



SALADS 7

Turkey Breast

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

Black Forest Ham

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

Veggie Delite®

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

Sweet Onion Chicken Teriyaki

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

Steak & Cheese

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

Tuna

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

Cold Cut Combo

Everything but the bread! Turn any one of your favourite sandwiches into a salad. Add crunch to your meal with lettuce, red onions, tomatoes, cucumbers and much more!

DRINKS 14

Pepsi®

Diet Pepsi®

Schweppes® Ginger Ale

MTN Dew®

Tropicana® Orange Juice

Brisk® Lemon Iced Tea

12 oz. Hot Beverage

G2® Fruit Punch

Aquafina® Water

Pure Leaf Peach Iced Tea

Pepsi® Zero Sugar

Pure Leaf Lemon Iced Tea

Dr Pepper®

Tropicana® Apple Juice

CHICKEN 4

#7 Green Goddess Chicken

Want a taste of heaven? Try our Green Goddess Chicken, made with Canadian farm-raised rotisserie-style chicken, topped with lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, Smashed Avocado and double the processed cheddar cheese before being drizzled with our House Sandwich sauce and the cool, refreshing blend of herbs in our Green Goddess Dressing.

#5 Chicken Rancher

A fan favourite gets some added zing. The Chicken Rancher features Canadian farm-raised chicken and pork, made with rotisserie-style chicken and Maplewood Smoked Bacon, topped with lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, twice the shredded Monterrey Jack and cheddar, and the zesty kick of our Peppercorn Ranch dressing.

#6 Teriyaki Crunch

We added some crunch to this sweet & savoury favourite! The Teriyaki Crunch sandwich comes with teriyaki-glazed chicken strips, lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, double the processed cheddar cheese, the satisfying crunch of our NEW crispy onions and topped with our NEW Sweet Onion Teriyaki sauce.

#4 Kickin' Chicken

Ready to spice up your life? Take a bite of the Kickin' Chicken, featuring seasoned chicken breast topped with Creamy Sriracha, lettuce, tomatoes, banana peppers, and a double-kick of Habanero Jack cheese.

UNDER \$5 MENU 6

Savoury Turkey Ranch Sidekick

You had me at ranch. Try the Savoury Turkey Ranch, made with deli-style turkey raised on Canadian farms, processed white cheddar cheese, spinach, tomato and peppercorn ranch sauce served warm and toasty on a potato bun. At participating Restaurants. Extras/Add-ons add'l. Plus tax.

Crispy Chicken Sidekick

Try our crispy chicken sidekick made with seasoned chicken breast, lettuce, pickles, and smoky honey mustard sauce served warm and toasty on our potato bun. At participating restaurants. Extras/Add-ons add'l. Plus tax.

Honey Mustard Ham Sidekick

Sweet and savoury is an undefeated combination. Made with pork raised on Canadian farms, our deli-style Black Forest ham, processed white cheddar cheese, lettuce, tomato, red onion, pickles and our smoky honey mustard served warm and toasty on a potato bun. At participating Restaurants. Extras/Add-ons add'l. Plus tax.

Egg & Bacon Sidekick

Our Egg & Bacon Sidekick will leave you wanting seconds. Made with Canadian eggs, tasty bacon, and processed white cheddar toasted on our potato bun. At participating restaurants. Plus tax.

Egg & Cheese Sidekick

Once you try our Egg & Cheese Sidekick, you'll never look back. Made with Canadian eggs, processed white cheddar and toasted on our potato bun. So good. At participating restaurants. Plus tax.

Egg & Ham Sidekick

Taste the joy of breakfast at any time of the day. Made with Canadian eggs, deli-style Black Forest ham made with pork raised on Canadian farms, processed white cheddar, and your choice of veggies freshly sliced in store. Simply delicious. At participating Restaurants. Extras/Add-ons add'l. Plus tax.

VEGGIE 2

#11 Green Goddess

Embrace a refreshing new take on a Subway® staple. Your favourite crisp veggies including lettuce, spinach, tomatoes, cucumbers, green peppers, red onions and Smashed Avocado drizzled in House Sandwich Sauce and our Green Goddess Dressing with a bright and fresh blend of herbs, now covered in twice as much processed cheddar cheese.

