Cheese Bagel	1	2	3	3	3	3	2	2	1	1	1	2	3
Bacon, Egg & Cheese Bagel	1	2	3	3	3	3	2	3	1	1	1	3	3
Sausage, Egg & Cheese Bagel	1	2	3	3	3	3	2	1	1	0	3	3	3
BLT Bagel	0	2	2	2	3	2	2	3	0	0	0	3	3
Plain Bagel	0	2	2	2	3	2	2	2	0	0	0	2	3
Sesame Seed Bagel	0	2	2	2	3	2	2	2	0	0	0	3	3
Whole Wheat Bagel	0	2	2	2	3	2	2	2	0	0	0	2	3
Cinnamon Raisin Bagel	0	2	2	2	3	2	2	2	0	0	0	2	3
Multigrain Bagel	0	2	2	2	3	2	2	2	0	0	0	2	3
Everything Bagel	0	2	2	2	3	2	2	2	0	0	0	3	3
Cheese Bagel	0	2	3	2	3	2	2	2	0	0	0	2	3
Deli Cream Cheese	1	0	3	1	1	1	1	1	1	1	0	1	1
Light Cream Cheese	1	0	3	1	1	1	1	1	1	1	0	1	1
Cream Cheese Herb & Garlic	1	0	3	1	1	1	1	1	1	1	0	1	1
Peanut Butter	3	0	1	1	1	1	1	1	1	1	0	1	1
Strawberry Jam	2	2	2	2	2	2	2	2	2	2	2	2	2
Orange Marmalade	1	0	1	1	1	1	1	1	1	1	0	1	1
Hash Brown	0	0	0	0	1	0	0	0	0	0	0	0	1
Grab And Go													
Rice Pudding	1	1	3	2	2	1	2	2	1	1	1	1	2
Jello Cup	0	0	3	0	0	1	0	0	0	0	0	0	0
Homemade Yogurt Parfait Cup	0	1	3	3	3	3	3	0	0	0	0	0	3
Veggie Cup with Ranch Dressing	0	0	3	3	0	3	0	0	0	0	0	0	0
Veggie Cup with Hummus	0	0	0	0	0	0	0	0	0	0	0	3	0
Fruit Salad	0	0	0	0	0	0	0	0	0	0	0	0	0
Chili And Soups													
Cream of Potato	1	1	3	3	3	3	3	0	0	1	1	0	3
Country Vegetable	1	1	3	3	3	3	3	0	0	1	1	0	3

Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten	
Cream of Mushroom	1	1	3	3	3	3	0	0	0	1	1	0	3
Creamy Garden Broccoli	1	1	3	3	3	3	0	0	0	1	1	0	3
Split Pea with Ham	1	1	3	3	3	3	0	0	0	1	1	0	3
Italian Wedding	1	1	3	3	3	3	0	0	0	1	1	0	3
Creole Chicken Gumbo	1	1	3	3	3	3	0	0	0	1	1	0	3
Chicken Noodle	1	1	3	3	3	3	0	0	0	1	1	0	3
Chicken with Wild Rice	1	1	3	3	3	3	0	0	0	1	1	0	3
Hearty Beef Vegetable with Barley	1	1	3	3	3	3	0	0	0	1	1	0	3
Tomato Bisque	1	1	3	3	3	3	0	0	0	1	1	0	3
Klondike Chili	1	1	3	3	3	3	0	0	0	1	1	0	3
Beverages													
Coffee	0	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Time Tea	0	0	1	0	0	1	0	0	0	0	0	0	0
Hot Chocolate	0	0	3	2	2	2	2	0	0	0	0	2	2
Vanilla Cappuccino	0	0	3	2	2	2	2	0	0	0	0	2	2
Peppermint Mocha Cappuccino	0	0	3	2	2	3	2	0	0	0	0	2	2
Café Mocha	0	0	3	2	2	2	2	0	0	0	0	2	2
Iced Coffee (with Regular Cream and Syrup)	1	3	3	2	0	1	2	1	1	1	1	1	1
Iced Cappuccino	0	0	3	0	2	2	2	0	0	0	0	0	2
Strawberry Banana Smoothie	0	2	0	0	0	2	0	0	0	0	0	0	0
Mango Smoothie	0	2	0	0	0	2	0	0	0	0	0	0	0
Coffee Chilla	1	1	3	2	2	2	2	1	1	1	1	1	2
Café Mocha Chilla	1	1	3	2	2	2	2	1	1	1	1	2	2
Hazelnut Coffee Chilla	1	3	3	2	2	2	2	1	1	1	1	1	2
Vanilla Chilla	1	1	3	2	2	2	2	1	1	1	1	1	2