

NUTRITION FACTS



CAP'S

Add Patty

Nutrition Facts

Serving Size 1 Patty (113 g)

Amount	% Daily Value
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Calories 340	
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Fat 28 g	43 %
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Saturated 12 g + Trans 1.5 g	68 %
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Cholesterol 80 mg	
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Sodium 320 mg	13 %
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Carbohydrate 1 g	1 %
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Fibre 0 g	0 %
-----------	------------

Sugars 0 g	
------------	--

Protein 19 g	
---------------------	--

Vitamin A	0 %
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Vitamin C	0 %
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Calcium	0 %
---------	-----

Iron	15 %
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INGREDIENTS

Beef, salt, seasoning, grill flavour.

ALLERGENS

NO KNOWN PRIORITY
ALLERGENS.

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CAP'S

Balsamic Goat Cheese Dip

Nutrition Facts

Serving Size 1 Portion (388 g)

Amount	% Daily Value
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Calories 1160	
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Fat 89 g	137 %
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Saturated 27 g + Trans 1 g	140 %
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Cholesterol 145 mg	
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Sodium 1200 mg	50 %
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Carbohydrate 61 g	20 %
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Fibre 3 g	12 %
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Sugars 33 g	
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Protein 28 g	
---------------------	--

Vitamin A	30 %
------------------	-------------

Vitamin C	2 %
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Calcium	20 %
----------------	-------------

Iron	10 %
-------------	-------------

INGREDIENTS

Apples, pita bread, goat cheese, mayonnaise, honey, balsamic vinegar, parsley, sea salt.

ALLERGENS

CONTAINS EGG, MUSTARD, SOY, WHEAT, GLUTEN, MILK.

MAY ALSO CONTAIN SULPHITE.

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NUTRITION FACTS



CAP'S

Beef Dip

Nutrition Facts

Serving Size 1 sandwich

Amount	% Daily Value
--------	---------------

Calories 590	
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Fat 20 g	31 %
-----------------	-------------

Saturated 4.5 g + Trans 0 g	23 %
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Cholesterol 90 mg	
--------------------------	--

Sodium 590 mg	25 %
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Carbohydrate 58 g	19 %
--------------------------	-------------

Fibre 2 g	8 %
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Sugars 2 g	
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Protein 40 g	
---------------------	--

Vitamin A	0 %
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Vitamin C	4 %
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Calcium	2 %
----------------	------------

Iron	40 %
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INGREDIENTS

Beef, wheat bun, mayonnaise, horseradish, Dijon mustard, beef base, herbs, spices, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MUSTARD, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.

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NUTRITION FACTS



CAP'S

Beef Burger

Nutrition Facts

Serving Size 1 Portion (311 g)

Amount	% Daily Value
--------	---------------

Calories 840	
---------------------	--

Fat 45 g	69 %
-----------------	-------------

Saturated 17 g + Trans 1.5 g	93 %
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Cholesterol 95 mg	
--------------------------	--

Sodium 810 mg	34 %
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Carbohydrate 51 g	17 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 5 g	
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Protein 29 g	
---------------------	--

Vitamin A	25 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	50 %
-------------	-------------

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INGREDIENTS

Bun: White flour, unsalted butter, sesame seeds, whey powder, malt syrup, yeast, wheat flour. Filling: beef, seasonings, lettuce, tomatoes, onion, mayonnaise, soybean/canola oil, egg, vinegar, salt, sugar, spices, lemon juice.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, MUSTARD, SESAME SEEDS, SOY, WHEAT.

MAY ALSO CONTAIN
SULPHITE.



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NUTRITION FACTS



CAP'S

California Rice Bowl

Nutrition Facts

Serving Size 1 Portion (348 g)

Amount	% Daily Value
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Calories 690	
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Fat 14 g	22 %
-----------------	-------------

Saturated 2 g	
+ Trans 0 g	10 %

Cholesterol 0 mg	
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Sodium 1250 mg	52 %
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Carbohydrate 131 g	44 %
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Fibre 11 g	44 %
------------	-------------

Sugars 29 g	
-------------	--

Protein 17 g	
---------------------	--

Vitamin A	90 %
-----------	------

Vitamin C	35 %
-----------	------

Calcium	6 %
---------	-----

Iron	15 %
------	------

INGREDIENTS

Brown rice, avocado, carrots, pea shoots, nori seaweed, sweet chili sauce, soy sauce, tamarind, miso paste, lime juice, sugar, corn starch.