#12 Mozzarella Bella

Meet Mozzarella Bella, a twist on classics you'd find back in Tuscany. This deliciously light and tasty sandwich starts with the perfect combination of spinach and tomatoes, adds mozzarella and parmesan, then covers it all in our House Sandwich sauce and a tasty helping of Pesto. Che Bella!

NON-FOOD ITEMS 1

Generic Toy

SIGNATURE GRILLED RICE WRAPS 6

Crispy Chicken Bacon & Peppercorn Ranch

A crispy addition to a Subway® favourite for those on the go. The Crispy Chicken Bacon & Peppercorn Ranch Signature Rice Wrap features crispy seasoned chicken breast, Maplewood Smoked Bacon, delicious shredded monterey jack cheese and a blend of seasoned brown, red & wild rice, topped with fresh veggies and the zesty kick of our Peppercorn Ranch dressing. Grilled option available at participating restaurants.

Jerk-Spiced Steak

Set your taste buds on an adventure with our Jerk-Spiced Steak Rice Wrap. Featuring seasoned brown, red, and wild rice, crisp veggies, jerk-spiced steak, and a captivating Jerk Aioli drizzle. Excitement awaits!

Sweet Onion Chicken Teriyaki

Sweet and savoury, for those on the go! Our Sweet Onion Chicken Teriyaki Signature Rice Wrap is stuffed with teriyaki glazed chicken strips, a selection of fresh veggies and a blend of seasoned brown, red & wild rice, and topped with Sweet Onion sauce. Grilled Wrap option available at participating restaurants.

Southwest Steak & Avocado

Get a taste of Tex-Mex for those on the go. Our Southwest Steak & Avocado Signature Rice Wrap is made with Canadian seasoned steak, Smashed Avocado, a selection of fresh veggies, a blend of seasoned brown, red & wild rice, topped with an extra kick with the classic Southwest Chipotle sauce and sweet and tangy Banana Peppers. Grilled Wrap option available at participating restaurants.

Jerk-Spiced Chicken

Elevate your taste buds to new heights with our Jerk-Spiced Chicken Rice Wrap. Featuring seasoned brown, red, and wild rice, crisp veggies, jerk-spiced Rotisserie-Style chicken, and tantalizing Jerk Aioli all united in a flavour-packed adventure.

Green Goddess Veggie

Fresh veggies and great flavour, all wrapped into one. The Green Goddess Signature Rice Wrap features a blend of seasoned brown, red & wild rice, paired with your favourite crisp veggies, Smashed Avocado and drizzled in the Green Goddess Dressing which adds a tangy taste with a blend of herbs. Grilled option available at participating restaurants.

ITALIANOS 4

#12 Mozzarella Bella

Meet Mozzarella Bella, a twist on classics you'd find back in Tuscany. This deliciously light and tasty sandwich starts with the perfect combination of spinach and tomatoes, adds mozzarella and parmesan, then covers it all in our House Sandwich sauce and a tasty helping of Pesto. Che Bella!

#13 Suprimo

Get ready to MEAT your match. The Suprimo is topped with salami, Deli-Style ham and pepperoni made from Canadian farm-raised pork, NEW capicola, lettuce, tomatoes, red onions, banana peppers, our House Sandwich Sauce, and a doppio dose of processed cheddar cheese. Fantastico!

#15 Meatballer

Get ready to hit the court with Meatballer. The same meatballs that you know and love now come with pepperoni and a cozy blanket of mozzarella and parmesan cheese. A slam dunk for your taste buds!

#14 Little Italy

Transport your tastebuds to Bel Paese with the Little Italy. Featuring Rotisserie-style chicken, this delicioso sub is lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, plus mozzarella and parmesan cheese before being drizzled with the zing of Garlic Aioli, our House Sandwich sauce and delicious Pesto, just to remind you of nonna's place.

KIDS' SIDES 1

GoGo squeeZ® Apple

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink. Try a GoGo squeeZ® Apple with any Kids' Pak® Meal.

FOUNTAIN DRINKS 1

Fountain Beverage

BREAKFAST 6

Egg & Ham

You'll love every bite of our Egg & Ham sandwich. Made with Canadian eggs, deli-style Black Forest ham made with pork raised on Canadian farms, and processed white cheddar. Simply delicious.

Egg & Cheese

Once you try our Egg & Cheese sandwich, you'll never look back. Made with Canadian eggs, and processed white cheddar. So good.

