



Adventures on Wonderland

FOOD INGREDIENTS

Please refer to our FOOD & BEVERAGE POLICY in regards to any outside food or beverages.

Adventures may add new food products at any time for a trial basis. Please, if you have any allergies or are concerned about any of our products please call & speak to a manager.

KEY

Party Food = Served in Birthday Party Packages

M = contains MILK Products

E = contains EGG Products

W = contains WHEAT products

ITEMS

SARA LEE WHITE CAKE (**M / E / W**) (*Party Food*)

Icing: Icing sugar, canola and modified palm and palm kernel shortening, water, butter (milk), modified corn starch, artificial flavour, sorbitan monostearate, polysorbate 60, monoand diglycerides.

Sponge Cake: Sugar, water, enriched wheat flour, canola oil, palm and/or palm kernel and canola and modified palm oil shortening, dried egg white (egg whites, bakers yeast, citric acid), baking powder, modified corn starch, propylene glycol mono fatty acid esters, skim milk powder, dried whole egg, salt, natural flavor, polysorbate 60, dextrose.

MAY CONTAIN: TREE NUTS, SOY and SESAME

Nutrition Facts:
Per 1/10 of cake (78g)
Calories: 370
Fat: 24g Saturated: 7g + Trans: 0.2g
Cholesterol: 5mg
Sodium: 190mg
Carbohydrate: 36g
Fibre: 0g
Sugars: 28g
Protein: 2g

SARA LEE CHOCOLATE CAKE (*M / E / W*) (*Party Food*)

Icing sugar, water, sugar, flour, hydrogenated canola oil (may contain palm oil), mono & diglycerides, liquid whole egg, cocoa powder, canola oil margarine, canola oil, skim milk powder, glucose, mono & diglycerides, artificial flavour, propyleneglycol ester, salt, baking soda, polyglycerol ester, baking powder, xanthan gum, carrageenan.

Nutrition Facts:
Per 1/10 of cake (78g)
Calories: 350
Fat: 23g Saturated: 7g + Trans: 0.2g
Cholesterol: 5mg
Sodium: 310mg
Carbohydrate: 36g
Fibre: 2g
Sugars: 26g
Protein: 3g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 4%
Iron: 8%

CHAPMANS CHOCOLATE ICE CREAM (*M*) (*Party Food -- GOLD Package*)

Milk ingredients, modified milk ingredients, sugar, glucose, coca powder, mono & diglycerides, locust bean gum, cellulose gum, guar gum, carrageenan, natural & artificial flavour.

CHAPMAN'S VANILLA ICE CREAM (*M*) (*Party Food – GOLD Package*)

Milk ingredients, modified milk ingredients, sugar, glucose, mono & diglycerides, locust bean gum, cellulose gum, guar gum, carrageenan, natural & artificial flavour.

PIZZA SAUCE (*Party Food*)

Vine-ripened fresh tomatoes, blend of extra virgin olive oil, fresh basil leaves, salt and naturally derived citric acid.

Nutrition Facts:
Per 56 ml (60g)
Calories: 40
Fat: 2g Saturated: 0g + Trans: 0g
Cholesterol: 0mg
Sodium: 260mg
Carbohydrate: 5g
Fiber: 1g
Sugars: 3g
Protein: 1g

Vitamin A: 15%
Vitamin C: 20%
Calcium: 2%
Iron: 2%

HOT DOG BUNS -- Wonder Bread (**M / E / W**) (*Party Food*)

Enriched wheat flour, water, yeast, sugar/glucose-fructose, soybean and/or canola oil, salt, wheat gluten, vegetable monoglycerides, calcium propionate, sodium, stearoyl-2-lactylate, diacetyl tartaric acid esters of mono and diglycerides.

May contain traces of **Sesame Seeds, Eggs & Milk Ingredients**.