ALLERGENS

CONTAINS GLUTEN, SOY, WHEAT, SULPHITES.

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CAP'S

Cappicola & Cheese Sandwich

Nutrition Facts

Serving Size (276 g)

Amount	% Daily Value
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Calories 640	
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Fat 35 g	54 %
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Saturated 13 g + Trans 0.3 g	67 %
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Cholesterol 90 mg	
--------------------------	--

Sodium 1770 mg	74 %
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Carbohydrate 48 g	16 %
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Fibre 3 g	12 %
-----------	-------------

Sugars 2 g	
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Protein 32 g	
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Vitamin A	15 %
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Vitamin C	15 %
-----------	------

Calcium	35 %
---------	------

Iron	30 %
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INGREDIENTS

White flour, pastry flour, barley malt syrup, yeast, sugar, canola shortening, salt, saffron, wheat starch, wheat flour, pork shoulder blade, spices, mustard, smoke, green & red pepper, onion, provlone cheese, soybean.canola oil, egg, vinegar, corn starch, garlic, parmesan cheese, olive oil, lime juice & flavour.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, MUSTARD, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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CAP'S

Chicken Wings

Nutrition Facts

Serving Size 1 Order (242 g)

Amount	% Daily Value
Calories 540	
Fat 41 g	63 %
Saturated 14 g	
+ Trans 1.5 g	78 %
Cholesterol 140 mg	
Sodium 2490 mg	104 %
Carbohydrate 2 g	1 %
Fibre 1 g	4 %
Sugars 0 g	
Protein 41 g	
Vitamin A	20 %
Vitamin C	0 %
Calcium	25 %
Iron	10 %

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INGREDIENTS

Chicken wings, hot sauce, cayenne pepper, blue cheese, canola oil, lettuce.

ALLERGENS

CONTAINS MILK.

MAY ALSO CONTAIN GLUTEN & WHEAT DUE TO CONTAMINATION IN FRYER.



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NUTRITION FACTS



CAP'S

Chicken Burger

Nutrition Facts

Serving Size 1 Portion (283 g)

Amount	% Daily Value
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Calories 630	
---------------------	--

Fat 19 g	29 %
-----------------	-------------

Saturated 5 g	
+ Trans 0.2 g	26 %

Cholesterol 85 mg	
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Sodium 550 mg	23 %
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Carbohydrate 50 g	17 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 5 g	
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Protein 38 g	
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Vitamin A	25 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	35 %
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INGREDIENTS

Bun: White flour, unsalted butter, sesame seeds, whey powder, malt syrup, yeast, wheat flour. Filling: Chicken breast, lettuce, tomatoes, onion, mayonnaise, soybean/canola oil, egg, vinegar, salt, sugar, lemon juice, spices.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, MUSTARD, SESAME SEEDS, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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CAP'S

Chicken Fingers

Nutrition Facts

Serving Size 1 Portion (291 g)

Amount	% Daily Value
--------	---------------

Calories 720	
---------------------	--

Fat 46 g	71 %
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Saturated 4 g + Trans 1 g	25 %
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Cholesterol 40 mg	
--------------------------	--

Sodium 1570 mg	65 %
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Carbohydrate 59 g	20 %
--------------------------	-------------

Fibre 2 g	8 %
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Sugars 31 g	
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Protein 21 g	
---------------------	--

Vitamin A	2 %
------------------	------------

Vitamin C	2 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	15 %
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INGREDIENTS

Breaded chicken breast, salt, garlic powder, spices, toasted wheat crumbs, wheat flour, corn starch, sugar, onion powder, yeast extract, plum sauce, ketchup, canola oil.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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CAP'S

Chips & Salsa

Nutrition Facts

Serving Size 1 Order

Amount	% Daily Value
Calories 970	
Fat 45 g	69 %
Saturated 3.5 g + Trans 0 g	18 %
Cholesterol 0 mg	
Sodium 540 mg	23 %
Carbohydrate 125 g	42 %
Fibre 12 g	48 %
Sugars 6 g	
Protein 12 g	
Vitamin A	6 %
Vitamin C	45 %
Calcium	15 %
Iron	30 %

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INGREDIENTS

Corn tortilla chips, tomatoes, yellow onion, yellow pepper, cilantro, jalapeno pepper, garlic, lime juice, canola oil, salt, cumin.