Egg & Cheese Sidekick

Once you try our Egg & Cheese Sidekick, you'll never look back. Made with Canadian eggs, processed white cheddar and toasted on our potato bun. So good. At participating restaurants. Plus tax.

Egg & Ham Sidekick

Taste the joy of breakfast at any time of the day. Made with Canadian eggs, deli-style Black Forest ham made with pork raised on Canadian farms, processed white cheddar, and your choice of veggies freshly sliced in store. Simply delicious. At participating Restaurants. Extras/Add-ons add'l. Plus tax.

Egg & Bacon

Our Egg & Bacon sandwich will leave you wanting seconds. Made with Canadian eggs, tasty Maplewood smoked bacon made from pork raised on Canadian farms and processed white cheddar.

Egg & Bacon Sidekick

Our Egg & Bacon Sidekick will leave you wanting seconds. Made with Canadian eggs, tasty bacon, and processed white cheddar toasted on our potato bun. At participating restaurants. Plus tax.

KIDS DRINKS 4

Tropicana® Orange Juice

Aquafina® Water

Milk2Go 1% Chocolate Milk

Tropicana® Apple Juice

COOKIES 1

Cookies

As delicious as our sandwiches are, our cookies are always a great addition to a delicious meal. Tender and moist, it is the perfect way to complement your meal.

SIDES 15

Lay's Classic®

Chocolate Chip with M&M's® Candies

As delicious as our sandwiches are, they are even better when paired with the perfect side and drink. Our sides run from salty to sweet and from fit to indulgent. With such a variety of drinks to choose from, there's truly something for every taste.

Miss Vickie's® Sweet Chili & Sour Cream

White Chip Macadamia Nut

White Chip Macadamia Nut Cookies

SunChips® Harvest Cheddar

Miss Vickie's® Sea Salt & Malt Vinegar

Chocolate Chunk

Cookie, Chocolate Chunk

12-Pack Chocolate Chunk Cookies

As delicious as our sandwiches are, our cookies are always a great addition to a delicious meal. Tender and moist, it is the perfect shareable dessert to complement your meal.

Lay's® Oven Baked Original

Peanut Butter Cookie made with REESE'S PIECES

6-Pack Chocolate Chunk Cookies

As delicious as our sandwiches are, our cookies are always a great addition to a delicious meal. Tender and moist, it is the perfect shareable dessert to complement your meal.

Cookies

As delicious as our sandwiches are, our cookies are always a great addition to a delicious meal. Tender and moist, it is the perfect way to complement your meal.

Miss Vickie's® All Dressed Up

Doritos® Nacho Cheese

Ruffles® All Dressed

STEAK 3

#8 Steak'n Bacon

There's no mis-steak-ing your new favourite club sandwich. Steak'n Bacon comes with Maplewood Smoked bacon and Canadian seasoned beef, topped with lettuce, tomatoes, spicy Chipotle sauce, our Peppercorn Ranch, and a double helping of Habanero Jack cheese for an added kick.

#9 Stampede Brisket

Ready for a brisket worthy of any rodeo? The Stampede Brisket starts with delicious beef brisket tossed in BBQ sauce, adds green peppers, red onions and a double helping of Canadian cheddar cheese, then finishes off with a crunch from our NEW crispy onions and a drizzle of our Smoky Honey Mustard and Sweet & Smoky BBQ sauce. Yee-haw!

#10 Steak "N" Egg

Time to get crackin'! The Steak "N" Egg is made with Canadian Beef and scrambled Canadian egg before being topped with a two-fer of processed cheddar cheese, tomatoes, spinach, and the added kick of our Chipotle sauce.

DELI 3

#2 Great Canadian Club

Love the taste of Canada? Join the Club! Enjoy our Great Canadian Club, with Deli-Style turkey and ham, Maplewood Smoked bacon, made from Canadian farm-raised turkey and pork, topped with twice the Canadian cheddar cheese, lettuce, tomatoes, and our Smoky Honey Mustard sauce for some added zest, eh?

#3 Turkey Rancher

Saddle up and head for deliciousness. The Turkey Rancher features Canadian farm-raised turkey and Maplewood Smoked bacon, topped with twice the helping of Canadian cheddar cheese, lettuce, tomatoes, red onions, and the zesty kick of our Peppercorn Ranch dressing. Giddy up!

