



2022
Product
CATALOGUE



Best things in life are free from™/MC

Kinnikinnick's Promise



Crafting safe and scrumptious gluten-free baking since 1991, also **free from** dairy, nuts, peanuts and soy. Still family-owned, we're loved the world-over by those with celiac disease and on restricted diets.

Share the Best Things In Life with your family and friends, free from risk and worry.



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canadienne de la maladie cœliaque. Utilisée sous licence.



GROCERY AISLE

COOKIES ... 3

S'moreables® Graham Style Crackers
 Vanilla Wafers
 Montanas Chocolate Chip
 Ginger Snap
 KinniTOOS® Birthday Sandwich Crème
 KinniTOOS® Mint Magic Sandwich Crème
 KinniTOOS® CinnaBunFun Sandwich Crème
 KinniTOOS® Chocolate Sandwich Crème
 KinniTOOS® Vanilla Sandwich Crème
 KinniTOOS® Fudge Sandwich Crème
 KinniKritters® Chocolate Animal
 KinniKritters® Graham Style Animal
 KinniKritters® Vanilla Animal



MIXES ... 6

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 Angel Food Cake
 Chocolate Cake
 White Cake
 All Purpose Flour Blend
 Sugar Cookies



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FREEZER



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 English Muffins

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 Blueberry



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Coming soon! Powdered Sugar
 Cookies & Cream
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MUFFINS ... 19

Chocolate Chip
 Lemon Blueberry
 Quinoa Spice



WAFFLES ... 20

Original Homestyle
 Cinnamon Brown
 Sugar Homestyle
 Blueberry Homestyle

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GROCERY AISLE COOKIES



We're proud to change lives, one cookie at a time: Ours have been the most popular gluten-free favourites for decades, bringing you return store visits from loyal customers & new ones, seeking scrumptious allergy-friendly snacks.

S'moreables® Graham Style Crackers



Nutrition Facts Valeur nutritive	
Serving Size 2 Crackers (32 g) portion 2 craquelins (32 g)	
Calories 150	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g	5 %
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (brown sugar†, cane sugar, tapioca syrup, molasses†), Pea starch, Non-hydrogenated shortening (palm oil)†, Brown rice flour, Potato starch†, Sweet rice flour, Tapioca starch, Water, Rice bran, Salt, Sodium bicarbonate, Pea protein, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Mono calcium phosphate, Modified cellulose, Guar gum.
May contain: Egg
†Not a product of genetic engineering
‡RSPD Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



Vanilla Wafers



Nutrition Facts Valeur nutritive	
Serving Size 8 Cookies (36 g) portion 8 biscuits (36 g)	
Calories 160	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g	5 %
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 20 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Egg whites, White rice flour, Potato starch†, Non-hydrogenated shortening (palm oil)†, Pea starch, Tapioca starch, Cellulose, Water, Natural flavours, Salt, Baking powder, Modified cellulose, Sunflower lecithin, Beta-carotene.
†Not a product of genetic engineering
‡RSPD Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 180g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Montanas Chocolate Chip



Nutrition Facts Valeur nutritive	
Serving Size 4 Cookies (33 g) portion 4 biscuits (33 g)	
Calories 160	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (brown sugar†, cane sugar, dextrose†), Chocolate chips (sugar†, unsweetened chocolate, cocoa butter), Pea starch, Non-hydrogenated shortening (palm oil)†, Rice flour, Water, Potato starch†, Pea protein, Natural flavour, Salt, Canola oil, Baking powder, Modified cellulose, Sunflower lecithin, Pea fibre.
May contain: Egg
†Not a product of genetic engineering
‡RSPD Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.25"W 2.25"D
Shelf Life: 365 days



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Ginger Snap



Nutrition Facts Valeur nutritive

Serving Size 4 Cookies (32 g)
portion 4 biscuits (32 g)

Calories 150	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	7 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 150 mg	7 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, molasses†), White rice flour, Non-hydrogenated shortening (palm oil)‡, Potato starch†, Whole eggs, Tapioca starch, Water, Ginger, Salt, Cinnamon, Modified cellulose, Sodium bicarbonate, Allspice.

†Not a product of genetic engineering

‡RSPQ Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 190g

Pack: 6 per case

Unit Dim.: 8.25"H 5.25"W 2.25"D

Shelf Life: 240 days



KinniTOOS® Birthday Sandwich Crème



Nutrition Facts Valeur nutritive

Serving Size 2 Cookies (30 g)
portion 2 biscuits (30 g)

Calories 150	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 22 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 55 mg	2 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Non-hydrogenated shortening (palm oil)‡, Pea starch, Potato starch†, Rice flour, Cocoa powder, Water, Tapioca starch, Pea protein, Natural flavour, Salt, Pea fibre, Sunflower lecithin, Gum arabic, Inulin, Sodium bicarbonate, Modified cellulose, Spirulina extract, Red cabbage extract, Turmeric extract, Radish extract.