ALLERGENS

MAY CONTAIN SULPHITES.



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CAP'S

Cobb Salad

Nutrition Facts

Serving Size 1 Salad (354 g)

Amount	% Daily Value
--------	---------------

Calories 440	
---------------------	--

Fat 32 g	49 %
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Saturated 7 g	
+ Trans 0 g	35 %

Cholesterol 220 mg	
---------------------------	--

Sodium 1200 mg	50 %
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Carbohydrate 21 g	7 %
--------------------------	------------

Fibre 7 g	28 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 23 g	
---------------------	--

Vitamin A	80 %
------------------	-------------

Vitamin C	120 %
------------------	--------------

Calcium	20 %
----------------	-------------

Iron	30 %
-------------	-------------

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INGREDIENTS

Dressing: soybean oil, buttermilk, corn starch, vinegar, salt, garlic & onion juice, sugar, xanthan gum, spices, chives. Salad: Kale, eggs, spinach, smoke, chicken breast, corn syrup, corn protein, asiago cheese, pea shoots, avocado.

ALLERGENS

CONTAINS EGG, MILK, SOY.

MAY ALSO CONTAIN SULPHITE.



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NUTRITION FACTS



CAP'S

De-constructed Quesadilla

Nutrition Facts

Serving Size 1 Portion (438 g)

Amount	% Daily Value
--------	---------------

Calories 900	
---------------------	--

Fat 36 g	55 %
-----------------	-------------

Saturated 11 g + Trans 0 g	55 %
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Cholesterol 35 mg	
--------------------------	--

Sodium 1220 mg	51 %
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Carbohydrate 124 g	41 %
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Fibre 12 g	48 %
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Sugars 8 g	
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Protein 16 g	
---------------------	--

Vitamin A	80 %
------------------	-------------

Vitamin C	40 %
------------------	-------------

Calcium	25 %
----------------	-------------

Iron	50 %
-------------	-------------

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INGREDIENTS

Lettuce, corn chips, brown rice, sour cream, daiya cheese mozzarella, salsa, tomatoes, jalapeno pepper, onion, vinegar, salt, garlic, black peas, northern beans, pinto beans, kidney beans, red pepper, red & yellow onion, navy beans, turtle beans, chickpeas, cornstarch, green pepper, hot sauce, cayenne pepper, canola oil, spices, brown sugar, seasoning.

ALLERGENS

CONTAINS MILK.

MAY ALSO CONTAIN SULPHITE.



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CAP'S

Fries

Nutrition Facts

Serving Size 1 Portion (300 g)

Amount	% Daily Value
--------	---------------

Calories 640	
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Fat 42 g	65 %
-----------------	-------------

Saturated 5 g	
+ Trans 0.5 g	28 %

Cholesterol 0 mg	
-------------------------	--

Sodium 1280 mg	53 %
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Carbohydrate 62 g	21 %
--------------------------	-------------

Fibre 6 g	24 %
-----------	-------------

Sugars 10 g	
-------------	--

Protein 6 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	35 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Potatoes, canola oil, ketchup.

ALLERGENS

MAY CONTAIN SULPHITES.

*DEEP FRIED IN EQUIPMENT THAT ALSO PROCESSES WHEAT AND GLUTEN.

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CAP'S

Margarita Flatbread

Nutrition Facts

Serving Size 1 portion

Amount	% Daily Value
Calories 590	
Fat 32 g	49 %
Saturated 14 g	
+ Trans 0.1 g	71 %
Cholesterol 65 mg	
Sodium 300 mg	13 %
Carbohydrate 50 g	17 %
Fibre 3 g	12 %
Sugars 4 g	
Protein 24 g	
Vitamin A	20 %
Vitamin C	15 %
Calcium	45 %
Iron	15 %

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INGREDIENTS

Flatbread (wheat), mozzarella cheese, tomatoes, olive oil, fresh basil.

