

Belgian Brownie 25/02/2019

Melt in your mouth decadence! A brownie topped with a rich chocolate marble buttercream.



INGREDIENTS: Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Flour (wheat), Sugar, Brown Sugar, Cocoa Powder, Butter (cream) (milk), Egg, Whip Cream (cream, stabilizer (dextrose, carrageenan) (milk), Semi-sweet chocolate (sugar, chocolate liquor, cocoa butter, anhydrous dextrose, soya lecithin, vanillin) (milk), Vanilla (water, alcohol, vanilla beans, Vegetable glycerin), Chocolate (Sugar, Vegetable fat (palm kernel and/or palm), cocoa powder with alkali, cocoa powder, skim milk powder, whey powder (milk), lactose (milk), soy lecithin, natural vanilla extract) (milk, soybeans), Baking Powder

INGRÉDIENTS: Margarine (huile de canola, de l'eau, de palme modifiée et palmiste, sel, monoglycérides végétales, lécithine de soja, le benzoate de sodium, acide citrique, arôme artificiel, palmitate de vitamine A, la vitamine D3) (soja), farine (blé), sucre, brun sucre, poudre de cacao, beurre (crème) (lait), l'oeuf, la crème Fouet (crème, stabilisateur (dextrose, carraghénane) (lait), semi chocolat sucré (sucre, liqueur de chocolat, beurre de cacao, dextrose anhydre, lécithine de soja, vanilline) (lait), la vanille (eau, alcool, gousses de vanille, glycérine végétale), chocolat (sucre, graisse végétale (palme kernal et / ou de palme), poudre de cacao avec de l'alkali, poudre de cacao, poudre de lait écrémé, poudre de lactosérum (lait), lactose (lait), lécithine de soja, extrait naturel de vanille) (lait, soja), poudre à pâte

Allergen Information

Contains: Egg, Dairy, Soy Products, and Wheat.

Produced on equipment that also processes: Peanuts, Sesame Seeds, Tree Nuts, and Sulphites.

Nutrition Facts Valeur nutritive

1 bar (110 g) / 1 barre (110 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	490
Fat / Lipides	29 g 45 %
Saturated / saturés + Trans / trans	9 g 46 % 0.3 g
Cholesterol / Cholestérol	55 mg
Sodium / Sodium	250 mg 10 %
Carbohydrates / Glucides	52 g 17 %
Fibre / Fibres	3 g 13 %
Sugars / Sucres	35 g
Protein / Protéines	6 g
Vitamin A / Vitamine A	35 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	8 %
Iron / Fer	40 %

Receiving Specifications

Weight: approx. 108-113 g

Size: 7.5 cm x 5 cm x 2.5 cm

Shelf life: 4 days

Refrigeration: required



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250-360-2390

Chocolate Peanut Butter Oat Bar 26/02/2019

A delicious chewy peanut butter oat base topped with dark chocolate and white chocolate drizzle.



Nutrition Facts Valeur nutritive

1 bar (100 g) / 1 barre (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 380	
Fat / Lipides 18 g	28 %
Saturated / saturés 5 g + Trans / trans 0.1 g	25 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 200 mg	8 %
Carbohydrates / Glucides 49 g	16 %
Fibre / Fibres 3 g	14 %
Sugars / Sucres 19 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

INGREDIENTS: Oats, Peanut Butter, Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites), Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Chocolate (sugar, palm kernel oil, cocoa powder, black cocoa powder, soya lecithin, sorbitan tristearate, vanilla), Brown Sugar, White Chocolate (Sugar, Hydrogenated Palm Kernel Oil, Powdered Whey Protein Concentrate, Whole Milk Powder, Cocoa Butter, Soya Lecithin, Titanium Dioxide, Natural Flavour) (milk, soybeans), Canola Oil, Salt, Glucose (corn syrup)