May contain: Egg

†Not a product of genetic engineering

‡RSPQ Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days

KinniTOOS® Mint Magic Sandwich Crème



Nutrition Facts Valeur nutritive

Serving Size 2 Cookies (30 g)
portion 2 biscuits (30 g)

Calories 150	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 22 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 55 mg	2 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Non-hydrogenated shortening (palm oil)‡, Pea starch, Potato starch†, Rice flour, Cocoa powder, Water, Tapioca starch, Pea protein, Natural flavour, Salt, Pea fibre, Sunflower lecithin, Gum arabic, Inulin, Sodium bicarbonate, Modified cellulose, Spirulina extract.

May contain: Egg

†Not a product of genetic engineering

‡RSPQ Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



KinniTOOS® CinnaBunFun Sandwich Crème



Nutrition Facts Valeur nutritive

Serving Size 2 Cookies (30 g)
portion 2 biscuits (30 g)

Calories 150	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 3 g	
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 0.4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 50 mg	2 %
Potassium 20 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, brown sugar†, tapioca syrup, molasses), Non-hydrogenated shortening (palm oil)‡, Rice flour, Pea starch, Potato starch†, Tapioca starch, Water, Cinnamon, Pea protein, Salt, Sunflower lecithin, Pea fiber, Natural flavour, Ginger, Inulin, Sodium bicarbonate, Modified cellulose, Beta carotene.

May contain: Egg

†Not a product of genetic engineering

‡RSPQ Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g

Pack: 6 per case

Unit Dim.: 7.5"H 5.5"W 1.75"D

Shelf Life: 365 days



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KinniTOOS® Chocolate Sandwich Crème



Nutrition Facts Valeur nutritive

Serving Size 3 Cookies (37 g)
portion 3 biscuits (37 g)

Calories 180	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 110 mg	5 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars [cane sugar, tapioca syrup], Non-hydrogenated shortening (palm oil)†, Pea starch, Potato starch†, White rice flour, Cocoa powder, Tapioca starch, Water, Pea protein, Salt, Natural flavour, Pea fibre, Sunflower lecithin, Inulin, Sodium bicarbonate, Modified cellulose.

May contain: Egg

†Not a product of genetic engineering

‡RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

KinniTOOS® Vanilla Sandwich Crème



Nutrition Facts Valeur nutritive

Serving Size 3 Cookies (37 g)
portion 3 biscuits (37 g)

Calories 180	% Daily Value*
Fat / Lipides 8 g	11 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 28 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 0.5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 60 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars [cane sugar, tapioca syrup], Non-hydrogenated shortening (palm oil)†, Pea starch, White rice flour, Potato starch†, Tapioca starch, Water, Pea protein, Salt, Sunflower lecithin, Natural flavour, Pea fibre, Inulin, Sodium bicarbonate, Modified cellulose, Beta-carotene.

May contain: Egg

†Not a product of genetic engineering

‡RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

KinniTOOS® Fudge Sandwich Crème



Nutrition Facts Valeur nutritive

Serving Size 3 Cookies (37 g)
portion 3 biscuits (37 g)

Calories 180	% Daily Value*
Fat / Lipides 8 g	11 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 65 mg	3 %
Potassium 100 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars [cane sugar, tapioca syrup], Non-hydrogenated shortening (palm oil)†, Pea starch, White rice flour, Potato starch†, Cocoa powder, Tapioca starch, Water, Pea protein, Salt, Sunflower lecithin, Natural flavour, Pea fibre, Inulin, Sodium bicarbonate, Modified cellulose.

May contain: Egg

†Not a product of genetic engineering

‡RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

KinniKritters® Chocolate Animal



Nutrition Facts Valeur nutritive

Serving Size 12 Cookies (30 g)
portion 12 biscuits (30 g)

Calories 140	% Daily Value*
Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 100 mg	4 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.75 mg	4 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars [cane sugar, tapioca syrup], Pea starch, Potato starch†, Non-hydrogenated shortening (palm oil)†, White rice flour, Water, Tapioca starch, Cocoa powder, Pea protein, Modified cellulose, Salt, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Sodium bicarbonate.

May contain: Egg

†Not a product of genetic engineering

‡RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



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KinniKritters® Graham Style Animal



Nutrition Facts
Valeur nutritive

Serving Size 12 Cookies (30 g)
portion 12 biscuits (30 g)

Calories 140	% Daily Value*
Fat / Lipides 5 g	% valeur quotidienne*
Saturated / saturés 2.5 g	7 %
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 125 mg	5 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars [brown sugar†, cane sugar, tapioca syrup, molasses†], Pea starch, Non-hydrogenated shortening [palm oil]‡, Brown rice flour, Potato starch†, Sweet rice flour, Tapioca starch, Water, Rice bran, Salt, Sodium bicarbonate, Pea protein, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Mono calcium phosphate, Modified cellulose, Guar gum.

May contain: Egg

†Not a product of genetic engineering
‡RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



KinniKritters® Vanilla Animal



Nutrition Facts
Valeur nutritive

Serving Size 12 Cookies (30 g)
portion 12 biscuits (30 g)

Calories 140	% Daily Value*
Fat / Lipides 4.5 g	% valeur quotidienne*
Saturated / saturés 2 g	6 %
+ Trans / trans 0 g	10 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 85 mg	4 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars [cane sugar, tapioca syrup], Pea starch, Potato starch†, Non-hydrogenated shortening [palm oil]‡, White rice flour, Tapioca starch, Water, Pea protein, Salt, Pea fibre, Natural flavour, Modified cellulose, Inulin, Sodium bicarbonate, Sunflower lecithin, Beta-carotene.

