

Master Ingredient List

Barbacoa Burrito Bowl

Ingredients: AAA chuck roast, rice, cilantro, lime, corn, shallot, black beans, jalapeno, cheese (mozzarella, cheddar, Monterey jack, feta), sour cream, mayonnaise, tomato, 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, 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, Milk, Mustard, Gluten (Rye)

BBQ Chicken Thighs with Loaded Baked Potato

Ingredients: Chicken thigh, corn, potato, butter, bacon, green onion, cheese (mozzarella, cheddar), sour cream, shallot, BBQ sauce (water, sugar, tomato paste, brown sugar, vinegar, hickory smoke flavor, salt, modified corn starch, sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), modified tapioca starch, salt and xanthan gum), mustard, spices and seasonings, natural flavors, caramel color), honey, avocado oil, herbs & spices.

Contains: Egg, Milk, Mustard

Beef Barley Soup

Ingredients: Onion, garlic, shallot, carrot, celery, barley, beef, beef stock, parsley, tomato, tomato paste, flour, butter, 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), avocado oil.

Contains: Mustard, Soy, Wheat

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

Broccoli Cheddar Soup

Ingredients: Onion, garlic, shallot, broccoli, celery, carrot, cream, milk, vegetable broth, cheddar, flour, butter, nutmeg, 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), avocado oil.

Contains: Milk, Mustard, Soy, Wheat

Buffalo Chicken 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: Egg, Milk, Mustard, Wheat

Butter Chicken

Ingredients: Chicken breast, jasmine rice, tomato, heavy cream, Greek yogurt, onion, ginger, garlic, jalapeno, lemon juice, herbs & spice mix (contains mustard), 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), avocado oil.

Contains: Milk, Mustard

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, Mustard, Wheat

Chicken Pot Pie

Ingredients: Chicken, carrots, celery, peas, flour, shallot, onion, butter, puff pastry (enriched wheat flour (wheat flour, niacin, iron, thiamine, riboflavin, folic acid), water, palm oil, soybean oil, salt, cream of tartar, beta carotene), cream, beef broth, BBQ sauce (Water, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), 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, Soy, Wheat

Creamy Tuscan Chicken Pasta

Ingredients: Durum wheat semolina pasta, chicken breast, sundried tomato, spinach, cream, flour, butter, onion, garlic, shallot, 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), sweet and sour sauce (sugar, honey, red chili peppers, vinegar, sugar, garlic, salt, natural flavor, tomato paste, modified corn starch, vinegar, salt), BBQ sauce (Water, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), 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, parmesan (Milk, salt, bacterial culture, modified milk ingredients, calcium chloride, microbial, enzyme, lipase, cellulose powder, potassium sorbate), herbs & spices.

Contains: Egg, Milk, Mustard, Wheat

Family-Size Famous Meat Sauce (32oz):

Ingredients: Lean 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), VH Garlic Sauce (water, sugar, molasses, salt, caramel, hydrolyzed soy protein, dehydrated garlic, corn syrup, glucose solids, citric acid, sodium benzoate), garlic, avocado oil, herbs & spices.

Contains: Mustard, Soy

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, Mustard, Wheat

Glazed Salmon

Ingredients: Salmon, rice, edamame beans, ginger, garlic, hoisin sauce (sugar, water, fermented soybean paste (water, salt, soybeans, wheat flour), salt, modified corn starch, sweet potato powder, sesame paste, caramel, spices, dehydrated garlic, salted chili peppers (chili peppers, salt), acetic acid, allura red, potassium sorbate), soy sauce (water, soybeans, salt, sugar, brewing starter aspergillus sojae), mayonnaise, siracha, 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, Fish, Soy, Sesame, 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

Hawaiian Style Chicken with Pineapple Salsa and Coconut Rice

Ingredients: Chicken breast, rice, coconut milk, sweetened 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), herbs & spices.

Contains: Mustard, Soy

Honey Cashew Chicken:

Ingredients: Chicken breast, rice, bell peppers, carrots, onion, garlic, 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, 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, wheat), honey siracha (sugar, honey, red chili peppers, vinegar, sugar, garlic, salt, natural flavour, tomato paste, modified corn starch, vinegar, salt), honey, cashew, sesame seeds, green onion, avocado oil, herbs & spices.

Contains: Sesame, Soy, Tree Nut (Cashew), Wheat

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, Mustard, Wheat

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, butter, dill.

Contains: Milk, Soy, Wheat

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, Mustard, Wheat

Potato, Sausage, and Corn Chowder:

Ingredients: Onion, garlic, shallot, potato, farmers sausage, corn, green onion, cream, milk, beef stock, cheddar, flour, butter, 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, Glucose-fructose, Tomato Paste, Vinegar, Dark Brown Sugar, Sugar, Forty Creek Whisky (rye), avocado oil.

Contains: Milk, Mustard, Soy, Wheat

Pot Roast Dinner:

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, Gluten (Rye)

Pulled Pork and Warm Potato Salad:

Ingredients: Pork shoulder, potato, corn, bacon, shallot, mayonnaise, beef broth, 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), sweet red chili sauce (pure cane sugar, water, pickled red chili pepper (rice vinegar, chili pepper, salt), honey, avocado oil, herbs & spices.

Contains: Egg, Mustard, Milk, Gluten (Rye)

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, 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, Mustard, Wheat

Sweet & Sour Pork:

Ingredients: Pork loin, rice, red onion, bell peppers, green onion, pineapple, sesame seeds, BBQ sauce (water, sugars (sugar/glucose-fructose, blackstrap molasses, water, tomato paste, vinegar, salt, modified corn starch, spices and seasonings (mustard), natural flavour), gluten-free VH soy sauce (water, salt, caramel, hydrolyzed soy protein, corn syrup, glucose solids, sodium benzoate, dimethylpolysiloxane (antifoaming agent), sugar, vinegar, ketchup, tomato paste, corn starch, garlic, avocado oil, herbs & spices.

Contains: Mustard, Sesame, Soy

Tomato Bacon Soup:

Ingredients: Onion, garlic, shallot, carrot, tomato, tomato paste, mozzarella, 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), vegetable broth, bacon, herbs and spices, avocado oil.

Contains: Milk, Mustard, Soy

Chocolate Chunk Cookies:

Ingredients: Flour, chocolate (sugar, coca mass, coca butter, soy lecthin, vanilla extract), sugars (sugar, fancy molasses), butter, palm oil margarine, liquid whole egg, salt baking soda.

Contains: Egg, Milk, Soy, Egg

*All meals are prepared in a facility that also processes milk, egg, wheat, soy, sesame, fish, shellfish and tree nuts.

