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 <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 Herrington, our dietitian at herrine@algonquinicollege.com to discuss food options available and accommodations that can be arranged.

		Vegetarian		at				ıuts	Tree nuts	Fish & Shellfish	me	tard	Sulphites
Menu Item	Halal	Vege	Vega	Wheat	Milk	Egg	Soy	Peanuts	Tree	Fish Shell	Sesame	Mustard	Sulpl
			rke						•				
Kelly's Grill		IVIC	II KC	· cpi	ucc								
All Day Eggs	T		l	Х	Х	Х	Х	l			Х	T	
Bagelwich-Bacon				X	^	X					*	V	
Egg Sandwich on toast or EM With Cheese and Ham				X	Х	X	Х				*	X	
Or Bacon				X	^	X	Х				*	X	
Vegan Breakfast Sandwich	Х	Х	Х	Х	*		Х	*	*				
Western Sandwich/Wrap	 ^			Х		Х	Х				*		
Breakfast *(vegan and ga options	0)/0:	ADIE	ON DE	<u> </u>	T)								
Bacon	AVAIL	ABLE	ON KE	QUES	1)	l	Х	l				l	
Sausage				Х	Х		X					Х	Х
Bagel with cream cheese		Х		X	X		X				*	^	^
Beyond Sausage	Х	X	Х	^	^		^						
Breakfast Special	+^-	^	^	Х	Х	Х	Х				*	Х	Х
Without sausage or bacon		Х		X	^	X	X				*	^	^
Egg Sandwich		^		X	Х	X	X				*	*	
Home Fries		Х	Х	^	^	^	^						-
Plain Omelette	Х	X	^	Х	*	Х	*						-
Toast w/ butter	^	X		Х	Χ	^	Х				*		-
Western Omelette				Х	Х	Х	X				*		
Parsi Bowl *(veg option available)	Х			^	Х	X	X						Х
French Toast				Х	Х	X	X						X
Frittata				^	Х	Х	Х						*
Brunch Poutine					Х	Х							Х
Waffle		Х		Х	Х	Х							
Grill *(vegan and ga options availa	BIE ON		I IEST\										
Bacon Cheeseburger	DEL OI	INLQ		Х	Х	Х	Х	1				1	
Beyond Burger	Х	Х	Х	X	^	^	^						Х
Cheeseburger	^	^	^	Х	Χ	Х	Х						^
Chef Salad		Х		^	^	^	^						-
Chicken Fingers	Х	^		Х		*	*						-
Crispy Chicken Burger	X			X	*	Х	Х				-		-
French Fries		Х	Х			^	X				-		
Grilled Chicken Burger	Х			Х		Х							
Hamburger	+^-			Х		X	Х						
Jumbo All Beef Hot Dog				Х			X				*		
Jumbo Chili Cheese Dog				Х	Χ		X						
Spicy Black Bean Vegan Burger	Х	Х	Χ	*	^		Х						
Whistle Dog	 ^	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	<u> </u>	Χ	Χ		Х						

Korean Street Toast	Χ			Х	Х	Х	Х					Х	
Tandoori grilled chicken breast	X			Х	X			*				*	
burger													
Sandwiches												1	
BLT				Х		Х	Χ				*	Х	
Cajun Chicken Po' Boy				Х	*	Х	Х					Х	
Club Sandwich				Х	*	Х	Х					Х	
Chicken Shawarma Sandwich	Х			Х	Х	Х	Х						Х
Menu Item	Halal	Vegetarian	Vegan	Wheat	Milk	Egg	Soy	Peanuts	Tree nuts	Fish & Shellfish	Sesame	Mustard	Sulphites
Gourmet Sourdough Grilled Cheese	_	Х		Χ	X						J,		
Pulled Pork Sandwich				Х		Χ	Х					Χ	
Chicken Parm Sandwich				Х	Х								Х
Poutine and Sides													
Beefeater Onion Rings	Х	Х	Х	Х			Х						
Chicken Shawarma Poutine	Х			Х	Х	Х	Х						Х
Chili and Cheese Poutine	Х			Х	Х		Х						Х
Poutine		Х		Х	Х		Х						Х
Pulled Pork Poutine				Х	Х		Х					Х	Х
Smoked Meat Poutine				Х	Х		Х						Х
Sweet Potato Fries		Х	Х										
Vegan Mushroom Poutine	Х	Х	Х	Х			Х				*		Χ
Taste of Asia													
Ramen													
Chicken Broth	Х												
Hardboiled egg and scallions		Х				Х							
Plant Based Broth	Χ	Х	Х										
Pulled Chicken	Χ												
Tofu	Х	Х	Х				Χ						
Design Your Own Creation													
Beef													
Chicken	Х												
Lemongrass Chicken	Х						Х				Χ		Х
Ginger Roasted Tofu	Х	Х	Х				Х				Χ		Χ
BBQ Pork				Χ			Х				Х		
Chow Mein	Χ	Χ	Χ	Χ									
Glass Noodles	Χ	Χ	Χ										
Rice Noodles	Χ	Χ	Χ										
Tofu	Χ	Χ	Χ				Χ						
White Rice	Χ	Χ	Χ										
Sauces													
Butter Chicken		Х			Х								
		•											