#1 Canuck Classic

Get a taste of Canada with a twist. Featuring our Maplewood Smoked bacon and Deli-Style ham, made with Canadian farm-raised pork, topped with lettuce, tomatoes, red onions, pickles and covered in twice as much Canadian Cheddar Cheese, then topped with our Smoky Honey Mustard and mayonnaise.

BOTTLED BEVERAGES 14

Pure Leaf Lemon Iced Tea

Dr Pepper®

Tropicana® Apple Juice

Pepsi®

Diet Pepsi®

MTN Dew®

Schweppes® Ginger Ale

Tropicana® Orange Juice

Brisk® Lemon Iced Tea

G2® Fruit Punch

Aquafina® Water

Pepsi® Zero Sugar

Pure Leaf Peach Iced Tea

Milk2Go 1% Chocolate Milk

SHAREABLE DESSERTS 2

12-Pack Chocolate Chunk Cookies

As delicious as our sandwiches are, our cookies are always a great addition to a delicious meal. Tender and moist, it is the perfect shareable dessert to complement your meal.

6-Pack Chocolate Chunk Cookies

As delicious as our sandwiches are, our cookies are always a great addition to a delicious meal. Tender and moist, it is the perfect shareable dessert to complement your meal.

HOT DRINKS 1

12 oz. Hot Beverage

SOUPS 1

Soups

SIDEKICKS 2

Egg & Cheese Sidekick

Once you try our Egg & Cheese Sidekick, you'll never look back. Made with Canadian eggs, processed white cheddar and toasted on our potato bun. So good. At participating restaurants. Plus tax.

Egg & Ham Sidekick

Taste the joy of breakfast at any time of the day. Made with Canadian eggs, deli-style Black Forest ham made with pork raised on Canadian farms, processed white cheddar, and your choice of veggies freshly sliced in store. Simply delicious. At participating Restaurants. Extras/Add-ons add'l. Plus tax.

CLASSIC SANDWICHES 14

Veggie Delite®

Crispy, crunchy and classically delicious. The Veggie Delite® is proof that a veggie sandwich can be high in flavour. Try a delicious combination of lettuce, tomatoes, green peppers, cucumbers and onions. Customize it with your choice of condiments on the bread of your choice.

Grilled Chicken

Who doesn't love grilled chicken? Made with mouth-watering Canadian farm-raised chicken and topped with your favourite veggie freshly sliced in restaurant, all on our freshly baked bread.

Cold Cut Combo

Are you a meat-lover? Then you'll love our Cold Cut Combo! One bite into these delicious deli meats, topped with crisp vegetables and served on your choice of bread and you'll be addicted.

Meatball Marinara

Zesty meatballs covered with marinara sauce, and served on your choice of bread. Every bite is simply sensational! Get it toasted for even more great taste. Meatball Marinara not available in QC.

Veggie Patty

Our veggie patty is vegan and free of artificial colours and flavours. Topped with lettuce, spinach, onions, peppers, tomatoes, cucumbers and your favourite sauce!

Turkey Breast

Simple, yet always bursting with flavour. Dive into our deli-style turkey breast sandwich made with turkey raised on Canadian farms and topped with your favourite veggies freshly sliced in restaurant!

Steak & Cheese

Hot, tender, shaved steak, served on the bread of your choice. It's just bursting with flavour! Toast your bread to add even more great taste!

Tuna

You'll love every bite of our classic tuna sandwich. 100% wild caught tuna blended with creamy mayonnaise then topped with your choice of crisp, fresh veggies. 100% delicious.

Rotisserie-Style Chicken

Try our juicy, Rotisserie-style Chicken, made with seasoned chicken and topped with lettuce, spinach, tomatoes, cucumber, green peppers, and red onions. Your tastebuds will thank you later!

Sweet Onion Chicken Teriyaki

Our Sweet Onion Chicken Teriyaki is stuffed with teriyaki-glazed chicken strips and fresh veggies, topped with our NEW Sweet Onion Teriyaki sauce.

Crispy Chicken

Try our crispy chicken sandwich made with seasoned chicken breast, processed white cheddar cheese, lettuce, tomatoes, red onions, pickles, and smoky honey mustard sauce. Limited time only at participating restaurants.