May contain: Egg

†Not a product of genetic engineering
‡RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 220g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



GROCERY AISLE MIXES



Baked for sharing, our mixes are so good most people can't tell they're gluten-free. Pancake & Waffle Mix is a must-have, because families love it, allergic or not. Rachel Ray's Magazine tried 'em all and voted ours the best on the market.



Pancake & Waffle



Nutrition Facts
Valeur nutritive

Serving Size 1/3 Cup (40 g)
portion 1/3 tasse (40 g)

Calories 140	% Daily Value*
Fat / Lipides 0 g	% valeur quotidienne*
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 33 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 480 mg	21 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.2 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Pea starch, White rice flour, Sugars [cane sugar, dextrose*], Tapioca starch, Chickpea flour, Baking powder, Inulin, Pea protein, Corn starch*, Pea fibre, Salt, Cream of tartar, Sodium bicarbonate, Modified cellulose, Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 454g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



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Angel Food Cake



Nutrition Facts Valeur nutritive

Serving Size 3 tbsp (45 g)
portion 3 c. à soupe (45 g)

Calories 170	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 42 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 28 g	28 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 25 mg	1 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Cane sugar, Potato starch*, White rice flour, Cream of tartar, Salt.

May contain: Egg

*Not a product of genetic engineering

Chocolate Cake



Nutrition Facts Valeur nutritive

Serving Size 3 tbsp (33 g)
portion 3 c. à soupe (33 g)

Calories 120	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 1 g	1 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 28 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12 %
Potassium 125 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Cane sugar, Potato starch*, White rice flour, Cocoa powder, Sweet rice flour, Baking powder, Salt, Pea protein, Sodium bicarbonate, Modified cellulose, Pea starch.

May contain: Egg

*Not a product of genetic engineering

White Cake



Nutrition Facts Valeur nutritive

Serving Size 3 tbsp (33 g)
portion 3 c. à soupe (33 g)

Calories 120	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 29 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 10 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Cane sugar, Potato starch*, White rice flour, Sweet rice flour, Baking powder, Salt, Pea protein, Sodium bicarbonate, Modified cellulose, Pea starch.

May contain: Egg

*Not a product of genetic engineering

All Purpose Flour Blend



Nutrition Facts Valeur nutritive

Serving Size 3 tbsp (30 g)
portion 3 c. à soupe (30 g)

Calories 100	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 25 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 15 mg	1 %
Potassium 20 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: White rice flour, Potato starch*, Tapioca starch, Guar gum, Modified cellulose.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 450g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 500g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 500g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 454g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

Vegan

Vegan



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Sugar Cookie



Nutrition Facts Valeur nutritive

Serving Size 3 tbsp (30 g)
portion 3 c. à soupe (30 g)

Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.2 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 22 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: White rice flour, Cane sugar, Tapioca starch, Pea protein, Xanthan gum*, Baking powder, Sodium bicarbonate, Salt.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

GROCERY AISLE

CROUTONS AND STUFFING MIX



Excite you salads with a crunch of garlic and herbs. Our famous bread got a makeover that'll turn a plain bowl into something special.

Our Traditional Stuffing Mix takes minutes on the stove. Or turn it into a gourmet dish using family-favourite recipes.



Herb & Garlic Croutons



Nutrition Facts Valeur nutritive

About 8 pcs (7 g)
environ 8 morceaux (7 g)

Calories 30	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 5 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 75 mg	3 %
Potassium 10 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.03 mg	2 %
Niacin / Niacine 0.5 mg	3 %
Folate 10 µg DFE / ÉFA	4 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Water, High oleic canola oil*, Cane sugar, Yeast, Spices, Salt, Modified cellulose, Psyllium, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamins and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Rosemary extract, Ascorbic acid.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.

Traditional Stuffing Mix



Nutrition Facts / Valeur nutritive

Per 2/3 cup (37g) / pour 2/3 de tasse (37g)
About 1 cup prepared / environ 1 tasse préparé

	As sold Tel que vendu	Prepared* Préparé
Calories	140	190
	% Daily Value*	% valeur quotidienne*
Fat / Lipides 2.5 g ¹	3 %	9 %
Saturated / saturés 0.2 g	1 %	15 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 30 g		
Fibre / Fibres 2 g	7 %	7 %
Sugars / Sucres 1 g	1 %	1 %
Protein / Protéines 1 g		
Cholesterol / Cholestérol 0 mg		
Sodium 490 mg	21 %	23 %
Potassium 75 mg	2 %	2 %
Calcium 30 mg	2 %	2 %
Iron / Fer 1.5 mg	8 %	8 %
Thiamine 0.23 mg	19 %	19 %
Riboflavin / Riboflavine 0.12 mg	9 %	9 %
Niacin / Niacine 2.25 mg	14 %	14 %
Folate 25 µg DFE / ÉFA	6 %	6 %

* Amount in food as sold / Teneur de l'aliment tel que vendu.

