



ALLERGEN INFORMATION

Allergens Present in the Menu Item

Product	Peanuts	Tree Nuts	Milk & Milk Derivatives	Egg	Soy	Wheat or other Gluten Source	Sesame Seeds	Seafood (Fish/Shellfish)	Sulphites	Mustard
Fries										
Fries, Small										
Fries, Regular										
Fries, Large										
Fries, XL										
Poutine										
Classic Poutine, Small			YES	2	YES	3	4	5	YES	7
Classic Poutine, Regular			YES	2	YES	3	4	5	YES	7
Butter Chicken Poutine, Small			YES	May Contain						
Butter Chicken Poutine, Regular			YES	May Contain						
Bacon Double Cheese Poutine, Small			YES		YES	3	4		6	7
Bacon Double Cheese Poutine, Regular			YES		YES	3	4		6	7
Chicken Parm Poutine, Small			YES						YES	
Chicken Parm Poutine, Regular			YES						YES	
Chili Cheese Fries, Small			YES	2	YES	3	4		6	7
Chili Cheese Fries, Regular			YES	2	YES	3	4		6	7
Chili Poutine, Small			YES	2	YES	3	4		6	7
Chili Poutine, Regular			YES	2	YES	3	4		6	7
Pulled Pork Poutine, Small			YES		YES				YES	YES
Pulled Pork Poutine, Regular			YES		YES				YES	YES
The Works, Small			YES	2	YES	3	4		6	7
The Works, Regular			YES	2	YES	3	4		6	7
Veggie Works, Small			YES		YES	3	4		6	7
Veggie Works, Regular			YES		YES	3	4		6	7
Sides										
Cheese Sauce, Regular			YES		YES	3	4		6	7
Cheese Sauce, Large			YES		YES	3	4		6	7
Gravy, Regular			YES	2	YES	3	4	5	YES	7
Gravy, Large			YES	2	YES	3	4	5	YES	7
Sour Cream, Regular			YES							
Sour Cream, Large			YES							
Hot Dog										
Hot Dog Wiener										
Hot Dog Bun (ON + West)						YES				
Hot Dog Bun (Quebec)						YES				
Hot Dog Bun (Atlantic)						YES				
Hot Dog Toppings										
Chili			1	2	YES	3	4		6	7
Cheese Sauce			YES		YES	3	4		6	7
Bacon										
Condiments										
Cajun Seasoning					YES					
California Seasoning					YES	YES				
Ketchup										
Mayo				YES						
Yellow Mustard (GFS)										YES
Yellow Mustard (Wings)										YES
Yellow Mustard (Heinz)										YES
Green Olives, Sliced (Whyte's / GFS)										
Green Olives, Sliced (GFS - Atlantic & BC)										
Spanish Onion, Chopped										
Hot Pepper Rings (Strub)										
Hot Banana Pepper Rings (Bicks)										YES
Hamburger Pickles, Sliced (GFS)										
Hamburger Pickles, Sliced (Whyte's)										
Bread and Butter Pickles (Bicks)										YES
Relish, Zesty Green (Bicks)										YES
Relish, Sweet Corn (Bick's)										YES
Relish, Green Sweet										YES
Sauerkraut (Bicks)									YES	
Sauerkraut (Whyte's)									YES	
Sauerkraut (GFS)									YES	
Tomatoes, Medium Slices										
Tabasco Jalapeno										
Tabasco Garlic										
Malt Vinegar (all suppliers)						YES				
White Vinegar (all suppliers)										

Last updated: January/2017

The safety and satisfaction of our Guests is our highest priority. To help you make informed choices we created an Allergen Guide with the symbols to indicate the known presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.

- 1 This item does not contain any milk and milk derivatives however, there is a risk of cross contamination with other ingredients containing milk and milk derivatives at the manufacturing site.
- 2 This item does not contain any egg however, there is a risk of cross contamination with other ingredients containing egg at the manufacturing site.
- 3 This item does not contain any wheat or other gluten source however, there is a risk of cross contamination with other ingredients containing wheat or other gluten source at the manufacturing site.
- 4 This item does not contain any sesame seeds however, there is a risk of cross contamination with other ingredients containing sesame seeds source at the manufacturing site.
- 5 This item does not contain any seafood (fish/shellfish) source however, there is a risk of cross contamination with other ingredients containing seafood (fish/shellfish) at the manufacturing site.
- 6 This item does not contain any sulphites however, there is a risk of cross contamination with other ingredients containing sulphites source at the manufacturing site.
- 7 This item does not contain any mustard however, there is a risk of cross contamination with other ingredients containing mustard source at the manufacturing site.