

~ COOKIE DOUGH ~

PLEASE NOTE: Some dessert items may not currently be available. Check YOUR ORDER FORM for availability.

Chocolate chip: Flour, Non Hydrogenated Margarine, Chocolate Chips (Sugar, Chocolate Liquour, Cocoa Butter, Soya Lecithin, Salt), Brown Sugar, White Sugar, Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Oatmeal chocolate chip: Flour, Non Hydrogenated Margarine, Oats, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt), White Sugar, Brown Sugar, Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Reeses Pieces Peanut Butter: Flour, Non Hydrogenated Margarine, Reeses Pieces (Sugar, Partially Defatted Peanut Oil, Blend of Vegetable Oils, Non Fat Milk, Dextrose, Glucose Solids, Salt, Artificial Colour, Corn Starch, Soya Lecithin, Shellac, Carnauba Wax, Artificial Flavour), Peanut Butter, Brown Sugar, White Sugar, Invert Syrup, Peanuts, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Blondies: Flour, Non Hydrogenated Margarine, White Chocolate (Sugar, Cocoa Butter, Milk Ingredients, Modified Milk Ingredients, Soya Lecithin), Brown Sugar, White Sugar, Invert Syrup, Cocoa, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

Circus Circus: Flour, Non Hydrogenated Margarine, Brown Sugar, White Sugar, Smarties (Milk Chocolate (Sugar, Milk Ingredients, Cocoa Butter, Unsweetened Chocolate, Soya Lecithin, Artificial Flavour), Sugar, Wheat Flour, Corn Starch, Carnauba Wax, Colour) Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Gicol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Double Chocolate Chip: Flour, Non Hydrogenated Margarine, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt), Brown Sugar, White Sugar, Invert Syrup, Cocoa, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Sugar Cookie: Flour, Non Hydrogenated Margarine, White sugar, water, eggs, salt, imitation vanilla.

** ALLERGY ALERT **

All products produced in a factory that uses peanuts and other nuts unless otherwise stated.

COOKIE NUTRITONAL INFORMAION

<u>Serving Size</u> 28g	
<u>Amount Per Serving</u>	<u>%Daily Value</u>
Calories 100	
Total Fat 7g	11%
Saturated 2g	
+ Trans 0g	10%
Cholesterol 5mg	
Sodium 110mg	4%
Carbohydrate 17g	6%
Fibre 0g	6%
Sugar 10g	
Protein 2g	
Vitamin A 6%	
Vitamin C 0%	
Calcium 0%	
Iron 6%	

Baking Instructions: Preheat oven to 300*. Place frozen cookie dough on to ungreased baking sheet allowing room for cookies to spread. Bake approx 16-17 min, let cool 15 min before removing from pan.

Shortbread: Preheat oven to 350* and bake approx 15 min.

Storage Instructions: Cookies are best kept in the freezer (up to 6 months) or in the refrigerator (up to 3 weeks).

White Chocolate Macadamia: Flour, non Hydrogenated margarine, brown sugar, white sugar, white chocolate (sugar, cocoa butter, milk ingredients, modified milk ingredients, soya lecithin), Macadamia nuts, coconut, invert syrup, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

Oatmeal Raisin: Flour, Non Hydrogenated Margarine, Raisins, Oats, White Sugar, Brown Sugar, Invert Syrup, Whole Eggs, Molasses, Baking Soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Cinnamon, Salt.

Craisin Pecan: Flour, Non Hydrogenated Margarine, Oats, white sugar, brown sugar, invert syrup, pecans, dried cranberries, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Macadamia Milk Chocolate: Flour, non Hydrogenated margarine, raisins, brown sugar, white sugar, milk chocolate (sugar, cocoa butter, chocolate liquor, whole milk powder, powdered whey protein concentrate, whey powder, soya lecithin, salt), Macadamia nuts, invert syrup, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

Shortbread: Flour, BUTTER, white sugar, brown sugar, butter, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt

Craisin Pecan: Flour, Non Hydrogenated Margarine, Oats, white sugar, brown sugar, invert syrup, pecans, dried cranberries, whole eggs, molasses, baking soda, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt.

Chocolate Chip Shortbread: Flour, BUTTER, white sugar, brown sugar, butter, Imitation Vanilla (Water, Propylene Glycol, Artificial Flavour, Caramel Colour, Citric Acid, Sodium Benzoate), Salt, Chocolate Chips

Peanut Butter: Flour, Non Hydrogenated Margarine, peanut butter, white sugar, brown sugar, Invert syrup, peanuts, eggs, molasses, baking soda, vanilla, salt, vanillin.