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Water, High oleic canola oil*, Cane sugar, Salt, Modified cellulose, Yeast, Herbs (thyme, sage, rosemary, parsley), Psyllium, Onion, Garlic, Milled flaxseed, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Spices, Beta carotene, Rosemary extract, Ascorbic acid.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 454g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days



NET WT 140g
Pack: 6 per case
Unit Dim.: 7.5"H 5.25"W 2.25"D
Shelf Life: 240 days



NET WT 185g
Pack: 6 per case
Unit Dim.: 8"H 5"W 3"D
Shelf Life: 240 days



Kinnikinnick Foods Inc.

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GROCERY AISLE

BAKING PRODUCTS



We get accolades for these, even from those who can eat gluten. Free from the Top 8 allergens and vegan too.

Graham & Chocolate Crumbs are the perfect pantry addition for making cookies and desserts.

There's no crispier, browns-better gluten-free Panko on the market. A seasonal favourite at Christmas and Easter, year-round for Mac 'n Cheese and au gratin dishes.

Panko Style Bread Crumbs



Nutrition Facts Valeur nutritive	
Serving Size 1/4 cup (30 g) portion 1/4 tasse (30 g)	
Calories 120	% Daily Value*
Fat / Lipides 1.5 g	% valeur quotidienne*
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 20 mg	0 %
Calcium 50 mg	4 %
Iron / Fer 0.5 mg	3 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Pea starch, Water, Tapioca starch, White rice flour, Pea protein, Canola oil*, Sugars (Dextrose*), Baking powder, Pea fibre, Salt, Modified cellulose.

May contain: Egg
*Not a product of genetic engineering

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 350g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 240 days

Vegan

Graham Style Cracker Crumbs



Nutrition Facts Valeur nutritive	
Serving Size 1/4 Cup (30 g) portion 1/4 tasse (30 g)	
Calories 140	% Daily Value*
Fat / Lipides 5 g	% valeur quotidienne*
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 120 mg	5 %
Potassium 65 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (brown sugar*, cane sugar, tapioca syrup, molasses*), Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Brown rice flour, Potato starch*, Sweet rice flour, Tapioca starch, Water, Rice bran, Salt, Sodium bicarbonate, Pea protein, Natural flavour, Pea fibre, Inulin, Sunflower lecithin, Mono calcium phosphate, Modified cellulose, Guar gum.

May contain: Egg
*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 300g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan

Chocolate Cookie Crumbs



Nutrition Facts Valeur nutritive	
Serving Size 1/4 Cup (30 g) portion 1/4 tasse (30 g)	
Calories 140	% Daily Value*
Fat / Lipides 6 g	% valeur quotidienne*
Saturated / saturés 2.5 g	7 %
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 22 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 130 mg	6 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (cane sugar, tapioca syrup), Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Potato starch*, White rice flour, Cocoa powder, Water, Tapioca starch, Pea protein, Salt, Pea fibre, Natural flavour, Inulin, Sodium bicarbonate, Sunflower lecithin, Modified cellulose.

May contain: Egg
*Not a product of genetic engineering

†RSPO Certified

INSTRUCTIONS: Store in a sealed container in a cool, dry place.



NET WT 300g
Pack: 6 per case
Unit Dim.: 7.5"H 5.5"W 1.75"D
Shelf Life: 365 days

Vegan



Kinnikinnick Foods Inc.

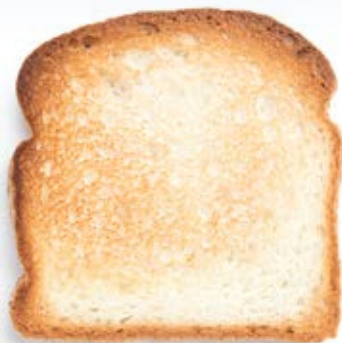
Toll free: +1 (877) 503-4466

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FREEZER BREADS



Free from the Top 8 allergens, super soft, scrumptious and safe for anyone, including the vegan market. Our most popular, White and Multigrain, are a must in any freezer set dedicated to repeat purchasers.

White Wide Loaf



Nutrition Facts Valeur nutritive	
Per 1 Slice (41 g) pour 1 tranche (41 g)	
Calories 100	% Daily Value*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 180 mg	8 %
Potassium 30 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %
Vitamin D / Vitamine D 0 µg	0 %
Thiamine 0.13 mg	11 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.4 mg	9 %
Folate 12 µg DFE / ÉFA	3 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Cane sugar, to Canola oil* and/or sunflower oil, Modified cellulose, Psyllium, Chia seeds, Salt, Quinoa, Yeast, Carrot fibre, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering
INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 615g
Pack: 6 per case
Unit Dim.: 7.5"H 5"W 4.5"D
Shelf Life: 240 days
KEEP FROZEN



