

X = Contains

* = May Contain

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 our general help line at mealsplans@algonquincollege.com to discuss food options available and accommodations that can be arranged.

X = Contains

* = May Contain

Vegetarian Menu Items

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

35 th Street Market Cafe	
It's a Slice	
Cheese	
Vegetarian	
Toast and Bagels	
Bagel	
Cream Cheese	
Jam	
Peanut Butter	
White or Whole Wheat Bread	

X = Contains

* = May Contain

It's a Wrap
Spicy Black Bean Patty
Veggie and Cheese
Mardi Gras Grill
Breakfast Sandwich with just egg
Breakfast Special – Weekend Only Without sausage or bacon
French Fries
Hashbrown
Poutine

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

Poutine and Sides
Beefeater Onion Rings
Poutine
Sweet Potato Fries
Vegan Mushroom Poutine
Taste of Asia
Ramen
Hardboiled egg and scallions
Plant Based Broth
Tofu
Design Your Own Creation

X = Contains

* = May Contain

Chow Mein
Glass Noodles
Rice Noodles
Tofu
White Rice
Sauces
Butter Chicken
Caribbean Jerk
Honey Garlic
Pad Thai
Red Thai
Satay Peanut Sauce
Spicy Szechuan
Sweet and Sour
Sweet Chili
Teriyaki
Zesty Orange Ginger

Luigi's Gourmet Pizza
Pasta Passion
Alfredo sauce
Marinara sauce
Pesto sauce
Rose sauce
Chef's Creations
Broccoli & Mushroom Alfredo
Three Cheese Ravioli
Pizza
Bruschetta
Cheese
Vegetarian
It's a Wrap
Prime
Veggie and Cheese

X = Contains

* = May Contain

Feature
Spicy Black Bean Patty
Add-ons
Ancho Chipotle
H.P Sauce
Honey and Regular Mustard
Hot Sauce
Italian Light
Mayonnaise
Smoky BBQ
Tabasco
The Sweet Spot
Crepes
Crepe with Cinnamon Sugar and Lemon
Crepe with Fresh Fruit
Crepe with Nutella
Plain
Belgian Waffles
Plain
With Fruit
Add Ons
Whipped Cream
Nutella
Juiced
Chocolate Banana
Berry Blast
Creamy Peach
Tropicana
Killer Kale
Honey Berry
Whey Protein Powder
Fresh Salad Bar – Self Serve – Salads Varies Daily
Asian Noodle Bowl
Artichoke
Baby Corn
Bocconcini
Black Bean
Broccoli and Cheddar
Carrot and Raisin
Chickpea Salad
Chickpea and Roasted Corn
Couscous Salad
Creamy Coleslaw
Cucumber Dill

X = Contains

* = May Contain

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

Assorted Cookies:

Chunky Chocolate Supreme
Cinnamon Raisin
Cranberry White Chocolate
Double Chocolate White Chocolate
Oatmeal Cinnamon Raisin
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

Danishes:

Almond
Cheese
Greek Yogurt Cherry
Maple Pecan
Lemon Butter

X = Contains

* = May Contain

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
Fruit and Vegetables
Canary Melon
Cantaloupe
Fresh Fruit salad
Grapes
Green Coleslaw
Honeydew
Mixed Fruit and Yogurt
Mixed Vegetable and Dip
Watermelon

X = Contains

* = May Contain

Sandwiches
Egg Salad
Grilled Veggie with Hummus
Vegetarian Deli
Veggie
Veggie Slider
Snacks/Side
Breakfast Parfait
Overnight Oats
Traditional Lasagna
Vegetable Lasagna
Vegetable Samosa
Wraps
Vegetarian