Double Chocolate Brownie Batter: Salt, Water, Partially Hydrogenated Soybean Oil, Cocoa, Corn Syrup Solids, Eggs Whites, Sugar, Flour, Chocolate Chunks,(Sugar, Chocolate Liquor, Cocoa Butter, Soya Lecithin, Salt, Artificial Flavour, Colour, Lecithin, Baking Soda, Baking Powder

~ Pies & Turnovers ~

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STRAWBERRY RHUBARB PIE:

Pastry – wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

Filling – Apple (asorbic acid, salt, citric acid), Blackberry, Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil)

PEACH APPLE PIE

Pastry – wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

Filling – Apple (asorbic acid, salt, citric acid), Peach, Sugar, Modified corn starch

RASPBERRY RHUBARB PIE

Pastry – wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

Filling: Rhubarb, Raspberries, Sugar, Modified corn starch

BUMBLEBERRY PIE

Pastry - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

Filling - Strawberries, Raspberries, Blueberries, Apple (asorbic acid, salt, citric acid), Rhubarb, Sugar, Modified corn starch

BLACKBERRY APPLE PIE

Pastry - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

Filling - Apple (asorbic acid, salt, citric acid), Blackberry, Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil)

Cinnamon Apple Turnover

Pastry - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

FILLING: Apple (asorbic acid, salt, citric acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil), Cinnamon

Cherry Apple Turnover

Pastry - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

FILLING: Cherry, Apple (asorbic acid, salt, citric acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil)

Caramel Crumble Pie:

Pastry - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

FILLING: Apple (asorbic acid, salt, citric acid), Sugar, Modified corn starch, Lemon juice from concentrate (water, natural lemon juice concentrate, sulphites, lemon oil), cinnamon. Topping: Sugar, oats, modified palm/palm kernel/canola, margarine (milk, soy), wheat flour, spice, baking powder, salt

Blackberry Peach Crumble Pie

Pastry - wheat flour, canola/modified palm/palm kernel shortening, modified palm/palm kernel/canola margarine (milk, soy), sugar, egg yolk, natural flavour, salt

FILLING: Peach, blackberry, Sugar, Modified corn starch. Topping: Sugar, oats, modified palm/palm kernel/canola, margarine (milk, soy), wheat flour, spice, baking powder, salt

~ Baked Pies & Seasonal ~

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PECAN PIE -baked

Pastry – enriched wheat flour, vegetable oil (palm oil, soybean or canola oil and modified palm oil), water, sugar, salt, dextrose, sodium propionate,

Filling – Glucose, sugar, liquid whole egg, water, vegetable oil (soybean and/or canola oil), enriched wheat flour, modified corn starch, soy lecithin, natural and artificial flavour (contains milk), salt natural and artificial flavour (Contains sulphites), stabilizer (locust bean gum, carrageenan, potassium chloride, dextrose).

Topping – Pecans

Nutritional Data

Per 1/10 of pie(1010 gr.)

Amount Per Serving

Calories	200	
Total Fat	7g	11%
Saturated	2g	9%
+ Trans	0g	
Cholesterol	50mg	
Sodium	230mg	12%
Carbohydrate	35 gr.	12%
Fibre	1g	
Sugar	22g	
Protein	6g	
Vitamin A		20%
Vitamin C		0%
Calcium		10%
Iron		10%

PUMPKIN PIE -baked

Pastry – enriched wheat flour, vegetable oil (palm oil, soybean or canola oil and modified palm and palm kernel), water, sugar, dextrose, salt, baking powder, sodium propionate, potassium sorbate, natural and artificial flavour(contains dairy ingredients).

Filling – Pumpkin, water, liquid whole egg, sugar, skim milk powder, brown sugar, modified corn starch, vegetable oil (soybean and/or canola), spices (contains sulphites)salt, locust bean gum, carrageenan, potassium chloride, dextrose. May contain trace amount of nuts, soy products.

Nutritional Data

Per 1/8 of pie(1010 gr.)

Amount Per Serving

Calories	200	
Total Fat	8g	13%
Saturated	5g	26%
+ Trans	0.2g	
Cholesterol	20mg	
Sodium	15mg	1%
Carbohydrate	30 gr.	10%
Fibre	1g	5%
Sugar	10g	
Protein	2g	
Vitamin A		6%
Vitamin C		0%
Calcium		2%
Iron		4%

WENDELS GLUTEN FREE APPLE PIE -baked

Apples, water, butter, organic cane sugar, white rice flour, potato starch, organic brown cane sugar, tapioca starch, brown rice flour, flaxseed, corn starch, milk, lemon juice, cinnamon, agar, nutmeg, sea salt, citric acid. Contains: dairy

Nutritional Data

Per 1/8 of pie(1010 gr.)