Seeded Wide Loaf



Nutrition Facts Valeur nutritive	
Per 1 Slice (41 g) pour 1 tranche (41 g)	
Calories 100	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 190 mg	8 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Vitamin D / Vitamine D 0 µg	0 %
Thiamine 0.13 mg	11 %
Riboflavin / Riboflavine 0.11 mg	8 %
Niacin / Niacine 1.53 mg	10 %
Folate 12 µg DFE / ÉFA	3 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch, teff flour), Sugars (cane sugar, molasses*), Canola oil* and/or sunflower oil, Hemp seeds, Chia seeds, Modified cellulose, Milled flaxseed, Psyllium, Salt, Quinoa, Flax seeds, Yeast, Carrot fibre, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering
INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 615g
Pack: 6 per case
Unit Dim.: 7.5"H 5"W 4.5"D
Shelf Life: 240 days
KEEP FROZEN



White



Nutrition Facts Valeur nutritive	
Serving Size 2 Slices (57 g) portion 2 tranches (57 g)	
Calories 140	% Daily Value*
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 30 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 270 mg	12 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.075 mg	6 %
Riboflavin / Riboflavine 0.075 mg	6 %
Niacin / Niacine 1.5 mg	9 %
Folate 25 µg DFE / ÉFA	8 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Water, Cane sugar, Canola oil* and/or sunflower oil, Modified cellulose, Psyllium, Salt, Yeast, Milled flaxseed, Cultured corn syrup solids*, Natural Flavour, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering
INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 454g
Pack: 6 per case
Unit Dim.: 8.25"H 4"W 4.5"D
Shelf Life: 240 days
KEEP FROZEN



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Multigrain



Nutrition Facts Valeur nutritive

Serving Size 2 Slices (57 g)
portion 2 tranches (57 g)

Calories 150 % Daily Value*
% valeur quotidienne*

Fat / Lipides 3.5 g 5 %
Saturated / saturés 0.3 g 2 %
+ Trans / trans 0 g

Carbohydrate / Glucides 29 g
Fibre / Fibres 2 g 7 %
Sugars / Sucres 2 g 2 %

Protein / Protéines 2 g

Cholesterol / Cholestérol 0 mg

Sodium 270 mg 12 %

Potassium 75 mg 2 %

Calcium 30 mg 2 %

Iron / Fer 1 mg 6 %

Thiamine 0.075 mg 6 %

Riboflavin / Riboflavine 0.075 mg 6 %

Niacin / Niacine 1.5 mg 9 %

Folate 30 µg DFE / ÉFA 8 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Whole Grain



Nutrition Facts Valeur nutritive

Serving Size 2 Slices (63 g)
portion 2 tranches (63 g)

Calories 160 % Daily Value*
% valeur quotidienne*

Fat / Lipides 2.5 g 3 %
Saturated / saturés 0 g 0 %
+ Trans / trans 0 g

Carbohydrate / Glucides 33 g
Fibre / Fibres 2 g 7 %
Sugars / Sucres 2 g 2 %

Protein / Protéines 1 g

Cholesterol / Cholestérol 0 mg

Sodium 270 mg 12 %

Potassium 50 mg 1 %

Calcium 30 mg 2 %

Iron / Fer 0.75 mg 4 %

Thiamine 0.1 mg 8 %

Riboflavin / Riboflavine 0.1 mg 8 %

Niacin / Niacine 1.5 mg 9 %

Folate 35 µg DFE / ÉFA 9 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Cinnamon Raisin



Nutrition Facts Valeur nutritive

Serving Size 2 Slices (70 g)
portion 2 tranches (70 g)

Calories 170 % Daily Value*
% valeur quotidienne*

Fat / Lipides 2 g 3 %
Saturated / saturés 0 g 0 %
+ Trans / trans 0 g

Carbohydrate / Glucides 39 g
Fibre / Fibres 3 g 11 %
Sugars / Sucres 8 g 8 %

Protein / Protéines 1 g

Cholesterol / Cholestérol 0 mg

Sodium 280 mg 12 %

Potassium 150 mg 3 %

Calcium 40 mg 3 %

Iron / Fer 1 mg 6 %

Thiamine 0.1 mg 8 %

Riboflavin / Riboflavine 0.1 mg 8 %

Niacin / Niacine 1.75 mg 11 %

Folate 40 µg DFE / ÉFA 10 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Best things
in life are
free from™

Produced in a dedicated
facility **free from** gluten,
wheat, dairy, peanuts,
tree nuts and soy.

Gluten-free
has never tasted
so good*

INGREDIENTS: Water, Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch, teff flour), Sugars (cane sugar, molasses*), Canola oil* and/or sunflower oil, Sunflower seeds, Quinoa, Flax seeds, Modified cellulose, Psyllium, Milled flaxseed, Salt, Yeast, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch, teff flour), Water, Sugars (cane sugar, molasses*), Canola oil* and/or sunflower oil, Modified cellulose, Psyllium, Salt, Yeast, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.

INGREDIENTS: Water, Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Raisins, Cane sugar, Canola oil* and/or sunflower oil, Modified cellulose, Psyllium, Salt, Yeast, Cinnamon, Cultured corn syrup solids*, Citric acid, Milled flaxseed, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



6 20133 00045 8

NET WT 454g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

KEEP FROZEN



6 20133 00076 2

NET WT 504g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

KEEP FROZEN



6 20133 00080 9

NET WT 560g

Pack: 6 per case

Unit Dim.: 8.25"H 4"W 4.5"D

Shelf Life: 240 days

KEEP FROZEN



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FREEZER BUNS & ROLLS



Ever-popular all year round, sales jump when everyone's filling up on road-trips, picnics, & eating outdoors. Make sure your shelves are stocked for hot summer sales.

