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### **Allergen Notice:**

Please be advised that our menu items may contain allergens or may have come into contact with items containing allergens, and therefore, there is always a risk of contamination or cross-contact with our food items.

**Algonquin College Food Services is not an allergen-free facility.** While we make every effort within our kitchen to take precautions, we cannot guarantee that cross-contact of allergens will not occur.

Please be aware that food manufacturers and suppliers may change their formulation or manner of processing without our knowledge, and consequently the potential of food items containing allergens or coming into contact with items containing allergens does exist. This list is not all-inclusive and may vary due to changes in product formulation, recipe substitutions, and other factors.

**Algonquin College will assume no liability for any adverse reactions that may occur within the dining facility.**

If you have any individual allergy related questions or concerns, please make sure to contact Emma Kaye, our dietitian at [kayee@algonquincollege.com](mailto:kayee@algonquincollege.com) to discuss food options available and accommodations that can be arranged.

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| <b>Vegetarian Menu Items</b>                         |  |
|--|--|
| <b>Bits N' Bytes</b>                                 |  |
| <b>Breakfast, Bagels, and Toast</b>                  |  |
| Assorted Bagels                                      |  |
| Breakfast Sandwich with just egg                     |  |
| Cream Cheese   |  |
| Home fries   |  |
| Toast – White, Whole Wheat, Rye                      |  |
| <b>Assorted Paninis</b>                              |  |
| Hummus & Grilled Vegetables on a Multigrain Ciabatta |  |
| <b>Pizza</b>   |  |
| Cheese   |  |
| Vegetarian   |  |
| <b>Greek Specialties</b>                             |  |
| Falafel Pita   |  |
| Greek Feta Vinaigrette                               |  |
| Lemon Dill Vinaigrette                               |  |
| Vegetarian Pita                                      |  |

| <b>Portable Feast</b> |  |
|-----------------------|--|
| <b>Mexican Feast</b>  |  |
| <b>Burritos</b>       |  |
| Beans and Cheese      |  |
| Bean Burrito          |  |
| <b>Quesadilla</b>     |  |
| Veggie Quesadilla     |  |
| <b>Nachos</b>         |  |
| Salsa and Cheese      |  |
| <b>Toppings</b>       |  |
| Black Beans           |  |
| Burrito Sauce         |  |
| Cheese                |  |
| Guacamole             |  |
| Hot Sauce             |  |
| Mild Salsa            |  |
| Refried Beans         |  |
| Rice                  |  |
| Sour Cream            |  |

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| White/Whole Wheat Tortilla |
| <b>Feast Express</b>       |
| Antojitos                  |
| Breakfast English Muffin   |
| Breakfast Special          |
| Enchilada Veggie           |
| Hash brown                 |
| Ultimate Mac n' Cheese     |

|                                  |
|----------------------------------|
| <b>The Fix</b>                   |
| <b>Luigi's Gourmet Pizza</b>     |
| Cheese                           |
| Vegetarian                       |
| <b>Salads</b>                    |
| Greek                            |
| <b>Stir-Fry</b>                  |
| Tofu                             |
| Rice                             |
| Noodles                          |
| Red Thai                         |
| Pineapple Curry                  |
| Honey Garlic                     |
| Teriyaki                         |
| Pad Thai                         |
| <b>Burger and Sandwiches</b>     |
| Beyond Burger                    |
| Gourmet Sourdough Grilled Cheese |
| <b>Add-Ons</b>                   |
| Cheese                           |
| French Fries                     |
| Onion Rings                      |
| Poutine                          |
| Sweet Potato Fry                 |

|   |
|---|
| <b>35<sup>th</sup> Street Market Cafe</b> |
| <b>It's a Slice</b>                       |
| Cheese                                    |
| Vegetarian                                |
| <b>Toast and Bagels</b>                   |

