

Master Ingredient List

Spaghetti:

Durum wheat semolina pasta, ground beef, mild pork sausage, strained tomatoes, red bell pepper, onion, sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), garlic, avocado oil, parmesan (Milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), herbs & spices.

Contains: Mustard, soy, wheat.

May contain: Egg.

Steak Bites:

AAA sirloin beef, potatoes, brussels sprouts, mayonnaise, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), chipotle peppers, lime, sugar, onion, garlic, herbs & spices, avocado oil, lactose-free butter, parmesan (Milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate.)

Contains: Egg, milk ingredients, mustard.

Gluten Free.

If parmesan is removed, it becomes lactose free.

Honey Cashew Chicken:

Ingredients: Chicken breast, rice, bell peppers, carrots, onion, garlic, gluten-free VH soy sauce (water, salt, caramel, hydrolyzed soy protein, corn syrup, glucose solids, sodium benzoate, dimethylpolysiloxane (antifoaming agent), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, modified tapioca starch, xanthan gum), rice wine vinegar, gluten-free hoisin sauce (sugars (sugar, plum puree), water, miso (water, soybeans, rice, salt, alcohol, brewing starter aspergillus oryzae, soy sauce (water, soybeans, salt, sugar, brewing starter aspergillus sojae), garlic, caramel colour, modified corn starch, salt, vinegar, spices, citric acid, xanthan gum), honey siracha (sugar, honey, red chili peppers, vinegar, sugar, garlic, salt, natural flavour, tomato paste, modified corn starch, vinegar, salt), honey, cashews, sesame oil, sesame seeds, avocado oil, herbs & spices, green onion.

Contains: Cashew, sesame, soy

Dairy Free, Gluten Free.

Marry Me Chicken:

Ingredients: Chicken breast, russet potato, green beans, bacon, heavy cream, alfredo sauce (water, modified milk ingredients, parmesan cheese, modified corn starch, salt, sugar, liquid egg yolk, romano cheese, garlic, asiago cheese, cheddar cheese, natural flavor, xanthan gum, lactic acid, phospholipase, sodium phosphate, microbial enzyme, acacia gum), honey siracha (sugar, honey, red chili peppers, vinegar, sugar, garlic, salt, natural flavour, tomato paste, modified corn starch, vinegar, salt), sundried tomato, shallots, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum) lactose-free butter, parmesan (Milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate) herbs & spices, avocado oil.

Contains: Egg, milk ingredients, mustard.

May contain: Gluten (potential in Alfredo Sauce)

Perogies and Sausage:

Ingredients: Perogies (Enriched wheat flour, fresh potatoes, water, romano cheese product, bacon, green onion, canola oil, vegetable oil margarine (contains modified palm oil and palm kernel oil), salt, seasoning (salt, corn syrup solids, hydrolyzed plant protein, canola oil, wheat flour, sugar, dextrose, dehydrated vegetables, autolyzed yeast extract, flavour, citric acid, colour), pepper), smoked farmers sausage (pork, water, salt, sugars (brown sugar, sugar), spices, sodium erythorbate, sodium nitrite, sodium ascorbate, flavour, artificial flavour, smoke), onion, bacon, garlic, sour cream, lactose-free butter, dill.

Contains: Wheat, milk ingredients, soy

May Contain: Sulfites

Lasagna:

Ingredients: Durum wheat semolina pasta, ground beef, mild pork sausage, strained tomatoes, red bell pepper, onion, cottage cheese, ricotta cheese, eggs, pizza mozzarella, cheddar, jalapeno cheese, monterey jack, sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), Medium garlic sauce (water, sugars (sugar, molasses), VH soya sauce (water, salt glucose-fructose, caramel, hydrolyzed soy protein, sodium benzoate), dehydrated garlic, citric acid, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), garlic, avocado oil, parmesan (Milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), herbs & spices.

Contains: Egg, wheat, soy, mustard, milk ingredients.