INGRÉDIENTS: L'avoine , le beurre d'arachide , le sirop de maïs (glucose , sucre, eau , mélasse , sel, sorbate de potassium , colorant caramel) (sulfites) , Margarine (huiles huile de canola , de l'eau , de palme modifiée et de palmiste , sel, monoglycérides végétaux , lécithine de soja, benzoate de sodium , acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , chocolat (sucre, huile de palmiste , poudre de cacao, poudre de cacao noir, lécithine de soja, tristéarate de sorbitan , vanille), sucre brun , chocolat blanc (sucre, huile de palmiste hydrogénée , poudre de protéines de lactosérum concentré , poudre de lait entier , beurre de cacao , lécithine de soja , dioxyde de titane , arôme naturel) (lait, soja) , huile de canola , sel, glucose (sirop de maïs)

Receiving Specifications

Shelf life: 14 days
Refrigeration: not required

Allergen Information

Contains: Peanuts, Dairy, Sulphites, Chocolate & Soy Products.
Produced on equipment that also produces: Tree Nuts, Sesame Seeds, Eggs, Wheat.

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250-360-2390

Cranberry Oat bar 10/05/21

Our most popular bar with added cranberries!



INGREDIENTS: Oats, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3)(soy), **Brown Sugar, Corn Syrup** (glucose, sugar, water, molasses, salt, potassium, sorbate, caramel colour)(sulphites), **Cranberries** (cranberries, sugar, sunflower oil), **Vanilla** (Filtered water, alcohol, propylene glycol, vanilla beans)

INGRÉDIENTS: Avoine , Margarine (huile de canola , de l'eau , de palme modifiée et palmiste , sel , monoglycérides végétales , lécithine de soja , le benzoate de sodium, acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , **sucre brun , sirop de maïs** (glucose, sucre, eau, mélasse , sel, potassium, sorbate , couleur caramel) (sulfites) , **canneberges** (canneberges, sucre , huile de tournesol) , **la vanille** (eau filtrée , l'alcool , le propylène glycol, les gousses de vanille)

Nutrition Facts Valeur nutritive

1 bar (173 g) / 1 barre (173 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 780	
Fat / Lipides 39 g	60 %
Saturated / saturés 8 g + Trans / trans 0.2 g	40 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 360 mg	15 %
Carbohydrates / Glucides 97 g	32 %
Fibre / Fibres 8 g	32 %
Sugars / Sucres 34 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	30 %

Receiving Specifications

Weight: approx 173 g
Shelf Life: 3 months at room temperature
Refrigeration: not necessary

Allergen Information

Contains: Soy Products & Sulphites.

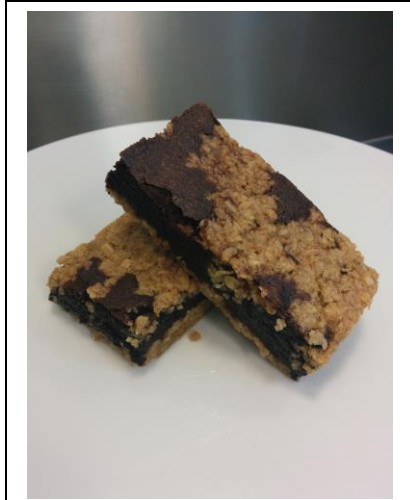
Produced on equipment that also processes: Dairy, Peanuts, Chocolate, Tree Nuts, Sesame Seeds, Egg, Wheat.



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Fudge Oat Bar 13/02/2019



INGREDIENTS: Oats, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Brown Sugar, Sugar, Flour (wheat), Egg, Cocoa Powder, Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites), Glucose (corn syrup), Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Baking Powder

INGRÉDIENTS: Avoine, Margarine (Huiles de colza huile, d'eau, de palme modifiée et de palmiste, le sel, les monoglycérides végétales, la lécithine de soja, le benzoate de sodium, acide citrique, arôme artificiel, palmitate de vitamine A, la vitamine D3) (soja), sucre brun, sucre, Farine (farine de blé, amylase, acide ascorbique, niacine, fer, thiamine, mononitrate, riboflavine, acide folique) (blé), Oeuf, Poudre de Cacao, Sirop de maïs (glucose, sucre, eau, mélasse, sel, sorbate de potassium, couleur de caramel) (sulfites), Glucose (sirop de maïs), Vanille (eau, alcool, gousses de vanille, glycérine végétale), Levain en poudre

Allergen Information

Contains: Dairy, Egg, Chocolate, Sulphites, Wheat & Soy Products.
Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds.