Nutrition Facts:
Per 52g
Calories: 140
Fat: 2g Saturated: 0.4g + Trans: 0g
Polyunsaturated: 0.4g Omega 6: 0.4g Omega 3: 0.1g
Monosaturated: 0.7g
Cholesterol: 0 mg
Sodium: 190mg
Carbohydrate: 26g
Fibre: 1g
Sugars: 3g
Protein: 5g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 4%
Iron: 10%
Thiamin: 25%
Riboflavin: 10%
Niacin: 15%
Folate: 25%
Panthenate: 4%
Magnesium: 6%
Zinc: 4%

TETI 16" PIZZA DOUGH (**W**) (*Party Food*)

Flour [niacin, iron, ascorbic acid, alpha amylase, thiamine mononitrate, azondicarbonamide, riboflavin, folic acid], water, Canola Oil [Dimethylpolysiloxane], Yeast, Salt, Sugar, Dough Conditioner [wheat flour, diacetyl tartaric acid esters of monodiglycerides, vegetable oil, ascorbic acid, calcium carbonate, dextrose, amylase, L-cysteine hydrochloride, tricalcium phosphate], Calcium propionate, potassium sorbate, Allergen: Flour(gluten, soya), May contain sulphite.

TETI 6" PIZZA DOUGH (W)

Unbleached enriched wheat flour, water, yeast, salt, sugar, vegetable oil, dough conditioner.
Allergen: wheat(gluten), corn. May contain soya, sulphite, seeds or seed oil

10" GLUTEN FREE PAR BAKED PIZZA CRUST (E)

Rice Flour, Filtered Water, Tapioca Starch, Potato Starch, Egg Whites, Eggs, Organic Extra Virgin Oil, Modified Corn Starch, Sugar, Vegetable Shortening (Canola Oil, Hydrogenated Cottonseed Oil), Contains Less than 2% of the following: Yeast, Natural Flavour, Potassium Chloride, Salt, Kosher Gelatin, Cellulose Gum, Leavening (Baking Soda, Sodium Aluminum Phosphate), Xanthan Gum, Distilled Monoglycerides, Guar Gum
Manufactured on Shared Equipment with Soy.

PEPPERONI – sliced layered – Topping on Pepperoni Pizza (W) (Party Food)

Sodium phosphates, ascorbic acid, sodium ascorbate, potassium chloride, corn syrup solids, dextrose, potato starch, glucose solids, onion powder, soy protein isolate.

MOZZARELLA CHEESE – Part Skim (M) Topping on All Pizza's (Party Food)

Partly skimmed milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride, natamycin.

Nutrition Facts:
Per 100g
Calories: 269
Fat: 17g Saturated: 11.2g + Trans: 0.6g
Cholesterol: 78mg
Sodium: 767mg
Carbohydrate: 1g Fibre: <1.0g Sugars: <0.4g
Protein: 28g
Vitamin A: 151 RE
Vitamin C: <0.5mg
Calcium: 719mg
Iron: 0.18mg

SAVOROL SALT (SEASONING FOR POPCORN) (Party Food – SILVER & GOLD Package)

Salt, pigments of annatto (bixin), pigments of turmeric (curcumin), vegetable oil, pure butter flavour, less than 1% tri-calcium phosphate.

NAKS PAK POPCORN (PREMEASURED OIL & SEASONING)

(Party Food – SILVER & GOLD Package)

Hydrogenated coconut oil, palm oil, hydrogenated cottonseed, beta carotene (colour), natural and artificial flavour.

Nutrition Facts:
Serving Size 1 Tbsp (13g)
Calories: 120
Calories from Fat: 120
Total Fat: 13g
Saturated Fat: 12g
Trans Fat: 0g
Polyunsaturated Fat: 0g
Monounsaturated Fat: 0.5g
Total Carbohydrate: 0g
Fibre: 0g
Sugars: 28g
Protein: 0g
Cholesterol: 0mg
Sodium: 0mg

SHOPSY'S ALL BEEF FRANKFURTERS (**W**) *(Party Food)*

Beef, water, modified corn starch, wheat gluten, salt, potassium lactate, spices, sodium erythorbate, sodium diacetate, sugar, sodium nitrite, garlic powder, smoke.