Hamburger Buns



Nutrition Facts Valeur nutritive	
Serving Size 1 Bun (61 g) portion 1 petit pain (61 g)	
Calories 150	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 32 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 290 mg	13 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 35 µg DFE / ÉFA	9 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Water, Cane sugar, Canola oil* and/or sunflower oil, Modified cellulose, Psyllium, Salt, Yeast, Milled flaxseed, Cultured corn syrup solids*, Natural flavour, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering
INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 245g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN



Hotdog Buns



Nutrition Facts Valeur nutritive	
Serving Size 1 Bun (71 g) portion 1 petit pain (71 g)	
Calories 180	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 330 mg	14 %
Potassium 40 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.75 mg	11 %
Folate 40 µg DFE / ÉFA	10 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, rice flour, rice starch), Water, Cane sugar, Canola oil* and/or sunflower oil, Modified cellulose, Psyllium, Salt, Yeast, Milled flaxseed, Cultured corn syrup solids*, Natural flavour, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

May contain: Egg

*Not a product of genetic engineering
INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 285g
Pack: 6 per case
Unit Dim.: 6"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN



Artisan Dinner Rolls



Nutrition Facts Valeur nutritive	
Serving Size 1 Roll (49 g) portion 1 petit pain (49 g)	
Calories 130	% Daily Value*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.1 g	
+ Trans / trans 0 g	1 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 230 mg	10 %
Potassium 20 mg	0 %
Calcium 20 mg	2 %
Iron / Fer 2 mg	11 %
Thiamine 0.12 mg	10 %
Riboflavin / Riboflavine 0.08 mg	6 %
Niacin / Niacine 1 mg	6 %
Folate 15 µg DFE / ÉFA	4 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Gluten-free flour blend (modified tapioca starch, potato starch*, white rice flour, brown rice flour, rice starch), Water, Cane sugar, Canola oil*, Modified cellulose, Psyllium, Salt, Yeast, Milled flaxseed, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results thaw buns for 20 minutes on the counter.
Oven/Toaster Oven: Preheat to 350°F/177°C. Bake for 5-7 minutes. Serve within 2-3 minutes.

Microwave: Microwave on high for 10-15 seconds and serve immediately.

Caution: Buns may be hot when they first come out of the oven or microwave.



NET WT 94g
Pack: 6 per case
Unit Dim.: 7.5"H 5"W 4.125"D
Shelf Life: 240 days

KEEP FROZEN



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Traditional English Muffins



Nutrition Facts Valeur nutritive

Per 1 muffin (59 g)
pour 1 muffin (59 g)

Calories 140	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 29 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 330 mg	14 %
Potassium 125 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.225 mg	19 %
Riboflavin / Riboflavine 0.125 mg	10 %
Niacin / Niacine 2 mg	13 %
Folate 30 mcg	8 %

*5% or less is a little, 15% or more is a lot /

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Water, Gluten-free flour blend (rice flour, potato starch*, modified tapioca starch, rice starch, chickpea flour, modified corn starch), Cane sugar, Palm oil†, Canola oil*, Psyllium, Yeast, Sodium phosphate, Pea fiber, Sodium bicarbonate, Pea protein, Cream of tartar, Cultured corn syrup solids*, Citric acid*, Modified cellulose, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



6 20133 00054 0

NET WT 354g

Pack: 6 per case

Unit Dim.: 7.5"H 4.75"W 3.625"D

Shelf Life: 240 days

KEEP FROZEN



English Muffins



Nutrition Facts Valeur nutritive

Serving Size 1 Bun (94 g)
portion 1 petit pain (94 g)

Calories 240	% Daily Value*
Fat / Lipides 4 g	5 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 47 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 360 mg	16 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %
Thiamine 0.35 mg	29 %
Riboflavin / Riboflavine 0.3 mg	23 %
Niacin / Niacine 3 mg	19 %
Folate 30 mcg	8 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Water, White rice flour, Egg whites, Tapioca starch, Potato starch*, Sugars [cane sugar, dextrose], Yeast, Canola oil*, Polydextrose, Modified cellulose, Salt, Pea protein, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid).

*Not a product of genetic engineering

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



6 20133 00050 2

NET WT 375g

Pack: 6 per case

Unit Dim.: 8"H 4"W 4"D

Shelf Life: 240 days

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since 1991



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in life are



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FREEZER BAGELS

Plain



Nutrition Facts Valeur nutritive	
Serving Size 1 Bagel (86 g) portion 1 bagel (86 g)	
Calories 240	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 42 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 25 mcg	6 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, White rice flour, Potato starch*, Tapioca starch, Canola oil*, Cellulose, Corn starch*, Sugars (fructose*), Psyllium, Non-hydrogenated shortening (palm oil, modified palm oil)†, Modified cellulose, Yeast, Salt, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Enzymes.