Caribbean Jerk	Х	Х	Х								
Honey Garlic	Х	Х	Х	Х		Х					
Pad Thai	Х	Х	Х	Х		Х				Х	
Red Thai	Х	Х	Х								
Satay Peanut Sauce	Х	Х	Х	Х		Х	Х		Х		
Spicy Szechuan	Х	Х	Χ	Х		Х			Х		Χ
Sweet and Sour	Х	Х	Х	Х		Χ					Х
Sweet Chili	Х	Х	Х								
Teriyaki		Х	Х	Х		Х					
Zesty Orange Ginger		Х	Χ	Х		Х					
Nuac Cham Chili Sauce	Х	Х	Х								Χ

		пĸ											
	_	Vegetarian	Ę.	at				Peanuts	nuts	Fish & Shellfish	me	Mustard	Sulphites
Menu Item	Halal	/eg	Vegan	Wheat	Milk	Egg	Soy	eai	Free	ish-	Sesa	Mus	Ing
Luigi's Gourmet Pizza *(GA OPT							O,			_ 0,	, O		J,
Pasta Passion													
Alfredo sauce		Х			Х								
Marinara sauce	Х	Х	Х	Χ	Х		Х	Х			Х		
Meat sauce	Х												
Pesto sauce		Х		Χ	Х	Х	Х		Х		Х		Χ
Rose sauce		Х			Х								
Chef's Creations													
Broccoli & Mushroom Alfredo		Х		Χ	Х								
Carbonara				Χ	Х	Х	Χ						
Grilled Chicken	Х												
Grilled Chicken Penne Alfredo				Χ	Х								
Meatballs				Χ	Х	*	Х				*	*	
Sausage				Χ	Χ								
Sausage Farfalle				Χ	Χ								
Steak Strips				*			Χ						
Three Cheese Ravioli		Χ		Χ	Χ	Χ							
Lasagna				Χ	Χ	Χ		*	*				*
Pizza *(vegan and ga options availa	BLE ON	REQU	JEST)										
BBQ Chicken				Χ	Χ	*	Х					Χ	
BBQ Pulled Pork				Х	Χ	*	*					Χ	
Bruschetta		Χ		Χ	Χ	*	Χ						
Canadian				Χ	Χ	*							
Cheese		Χ		Χ	Χ	*							
Combination				Χ	Χ	*							
Gyro				Χ	Х	*	*						
Hamburger				Χ	Х	*	Χ						
Hawaiian				Χ	Χ	*	*						

Meat lovers			Х	Х	*	Х						
Pepperoni			X	X	*	X						
Pesto			X	X	*	X	*	*	*	*	*	
Vegetarian		Х	Х	Х	*							
Veggie Calzone			Х	Х	*	*						Χ
Meat lover Calzone			Х	Х	Х	*				*	*	Х
It's a Wrap *(GA OPTIONS AVA	AILABLE ON RE	QUEST)									
Prime												
Black Forest Ham												
												Χ
BLT					Х	Х					Х	X
BLT Cold Cut Combo			Х	X	Х	X					Х	
			X	X	Х	1					X	Χ
Cold Cut Combo				+	X	Х						Χ

		_											
		ariar	_	בַ				ıts	nuts	ish	Je	ard	ites
Menu Item	Halal	Vegetarian	Vegar	Whea	Milk	Egg	Soy	Peanuts	rree r	Fish & Shellfish	Sesan	Mustard	Sulphites
Supreme							•				<u> </u>		<u> </u>
Crispy Chicken	Х			Х			Х						*
Rotisserie Style Chicken	Х												
Sub Club													Х
Turkey													Х
Feature													
Southwest Steak				*			Х						Х
Spicy Black Bean Patty		Х		Х	Χ	Х	Χ						
Tuna Salad						Х	Χ			Χ		Χ	
Turkey and Ham													Χ
Turkey Bacon and Avocado													Х
Brisket													Χ
Pulled Pork													
Breads/Tortillas													
White Sub Bun	Х	Χ	Χ	Х	Χ	Х	Χ				Χ		Х
Whole Wheat Sub Bun	Х	Χ	Χ	Х	Χ	Х	Χ				Χ		Х
Cheese Bun	Χ	Χ		Χ	Χ	Χ	Χ				Χ		Χ
Flatbread	Χ	Χ	Χ	Χ			Χ						Χ
Gluten Free Sub Bun	Χ	Χ	Χ				Χ				*	*	
Tomato Tortilla	Χ	Χ	Χ	Χ									
Spinach Tortilla	Χ	Χ	Χ	Χ									
White Tortilla	Χ	Χ	Χ	Χ									
Whole Wheat Tortilla	Χ	Х	Х	Χ									
Add-ons													

