

# Lifestyle Friendly Meals

## Items made without Gluten\*

Pizza pizza – gluten free crust – (advance order) **CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Yogurt – **PEACOCK CAFE, CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Lays Plain chips **MOST LOCATIONS**  
Apple Sauce – **PEACOCK CAFE, CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Hard Boiled eggs – **PEACOCK CAFE**  
Individual cheese – **PEACOCK CAFE**  
Cut fruit cup – **PEACOCK CAFE**  
Meatless burger (No bun) - **CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Assorted savoury snacks - **PEACOCK CAFE**

## Dairy Free Items\*

Fries - **CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Apple Sauce - **PEACOCK CAFE, CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Life saver popsicle - **MOST LOCATIONS**  
Meatless Burger (Vegan) - **CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Assorted savoury snacks - **PEACOCK CAFE**

## Vegetarian Items\*

Cheese Pizza - **CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Meatless burger (Vegan) - **CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Apple Sauce - **PEACOCK CAFE, CARIBOU RESTAURANT, AFRICA RESTAURANT**  
Life saver popsicle - **MOST LOCATIONS**  
Granola bars and savoury snacks - **PEACOCK CAFE**

## Peanut Free Items\*

We do offer items that are not made with peanuts but we do not have any certified nut free items available

## Special Order Meals\*

Gluten Free pizza - **CARIBOU RESTAURANT, AFRICA RESTAURANT**

## Healthy Choices

**PEACOCK CAFE** – variety of healthy savoury snacks, cold grab and go snacks, soy milk, and baby food

**CARIBOU RESTAURANT & AFRICA RESTAURANT**– meatless burgers, yogurt, apple sauce, vitamin waters and kid size menu items

*\* “Notwithstanding the foregoing, Compass Group cannot guarantee that these menu items are allergen-free. While Compass Group takes great care to ensure the information in this menu is updated, current and accurate, Compass Group cannot be liable for any errors or omissions or cross-contamination. Compass Group shall not be liable for any actual, direct, indirect, special, punitive, incidental, or consequential damages arising out of the reliance by any persons on the information in this menu.”*

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**\*\*Items are subject to change without notice\*\***



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