May contain: Egg

*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 344g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Cinnamon Raisin



Nutrition Facts Valeur nutritive	
Serving Size 1 Bagel (88 g) portion 1 bagel (88 g)	
Calories 250	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 47 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 210 mg	9 %
Potassium 150 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %
Thiamine 0.125 mg	10 %
Riboflavin / Riboflavine 0.1 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 15 mcg	4 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, White rice flour, Potato starch*, Raisins, Tapioca starch, Canola oil*, Cellulose, Corn starch*, Sugars (fructose*), Psyllium, Non-hydrogenated shortening (palm oil, modified palm oil)†, Yeast, Modified cellulose, Cinnamon, Salt, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Enzymes.

May contain: Egg

*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 352g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Blueberry



Nutrition Facts Valeur nutritive	
Serving Size 1 Bagel (86 g) portion 1 bagel (86 g)	
Calories 240	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 47 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1 mg	6 %
Thiamine 0.1 mg	8 %
Riboflavin / Riboflavine 0.125 mg	10 %
Niacin / Niacine 1.75 mg	11 %
Folate 20 mcg	5 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, White rice flour, Potato starch*, Tapioca starch, Blueberries, Canola oil*, Cellulose, Corn starch*, Sugars (fructose*), Psyllium, Non-hydrogenated shortening (palm oil, modified palm oil)†, Natural flavour, Yeast, Modified cellulose, Salt, Cultured corn syrup solids*, Citric acid, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Enzymes.

May contain: Egg

*Not a product of genetic engineering
†RSPO Certified

INSTRUCTIONS: KEEP FROZEN. For best results warm or toast before serving.



NET WT 344g
Pack: 6 per case
Unit Dim.: 7"H 4"W 4"D
Shelf Life: 240 days

KEEP FROZEN

Vegan



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FREEZER DONUTS

powdered Sugar



Nutrition Facts Valeur nutritive	
Serving Size 1 Donut (53 g) portion 1 beigne (53 g)	
Calories 220	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 170 mg	7 %
Potassium 30 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

INGREDIENTS: Sugars [cane sugar, dextrose†, rice syrup, fruit juice], Rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, **Whole eggs**, Water, Oligofructose, Pea protein, **Egg whites**, Yeast, Baking powder, Xanthan gum†, Salt, Cellulose, Glucono delta lactone, Nutmeg.

*Not a product of genetic engineering
†RSPQ Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 300g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN

cookies & Cream



Nutrition Facts Valeur nutritive	
Serving Size 1 Donut (53 g) portion 1 beigne (53 g)	
Calories 210	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 190 mg	8 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %

INGREDIENTS: Sugars [cane sugar, sucrose*, corn syrup*, rice syrup, fruit juice], White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, **Whole eggs**, Water, Oligofructose, Yeast, Pea protein, **Egg whites**, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Sodium bicarbonate, Natural flavour, Caramel.

*Not a product of genetic engineering
†RSPQ Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 320g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN

Chocolate Dipped



Nutrition Facts Valeur nutritive	
Serving Size 1 Donut (53 g) portion 1 beigne (53 g)	
Calories 210	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 190 mg	8 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %

INGREDIENTS: Sugars [cane sugar, sucrose*, corn syrup*, rice syrup, fruit juice], White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, **Whole eggs**, Water, Oligofructose, Yeast, Pea protein, **Egg whites**, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Cocoa powder, Glucono delta lactone, Sodium bicarbonate, Nutmeg.

*Not a product of genetic engineering
†RSPQ Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 320g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN

North America's #1
top selling
gluten-free donut.
A must-have along-
side muffins and
waffles to complete
the breakfast
section—All perfect
grab 'n go items too.
Guaranteed to bring
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loyal to your store as
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Cinnamon Sugar



Nutrition Facts Valeur nutritive

Serving Size 1 Donut (45 g)
portion 1 beigne (45 g)

Calories 190	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	13 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 200 mg	9 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Whole eggs, Water, Oligofructose, Yeast, Pea protein, Egg whites, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Cinnamon, Sodium bicarbonate, Nutmeg.

*Not a product of genetic engineering
†RSPQ Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 270g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN

Vanilla Glazed



Nutrition Facts Valeur nutritive

Serving Size 1 Donut (53 g)
portion 1 beigne (53 g)

Calories 220	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 170 mg	7 %
Potassium 30 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, sucrose*, corn syrup* rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Whole eggs, Water, Oligofructose, Yeast, Pea protein, Egg whites, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Sodium bicarbonate, Nutmeg, Natural flavour.

*Not a product of genetic engineering
†RSPQ Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 320g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN

Maple Glazed



Nutrition Facts Valeur nutritive

Serving Size 1 Donut (53 g)
portion 1 beigne (53 g)

Calories 210	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 15 mg	
Sodium 210 mg	9 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Sugars (cane sugar, sucrose*, corn syrup*, rice syrup, fruit juice), White rice flour, Tapioca starch, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Whole eggs, Water, Oligofructose, Yeast, Pea protein, Egg whites, Xanthan gum*, Salt, Rice bran extract, Cellulose, Baking powder, Glucono delta lactone, Sodium bicarbonate, Natural flavour, Caramel.