Italian B.M.T.®

There's a trip to Italy in every bite. This all-time Italian classic is packed with Genoa salami, spicy pepperoni, and deli-style Black Forest ham made with pork raised on Canadian farms. Get it topped with your favourite veggies freshly sliced in restaurant on your choice of freshly baked bread, and you'll be saying "grazie!"

Pizza Sub Melt

The Italian sandwich par excellence. Topped with marinara sauce, cheese and pepperoni. Try it toasted for even more pizza taste!

Black Forest Ham

A classic that never goes out of style. Made with pork raised on Canadian farms, our deli-style Black Forest ham has never been better. Load it up with all your favourite veggies freshly sliced in restaurant, on your choice of freshly baked bread. Yum!

SUBWAY® SERIES 15

#3 Turkey Rancher

Saddle up and head for deliciousness. The Turkey Rancher features Canadian farm-raised turkey and Maplewood Smoked bacon, topped with twice the helping of Canadian cheddar cheese, lettuce, tomatoes, red onions, and the zesty kick of our Peppercorn Ranch dressing. Giddy up!

#11 Green Goddess

Embrace a refreshing new take on a Subway® staple. Your favourite crisp veggies including lettuce, spinach, tomatoes, cucumbers, green peppers, red onions and Smashed Avocado drizzled in House Sandwich Sauce and our Green Goddess Dressing with a bright and fresh blend of herbs, now covered in twice as much processed cheddar cheese.

#2 Great Canadian Club

Love the taste of Canada? Join the Club! Enjoy our Great Canadian Club, with Deli-Style turkey and ham, Maplewood Smoked bacon, made from Canadian farm-raised turkey and pork, topped with twice the Canadian cheddar cheese, lettuce, tomatoes, and our Smoky Honey Mustard sauce for some added zest, eh?

#12 Mozzarella Bella

Meet Mozzarella Bella, a twist on classics you'd find back in Tuscany. This deliciously light and tasty sandwich starts with the perfect combination of spinach and tomatoes, adds mozzarella and parmesan, then covers it all in our House Sandwich sauce and a tasty helping of Pesto. Che Bella!

#13 Supremo

Get ready to MEAT your match. The Supremo is topped with salami, Deli-Style ham and pepperoni made from Canadian farm-raised pork, NEW capicola, lettuce, tomatoes, red onions, banana peppers, our House Sandwich Sauce, and a doppio dose of processed cheddar cheese. Fantastico!

#7 Green Goddess Chicken

Want a taste of heaven? Try our Green Goddess Chicken, made with Canadian farm-raised rotisserie-style chicken, topped with lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, Smashed Avocado and double the processed cheddar cheese before being drizzled with our House Sandwich sauce and the cool, refreshing blend of herbs in our Green Goddess Dressing.

#10 Steak "N" Egg

Time to get crackin'! The Steak "N" Egg is made with Canadian Beef and scrambled Canadian egg before being topped with a two-fer of processed cheddar cheese, tomatoes, spinach, and the added kick of our Chipotle sauce.

#5 Chicken Rancher

A fan favourite gets some added zing. The Chicken Rancher features Canadian farm-raised chicken and pork, made with rotisserie-style chicken and Maplewood Smoked Bacon, topped with lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, twice the shredded Monterrey Jack and cheddar, and the zesty kick of our Peppercorn Ranch dressing.

#8 Steak'n Bacon

There's no mis-steak-ing your new favourite club sandwich. Steak'n Bacon comes with Maplewood Smoked bacon and Canadian seasoned beef, topped with lettuce, tomatoes, spicy Chipotle sauce, our Peppercorn Ranch, and a double helping of Habanero Jack cheese for an added kick.

#15 Meatballer

Get ready to hit the court with Meatballer. The same meatballs that you know and love now come with pepperoni and a cozy blanket of mozzarella and parmesan cheese. A slam dunk for your taste buds!

#1 Canuck Classic

Get a taste of Canada with a twist. Featuring our Maplewood Smoked bacon and Deli-Style ham, made with Canadian farm-raised pork, topped with lettuce, tomatoes, red onions, pickles and covered in twice as much Canadian Cheddar Cheese, then topped with our Smoky Honey Mustard and mayonnaise.