Nutrition Facts:
Per 100g
Calories: 244
Fat: 18g
Saturated: 8.2g
+ Trans: 0.82g
Cholesterol: 53.6mg
Sodium: 851mg
Carbohydrate: 7.41g
Fibre: 0.5g
Sugars: 0.57g
Protein: 13g
Vitamin A: 39.6 RE
Vitamin C: 0.3mg
Calcium: 7.67mg
Iron: 2.36mg

BREADED CHICKEN BREAST NUGGETS (**M/E/W**) *(Party Food – GOLD Package)*

Chicken breast meat, water, toasted wheat crumbs with spices (wheat flour, baking powder, vegetable oil shortening (soybean), sugar, salt, vinegar, yeast, caramel, spices), modified corns starch, soy protein concentrate, wheat gluten, yellow corn flour, salt, wheat flour, potassium chloride, baking powder, guar gum, dextrose, spices, browned in soybean oil. May contain milk & egg.

POGO DOG (*M/E/W*) (*Party Food*)

Batter: Water, Flour, Corn Meal, Corn Flour, Starch, Why Powder, Wheat Semolina, Soya Flour, Modified Corn Starch, Sugar, Salt, Baking Powder, Dried Whole Egg Mix (corn syrup / Glucose, modified milk, salt), high oleic low linolenic canola oil.

Frankfurter: May Contain: Mechanically separated meats (chicken, **pork**, beef, turkey), **Pork**, Beef, Turkey, Chicken; Water, Wheat Flour, Modified Corn Starch, Salt, Corn Syrup Solids, Spices, Wheat Gluten, Sodium, Phosphate, Garlic Powder, Sodium Erythorbate, Onion What Gluten, Sodium Nitrite, Smoke Flavour.

Nutrition Facts:
Per 1 pogo
Calories: 190
Fat: 8g Saturated Fat: 2g + Trans Fat: 0.1g
Polyunsaturated: 1.5g
Omega-6: 1.5g
Omega-3: 0.2g
Monounsaturated: 4g
Cholesterol: 30mg
Sodium: 630mg
Carbohydrate: 22g
Fibre: 1g
Sugars: 3g
Protein: 6g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 6%
Iron: 8%

PLAIN BAGEL (*E/W*)

Enriched wheat flour, Water, Glucose-Fructose/Sugar, Salt, Vegetable Oil (Canola or Soybean), Yeast, Cornmeal, Calcium Propionate, Malted Barley Flour, Rye Flour, Fumaric Acid, Ground Caraway, Sodium Diacetate. May contain traces of Sesame Seeds, Soybean, Egg and Sulphites.

OLD STYLE PLUM SAUCE

Sugar/glucose-fructose, water, pumpkin, modified corn starch, plums, vinegar, salt, citric acid, sodium citrate, xanthan gum, sodium benzoate, onion & garlic powders, spices, caramel.

MEXI CASA SALSA

Water, tomato paste (may contain calcium chloride &/or citric acid), green chilies, vinegar, dehydrated vegetables (onions, garlic), salt, jalapeno peppers, cilantro, concentrated lemon juice, spice, citric acid and Calcium Chloride.

RICO'S HOT N' EASY CHEESE SAUCE (*M*)

Cheese Whey, Partially Hydrogenated Soybean Oil, Cheddar Cheese, Modified Food Starch, Acetic Acid, Cheddar Cheese (Cultured Milk, Salt and Enzymes), Jalapeno Peppers, Sodium Phosphate, Salt, Maltodextrins, Monosodium Glutamate, Natural Flavors, Vinegar, Datem, Sodium Polyphosphate, Colour added (including caramel colour, yellow 5 and yellow 6), Oleoresin Paprika.

MEXI CAS NACHO CHIPS

Whole grain corn, Canola Oil, Salt, Calcium hydroxide.

M^CCAINS FRENCH FRIES (OVEN BAKED) (W)

Potatoes, partially hydrogenated canola and/or soybean oil, wheat flour, modified corn starch, corn flour, salt, glucose, autolyzed yeast, modified cellulose, baking powder, colour, dextrose, sodium phosphate.