Pulled Pork and Mashed Potatoes:

Ingredients: Pork shoulder, BBQ sauce (Water, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), Salt, Modified Corn Syrup and seasonings (mustard), natural flavour), Dijon mustard, russet potato, gluten-free beef broth (water, beef stock, seasoning (water, natural flavour, salt, carrots, celery, onion, sugar), salt, sugars (dextrose), yeast extract, sunflower oil, carnauba wax), lactose-free butter, cream, garlic, coleslaw mix (green cabbage, red cabbage, carrots), mayonnaise, brown sugar, pickle juice (cucumbers, water, white vinegar, salt, garlic, lactic acid, spices and seasonings, calcium chloride, polysorbate 80), herbs & spices, dill, parsley.

Contains: Egg, milk ingredients, mustard, wheat

Ginger Beef

Ingredients: AAA sirloin beef, rice, onion, carrot, broccoli, red pepper, ginger, garlic, sesame oil, honey, VH Soy sauce (gluten-free VH soy sauce (water, salt, caramel, hydrolyzed soy protein, corn syrup, glucose solids, sodium benzoate, dimethylpolysiloxane (antifoaming agent), rice wine vinegar, brown sugar, corn starch, orange juice, sesame seeds, green onion, herbs & spices.

Contains: Sesame, soy

Gluten free, dairy free

Greek Chicken

Ingredients: Chicken, Yukon potato, tomato, cucumber, red onion, olive, feta cheese, shallot, lemon, avocado oil, garlic, VH Gluten Free sweet & sour sauce (water, sugars (sugar, pineapple juice concentrate), vinegar, modified corn starch, tomato paste, salt, seasoning, dehydrated red bell pepper, natural flavour, spices, sodium benzoate), parmesan (milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), herbs & spices.

Contains: Milk ingredients, mustard

Gluten free

Buffalo Mac n' Cheese

Ingredients: Chicken breast, durum wheat semolina pasta, cheese (cheddar, pizza mozzarella, Monterey jack), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), garlic, avocado oil, parmesan (milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), heavy cream, all purpose flour, Franks RedHot buffalo sauce (water, fermented red cayenne peppers (26%), spirit vinegar, salt, paprika, rapeseed oil, stabiliser (xanthan gum), flavouring, garlic powder), beef broth, lactose free butter, avocado oil, breadcrumbs, mayonnaise, sour cream, herbs & spices.

Contains: Eggs, milk ingredients, mustard, wheat

Sweet n' Sour Meatballs

Ingredients: Ground beef, pork, rice, egg, red onion, bell peppers, green onion, pineapple, sesame seeds, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, natural flavors, caramel color), GF VH soy sauce (gluten-free VH soy sauce (water, salt, caramel, hydrolyzed soy protein, corn syrup, glucose solids, sodium benzoate, dimethylpolysiloxane (antifoaming agent), brown sugar, apple cider vinegar, GF Worcestershire, ketchup, tomato paste, corn starch, garlic, avocado oil, herbs & spices).

Contains: Egg, mustard, sesame, soy

Gluten Free, Dairy Free

Ham & Scalloped Potatoes

Ingredients: Ham, yukon potato, green beans, pineapple, Dijon mustard, brown sugar, honey, beef broth, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), cheese (cheddar, Monterey jack, jalapeno, gruyere), heavy cream, lactose free butter, shallot, garlic, herbs & spices.

Contains: Milk ingredients, mustard

Gluten free

Pork Chops with Caramelized Onions and Mushrooms

Ingredients: Pork loin, potato, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum), avocado oil, lactose free butter, flour, cream, tomato paste, brown peas, mushrooms, onion, shallot, herbs & spices.

Contains: Milk ingredients, Mustard, Wheat

Chicken Alfredo

Ingredients: Durum wheat semolina pasta, chicken breast, shallot, cream, flour, onion, garlic, alfredo sauce (water, modified milk ingredients, parmesan cheese, modified corn starch, salt, sugar, liquid egg yolk, Romano cheese, garlic, asiago cheese, cheddar cheese, natural flavor, xanthan gum, lactic acid, phospholipase, sodium phosphate, microbial enzyme, acacia gum), VH honey siracha (sugar, honey, red chili peppers, vinegar, sugar, garlic, salt, natural flavor, tomato paste, modified corn starch, vinegar, salt), BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), garlic, rice vinegar, modified tapioca starch, salt and xanthan gum), avocado oil, lactose free butter, parmesan (Milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), herbs & spices.

