



## Ingredient and Sensitivity Guide Harvest 2020

Please know that our kitchens are not allergen-free. This is a reference guide of low risk items for people with sensitivities. Trace amounts of allergens may be found in our products and those produced in outside facilities.

<b>GLUTEN</b>	<b>DAIRY</b>	<b>GARLIC</b>	<b>ONION</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
OLIVES	OLIVES	OLIVES	OLIVES
GUACAMOLE	GUACAMOLE	GUACAMOLE	HUMMUS
HUMMUS	HUMMUS		CHICKEN WINGS
<i>sub tortilla chips</i>	PORK RIBS	<b>SALADS</b>	
PORK RIBS	CHICKEN WINGS	ALL SALADS	<b>SALADS</b>
<i>no sauce</i>		<i>sub olive oil and balsamic</i>	ALL SALADS
CHICKEN WINGS	<b>SALADS</b>		<i>sub olive oil and balsamic</i>
NACHO POLLO	ALL SALADS	<b>SANDWICHES</b>	<i>no onions</i>
FONDUEMENTALE	<i>no cheese</i>	TASTIER CHICKEN	
<i>sub tortilla chips</i>		GOOEY CHEESE GRILLERS	<b>SANDWICHES</b>
BRIE FONDUE	<b>SOUPS</b>	SALMON BANH MI	GOOEY CHEESE GRILLERS
<i>sub tortilla chips</i>	STRAIGHT UP TOMATO		TASTIER CHICKEN
MUSSELS COCOTTE	TOM KAH GAI	<b>CLASSICS</b>	<i>no onion jam</i>
<i>no bread</i>		MAC + CHEESE	SALMON BANH MI
	<b>SANDWICHES</b>		
<b>SALADS</b>	TASTIER CHICKEN	<b>SIDES</b>	<b>CLASSICS</b>
BISTRO SALAD	<i>no cheese</i>	SIDE MAC + CHEESE	
LG BISTRO SALAD	SALMON BANH MI	FLATBREAD	<b>SIDES</b>
FAB SALAD		BISCUITS	MASHED POTATOES
LG FAB SALAD	<b>CLASSICS</b>	MASHED POTATOES	BASMATI RICE
	BEEF BOURGUIGNON		BISCUITS
<b>SOUPS</b>	RATATOUILLE	<b>DESSERTS</b>	FLATBREAD
STRAIGHT UP TOMATO	<i>no cheese</i>	ALL DESSERTS	
MUSHROOM MEDLEY	BEEF GOULASH		<b>DESSERTS</b>
TOM KAH GAI			ALL DESSERTS
	<b>SIDES</b>		
<b>CLASSICS</b>	SIDE RATATOUILLE		
RATATOUILLE			
<i>no persillade</i>	<b>DESSERTS</b>		
BEEF BOURGUIGNON			
BUTTER CHICKEN			
BEEF GOULASH			
<b>SIDES</b>			
MASHED POTATOES			
SIDE RATATOUILLE			
<b>DESSERTS</b>			
CHOCOLATE MOUSSE			
CHEESECAKE			
<i>no graham crumbs</i>			
ICE CREAM			

