

Canadian Allergen Awareness Chart



	Peanuts	Tree Nuts	Sesame	Milk	Eggs	Fish	Shellfish	Soy	Wheat	Sulphites	MSG	Corn (starch)
CHEESE												
Cheddar				•								
Feta				•								
Mozzarella				•								
Parmesan				•								
PROTEINS												
Gyros								•	•		•	
Ham												
Salami				†				†	†			•
Meatball								•	•			
Grilled Steak												•
Grilled Chicken			•					•				•
Chicken Souvlaki												•
Turkey			†	†				†	†			•
Bacon												•
Tuna						•						
Pepperoni				•				•	†			•
Philly Steak								•				•
Falafel												
PITA BREAD												
Pita Bread									•			
COOKIES												
Chocolate Chip				•	•			•	•			
Oatmeal Raisin				•	•				•			
Double Chocolate Chip				•	•			•	•			
White Chocolate		•		•	•			•	•			
CONDIMENTS & TOPPINGS												
Banana Peppers										•		
Jalapeno Peppers												
Dill Pickles												
Pineapple tidbits												
Mandarin Oranges												
Olives												
Chow Mein Noodles					•				•			
Croutons			†	•	†			†	•	†		
DRESSINGS & SAUCES												
Light Mayo					•			•				•
Mustard								•				
Honey Mustard												•
BBQ - Regular				•	•			•				•
BBQ - Cajun								•		•		•
Bistro					•			•				
Hot Sauce												
Tzaziki				•								•
Hummus			•									
Light Caesar				•	•	•		•	•			
Light Ranch				•	•			•			•	•
Greek Feta & Oregano				•				•				
Balsamic Vinaigrette								•		•		
Teriyaki								•	•			•
Pizza Sauce												
Dijonaise					•			•		•		•
Spicy Asian Sesame			•					•	•			
Sweet Thai Chili												•
Sour Cream				•								•
Pepita Mole			•									•
Chipotle Mayo					•			•				•
Bourbon Chipotle								•	•			•
Maple Dijon Vinaigrette								•		•		
Light Italian												
SEASONINGS												
Fiesta Mexican Coater								•	•	•		
Vietnamese Seasoning			•			•				•		•
Jalapeno & Cheddar				•						•		•
Chili & Lime										•	•	•

- - denotes allergen is present in the product
- † - denotes allergen may be present in the product