Nutrition Facts:
Per 100 g
Calories: 170
Fat: 6.0g Saturated Fat: 0.5g + Trans Fat: 0.09g
Polyunsaturated: 1.38g
Omega-6: 1.02g
Omega-3: 0.3g
Monounsaturated: 3.9g
Cholesterol: 0mg
Sodium: 550mg
Potassium: 280mg
Carbohydrate: 27g
Fibre: 2.0g
Sugars: 0g
Protein: 2.0g
Vitamin A: 0
Vitamin C: 4mg
Calcium: 7mg
Iron: 0.5mg

BACON – pre-cooked bacon pieces

Pork, water, salt, sodium phosphate, sodium erythorbate, spices, smoke – may contain sugar, potassium chloride, maple flavour, maple syrup.

HAM – diced cooked ham loaf

Pork, water, corn syrup solids, modified corn starch, salt, potassium lactate, sodium phosphate, carrageenan, sodium erythorbate, smoke flavour, sodium diacetate, sodium nitrite. **TRACES OF MILK, WHEAT and SOYA MAY BE PRESENT.**

Nutrition Facts:
Per 100g
Calories: 160.64
Fat: 10.60g Saturated: 2.44g + Trans: 0.04g
Cholesterol: 50.60mg
Sodium: 1387mg
Carbohydrate: 3.61g
Fiber: 0.65g

Sugars: 1.57g
Protein: 12.70g
Vitamin A: 1.71
Vitamin C: 0mg
Calcium: 6.80mg
Iron: 0.68mg

PINEAPPLE

Pineapple tidbits, pineapple juice, water, clarified pineapple juice concentrate, citric acid.

Nutrition Facts: Per 125mL
Calories: 70
Fat: 0g Saturated: 0g + Trans: 0g
Cholesterol: 0mg
Sodium: 0mg
Carbohydrate: 17g
Fiber: 1g
Sugars: 16g
Protein: 1g
Vitamin A: 0%
Vitamin C: 35%
Calcium: 2%
Iron: 2%

GARLIC BREAD (**M / E / W**)

Crust: Enriched flour, water, yeast, salt, sugar, vegetable oil, dough conditioner. Allergen: wheat(gluten), corn. May contain soya, sulphite, seeds or seed oil

Garlic Spread: Margarine, garlic puree, water, granulated garlic, spices, citric acid, potassium sorbate, romano cheese.

GARLIC BREAD with CHEESE (**M / E / W**)

Bread: Unbleached enriched wheat flour, water, yeast, salt, sugar, vegetable oil, dough conditioner.

Allergen: wheat(gluten), corn. May contain soya, sulphite, seeds or seed oil

Garlic Spread: Margarine, garlic puree, water, granulated garlic, spices, citric acid, potassium sorbate, romano cheese.

Cheese: Pasteurized part skim milk, bacterial culture, salt, calcium chloride, rennet and/or pepsin.

HAMBURGER (W)

Burger: Beef, water, toasted wheat crumbs, wheat flour, salt, wheat gluten, onion powder, spices.

TRACES OF MILK & SOY MAY BE PRESENT.

Bun: Enriched wheat flour, water, sugar/glucose-fructose, yeast, vegetable oil, salt, yeast, wheat gluten, sodium stearoyl – 2 - lactylate, mono and diglycerides, calcium propionate, calcium sulphate, ammonium chloride, calcium iodate, enzymes.

Nutrition Facts:
Per 58g
Calories: 150
Fat: 2g Saturated: .4g + Trans: 0g
Carbohydrate: 27g
Fibre: 1g
Sugars: 3g
Protein: 5g
Cholesterol: 0 mg
Sodium: 310mg
Vitamin A: 0%
Vitamin C: 0%
Calcium: 4%
Iron: 10%

CHEESEBURGER (M / W)

Burger: Beef, water, toasted wheat crumbs, wheat flour, salt, wheat gluten, onion powder, spices.