Amount Per Serving

Calories	190	
Total Fat	8g	12%
Saturated	4.5g	23%
+ Trans	0.3g	
Cholesterol	15mg	
Sodium	115mg	9%
Carbohydrate	35 gr.	12%
Fibre	1g	5%
Sugar	15g	
Protein	2g	
Vitamin A		0%
Vitamin C		90%
Calcium		2%
Iron		4%

WENDELS GLUTEN FREE

Chocolate Chip Cookie Dough Pucks:

Chocolate Chips (sugar, cocoa mass, cocoa butter emulsifier (sunflower oil lecithin), natural vanilla flavouring), white rice flour, organic brown cane sugar, potato starch, organic cane sugar, water, soy flour (soybeans), corn starch, brown rice flour, organic vanilla extract (water, organic alcohol, organic vanilla beans), sea salt, baking powder, chia seeds, baking soda.
Contains Soy.

Nutritional Data

Per cookie (28g)

Amount Per Serving

Calories	120	
Total Fat	6g	10%
Saturated	3.5g	16%
+ Trans	0g	
Cholesterol	0mg	
Sodium	115mg	5%
Carbohydrate	15 gr.	5%
Fibre	1g	3%
Sugar	8g	
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		2%

3" Tart Shells:

Enriched Wheat flour, canola, modified palm and palm oil shortening, water, corn starch, corn flour, dextrose, salt, soya lecithin, protease enzyme, sodium propionate.
CONTAINS WHEAT AND SOY

Nutritional Data

Per shell (18g)

Amount Per Serving

Calories	80	
Total Fat	5g	8%
Saturated	1.5g	8%
+ Trans	0g	
Cholesterol	0mg	
Sodium	55mg	2%
Carbohydrate	8 gr.	3%
Fibre	0g	0%
Sugar	1g	
Protein	1g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

New York Cheesecake:

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, whole eggs, palm & canola margarine (contains milk), water, sugar, sugarcane fibre, modified milk ingredients, modified tapioca starch, natural flavor (contains milk).

Nutritional Data

Per ¼ cake (64g)

Amount Per Serving

Calories	210	
Total Fat	13g	20%
Saturated	7g	35%
+ Trans	0.2g	
Cholesterol	45mg	
Sodium	220mg	9%
Carbohydrate	21 gr.	7%
Fibre	1g	2%
Sugar	14g	
Protein	4g	
Vitamin A		15%
Vitamin C		0%
Calcium		4%
Iron		2%

Sugarplum Triple Chocolate Cheesecake

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, whole eggs, palm & canola margarine (contains milk), water, chocolate (sugar, chocolate liquor, cocoa butter, whole milk powder, black cocoa powder, soya lecithin, vanilla), sugarcane fiber, modified milk ingredients, modified tapioca starch.

Nutritional Data

Per ¼ cake (64g)

Amount Per Serving

Calories	220	
Total Fat	13g	21%
Saturated	7g	37%
+ Trans	0.2g	
Cholesterol	40mg	
Sodium	220mg	9%
Carbohydrate	22 gr.	7%
Fibre	1g	2%
Sugar	15g	
Protein	4g	
Vitamin A		10%
Vitamin C		0%
Calcium		4%
Iron		4%

Sugarplum Turtle Cheesecake 8"

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, whole eggs, palm & canola margarine (contains milk), chocolate (sugar, chocolate liquor, cocoa butter, whole milk powder, black cocoa powder, soya lecithin, vanilla), sugarcane fiber, dulce de leche (sugar, modified milk ingredients, water, corn syrup, vegetable oil (canola), sodium alginate, potassium sorbate, soya lecithin, mono and diglycerides (from soybean oil), sodium polyphosphate, pecans, glucose, modified milk ingredients, whipping cream (cream cellulose gum, milk solids, carrageenan), canola oil, modified tapioca starch, natural flavor (contains milk), artificial flavor, soy lethicin.

Nutritional Data	
Per ¼ cake (64g)	
Amount Per Serving	
Calories	210
Total Fat	13g 20%
Saturated	7g 35%
+ Trans	0.2g
Cholesterol	45mg
Sodium	220mg 9%
Carbohydrate	21 gr. 7%
Fibre	1g 2%
Sugar	14g
Protein	4g
Vitamin A	15 %
Vitamin C	0 %
Calcium	4 %
Iron	2 %

Sugarplum Strawberry Cheesecake 8"

Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum), graham crumbs (wheat flour, graham flour, palm oil, corn syrup, blackstrap molasses, salt, sodium bicarbonate), sugar, Strawberry filling (water, sugar, strawberries, modified tapioca starch, modified corn starch, citric acid, salt, colour, sodium benzoate, potassium sorbate), whole eggs, palm & canola margarine (contains milk), water, sugarcane fibre, modified milk ingredients, modified tapioca starch

Nutritional Data	
Per ¼ cake (64g)	
Amount Per Serving	
Calories	200
Total Fat	11g 18%
Saturated	6g 32%
+ Trans	0.2g
Cholesterol	10mg
Sodium	210mg 9%
Carbohydrate	22 gr. 7%
Fibre	0g 0%
Sugar	15g
Protein	3g
Vitamin A	15 %
Vitamin C	0 %
Calcium	6 %
Iron	2 %