Contains: Egg, milk ingredients, mustard, wheat

Chipotle Chicken Skillet

Ingredients: Chicken breast, sweet potato, black beans, bell peppers, onions, beef broth, sour cream, lime, chipotle peppers, mayonnaise, garlic, vinegar, sugar, cilantro, cheese (mozzarella, cheddar, monterey jack), chile sauce (tomato puree (water, tomato paste), distilled white vinegar, salt, corn syrup, dehydrated onion, spice, garlic powder, natural flavoring), BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), avocado oil, herbs & spices.

Contains: Egg, milk ingredients, mustard

Gluten Free

Sesame Steak

Ingredients: AAA sirloin beef, rice, broccoli, lactose free butter, lemon, garlic, sesame sauce (canola oil, water, soy sauce (water, soybeans, wheat salt), sugar, sesame seeds, vinegar, yeast extract, natural flavors, dried egg yolk, xanthan gum), sesame oil, avocado oil, sesame seeds, medium garlic sauce (water, sugars (sugar, molasses), VH soya sauce (water, salt glucose-fructose, caramel, hydrolyzed soy protein, sodium benzoate), dehydrated garlic, citric acid), gluten-free hoisin sauce (sugars (sugar, plum puree), water, miso (water, soybeans, rice, salt, alcohol, brewing starter aspergillus oryzae, soy sauce (water, soybeans, salt, sugar, brewing starter aspergillus sojae), herbs & spices

Contains: Egg, mustard, sesame, soy, wheat

May contain: Tree nuts

Lactose Free

Korean Chicken

Ingredients: Chicken thigh, honey, rice, carrots, cabbage, sugar, rice wine vinegar, sesame seeds, green onions, ginger, sweet red chili (sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), soy sauce (VH soya sauce (water, salt glucose-fructose, caramel, hydrolyzed soy protein, sodium benzoate), dehydrated garlic, citric acid), honey siracha (sugar, honey, red chili peppers, vinegar, sugar, garlic, salt, natural flavour, tomato paste, modified corn starch, vinegar, salt), sesame oil, ginger, gochujang (sugars (glucose-fructose, sugar), hot red pepper paste (corn syrup, water, brown rice, red pepper powder, salt, alcohol, soybean, garlic, onion, wheat), water, canola oil, tomato paste, apple cider vinegar, dried garlic, white vinegar, garlic, modified corn starch, spice extract, salt, citric acid, onion powder, potassium sorbate, chili powder (spices, salt, caramel, dextrose), spices and herbs), avocado oil, herbs & spices

Contains: Sesame, soy, wheat

May Contain: Tree nuts

Steak Fajita Bowl

Ingredients: AAA sirloin beef, rice, cilantro, lime, corn, shallot, rice wine vinegar, cheese (mozzarella, cheddar, Monterey jack, feta), sour cream, mayonnaise, bell pepper, onion, chipotle, parmesan (milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), medium garlic sauce (water, sugars (sugar, molasses), VH soya sauce (water, salt glucose-fructose, caramel, hydrolyzed soy protein, sodium benzoate), dehydrated garlic, citric acid), BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), avocado oil, herbs & spices

Contains: Egg, milk ingredients, mustard, soy

Gluten Free

Chicken Pot Pie

Ingredients: Chicken, carrots, celery, peas, flour, shallot, onion, vegetable shortening, cream, beef broth, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), cream of celery (water, celery, vegetable oil (corn, canola and/or soybean), modified corn starch, wheat flour, cream (milk), salt, soy protein concentrate, sugar, yeast extract, spice extract, beta carotene, onion powder, flavour), egg, avocado oil, poultry herbs & spices

Contains: Egg, mustard, milk ingredients, soy, wheat

Pot Roast

AAA sirloin beef, russet potato, carrots, beef broth, Dijon mustard, lactose free butter, cream, garlic, honey, BBQ sauce (Water, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), Salt, Modified Corn Syrup and seasonings (mustard), natural flavour), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), avocado oil, herbs & spices