TRACES OF MILK & SOY MAY BE PRESENT.

Cheese: Milk, bacterial culture, salt, rennet, colour, may contain calcium chloride.

Bun: Enriched white flour, water, vegetable oil shortening, sugar, yeast, salt, wheat gluten, sodium stearoyl – 2 - lactylate, mono and diglycerides, calcium propionate, calcium sulphate, ammonium chloride, calcium iodate, enzymes.

JUNIOR BURGER (W)

Beef, Water (the following ingredients represent less than 5% of the total recipe), Toasted Wheat Crumbs, Soy Protein Concentrate, Salt, Spices, Seasonings, Onion Powder, Garlic Powder.

Nutrition Facts:
Per 1 burger
Calories: 170
Fat: 8g Saturated: 3g + Trans: 0g
Cholesterol: 25mg
Sodium: 250mg
Carbohydrate: 16g
Fibre: 1g
Sugars: 2g
Protein: 8g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 0%
Iron: 8%

MINI BURGER BUN (W)

Enriched Wheat Flour, Water, Glucose-Fructose/Sugar, Yeast, Vegetable Oil (Canola or Soy Bean), Salt, Vinegar, Calcium Propionate, Acetylated Tartaric Acid Esters of Mono and Diglycerides, Sodium Stearoyl -2- Lactylate, Monoglycerides, Ammonium Chloride, Calcium Iodate.
May contain traces of Sesame Seeds and Soy Bean.

GRILLED CHEESE SANDWICH (M / W)

Bread: (Dempster Enriched White Sandwich Bread) Unbleachable enriched flour, water, glucose/fructose / sugar, *yeast, vegetable oil (canola or soy), salt, soy flour, calcium propionate, sodium stearoyl-2-lactylate, monoglycerides, calcium carbonate, ammonium chloride, calcium sulphate. * order may vary *(B109)

Cheese: Milk, bacterial culture, salt, rennet, colour, may contain calcium chloride.

Butter: (Bread Mate Margarine) Non-Hydrogenated Soya oil, partially hydrogenated soya oil, water, salt, modified milk ingredients, soya lecithin, sodium benzoate, mono & diglycerides, artificial flavour, vitamin A palmitate, Vitamin D₃. May contain colour.

POTATO MUNCHERS (W / M)

Potatoes, cheeses (mozzarella cheese and pasteurized processed cheddar cheese [pasteurized milk, nonfat milk, cheese cultures, salt, enzymes], water, enzyme modified cheese [milk, water, milkfat, salt, cheese culture, enzymes], milk fat, sodium phosphate, sodium hexametaphosphate, cream, salt, lactic acid, sorbic acid[preservative], milk protein concentrate, artificial colour), wheat flour, enriched bleached flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), chili peppers, vegetable oil(contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, modified food starch, corn flour, natural flavour, rice flour, sugar, yeast, potato flour, spice, dextrin, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate), methylcellulose, wheat starch, cornstarch.

SPRING ROLLS (E / W)

Filling: cabbage, carrots, green beans, water chestnuts, green peas, corn, onions, modified cornstarch, salt, sugar, sesame oil, black pepper

Wrapper: water, enriched wheat flour, liquid whole egg. Cooked in canola oil.

Contains: wheat, egg, sesame.

SWEET POTATO FRIES (W)

Sweet potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), corn starch – modified. Contains 2% or less of annatto (colour), beta carotene (colour), caramel colour, corn starch, dehydrated sweet potatoes, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural flavor (contains wheat), rice flour, salt, sodium acid pyrophosphate added to maintain natural colour, sugar, tapioca dextrin, xanthan gum.

Contains: Wheat

Nutrition Facts:
Per 100g
Calories: 164
Fat: 6.9g
Saturated: 0.97g
+ Trans: 0.07g
Carbohydrate: 36g
Fibre: 1.5g

Sugars: 24g
Protein: 1.4g
Cholesterol: 0mg
Sodium: 230mg
Potassium: 245mg