Ancho Chipotle		Х			Х	Х	Х					Х	
Caesar					Х	Х	Х			Х		Х	
Green Goddess					Х		Х			X			
H.P Sauce		Х	Χ									Χ	
Honey and Regular Mustard		Х	Х									Х	
Hot Sauce		X	Х									,,	
Italian Light		Х	Х		Х		Х					Х	
Mayonnaise		Х				Х	Х					Х	
Korean BBQ		Х	Х	Х			Χ				Х		Χ
Tabasco	Х	Х	Х										
Cheddar Cheese		Х			Х								
Mozzarella Cheese		Х			Х								
Monterey Jack Cheese		Х			Х								
Swiss Cheese		Х			Х								
Feta Cheese	Х	Х			Х								Χ
Applewood Smoked Cheddar		Х			Х								Χ
The Sweet Spot													
Crepes													
Crepe with Cinnamon Sugar and		Х		Х	Х	Х							
Lemon													
Crepe with Fresh Fruit		Х		Х	Х	Х							
Crepe with Nutella		Х		Х	Х	Х	Χ		Χ				
Ham and Cheese				Х	Х	Х							
Ham, Egg, and Cheese				Х	Х	Х							
Plain		Х		Х	Х	Х							
Belgian Waffles	,												
Plain		Х		Х	Х	Х							
With Fruit		Х		Х	Х	Х							
Add Ons													
Whipped Cream		Х			Х								
Nutella		Х			Χ		Х		Х				
Juiced			l		l								
Chocolate Banana	Х	Х			Х								
Berry Blast	Х	Х			Х								
·		_											
		ria		١				ts	Tree nuts	qs	o o	<u>r</u>	tes
	a	gets	gan	eat	~			ını	e n	& ر االق	an	sta	phi
Menu Item	Halal	Vegetarian	Vegan	Wheat	Milk	Egg	Soy	Peanuts	Tre	Fish & Shellfish	Sesame	Mustard	Sulphites
Creamy Peach	Х	Χ			Χ								
Tropicana	Х	Χ			Χ								
Killer Kale	Х	Χ											
Honey Berry	Х	Χ			Χ								
Whey Protein Powder		Χ			Χ		Χ						
Fresh Salad Bar - Self Serve	– Sala	ads	Vari	ies I	Dail	/							

Veg Chili	Х												*
Beef Chili	Х												*
Asian Noodle Bowl		Х		Х		Х	Х				Х		
Artichoke		Х			Х							Х	
Baby Corn	Х	Х	Х										
Bocconcini		Х			Х								
Black Bean	Х	Х	Х										
Broccoli and Cheddar		Х			Х	Х	Х					Х	
Carrot and Raisin		Х				Х	Х					Х	
Chicken Citrus Couscous	Х			Х									Х
Chickpea Salad	Х	Х	Х										Х
Chickpea and Roasted Corn		Х			Х								
Couscous Salad	Х	Х	Х	Х				*	Χ				Х
Creamy Coleslaw		Х				Х	Х					Х	
Cucumber Dill		Х			Х		Х						Х
Curry Vegetable Bowtie	Х			Х								Х	
Layered Quinoa, Ratatouille	Х												
Mexican Style Rice	Х	Х	Х										
Mixed Bean	Х	Х	Х										
Oriental Noodle		Х		Х		Х	Х				Х		
Orzo		Х		Х		Х	Х					Х	
German Potato	Х	Х	Х									Х	
Green Bean with Red Pepper	Х	Х	Х	Х			Х				Х		
Greek Pasta		Х		Х	Х								
Italian Parmesan Pasta		Х		Х	Х								
Pad Thai Noodle		Х				Х							
Pesto Chicken				Х		Х	Х					Х	
Kaleslaw	Х	Х	Х				Х	*	Х				Х
Chicken Mango	Х												Х
Seven Grain	Х	Х		Х									
Quinoa Tabbouleh	Х	Х	Х										
Tabbouleh	Х	Х	Х	Х									Х
Tuscan Bean	Х	Х	Х	Х									
Tuna Pasta with Olive oil	Х			Х						Χ			Х
Tuna Pasta with Mayonnaise				Х	Х	Х				Χ		Х	
Waldorf		Х			Х	Х						Х	
Zucchini Salad		Х	Х										