Nutrition Facts Valeur nutritive

1 bar/ 1 bar (125 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	540
Fat / Lipides	24 g 37 %
Saturated / saturés + Trans / trans	4.5 g 24 % 0.1 g
Cholesterol / Cholestérol	25 mg
Sodium / Sodium	250 mg 10 %
Carbohydrates / Glucides	72 g 24 %
Fibre / Fibres	4 g 18 %
Sugars / Sucres	39 g
Protein / Protéines	8 g
Vitamin A / Vitamine A	30 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	35 %

Receiving Specifications

Shelf Life: 4 days
Refrigeration: Not necessary



250-360-2390

Gluten Free Coconut Slice 28/02/2019



INGREDIENTS: Butter (cream) (milk), Sour Cream (milk ingredients, cornstarch, sodium phosphate, guar gum, carrageenan, locust bean gum, bacterial culture), Sugar, Egg, Coconut (Coconut, sugar, water propylene glycol, salt, sodium metabisulfite) (sulphites), Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), White Rice Flour, Potato Starch (potatoes, mono and diglycerides, citric acid), Quinoa Flour, Water, Whip Cream (cream, stabilizer (dextrose, carrageenan) (milk), Icing Sugar (sugar, cornstarch), Milk, Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Baking Powder, Salt, Xanthan Gum

INGRÉDIENTS: Beurre (crème) (lait) , la crème sure (substances lactières , amidon de maïs , le phosphate de sodium , gomme de guar, carraghénane , gomme de caroube , culture bactérienne) , sucre , oeufs , noix de coco (noix de coco , le sucre , le propylène de l'eau - glycol , le sel , le métabisulfite de sodium) (sulfites), Margarine (huile de canola , de l'eau , de palme modifiée et palmiste , sel , monoglycérides végétales , lécithine de soja , le benzoate de sodium, acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , blanc farine de riz , pommes de terre Starch (pommes de terre, mono et diglycérides, acide citrique) , quinoa farine, eau , crème Fouet (crème, stabilisateur (dextrose, carraghénane) (lait) , sucre glace (sucre , amidon de maïs) , le lait, la vanille (eau, alcool , gousses de vanille , glycérine végétale) , poudre à pâte , sel, gomme de xanthane

Nutrition Facts Valeur nutritive

1 bar (125 g) / 1 barre (125 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	480
Fat / Lipides 34 g	52 %
Saturated / saturés 18 g	92 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol	115 mg
Sodium / Sodium	340 mg 14 %
Carbohydrates / Glucides	37 g 12 %
Fibre / Fibres	1 g 5 %
Sugars / Sucres	26 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	30 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	8 %

Receiving Specifications

Shelf Life: 3 days
Refrigeration: not necessary

*Cakes
Etc.*

Allergen Information

Contains: Dairy, Sulphites & Soy Products. Egg

Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds, Wheat.

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Gluten Free Nanaimo Bar 27/02/2019



Nutrition Facts Valeur nutritive

1 bar (85 g) / 1 barre (85 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 430	
Fat / Lipides 35 g	54 %
Saturated / saturés 19 g	95 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 110 mg	
Sodium / Sodium 65 mg	3 %
Carbohydrates / Glucides 27 g	9 %
Fibre / Fibres 1 g	6 %
Sugars / Sucres 19 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	2 %
Iron / Fer	10 %

INGREDIENTS: Butter (cream) (milk), Dark Chocolate (Sugar, hydrogenated vegetable fat, fat reduced cocoa powder, soya lecithin, natural vanilla flavouring), Sugar, Egg Yolks (egg yolks, 10% sugar) (egg), Egg White, Icing Sugar (sugar, cornstarch), Canola Oil, Pecans, Coconut (Coconut, sugar, water propylene glycol, salt, sodium metabisulfite) (sulphites), Milk, Cornstarch, White Rice Flour, Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Cocoa Powder, Baking Powder, Xanthan Gum