EGG	FISH / SHELLFISH	PEANUT / TREE NUT	SOY
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
GUACAMOLE	OLIVES	OLIVES	OLIVES
HUMMUS	GUACAMOLE	GUACAMOLE	GUACAMOLE
PORK RIBS	HUMMUS	HUMMUS	HUMMUS
CHICKEN WINGS	CHICKEN WINGS	<i>contains sesame</i>	<i>sub tortilla chips</i>
<i>no mayonnaise</i>	NACHO POLLO	PORK RIBS	PORK RIBS
NACHO POLLO	FONDUEMENTALE	CHICKEN WINGS	CHICKEN WINGS
FONDUEMENTALE	BRIE FONDUE	<i>contains sesame</i>	<i>no mayonnaise</i>
BRIE FONDUE		NACHO POLLO	NACHO POLLO
MUSSELS COCOTTE	<b>SALADS</b>	FONDUEMENTALE	FONDUEMENTALE
	ALL SALADS	BRIE FONDUE	BRIE FONDUE
<b>SALADS</b>	<i>no caesar dressing</i>	MUSSELS COCOTTE	MUSSELS COCOTTE
ALL SALADS	<i>no salmon</i>		
<i>no caesar dressing</i>		<b>SALADS</b>	<b>SALADS</b>
	<b>SOUPS</b>	ALL SALADS	ALL SALADS
<b>SOUPS</b>	STRAIGHT UP TOMATO	<i>no nuts</i>	<i>no caesar dressing</i>
ALL SOUPS	SUNSET CORN		<i>no salmon</i>
	MUSHROOM MEDLEY	<b>SOUPS</b>	
<b>SANDWICHES</b>		ALL SOUPS	<b>SOUPS</b>
GOOEY CHEESE GRILLERS	<b>SANDWICHES</b>	<i>no nuts</i>	STRAIGHT UP TOMATO
DOS DIABLOS	GOOEY CHEESE GRILLERS		SUNSET CORN
TASTIER CHICKEN	DOS DIABLOS	<b>SANDWICHES</b>	MUSHROOM MEDLEY
<i>no mayonnaise</i>	TASTIER CHICKEN	ALL SANDWICHES	TOM KAH GAI
EL CUBANO	EL CUBANO		
<i>no mayonnaise</i>	SALMON BANH MI	<b>CLASSICS</b>	<b>SANDWICHES</b>
SALMON BANH MI	<i>sub chicken or pork</i>	ALL CLASSICS	GOOEY CHEESE GRILLERS
<i>no mayonnaise</i>			DOS DIABLOS
<b>CLASSICS</b>	<b>CLASSICS</b>	<b>SIDES</b>	EL CUBANO
FRENCH ONION	FRENCH ONION	ALL SIDES	<i>no mayonnaise</i>
MAC + CHEESE	MAC + CHEESE		TASTIER CHICKEN
RATATOUILLE	RATATOUILLE	<b>DESSERTS</b>	<i>no mayonnaise</i>
BEEF BOURGUIGNON	BEEF BOURGUIGNON	CHOCOLATE MOUSSE	
BUTTER CHICKEN	BUTTER CHICKEN	CHERRY CHEESECAKE	<b>CLASSICS</b>
BEEF GOULASH	CHICKEN POT PIE		FRENCH ONION
			MAC + CHEESE
<b>SIDES</b>	<b>SIDES</b>		RATATOUILLE
ALL SIDES	ALL SIDES		BEEF BOURGUIGNON
			BUTTER CHICKEN
<b>DESSERTS</b>	<b>DESSERTS</b>		
CHOCOLATE MOUSSE	ALL DESSERTS		<b>SIDES</b>
CHERRY CHEESECAKE			ALL SIDES
			<b>DESSERTS</b>
			CHOCOLATE MOUSSE
			STICKY TOFFEE
			CHEESECAKE
			<i>no graham crumbs</i>
			ICE CREAM

<b>VEGETARIAN (EGG / DAIRY)</b>	<b>VEGAN</b>	<b>PESCATARIAN</b>
<b>STARTERS</b>	<b>STARTERS</b>	<b>STARTERS</b>
OLIVES	OLIVES	OLIVES
GUACAMOLE	GUACAMOLE	GUACAMOLE
HUMMUS	HUMMUS	HUMMUS
NACHO POLLO		NACHO POLLO
<i>no chicken</i>		<i>no chicken</i>
FONDUEMENTALE	<b>SALADS</b>	FONDUEMENTALE
BRIE FONDUE	BISTRO SALAD	BRIE FONDUE
	<i>sub olive oil and balsamic</i>	MUSSELS COCOTTE
	LARGE BISTRO SALAD	
	<i>no salmon</i>	
<b>SALADS</b>	<i>sub olive oil and balsamic</i>	<b>SALADS</b>
BISTRO SALAD		CAESAR SALAD
LARGE BISTRO SALAD		BISTRO SALAD
<i>no salmon</i>	<b>SOUPS</b>	LARGE CAESAR SALAD
	STRAIGHT UP TOMATO	<i>no chicken</i>
<b>SOUPS</b>		LARGE BISTRO SALAD
STRAIGHT UP TOMATO	<b>CLASSICS</b>	
MUSHROO MEDLEY	RATATOUILLE	
	<i>no cheese</i>	<b>SOUPS</b>
<b>SANDWICHES</b>		STRAIGHT UP TOMATO
GOOEY CHEESE GRILLERS	<b>SIDES</b>	CRAB BISQUE
	SIDE RATATOUILLE	MUSHROOM MEDLEY
<b>CLASSICS</b>		<b>SANDWICHES</b>
MAC + CHEESE		GOOEY CHEESE GRILLERS
RATATOUILLE		SALMON BANH MI
<b>SIDES</b>		<b>CLASSICS</b>
ALL SIDES		MAC + CHEESE
		RATATOUILLE
<b>DESSERTS</b>		
ALL DESSERTS		<b>SIDES</b>
		ALL SIDES
		<b>DESSERTS</b>
		ALL DESSERTS

