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. Please continue to self-identify to ensure we can accommodate as required.

Algonquin College Food Services is <u>not</u> **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 to discuss food options available and accommodations that can be arranged.

		an							S				S
	_	Vegetarian	an	Wheat	~			Peanuts	Tree nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Menu Item	Halal	Veg	Veg	₹	Mik	Egg	Soy	Pea	Tre	Fish She	Ses	Σ	Sul
		Ma	rke	tpl	ace								
Kelly's Grill				-									
All Day Eggs													
Bagelwich				Х	Х	Х	Х				Х		
Egg Sandwich on toast or EM				Х		Х	Х				*		
With Cheese and Ham				Х	Х	Х					*		
Or Bacon				Х		Х	Х				*		
Vegan Breakfast Sandwich	Х	Х	Χ	Χ									
Western Sandwich/Wrap				Χ	Χ	Χ	Χ				*		
Breakfast													
Bacon							Х						
Sausage				Х	Х							Χ	
Bagel with cream cheese		Х		Х	Х		Х				*		
Beyond sausage	Х	Х	Χ										
Breakfast Special				Χ	Χ	Х	Χ				*	Χ	
Without sausage or bacon		Х		Х		Х	Χ				*		
Egg Sandwich		Х		Х	Х	Х	Χ						
Home Fries		Х	Х										
Plain Omelette	Χ	Х		Х	Χ	Χ	Χ						
Toast w/ butter		Х		Х	Х		Х				*		
Western Omelette				Х	Х	Χ	Χ				*		
Grill													
Bacon Cheeseburger				Х	Х	Х	Х						
Beyond Burger	Х	Χ	Χ										Χ
Cheeseburger				Χ	Χ	Χ	Χ						
Chef Salad		Χ											
Chicken Fingers				Х		*	*						
Crispy Chicken Burger				Х	*	Х	Χ						
French Fries		Х	Х										
Grilled Chicken Burger	Х			Х		Х							
Hamburger				Х		Х	Χ						
Jumbo All Beef Hot Dog				Χ			Х						
Jumbo Chili Cheese Dog				Χ	Χ		Х						
Spicy Black Bean Vegan Burger	Х	Χ	Χ	*			Х						
Whistle Dog				Χ	Χ		Х						
Sandwiches													
BLT				Х		Х	Х				*	Х	
Cajun Chicken Po' Boy				Χ		Χ	Х					Х	
Club Sandwich				Χ		Χ	Х					Х	

Menu Item	Halal	Vegetarian	Vegan	Wheat	Milk	Egg	Soy	Peanuts	Tree nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Gourmet Sourdough Grilled Cheese	_	X		X	X		<u> </u>			ш ()	0,		O ,
Pulled Pork Sandwich				Х		Х	Х					Х	
Poutine and Sides													
Beefeater Onion Rings	Х	Х	Х	Х			Х						
Chicken Shawarma Poutine				Х	Χ	Х	Х						Х
Chili and Cheese Poutine				Х	X		Х						X
Poutine		Х		Х	X		Х						X
Pulled Pork Poutine				Х	Х		Х					Х	X
Smoked Meat Poutine				Х	Х		Х					1	X
Sweet Potato Fries		Х	Х		-		*						-
Vegan Mushroom Poutine	Х	Х	Х	Х			Х						Х
Taste of Asia													
Ramen													
	- V	l	l	l		l	l				l		
Chicken Broth	Х	V				V							
Hardboiled egg and scallions Plant Based Broth	Х	X	Х			Х							
Pulled Chicken	X	^	^										
Tofu	X	Х	Х				Х						
Design Your Own Creation	I		I	I		I	I	l			<u> </u>	T	
Beef													
Chicken	X		.,										
Chow Mein	X	X	X	Х									
Glass Noodles	X	X	X										
Rice Noodles Tofu	X	X	X				Х						
White Rice	X	X	X				^						
Sauces	l	1	I	I		I	I	I			ı	ı	
Butter Chicken		X			Χ								
Caribbean Jerk	X	X	X										
Honey Garlic	X	X	X	X			X						
Pad Thai	X	X	X	Χ			Χ					Х	
Red Thai	X	X	X										
Satay Peanut Sauce	X	X	X	X			X	Χ			X		.,
Spicy Szechuan	X	X	X	X			X				Х		X
Sweet and Sour	X	X	X	Х			Χ						Х
Sweet Chili	Х	X	X	.,			.,						<u> </u>
Teriyaki		X	X	X			X						<u> </u>
Zesty Orange Ginger		Χ	Χ	Χ			Χ						

	al	Vegetarian	gan	eat	*	Egg		Peanuts	e nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Menu Item	Halal	Veg	Уев	Š	Ξ	Egg	Soy	Pea	Tre	Fist She	Ses	Μu	Sul
Luigi's Gourmet Pizza													
Pasta Passion													
Alfredo sauce		Х			Х								
Marinara sauce	Х	Х	Χ										
Meat sauce													
Pesto sauce		Х			Х								
Rose sauce		Χ			Χ								
Chef's Creations													
Broccoli & Mushroom Alfredo		Х		Х	Х								
Carbonara				Х	Х	Х	Χ						
Grilled Chicken	Х												
Grilled Chicken Penne Alfredo				Х	Х								
Meatballs				Х	Х	*	Χ				*	*	
Sausage				Х	Χ								
Sausage Farfalle				Х	Χ								
Steak Strips				*			Χ						
Three Cheese Ravioli		Χ		Х	Χ	Χ							
Pizza													
BBQ Chicken				Х	Х	*	Х					Х	
BBQ Pulled Pork				Х	Х	*						Χ	
Bruschetta		Х		Х	Х	*	Χ						
Canadian				Х	Х	*							
Cheese		Х		Х	Х	*							
Combination				Х	Х	*							
Gyro				Х	Х	*							
Hamburger				Х	Х	*	Χ						
Hawaiian				Х	Х	*							
Meat lovers				Х	Х	*	Х						
Pepperoni				Х	Х	*							
Pesto				Х	Χ	*	Χ						
Vegetarian		Χ		Х	Χ	*							
It's a Wrap													
Prime													
Black Forest Ham				Χ									
BLT				Χ		Х	Х					Х	
Cold Cut Combo				Χ									
Meatball Marinara				Х	Χ	*	Χ				*	*	
Pizza Sub Melt				Х	Χ								
Veggie and Cheese		Χ		Χ	Χ								