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|---|
| Bagel   |
| Cream Cheese  |
| Jam   |
| Peanut Butter   |
| White or Whole Wheat Bread                                |
| <b>It's a Wrap</b>  |
| Spicy Black Bean Patty                                    |
| Veggie and Cheese   |
| <b>Mardi Gras Grill</b>                                   |
| Breakfast Sandwich with just egg                          |
| Breakfast Special – Weekend Only Without sausage or bacon |
| French Fries  |
| Hash brown  |
| Poutine   |

|  |
|--|
| <b>Marketplace</b>                         |
| <b>Kelly's Grill</b>                       |
| <b>All Day Eggs</b>                        |
| Vegan Breakfast Sandwich                   |
| <b>Breakfast</b>                           |
| Bagel with cream cheese                    |
| Beyond sausage                             |
| Breakfast Special Without sausage or bacon |
| Egg Sandwich                               |
| Home Fries                                 |
| Plain Omelette                             |
| Toast w/ butter                            |
| <b>Grill</b>                               |
| Beyond Burger                              |
| Chef Salad                                 |
| French Fries                               |
| Spicy Black Bean Vegan Burger              |
| <b>Sandwiches</b>                          |

|                                  |
|----------------------------------|
| Gourmet Sourdough Grilled Cheese |
| <b>Poutine and Sides</b>         |
| Beefeater Onion Rings            |
| Poutine                          |
| Sweet Potato Fries               |
| Vegan Mushroom Poutine           |
| <b>Taste of Asia</b>             |
| <b>Ramen</b>                     |

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| Hardboiled egg and scallions    |
| Plant Based Broth               |
| Tofu                            |
| <b>Design Your Own Creation</b> |
| Chow Mein                       |
| Glass Noodles                   |
| Rice Noodles                    |
| Tofu                            |
| White Rice                      |
| <b>Sauces</b>                   |
| Butter Chicken                  |
| Caribbean Jerk                  |
| Honey Garlic                    |
| Pad Thai                        |
| Red Thai                        |
| Satay Peanut Sauce              |
| Spicy Szechuan                  |
| Sweet and Sour                  |
| Sweet Chili                     |
| Teriyaki                        |
| Zesty Orange Ginger             |

| Menu Item                    | Halal | Vegetarian | Vegan | Wheat | Milk | Egg | Soy | Peanuts | Tree nuts | Fish & Shellfish | Sesame | Mustard | Sulphites |
|------------------------------|-------|------------|-------|-------|------|-----|-----|---------|-----------|------------------|--------|---------|-----------|
| <b>Luigi's Gourmet Pizza</b> |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Pasta Passion</b>         |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Alfredo sauce                |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Marinara sauce               |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Pesto sauce                  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Rose sauce                   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Chef's Creations</b>      |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Broccoli & Mushroom Alfredo  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Three Cheese Ravioli         |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Pizza</b>                 |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Bruschetta                   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Cheese                       |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Vegetarian                   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>It's a Wrap</b>           |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Prime</b>                 |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Veggie and Cheese            |       |            |       |       |      |     |     |         |           |                  |        |         |           |

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| Menu Item   | Halal | Vegetarian | Vegan | Wheat | Milk | Egg | Soy | Peanuts | Tree nuts | Fish & Shellfish | Sesame | Mustard | Sulphites |
|---|-------|------------|-------|-------|------|-----|-----|---------|-----------|------------------|--------|---------|-----------|
| <b>Feature</b>  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Spicy Black Bean Patty                                    |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Add-ons</b>  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Ancho Chipotle  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| H.P Sauce   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Honey and Regular Mustard                                 |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Hot Sauce   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Italian Light   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Mayonnaise  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Smoky BBQ   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Tabasco   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>The Sweet Spot</b>                                     |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Crepes</b>   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Crepe with Cinnamon Sugar and Lemon                       |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Crepe with Fresh Fruit                                    |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Crepe with Nutella  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Plain   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Belgian Waffles</b>                                    |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Plain   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| With Fruit  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Add Ons</b>  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Whipped Cream   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Nutella   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Juiced</b>   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Chocolate Banana  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Berry Blast   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Creamy Peach  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Tropicana   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Killer Kale   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Honey Berry   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Whey Protein Powder                                       |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| <b>Fresh Salad Bar – Self Serve – Salads Varies Daily</b> |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Asian Noodle Bowl   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Artichoke   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Baby Corn   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Bocconcini  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Black Bean  |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Broccoli and Cheddar                                      |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Carrot and Raisin   |       |            |       |       |      |     |     |         |           |                  |        |         |           |
| Chickpea Salad  |       |            |       |       |      |     |     |         |           |                  |        |         |           |