**V = VEGETARIAN F = FLOUR G = GARLIC D = DAIRY S = SEAFOOD N = NUTS \*TG = TRACE GLUTEN**

<b>OLIVES</b>	<b>GUACAMOLE</b>	<b>HUMMUS</b>	<b>MUSSELS COCOTTES</b>
<b>V</b>	<b>V</b>	<b>V G</b>	<b>S G D</b>
MIXED OLIVES OLIVE OIL CHILI FLAKES LEMON JUICE SALT PEPPER	AVOCADO RED ONION GREEN ONION TOMATO CILANTRO JALAPENO LIME JUICE CUMIN SALT PEPPER <i>FINISH</i> CILANTRO LIME TORTILLA CHIPS	GARBANZO BEANS TAHINI GARLIC CORIANDER CUMIN SEED SALT PEPPER CANOLA OIL LEMON JUICE <i>FINISH D F</i> PAPRIKA OLIVE OIL PARSLEY LEMON WEDGE FLATBREAD	BUTTER WHITE ONION GARLIC WHIPPING CREAM WHITE WINE WHITE PEPPER SALT PARSLEY FRESH THYME DIJON MUSTARD <i>FINISH</i> BACON PARSLEY WHITE WINE MUSSELS
<b>FLATBREAD</b>	<b>TORTILLA CHIPS</b>	<b>HOUSE BREAD</b>	
<b>V D F</b>	<b>V</b>	<b>V F</b>	
FLOUR YEAST SOYBEAN OIL CANOLA OIL SUGAR SALT OLIVE OIL SEMOLINA PRESERVATIVES	YELLOW CORN CALCIUM HYDROXIDE CANOLA OIL SALT	FLOUR YEAST SALT MALTED BARLEY FLOUR	
<b>TOGARASHI CHX WINGS</b>	<b>BRIE FONDUE</b>	<b>NACHOS</b>	<b>BBQ RIBS</b>
<b>G</b>	<b>V G D</b>	<b>G D</b>	<b>G TG* TS*</b>
CHICKEN WINGS <i>FINISH</i> TOGARASHI NORI LIME MAYO LIME PEPPERONCINI	GARLIC HONEY WHITE WINE APPLE JUICE SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE BRIE <i>FINISH</i> HOUSE BREAD APPLES GRAPES	TORTILLA CHIPS POLLO MIX CHEDDAR MIX SALSA VERDE CILANTRO	PORK BACK RIBS <i>FINISH</i> HOUSE BBQ SAUCE PARSLEY PEPPERONCINI
<b>CHICKEN WINGS</b>	<b>FONDUEMENTALE</b>	<b>POLLO MIX</b>	<b>PORK BACK RIBS</b>
CHICKEN SALT RICE STARCH TAPIOCA STARCH SODIUM PHOSPHATE	<b>V G D</b>	<b>D</b>	<b>G</b>
<b>TOGARASHI</b>	WHITE WINE WHITE ONION GARLIC SALT PEPPER WHIPPING CREAM CORNSTARCH CREAM CHEESE CHEESE MIX KIRSCH <i>FINISH</i> HOUSE BREAD APPLES GRAPES	WHITE ONION POBLANO PEPPERS JALAPENOS ROAST CHICKEN CILANTRO CANOLA OIL LIME JUICE CUMIN SALT CREAM CHEESE SOUR CREAM	PORK BACK RIBS ONION GARLIC RED PEPPER PAPRIKA EXTRACT SALT DEXTROSE
<b>G</b>		<b>SALSA VERDE</b>	<b>HOUSE BBQ SAUCE</b>
SESAME SEEDS NORI CHILI DRIED ORANGE SZECHUAN PEPPERCORN GARLIC SUGAR SALT PEPPER		<b>V G</b>	<b>G TG* TS*</b>
<b>NORI LIME MAYO</b>		TOMATILLO POBLANO PEPPERS WHITE ONION GARLIC CILANTRO JALAPENOS CUMIN SALT WHITE SUGAR LIME JUICE	WHITE ONION GARLIC COFFEE WORCESTER* KETCHUP RED WINE VINEGAR MOLASSES CHIPOTLE PUREE* BROWN SUGAR CHILI POWDER PEPPER SALT
MAYONNAISE NORI LIME JUICE HONEY			