Contains: Mustard, milk products, wheat

Our Famous Chili

Ingredients: Ground beef, Italian pork, strained tomatoes, red bell pepper, onions, shallots, diced chili tomato, beans (brown, black, kidney, Romano) tomato sauce, sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), Medium garlic sauce (water, sugars (sugar, molasses), VH soya sauce (water, salt glucose-fructose, caramel, hydrolyzed soy protein, sodium benzoate), dehydrated garlic, citric acid, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), fire roasted tomato sauce (tomato puree (water, tomato paste), diced tomatoes in juice (tomatoes, tomato juice, citric acid, calcium chloride), fire roasted diced tomatoes (diced tomatoes, smoked tomato juice, salt, citric acid, calcium chloride), contains less than 2% of onions, salt, spices, sugar, olive oil, granulated garlic, granulated roasted garlic, garlic, avocado oil, herbs & spices. On side: (cheese (mozzarella, cheddar, monterey jack), green onion)

Contains: Mustard, soy

Gluten Free, dairy free (without cheese on side)

Beef Noodle Stir-Fry

Ingredients: AAA beef, oyster sauce (Water, Sugar, Salt, Oyster Extractives (oyster, Water, Salt), Monosodium Glutamate, Modified Corn Starch, Wheat Flour, Caramel Colour), soy sauce, sesame oil, honey, rice wine vinegar, ginger, garlic, red onion, hoisin sauce (sugars (sugar, plum puree), water, miso (water, soybeans, rice, salt, alcohol, brewing starter aspergillus oryzae, soy sauce (water, soybeans, salt, sugar, brewing starter aspergillus sojiae), cabbage, broccoli, wheat noodles, avocado oil, sesame seeds

Contains: Sesame, shellfish, soy, wheat

Hawaiian Style Chicken with Pineapple Salsa and Coconut Rice

Ingredients: Chicken breast, rice, coconut milk, coconut, shallot, pineapple, red pepper, lime, jalapeno, cilantro, honey, garlic, ginger VH soya sauce (water, salt glucose-fructose, caramel, hydrolyzed soy protein, sodium benzoate), dehydrated garlic, citric acid, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, mustard, spices and seasonings, natural flavors, caramel color), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum gluten-free hoisin sauce (sugars (sugar, plum puree), water, miso (water, soybeans, rice, salt, alcohol, brewing starter aspergillus oryzae, soy sauce (water, soybeans, salt, sugar, brewing starter aspergillus sojiae), garlic, caramel colour, modified corn starch, salt, vinegar, spices, citric acid, xanthan gum), herbs & spices

Contains: Mustard, soy

May contain: Tree Nuts

Glazed Salmon

Ingredients: Salmon, rice, edamame beans, ginger, garlic, hoisin sauce (sugars (sugar, plum puree), water, miso (water, soybeans, rice, salt, alcohol, brewing starter aspergillus oryzae, soy sauce (water, soybeans, salt, sugar, brewing starter aspergillus sojiae), mayonnaise, sriracha, sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum, avocado oil, herbs & spices.

Contains: Eggs, fish, soy

Shepherd's Pie

Ingredients: Ground beef, pork, carrot, russet potato, heavy cream, butter, cheese, onion, garlic, shallot, celery, peas, corn, tomato paste, beef broth, rosemary, AP flour, BBQ sauce (Water, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), Salt, Modified Corn Syrup and seasonings (mustard), natural flavour), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), avocado oil, herbs & spices

Contains: Milk products, mustard, wheat

BBQ Brisket and Warm Potato Salad

Ingredients: Beef brisket, potato, corn, bacon, shallot, mayonnaise, parmesan, sour cream, lemon, dill, BBQ sauce (Water, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), Salt, Modified Corn Syrup and seasonings (mustard), natural flavour), honey, avocado oil, herbs & spices.

Contains: Egg, mustard, milk products, wheat

Greek Chicken Orzo Bowl

Ingredients: Chicken, orzo, lemon, vinegar, Greek yogurt, cucumber, Dijon mustard, dill garlic, tomato, olive, red onion, feta cheese, chicken broth, avocado oil, VH Gluten Free sweet & sour sauce (water, sugars (sugar, pineapple juice concentrate), vinegar, modified corn starch, tomato paste, salt, seasoning, dehydrated red bell pepper, natural flavour, spices, sodium benzoate), herbs & spices.

Contains: Milk ingredients, mustard, wheat