		Vegetarian	_	<u>+</u>				ıts	nuts	Fish & Shellfish	Je	ard	ites
Menu Item	Halal	'eget	'egar	Wheat	Milk	Egg	Soy	Peanuts	ree r	ish 8 hellf	Sesame	Mustard	Sulphites
Supreme	<u> </u>			_ >		ш	S	<u> </u>	_	щS	S		S
Crispy Chicken				Х			Х						*
Rotisserie Style Chicken	Х			Х									
Sub Club				Х									
Turkey with Avocado				Χ									
Feature													
Southwest Steak and Avocado				Х			Х						
Spicy Black Bean Patty		Х	Х	*			Х						
Tuna Salad				Х		Х	Х			Х		Х	
Turkey and Ham				Х									
Turkey Bacon and Avocado				Χ			Х						
Add-ons													
Ancho Chipotle		Х			Х	Х	Х					Х	
Caesar					Х	Х	Х			Х			
Green Goddess					Х		Х			Х			
H.P Sauce		Х	Х									Х	
Honey and Regular Mustard		Х	Х									Χ	
Hot Sauce		Х	Χ										
Italian Light		Х	Х				Х						
Mayonnaise		Х				Х	Х					Χ	
Smoky BBQ		Χ	Χ									Χ	
Tabasco	Χ	Х	Χ										
The Sweet Spot													
Crepes													
Crepe with Cinnamon Sugar and		Χ		Χ	Χ	Х							
Lemon													
Crepe with Fresh Fruit		Χ		Χ	Χ	Χ							
Crepe with Nutella		Χ		Χ	Χ	Χ	Χ		Χ				
Ham and Cheese				Χ	Х	Χ							
Ham, Egg, and Cheese				Х	Х	Χ							
Plain		Х		Χ	Х	Х							
Belgian Waffles													
Plain		Х		Χ	Х	Χ							
With Fruit		Χ		Χ	Χ	Χ							
Add Ons													
Whipped Cream		Χ			Χ								
Nutella		Χ			Χ		Χ		Χ				
Juiced													
Chocolate Banana	Х	Х			Х								
Berry Blast	Х	Х			Χ								

		Vegetarian	_	Ħ				uts	nuts	ish	ne	ard	ites
Menu Item	Halal	/eget	Vegan	Wheat	Milk	Egg	Soy	Peanuts	Tree nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Creamy Peach	X	X			X		,			ш 0,	0,		
Tropicana	Х	Х			Х								
Killer Kale	Х	Χ											
Honey Berry	Х	Х			Х								
Whey Protein Powder		Х			Х								
Fresh Salad Bar – Self Serve –	Sala	ads	Vari	ies I	Daily	У							
Asian Noodle Bowl		Х		Х		Х	Х				Х		
Artichoke		Χ			Х							Χ	
Baby Corn	Х	Χ	Х										
Bocconcini		Χ			Χ								
Black Bean	Х	Х	Х										
Broccoli and Cheddar		Х			Х	Х	Х					Χ	
Carrot and Raisin		Χ				Х	Х					Χ	
Chicken Citrus Couscous	Х			Х									Χ
Chickpea Salad	Х	Χ	Χ										Χ
Chickpea and Roasted Corn		Χ			Χ								
Couscous Salad	Х	Χ	Χ	Х				*	Χ				Χ
Creamy Coleslaw		Χ				Χ	Х					Χ	
Cucumber Dill		Χ			Χ		Χ						Χ
Curry Vegetable Bowtie	Х			Χ								Χ	
Layered Quinoa, Ratatouille	Х												
Mexican Style Rice	Χ	Χ	Χ										
Mixed Bean	Х	Χ	Χ										
Oriental Noodle		Χ		Χ		Χ	Χ				Χ		
Orzo		Χ		Χ		Χ	Χ					Χ	
German Potato	Х	Χ	Χ									Χ	
Green Bean with Red Pepper	Х	Χ	Χ	Χ			Χ				Χ		
Greek Pasta		Χ		Χ	Χ								
Italian Parmesan Pasta		Χ		Χ	Χ								
Pad Thai Noodle		Χ				Χ							
Pesto Chicken				Χ		Χ	Χ					Χ	
Kaleslaw	Χ	Χ	Χ				Χ	*	Χ				Χ
Chicken Mango	Χ												Χ
Seven Grain	Х	Χ		Χ									
Quinoa Tabbouleh	Х	Х	Χ										
Tabbouleh	Х	Х	Χ	Χ									Χ
Tuscan Bean	Х	Х	Χ	Χ									
Tuna Pasta with Olive oil	Χ			Χ						Х			Χ
Tuna Pasta with Mayonnaise				Χ	Χ	Χ				Х		Χ	
Waldorf		Χ			Χ	Χ						Χ	
Zucchini Salad		Χ	Χ										