INGRÉDIENTS: Beurre (crème) (lait) , Chocolat noir (sucre , graisse végétale hydrogénée , teneur réduite en poudre de cacao , lécithine de soja , arôme naturel de vanille) , sucre , les jaunes d'œufs (jaunes d'œufs , 10 % de sucre) (œuf) , blanc d'œuf , Glaçage sucre (sucre , amidon de maïs) , huile de canola , noix de pécan , noix de coco (noix de coco , le sucre , le propylène de l'eau -glycol , le sel , le métabisulfite de sodium) (sulfites) , lait , féculé de maïs , riz blanc farine , la vanille (eau, alcool , gousses de vanille , glycérine végétale) , poudre de cacao , la poudre à pâte , gomme de xanthane

Receiving Specifications

Shelf Life: 3 days
Refrigeration: necessary



Allergen Information

Contains: Dairy, Chocolate, & Soy Products. Egg, pecans, Sulphites
Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds, Wheat.

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Gluten Free Raspberry Almond Slice

12/02/2019



INGREDIENTS: Sugar, Almond Meal (tree nuts), Butter (cream) (milk), Raspberry Jam (Sugar, raspberries, water, glucose, citric acid, pectin, sodium benzoate, colour), White Rice Flour, Egg, Egg Yolks (egg yolks, 10% sugar) (egg), Tapioca, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Quinoa Flour, Chocolate (Sugar, Vegetable fat (palm kernel and/or palm), cocoa powder with alkali, cocoa powder, skim milk powder, whey powder (milk), lactose (milk), soy lecithin, natural vanilla extract) (milk, soybeans), Almonds, Lemon Zest (lemon peel, sugar, lemon oil), Baking Powder, Salt, Xanthan Gum, Almond essence (water, alcohol, propylene glycol, artificial flavour)

INGRÉDIENTS: Sucre , poudre d'amande (Les noix) , beurre (crème) (lait) , la confiture de framboise (sucre , framboises , eau , glucose , acide citrique , de la pectine , le benzoate de sodium , colorant) , blanc farine de riz , des œufs , les jaunes d'œufs (jaunes d'œufs , 10 % de sucre) (œuf) , Tapioca , Margarine (huile de canola , de l'eau , de palme modifiée et palmiste , sel , monoglycérides végétales , lécithine de soja , le benzoate de sodium , acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , quinoa farine , chocolat (sucre , graisse végétale (palme kernal et / ou de palme) , poudre de cacao avec de l'alkali , poudre de cacao , poudre de lait écrémé , poudre de lactosérum (lait) , le lactose (lait) , lécithine de soja , extrait naturel de vanille) (lait , soja) , les amandes , le zeste de citron (zeste de citron , le sucre , l'huile de citron) , poudre à pâte , sel , gomme de xanthane , essence amande (eau , alcool , le propylène glycol , arôme artificiel)

Allergen Information

Contains: Dairy, Almonds, Egg, & Soy Products.

Produced on equipment that also processes: Peanuts, Sesame Seeds, Wheat, & Sulphites.

Nutrition Facts Valeur nutritive

1 bar (95 g) / 1 barre (95 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	420
Fat / Lipides 25 g	38 %
Saturated / saturés 9 g	47 %
+ Trans / trans 0.3 g	
Cholesterol / Cholestérol	120 mg
Sodium / Sodium	180 mg 7 %
Carbohydrates / Glucides	42 g 14 %
Fibre / Fibres	2 g 10 %
Sugars / Sucres	25 g
Protein / Protéines	6 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	6 %
Iron / Fer	10 %

Receiving Specifications

Shelf Life: 3 days

Refrigeration: not necessary



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GF Vegan Peanut Butter Crunch Bar

28/02/19

INGREDIENTS: Peanut Butter, Flake Cereal (corn meal*, yellow corn flour*, granulated sugar cane juice*, flax*, buckwheat flour*, quinoa*, amaranth*, sea salt, tocopherols(*organic)), Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites), Brown Sugar, Margarine (modified palm oil, canola oil, water, sugar, monoglycerides, soya lecithin, citric acid, colour.), Crispy Rice (Organic brown rice flour, granulated organic sugar cane juice, sea salt, organic molasses), Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt

INGRÉDIENTS: Beurre de cacahuètes, Céréales en flocons (farine de maïs *, farine de maïs jaune *, jus de canne à sucre granulé *, lin *, farine de sarrasin *, quinoa *, amarante *, sel de mer, tocophérols (bio)) , eau, mélasse, sel, sorbate de potassium, colorant caramel) (sulfites), sucre brun, margarine (huile de palme modifiée, huile de canola, eau, sucre, monoglycérides, lécithine de soja, acide citrique, colorant), riz croustillant farine de riz, jus de canne à sucre biologique granulé, sel de mer, mélasse biologique), vanille (eau, alcool, gousses de vanille, glycérine végétale), sel



Nutrition Facts Valeur nutritive

1 bar (110 g) / 1 barre (110 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	340
Fat / Lipides	10 g 16 %
Saturated / saturés + Trans / trans	3 g 16 % 0 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	460 mg 19 %
Carbohydrates / Glucides	58 g 19 %
Fibre / Fibres	4 g 14 %
Sugars / Sucres	24 g
Protein / Protéines	4 g
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	10 %



Receiving Specifications

Shelf life: 14 days
Refrigeration: not necessary

Allergen Information

Contains: Peanuts, Sulphites, & Soy Products.
May contain: Wheat, Tree Nuts, Sesame Seeds, Egg.



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Lemon Zing Bar 11/02/2019

A Shortbread base with a lovely tangy lemon top.



Nutrition Facts Valeur nutritive

1 bar (125 g) / 1 barre (125 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	460
Fat / Lipides	18 g 27 %
Saturated / saturés + Trans / trans	10 g 55 % 0.4 g
Cholesterol / Cholestérol	95 mg
Sodium / Sodium	210 mg 9 %
Carbohydrates / Glucides	71 g 24 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	45 g
Protein / Protéines	6 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	15 %

INGREDIENTS: Sugar, Flour (wheat), Butter (cream) (milk), Egg, Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Metabisulphite, Lemon Oil) (sulphites), Lemon Juice Powder (corn syrup, lemon juice, lemon oil, silicon dioxide), No Melt (dextrose, corn starch, hydrogenated vegetable oil shortening, calcium propionate, hydrogenated cottonseed oil, artificial flavour, colour), Salt

INGRÉDIENTS: Sucre, farine (blé) , beurre (crème) (lait) , oeufs , jus de citron (eau filtrée , jus de citron concentré , métabisulfite de sodium , huile de citron) (sulfites) , jus de citron en poudre (sirop de maïs , jus de citron , huile de citron , dioxyde de silicium) , No Melt (dextrose , amidon de maïs , hydrogénée shortening d'huile végétale , propionate de calcium , l'huile de coton hydrogénée , arôme artificiel , colorant) , Salt

Receiving Specifications

Shelf life: 3 days
Refrigeration: required

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Allergen Information

Contains: Dairy, Wheat, Eggs, Sulphites.

Produced on equipment that produces: Soy Products, Tree Nuts, Peanuts, Sesame Seeds.

Millionaire Bar

4/8/2021

INGREDIENTS: Condensed Milk (Concentrated milk, sugar, lactose), Butter (cream) (milk), Dark Chocolate (Sugar, Palm Kernel Oil, Cocoa, Lactose, Hydrogenated Palm Oil, Soy Lecithin, Sorbitan Tristearate, Natural Vanilla), Brown Sugar, Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites), White Chocolate (Sugar, palm kernel Oil, Non Fat Milk, Whole Milk, Whey, Hydrogenated Palm Oil, Soy Lecithin, Natural Vanilla), Canola Oil, Flour (wheat), Sugar, Vanilla (water, alcohol, vanilla beans, Vegetable glycerine), Salt

INGRÉDIENTS: Lait condensé (lait concentré, sucre, lactose), beurre (crème) (lait), chocolat noir (sucre, huile de palmiste, cacao, lactose, huile de palme hydrogénée, lécithine de soja, tristéarate de sorbitane, vanille naturelle), cassonade, maïs Sirop (glucose, sucre, eau, mélasse, sel, sorbate de potassium, colorant caramel) (sulfites), chocolat blanc (sucre, huile de palmiste, lait non gras, lait entier, lactosérum, huile de palme hydrogénée, lécithine de soja, vanille naturelle), Huile de canola, Farine (blé), Sucre, Vanille (eau, alcool, gosses de vanille, Glycérine végétale), Sel