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<b>COOKHOUSE VINAIGRETTE</b> <b>V G</b> GARLIC RED ONION FRESH PARSLEY HONEY DIJON MUSTARD BALSAMIC VINEGAR RED WINE VINEGAR SALT PEPPER CANOLA OIL	<b>CAESAR DRESSING</b> <b>G S *TG</b> EGGS GARLIC ANCHOVY CAPERS GREEN ONION PARSLEY DIJON MUSTARD LEMON JUICE WHITE WINE VINEGAR WORCESTERSHIRE* CAYENNE OLIVE OIL CANOLA OIL PEPPER SALT	<b>CIDER BACON VINAIGRETTE</b> BACON FAT RED ONION GREEN ONION FRESH THYME FRESH PARSLEY BROWN SUGAR APPLE CIDER VINEGAR APPLE JUICE PEPPER SALT CANOLA OIL	<b>TOM KAH GAI</b> <b>G S</b> WHITE ONION GARLIC GINGER LEMON GRASS KAFFIR LIME LEAVES THAI RED CHILI TOMATO PASTE CILANTRO FISH SAUCE COCONUT MILK CHICKEN STOCK WHITE SUGAR SALT LIME JUICE CHICKEN BREAST OYSTER MUSHROOMS BABY BOK CHOY CANOLA OIL <b>FINISH</b> LIME WEDGE CILANTRO
<b>BISTRO SALAD</b> <b>V G</b> GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA	<b>CAESAR SALAD</b> <b>G S *TG</b> GREENS CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE	<b>FAB SALAD</b> <b>D</b> GREENS MIX CIDER BACON VINAIGRETTE RED ONION FETA BACON APPLE	
<b>BIG BISTRO SALAD</b> <b>V S G</b> GREENS MIX COOKHOUSE VINAIGRETTE DICED CUCUMBER DICED TOMATO RED ONION COOKED QUINOA SOY ROASTED SALMON PUMPKIN SEEDS DRIED CRANBERRIES	<b>BIG CAESAR SALAD</b> <b>G S *TG</b> GREENS CAESAR DRESSING CROUTONS PARMESAN LEMON WEDGE ROAST CHICKEN BACON	<b>BIG FAB SALAD</b> <b>D N</b> GREENS MIX CIDER BACON VINAIGRETTE RED ONION FETA BACON APPLE ROAST CHICKEN RAISINS WALNUTS	
<b>SOY ROASTED SALMON</b> <b>S</b> WILD SALMON SOY BROWN SUGAR BLACK PEPPER		<b>ROAST CHICKEN</b> CHICKEN BREAST OLIVE OIL PEPPER SALT	
<b>TOMATO</b> <b>V G</b> TOMATO ROMA TOMATO RED ONION GARLIC TOMATO PASTE BROWN SUGAR RED WINE VINEGAR OLIVE OIL SALT PEPPER RED WINE <b>FINISH</b> OLIVE OIL	<b>CRAB BISQUE</b> <b>G D S *TG</b> OLIVE OIL WHITE ONION YAMS CELERY GARLIC RED PEPPERS WHITE WINE TOMATO PASTE LOBSTER BASE* FENNEL SEED SALT PEPPER WHIPPING CREAM CRAB MEAT PARSLEY BASIL <b>FINISH</b> PARSLEY LEMON WEDGE	<b>MUSHROOM MEDLEY</b> <b>V G D</b> BUTTER WHITE ONION CELERY GARLIC BUTTON MUSHROOM OYSTER MUSHROOM PORTOBELLOS SHIITAKE MUSHROOM WHIP CREAM VEG STOCK WHITE WINE DRY THYME SALT PEPPER FRESH PARSLEY GREEN ONION TRUFFLE OIL <b>FINISH</b> PARSLEY	<b>SUNSET CORN</b> <b>G D *TG</b> CHICKEN BREAST CHIPOTLE PASTE* CORN WHITE ONION GREEN ONION YAMS GARLIC CHICKEN STOCK OREGANO SALT CUMIN TURMERIC WHIPPING CREAM CILANTRO <b>FINISH</b> CILANTRO SOUR CREAM LIME WEDGE