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT.



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CAP'S

Mozza Sticks with Ranch

Nutrition Facts

Serving Size 6 sticks plus dressing

Amount	% Daily Value
Calories 460	
Fat 23 g	35 %
Saturated 9 g	
+ Trans 0.1 g	45 %
Cholesterol 60 mg	
Sodium 1800 mg	75 %
Carbohydrate 42 g	14 %
Fibre 6 g	24 %
Sugars 0 g	
Protein 24 g	
Vitamin A	10 %
Vitamin C	10 %
Calcium	45 %
Iron	0 %

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INGREDIENTS

Mozza sticks (part skim mozzarella cheese, wheat flour, corn flour, salt, modified corn starch, spices, soybean oil, dextrose, sugar, flavour, baking powder, yeast, guar gum), canola oil, Ranch dressing.

ALLERGENS

CONTAINS MILK, GLUTEN, WHEAT, MUSTARD, SOY.



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CAP'S

Not-cho Average Cheez Sauce

Nutrition Facts

Serving Size 1 serving

Amount	% Daily Value
Calories 210	
Fat 13 g	20 %
Saturated 2 g + Trans 0 g	10 %
Cholesterol 0 mg	
Sodium 1210 mg	50 %
Carbohydrate 14 g	5 %
Fibre 4 g	16 %
Sugars 2 g	
Protein 9 g	
Vitamin A	25 %
Vitamin C	10 %
Calcium	2 %
Iron	8 %

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INGREDIENTS

Potato, carrots, nutritional yeast, olive oil, garlic, onion, sea salt, cayenne pepper, sugar, lemon juice.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

MAY CONTAIN SULPHITES.



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CAP'S

PB&J Sandwich

Nutrition Facts

Serving Size 1 Sandwich (198 g)

Amount	% Daily Value
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Calories 660	
---------------------	--

Fat 28 g	43 %
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Saturated 6 g	
+ Trans 0 g	30 %

Cholesterol 0 mg	
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Sodium 750 mg	31 %
----------------------	-------------

Carbohydrate 83 g	28 %
--------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 27 g	
-------------	--

Protein 22 g	
---------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	10 %
-----------	------

Calcium	2 %
---------	-----

Iron	25 %
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INGREDIENTS

White flour, pastry flour, barley malt syrup, yeast, sugar, canola shortening, salt, saffron, wheat starch, wheat flour, peanut butter, strawberries, corn syrup, pectin, soy.

ALLERGENS

CONTAINS GLUTEN, PEANUT, SOY, WHEAT.

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CAP'S

Veggie Samosa

Nutrition Facts

Serving Size 1 samosa (140 g)

Amount	% Daily Value
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Calories 220	
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Fat 4 g	6 %
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Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 430 mg	18 %
----------------------	-------------

Carbohydrate 40 g	13 %
--------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 7 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	10 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Lentils, potatoes, onions, carrots, peas, ginger, garlic, sea salt, herbs, spices, enriched wheat flour, canola oil, palm oil, baking powder, assorted cooking gums.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

MAY CONTAIN TRACES OF SOY,
MILK, SULPHITES.

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NUTRITION FACTS



CAP'S

Yam Fries*

Nutrition Facts	
Serving Size 1 Order (270 g)	
Amount	% Daily Value
Calories 940	
Fat 79 g	122 %
Saturated 8 g + Trans 0.5 g	43 %
Cholesterol 35 mg	
Sodium 660 mg	28 %
Carbohydrate 52 g	17 %
Fibre 7 g	28 %
Sugars 15 g	
Protein 3 g	
Vitamin A	210 %
Vitamin C	25 %
Calcium	4 %
Iron	0 %

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INGREDIENTS

Sweet potatoes, canola oil, rice flour, food starch, corn starch, salt, xanthan gum, spices, mayonnaise, soybean/canola oil, egg, vinegar, sugar, garlic, chipotle peppers, jalapeno, smoke, garlic.

ALLERGENS

CONTAINS EGG, MUSTARD, SOY.

MAY ALSO CONTAIN SULPHITE.

*DEEP FRIED IN EQUIPMENT THAT ALSO PROCESSES WHEAT & GLUTEN.



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