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| Chickpea and Roasted Corn  |
| Couscous Salad             |
| Creamy Coleslaw            |
| Cucumber Dill              |
| Mexican Style Rice         |
| Mixed Bean                 |
| Oriental Noodle            |
| Orzo                       |
| German Potato              |
| Green Bean with Red Pepper |
| Greek Pasta                |
| Italian Parmesan Pasta     |
| Pad Thai Noodle            |
| Kaleslaw                   |
| Seven Grain                |
| Quinoa Tabbouleh           |
| Tabbouleh                  |
| Tuscan Bean                |
| Waldorf                    |
| Zucchini Salad             |

## Grab N Go Items

### Desserts

|  |
|--|
| Apple Fritter  |
| <u>Assorted Cookies:</u><br>Chunky Chocolate Supreme<br>Cinnamon Raisin<br>Cranberry White Chocolate<br>Double Chocolate White Chocolate<br>Oatmeal Cinnamon Raisin<br>Peanut Butter Flutter |
| Banana Cream Pie   |
| Banana Loaf Cake   |
| Blueberry Pie  |
| Boston Cream Pie   |
| Butter Tart Bar  |
| Carrot and Pineapple Loaf Cake   |
| Carrot Cake Loaf   |
| Chocolate Cake   |
| Chocolate Cream Pie  |
| Chocolate Mousse   |
| Chocolate Éclair   |
| Crème Brulee   |
| <u>Danishes:</u><br>Almond   |

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|                                      |
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| Cheese                               |
| Greek Yogurt Cherry                  |
| Maple Pecan                          |
| Lemon Butter                         |
| House-made Cheesecake Sundae         |
| House-made Chocolate Brownie Parfait |
| Key Lime Pie                         |
| Lemon and Cream Shortcake            |
| Lemon and Poppyseed Loaf Cake        |
| Lemon Meringue Pie                   |
| Lemon Tarts                          |
| <u>Muffins:</u>                      |
| Chocolate Chip                       |
| Double Chocolate                     |
| Chocolate Banana                     |
| Cornbread                            |
| Raspberry Yogurt                     |
| Orange Cranberry                     |
| Cranberry Lemon                      |
| Blueberry                            |
| Banana                               |
| Maple Cinnamon                       |
| Golden Bran                          |
| Carrot                               |
| Oatmeal Apple                        |
| Pecan Pie                            |
| Pumpkin Pie                          |
| Red Velvet Cake                      |
| Sticky Toffee Pudding Cake           |
| Strawberry Mousse                    |
| Strawberry Shortcake                 |
| Tiramisu                             |
| Vegan Blueberry Crumble              |
| Vegan Chocolate Mousse               |
| Vegan Cookie and Cream               |
| Vegan Donut                          |
| Vegan Mint Bar                       |
| Vegan Peanut Butter and Jelly        |
| Vegan Strawberry Crumble             |
| Vegan Walnut Brownie                 |
| <b>Fruit and Vegetables</b>          |
| Canary Melon                         |
| Cantaloupe                           |
| Fresh Fruit salad                    |
| Grapes                               |
| Green Coleslaw                       |

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| Honeydew                   |
| Mixed Fruit and Yogurt     |
| Mixed Vegetable and Dip    |
| Watermelon                 |
| <b>Sandwiches</b>          |
| Egg Salad                  |
| Grilled Veggie with Hummus |
| Vegetarian Deli            |
| Veggie                     |
| Veggie Slider              |
| <b>Snacks/Side</b>         |
| Breakfast Parfait          |
| Overnight Oats             |
| Traditional Lasagna        |
| Vegetable Lasagna          |
| Vegetable Samosa           |
| <b>Wraps</b>               |
| Vegetarian                 |