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<b>GRILLED CHEESE</b> <b>F V D</b> BUTTER HOUSE BREAD CHEESE MIX CHEDDAR MIX	<b>TASTIER CHICKEN</b> <b>F D</b> HOUSE BREAD ROAST CHICKEN BACON BRIE CHEESE ONION JAM APPLE CUCUMBER GREENS HOUSE MAYO	<b>EL CUBANO</b> <b>F G D TG*</b> HOUSE BREAD PULLED PORK CAPICOLLO* RELISH CHEESE MIX PEPPERONCINI HOUSE MAYO	<b>SALMON BANH MI</b> <b>F S G</b> HOUSE BREAD SOY ROASTED SALMON NORI LIME MAYO PICKLED VEG CUCUMBER GREENS MIX CILANTRO
<b>DOS DIABLOS</b> <b>F G D TG*</b> BUTTER HOUSE BREAD CHEDDAR MIX CHORIZO MIX*	<b>HOUSE MAYO</b> EGG DIJON WHITE SUGAR PEPPER SALT VINEGAR SOYBEAN OIL	<b>RELISH</b> <b>G</b> GARLIC OIL CORNICHONS GRAINY DIJON HONEY SALT	<b>PICKLED VEG</b> CARROT RUTABEGA POBLANO RICE WINE VINEGAR SUGAR SALT
<b>CHORIZO MIX</b> <b>G *TG</b> RED PEPPERS RED ONION CHIPOTLE PUREE* CANOLA OIL LIME JUICE SALT CHORIZO* CILANTRO CUMIN CREAM CHEESE	<b>ONION JAM</b> <b>V</b> RED ONION BALSAMIC BLACK PEPPER SALT	<b>PULLED PORK</b> <b>G</b> PORK BUTT WHITE ONION GARLIC RED WINE VINEGAR ORANGE JUICE CHILI POWDER SALT PEPPER	<b>CHEESE MIX</b> <b>V D</b> MOZZARELLA SWISS GRUYERE  <b>CHEDDAR MIX</b> <b>V D</b> CHEDDAR MOZZARELLA

<b>FRENCH ONION</b> <b>G</b> ONION GARLIC RED WINE BEEF BROTH CANOLA OIL SALT PEPPER <i>FINISH F</i> BREAD CHEESE MIX	<b>BOURGUIGNON</b> <b>G</b> BEEF DICED SALT PEPPER RED WINE BEEF STOCK CARROTS BUTTON MUSHROOM PEARL ONIONS CANOLA OIL WHITE ONION GARLIC CELERY TOMATO PASTE POTATO STARCH THYME BAY LEAF PARSLEY <i>FINISH</i> PARSLEY	<b>RATATOUILLE</b> <b>G V</b> EGGPLANT ZUCCHINI BELL PEPPERS GARLIC RED ONION OLIVE OIL CHICK PEAS TOMATO PASTE DICED TOMATO WHITE WINE VEG STOCK SALT PEPPER FRESH PARSLEY FRESH OREGANO FRESH BASIL <i>FINISH F</i> PERSILLADE GOAT CHEESE PARSLEY OLIVE OIL <i>FINISH (MINI)</i> PARSLEY OLIVE OIL	<b>BUTTER CHICKEN</b> <b>G D</b> CHICKEN BREAST CUMIN CORIANDER FENUGREEK CINNAMON CLOVES CARDAMOM POTATOES BUTTER WHITE SUGAR WHITE ONION GINGER GARLIC TURMERIC FENUGREEK LEAF TOMATO PASTE CHICKEN STOCK SALT PEPPER WHIPPING CREAM CILANTRO <i>FINISH</i> CILANTRO
<b>MAC &amp; CHEESE</b> <b>V D F</b> MACARONI VEG OIL WHIPPING CREAM HOMO MILK WHITE ONION NUTMEG SALT PEPPER BUTTER FLOUR CHEDDAR MIX <i>FINISH</i> CHEDDAR MIX			