#6 Teriyaki Crunch

We added some crunch to this sweet & savoury favourite! The Teriyaki Crunch sandwich comes with teriyaki-glazed chicken strips, lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, double the processed cheddar cheese, the satisfying crunch of our NEW crispy onions and topped with our NEW Sweet Onion Teriyaki sauce.

#4 Kickin' Chicken

Ready to spice up your life? Take a bite of the Kickin' Chicken, featuring seasoned chicken breast topped with Creamy Sriracha, lettuce, tomatoes, banana peppers, and a double-kick of Habanero Jack cheese.

#9 Stampede Brisket

Ready for a brisket worthy of any rodeo? The Stampede Brisket starts with delicious beef brisket tossed in BBQ sauce, adds green peppers, red onions and a double helping of Canadian cheddar cheese, then finishes off with a crunch from our NEW crispy onions and a drizzle of our Smoky Honey Mustard and Sweet & Smoky BBQ sauce. Yee-haw!

#14 Little Italy

Transport your tastebuds to Bel Paese with the Little Italy. Featuring Rotisserie-style chicken, this delicioso sub is lettuce, spinach, tomatoes, cucumbers, green peppers, red onions, plus mozzarella and parmesan cheese before being drizzled with the zing of Garlic Aioli, our House Sandwich sauce and delicious Pesto, just to remind you of nonna's place.

CHIPS 8

Miss Vickie's® All Dressed Up

Doritos® Nacho Cheese

Ruffles® All Dressed

Lay's Classic®

Miss Vickie's® Sweet Chili & Sour Cream

SunChips® Harvest Cheddar

Miss Vickie's® Sea Salt & Malt Vinegar

Lay's® Oven Baked Original

SIGNATURE RICE BOWLS 6

Jerk-Spiced Steak

Explore our NEW Jerk-Spiced Steak Rice Bowl. Crafted with a medley of seasoned brown, red, and wild rice, flavorful jerk-spiced steak, crisp vegetables, and a zesty Jerk Aioli drizzle, this bowl promises a mouthwatering expedition for your taste buds.

Jerk-Spiced Chicken

Embark on a journey with our New Jerk-Spiced Chicken Rice Bowl. Featuring seasoned brown, red, and wild rice, jerk-spiced Rotisserie-Style chicken, crisp veggies, and a zesty Jerk Aioli drizzle. Adventure awaits!

Crispy Chicken Bacon & Peppercorn Ranch

A crispy addition to a Subway® favourite all in a convenient bowl. The Crispy Chicken Bacon & Peppercorn Ranch Signature Rice Bowl features crispy seasoned chicken breast, Maplewood Smoked Bacon, delicious shredded monterey jack cheese and a blend of seasoned brown, red & wild rice, topped with fresh veggies and the zesty kick of our Peppercorn Ranch dressing.

Southwest Steak & Avocado

Get a taste of Tex-Mex all in a convenient bowl. Our Southwest Steak & Avocado Signature Rice Bowl is made with Canadian seasoned steak, Smashed Avocado, a selection of fresh veggies, a blend of seasoned brown, red & wild rice, topped with an extra kick with the classic Southwest Chipotle sauce and sweet and tangy Banana Peppers.

Green Goddess Veggie

Fresh veggies and great flavour, all in a convenient bowl. The Green Goddess Signature Rice Bowl features a blend of seasoned brown, red & wild rice, paired with your favourite crisp veggies, Smashed Avocado and drizzled in the Green Goddess Dressing which adds a tangy taste with a blend of herbs.

Sweet Onion Chicken Teriyaki

Sweet and savoury, all in a convenient bowl! Our Sweet Onion Chicken Teriyaki Signature Rice Bowl is stuffed with teriyaki glazed chicken strips, a selection of fresh veggies and a blend of seasoned brown, red & wild rice, and topped with Sweet Onion sauce.

KIDS' PAK® MEAL 3

Veggie Delite®

You no longer have to sacrifice nutrition or flavour when you're short on time. Includes a delicious GoGo squeeZ® Apple with a bottled water to wash it down for a meal that kids will love.

Black Forest Ham

You no longer have to sacrifice nutrition or flavour when you're short on time. Includes a delicious GoGo squeeZ® Apple with a bottled water to wash it down for a meal that kids will love.

Turkey Breast

You no longer have to sacrifice nutrition or flavour when you're short on time. Includes a delicious GoGo squeeZ® Apple with a bottled water to wash it down for a meal that kids will love.