Nutrition Facts Valeur nutritive

1 bar (125 g) / 1 barre (125 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	570
Fat / Lipides 34 g	52 %
Saturated / saturés 20 g + Trans / trans 0.4 g	101 %
Cholesterol / Cholestérol	55 mg
Sodium / Sodium	180 mg 8 %
Carbohydrates / Glucides	65 g 22 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	58 g
Protein / Protéines	5 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	15 %
Iron / Fer	90 %

Receiving Specifications

Shelf Life: 4 days

Refrigeration: Not necessary

Allergen Information

Contains: Dairy, Egg, Chocolate, Sulphites, Wheat & Soy Products.
May contain: Peanuts, Tree Nuts, Sesame Seeds.



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Mountain Bar (Flax Bar) 25/02/2019

A chewy oat bar packed with flax, sunflower, poppy, and sesame seeds with a hint of orange and lemon



INGREDIENTS: Oats, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Brown Sugar, Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites), Flax Seeds, Poppy Seeds, Sunflower Seeds, Sesame Seeds, Lemon Juice Powder (corn syrup, lemon juice, lemon oil, silicon dioxide), Oranges, Sugar

INGRÉDIENTS: Avoine , Margarine (huile de canola , de l'eau , de palme modifiée et palmiste , sel , monoglycérides végétales , lécithine de soja , le benzoate de sodium, acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , sucre brun , sirop de maïs (glucose, sucre, eau, mélasse , sel, sorbate de potassium , colorant caramel) (sulfites) , Graines de lin , graines de pavot , graines de tournesol , graines de sésame , le jus de citron en poudre (sirop de maïs, jus de citron , huile de citron , le dioxyde de silicium) , les oranges , Sucre

Allergen Information

Contains: Soy Products, Sulphites, Sesame Seeds (and other seeds).

Produced on equipment that also produces: Dairy, Peanuts, Tree Nuts, Egg, Wheat.

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Nutrition Facts

Valeur nutritive

1 bar (100 g) / 1 bar (100 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	460
Fat / Lipides	23 g 36 %
Saturated / saturés	4 g 20 %
+ Trans / trans	0.1 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	170 mg 7 %
Carbohydrates / Glucides	54 g 18 %
Fibre / Fibres	6 g 22 %
Sugars / Sucres	18 g
Protein / Protéines	9 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	6 %
Iron / Fer	20 %

Receiving Specifications

Weight: approx 100 g

Size: 8 cm x 7.5 cm x 2 cm

Shelf Life: 14 days

Refrigeration: not necessary



250-360-2390

Oat Bar 12/02/2019

Our most popular bar! Moist and chewy, baked to a golden bar of energy.



Nutrition Facts Valeur nutritive

1 bar (160 g) / 1 barre (160 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 740	
Fat / Lipides 39 g	59 %
Saturated / saturés 8 g + Trans / trans 0.2 g	39 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 350 mg	15 %
Carbohydrates / Glucides 87 g	29 %
Fibre / Fibres 7 g	29 %
Sugars / Sucres 26 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	30 %

INGREDIENTS: Oats, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Brown Sugar, Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites)

INGRÉDIENTS: Avoine , Margarine (huile de canola , de l'eau , de palme modifiée et palmiste , sel , monoglycérides végétales , lécithine de soja , le benzoate de sodium, acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , sucre brun , sirop de maïs (glucose, sucre, eau, mélasse , sel, sorbate de potassium , colorant caramel) (sulfites)

Receiving Specifications

Weight: approx 160 g
Shelf Life: 3 months at room temperature
Refrigeration: not necessary

Allergen Information

Contains : Sulphites, Soy Products.

Produced on equipment that also processes: Peanuts, Tree Nuts, Sesame Seeds, Egg, Wheat, dairy.