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<b>BEEF GOULASH</b> <b>G</b> BEEF DICED CARAWAY PAPRIKA MARJORAM THYME BAY LEAF PEPPER SALT RED WINE BEEF STOCK RUTABEGA GREEN CABBAGE MIXED PEPPERS CANOLA OIL WHITE ONION CELERY GARLIC TOMATO PASTE POTATO STARCH FRESH PARSLEY <b>FINISH</b> PARSLEY	<b>CHICKEN POT PIE</b> <b>G F D</b> CHICKEN BREAST BUTTON MUSHROOM OYSTER MUSHROOM PORTOBELLOS SHIITAKE MUSHROOM PEARL ONIONS CANOLA OIL BUTTER WHITE ONION CELERY GARLIC FLOUR WHITE WINE CHICKEN STOCK WHIPPING CREAM DIJON MUSTARD DRY THYME PEPPER SALT FRESH ROSEMARY FRESH PARSLEY PEAS <b>FINISH</b> PUFF PASTRY EGGS ROSEMARY PEPPER SALT FRESH PARSLEY	<b>PERSILLADE</b> <b>F G</b> PANKO BREAD CRUMBS PARSLEY GARLIC SALT PEPPER OLIVE OIL <b>MASHED POTATOES</b> <b>V D</b> POTATOES SALT MILK CREAM BUTTER POTASSIUM SORBATE <b>FINISH</b> BUTTER PARSLEY <b>BISCUITS</b> <b>V D F</b> FLOUR MARGARINE PARSLEY BAKING POWDER CHEDDAR MIX SALT PEPPER BUTTERMILK <b>PUFF PASTRY</b> <b>F</b> WHEAT FLOUR PALM OIL SALT SOY LECITHIN POTASSIUM SORBATE SODIUM PROPIONATE FLAVOUR COLOUR	<b>VEGETABLE STOCK</b> <i>Note - all soups and stews finished with light veg stock</i> CARROT / CELERY / ONION CABBAGE / MUSHROOM GARLIC / TOMATO SALT / SUGAR / SPICES YEAST EXTRACT MALTODEXTRIN <b>CHICKEN STOCK</b> CHICKEN BROTH AND FAT CORN STARCH SALT / SUGAR / SPICES YEAST EXTRACT CITRIC ACID / FLAVOUR <b>BEEF STOCK</b> BEEF BROTH AND FAT SALT / SUGAR / FLAVOUR ONION POWDER YEAST EXTRACT MALTODEXTRIN <b>LOBSTER STOCK</b> <b>S G D</b> LOBSTER SALT CORN TAPIOCA POTATO SUGAR YEAST EXTRACT CORN OIL MILK TOMATO PASTE ONION POWDER GARLIC POWDER COD LIVER OIL SOY SPICES PRESERVATIVES
<b>STICKY TOFFEE</b> <b>V F D N</b> RAISINS CURRANTS HAZELNUTS FLOUR MOLASSES BAKING POWDER WINTER SPICE BUTTER BRWN SUGAR EGGS SALT ORANGE JUICE WHT SUGAR WHIP CREAM VANILLA <b>FINISH</b> ICE CREAM	<b>CHOCOLATE MOUSSE</b> <b>V D</b> WHIPPING CREAM CHOCOLATE INSTANT COFFEE KAHLUA <b>FINISH</b> WHIPPED CREAM <b>ICE CREAM</b> <b>D</b> MILK CREAM SUGAR EGG YOLK VANILLA BEAN	<b>CHEESECAKE</b> <b>V D</b> CREAM CHEESE ICING SUGAR VANILLA EXTRACT WHIPPING CREAM CHERRIES SUGAR CORNSTARCH <b>FINISH F</b> GRAHAM CRUMB	<b>GRAHAM CRUMB</b> <b>V D F</b> WHEAT FLOUR SOYBEAN OIL HONEY SALT BAKING SODA AMMONIUM BICARBONATE MONOCALCIUM PHOSPHATE SOY LECITHIN ARTIFICIAL FLAVOR ASPARAGINASE SUGAR BUTTER