

Pizza Pizza

Menu Item	FODMAP Ingredients to be aware of
Sweet Potato Fries	sweet potatoes

Apple Crumble Pie	apples enriched wheat flour oats Cultured wheat starch
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Bocci Bits	classic dough garlic spread Non-Hydrogenated margarine semoline durum wheat
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Funnel Cake Stix	wheat starch
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Crunchy Dill Pickles	garlic wheat flour
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Jalapenos Poppers	cream cheese spread wheat flour modified wheat starch onion powder garlic powder skim milk powder buttermilk
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Potato Wedges	wheat flour garlic powder onion powder
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Onion Rings	
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Fries

Dairy Free Cheeze

Cheese Curd

Parmesan

Unripened Goat's Cheese

Feta

Four Cheese Blend

Pizza Mozzarella Cheese

Gluten Free Chicken Bites

honey
onion powder
garlic powder

Chicken Strips

wheat flour
toasted wheat crumbs
wheat gluten
onion powder
dried garlic
garlic powder
defatted soy flour
milk ingredients

Boneless Chicken Bites (all white meat)

wheat flour
toasted wheat crumbs
wheat gluten
garlic powder
onion powder

Crispy Breaded Chicken Wings

wheat flour
onion powder
garlic powder

Classic Chicken Wings

wheat flour
onion powder
garlic powder

Grilled Chicken

dried garlic
dried onion

Capiccollo

Chorizo Sausage

dehydrated garlic

Meatball bread crumbs
textured soy flour
dehydrated onions
garlic powder

Beef Steak Strips onion powder
garlic powder

Genoa Salami milk powder
garlic powder

Spicy Italian Sausage

Original Pepperoni dehydrated garlic

New York Style Pepperoni dehydrated garlic

Italian Ham

Ground Beef

Halal Cooked Chicken

Halal Pepperoni garlic

Halal Beef Crumble soy flour
onion

Bacon Crumble

Bacon Strips

Anchovies

Meat Lasagna fresh lasagna noodles
onion
wheat flour
garlic
onion powder

Macaroni and Cheese milk
cooked macaroni noodles

	wheat flour
Kraft Balsamic Vinaigrette	dehydrated garlic fig juice concentrate
Kraft Zesty Italian Dressing (calorie wise)	dehydrated garlic dehydrated onion
Kraft Cream Caesar Dressing	garlic dehydrated onions dehydrated garlic
Kraft Ranchers Choice Dressing (calorie wise)	garlic juice natural flavour (contains milk) dehydrated garlic
Spicy Tandoori Sauce	granulated garlic modified milk ingredients dehydrated vegetables (onion, garlic)
Garlic Spread	garlic
Sriracha Creamy Garlic	sriracha
Caramel Sauce	cream sweetened condensed milk
Buffalo Blue Cheese	garlic powder
Chipotle Sauce	sugar/glucose-fructose garlic wheat dehydrated garlic dehydrated onion
Italian Marinara Dipping Sauce	sugar/glucose-fructose dehydrated garlic onion juice
Hot Sauce	sugar/glucose-fructose
Creamy Dill	buttermilk powder

natural buttermilk flavour

Frank's Red Hot garlic

Creamy Garlic Dipping Sauce

Jalapeno Cheddar Dipping Sauce buttermilk powder
modified milk ingredients

Honey Garlic sugar/glucose-fructose
honey
wheat
soybeans
garlic powder

Honey Mustard sugar/glucose-fructose
honey

Peppercorn Ranch buttermilk powder

Milk Sauce sugar/glucose-fructose
garlic

Blue Cheese buttermilk powder
sugar/glucose-fructose

BBQ sugar/glucose-fructose
garlic powder
garlic powder
soy sauce solids
soybean
onion powder

Italian Home Style Pizza Sauce granulated garlic

Pesto garlic

Bruschetta onions
garlic

Sweet Chili Thai sugar/glucose-fructose

Lemon Pepper dehydrated vegetables (onion, garlic)

Sweet Garlic and Pepper dehydrated vegetables (onion, garlic)

Italiano Blend dehydrated vegetables (onion, garlic)

Chili Peppers