250-360-2390

www.cakestc.ca

Okanagan Fruit Bar

4/7/2021

INGREDIENTS: Flour (wheat), Butter (cream) (milk), Peaches (ascorbic acid, citric acid, malic acid), cherries (cherries, sugar), Egg, Sugar, Almond Meal (tree nuts), Glaze (sugar, water, corn syrup (sulphites), apricot puree, natural and artificial flavours, pectin, citric acid, sodium alginate, potassium sorbate, sodium citrate, canola oil, mono and diglycerides, natural colour) (sulphites), Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Water, Almonds (tree nuts), Salt, Cornstarch, Almond essence (water, alcohol, propylene glycol, artificial flavour)

INGRÉDIENTS: Farine (blé), beurre (crème) (lait), pêches (acide ascorbique, acide citrique, acide malique), cerises (cerises, sucre), oeuf, sucre, farine d'amande (noix), glaçage (sucre, eau, maïs) sirop (sulfites), purée d'abricot, arômes naturels et artificiels, pectine, acide citrique, alginate de sodium, sorbate de potassium, citrate de sodium, huile de canola, mono et diglycérides, colorant naturel) (sulfites), margarine (huile de canola, eau, palmier modifié et huiles de palmiste, sel, monoglycérides végétaux, lécithine de soja, benzoate de sodium, acide citrique, arôme artificiel, palmitate de vitamine A, vitamine D3) (soja), eau, amandes (noix), sel, fécule de maïs, essence d'amande (eau, alcool, propylène glycol, arôme artificiel)



Allergen Information

Contains: Dairy, Tree Nuts, Wheat, Egg, Sulphites & Soy Products.
May contain: Peanuts & Sesame Seeds.

www.cakestc.ca

Nutrition Facts Valeur nutritive

1 bar / 1 bar (110 g) /

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	410
Fat / Lipides	23 g 36 %
Saturated / saturés + Trans / trans	11 g 57 % 0.4 g
Cholesterol / Cholestérol	70 mg
Sodium / Sodium	230 mg 9 %
Carbohydrates / Glucides	47 g 16 %
Fibre / Fibres	2 g 7 %
Sugars / Sucres	25 g
Protein / Protéines	6 g
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	15 %

Receiving Specifications

Shelf Life: 3 days

Refrigeration: necessary

Cakes
Etc.

250-360-2390

Raspberry Streusel Bar 12/02/2019



INGREDIENTS: Oats, Margarine (Canola oil, water, modified palm and palm kernel oils, salt, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, vitamin A palmitate, vitamin D3) (soybeans), Raspberries, Brown Sugar, Apple Sauce (apples, water), Corn Syrup (glucose, sugar, water, molasses, salt, potassium sorbate, caramel colour) (sulphites), Coconut (Coconut, sugar, water propylene glycol, salt, sodium metabisulfite) (sulphites), Flour (wheat), Instant Clear Gel, Icing Sugar (sugar, cornstarch), Salt

INGRÉDIENTS: Avoine , Margarine (huile de canola , de l'eau , de palme modifiée et palmiste , sel , monoglycérides végétales , lécithine de soja , le benzoate de sodium, acide citrique , arôme artificiel , palmitate de vitamine A , la vitamine D3) (soja) , Framboises, sucre brun , pomme sauce (pommes , eau) , sirop de maïs (glucose , sucre, eau , mélasse , sel, sorbate de potassium , colorant caramel) (sulfites) , noix de coco (noix de coco , le sucre , le propylène de l'eau glycol , le sel , le métabisulfite de sodium) (sulfites) , farine (blé) , instantanée Clair Gel , sucre glace (sucre , amidon de maïs) , sel

Nutrition Facts Valeur nutritive

1 bar (135 g) / 1 barre (135 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	500
Fat / Lipides	25 g 38 %
Saturated / saturés + Trans / trans	6 g 30 % 0.1 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	230 mg 10 %
Carbohydrates / Glucides	62 g 21 %
Fibre / Fibres	6 g 23 %
Sugars / Sucres	22 g
Protein / Protéines	8 g
Vitamin A / Vitamine A	30 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	4 %
Iron / Fer	20 %

Receiving Specifications

Shelf life: 3 days
Refrigeration: required

Allergen Information

Contains: Soy Products, Sulphites, & Wheat.
Produced on equipment that also produces: Peanuts, Tree Nuts, Sesame Seeds, Egg.



250-360-2390