*Not a product of genetic engineering
†RSPQ Certified

INSTRUCTIONS: Keep frozen for best quality, thaw to serve. Warm or microwave to enhance taste and texture for 10-15 seconds on high.

CAUTION: Icing may be hot after warming.



NET WT 320g
Pack: 8 per case
Unit Dim.: 7.5"H 5"W 2.75"D
Shelf Life: 240 days
KEEP FROZEN



Coming soon!



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FREEZER CRUSTS

Pizza



Nutrition Facts Valeur nutritive	
Per ½ pizza crust (75 g) pour ½ croûte à pizza (75 g)	
Calories 230	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 39 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 440 mg	19 %
Potassium 100 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, White rice flour, Potato starch*, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Yeast, Cane sugar, Pea starch, Chickpea flour, Pea fibre, Modified cellulose, Salt, Psyllium, Sodium bicarbonate, Glucono delta lactone, Sodium acid pyrophosphate, Cultured corn syrup solids*, Citric acid.

May contain: Egg

*Not a product of genetic engineering

†RSPD Certified

Flatbread



Nutrition Facts Valeur nutritive	
Per 1/2 flatbread (72 g) pour 1/2 pain plat (72 g)	
Calories 220	% Daily Value*
Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 420 mg	18 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Water, White rice flour, Potato starch*, Non-hydrogenated shortening (palm oil)†, Sweet rice flour, Yeast, Cane sugar, Pea starch, Chickpea flour, Pea fibre, Modified cellulose, Salt, Psyllium, Sodium bicarbonate, Glucono delta lactone, Sodium acid pyrophosphate, Cultured corn syrup solids*, Citric acid.

May contain: Egg

*Not a product of genetic engineering

†RSPD Certified

Pie



Nutrition Facts Valeur nutritive	
Per 1/8 crust (24 g) pour 1/8 croûte (24 g)	
Calories 100	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 12 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 115 mg	5 %
Potassium 20 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: White rice flour, Non-hydrogenated shortening (palm oil)†, Water, Potato starch*, Tapioca starch, Cane sugar, Chickpea flour, Salt, Xanthan gum*, Modified cellulose.

May contain: Egg

*Not a product of genetic engineering

†RSPD Certified



We blush with all the compliments we get for our tender, super-flaky Pie Crusts everyone loves. So easy to use. People who don't know they're gluten-free can't tell the difference.

Same goes for our pizzas & flatbreads. Everyone loves the taste, texture and how well they hold all those favourite toppings.



NET WT 300g
Pack: 6 per case
Unit Dim.: 7.5"H 7"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN



NET WT 288g
Pack: 6 per case
Unit Dim.: 3"H 5"W 10"D
Shelf Life: 365 days

KEEP FROZEN



NET WT 390g
Pack: 6 per case
Unit Dim.: 9.5"H 9.5"W 1.75"D
Shelf Life: 240 days

KEEP FROZEN



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Tart Shells



#freefrom Top 8 allergens

 **Vegan**

Nutrition Facts Valeur nutritive

Per 1 unbaked shell (20 g)
pour 1 croûte non cuite (20 g)

Calories 80	% Daily Value*
Fat / Lipides 5 g	% valeur quotidienne*
Saturated / saturés 2.5 g	7 %
+ Trans / trans 0 g	13 %
Carbohydrate / Glucides 10 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 95 mg	4 %
Potassium 20 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %

*5% or less is a little, 15% or more is
a lot / *5% ou moins c'est peu, 15% ou
plus c'est beaucoup

INGREDIENTS: White rice flour,
Non-hydrogenated shortening
(palm oil)†, Water, Potato starch*,
Tapioca starch, Cane sugar,
Chickpea flour, Salt, Xanthan gum*,
Modified cellulose.

May contain: Egg

*Not a product of genetic
engineering

†RSPO Certified



6 20133 00598 9

NET WT 240g

Pack: 8 per case

Unit Dim.: 2.87"H 3"W 6"D

Shelf Life: 365 days

KEEP FROZEN

 **Vegan**



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FREEZER MUFFINS



Individually wrapped, these muffins are the perfect size for grab 'n go breakfast, snacks or lunch boxes. From catering to camping, allergy-aware customers love these ever-popular flavours.



Nutrition Facts Valeur nutritive	
Per 1 muffin (62 g) pour 1 muffin (62 g)	
Calories 240	% Daily Value*
Fat / Lipides 11 g	% valeur quotidienne*
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	15 %
Carbohydrate / Glucides 31 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 55 mg	
Sodium 180 mg	8 %
Potassium 50 mg	1 %
Calcium 38 mg	3 %
Iron / Fer 1.25 mg	7 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.2 mg	15 %
Niacin / Niacine 1.25 mg	8 %
Folate 10 mcg	3 %
*5% or less is a little, 15% or more is a lot /	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (cane sugar, apple purée, tapioca syrup), **Whole eggs**, White rice flour, Chocolate chips (sugar, cocoa mass, cocoa butter, sunflower lecithin, natural flavour), Water, Canola oil*, Pea starch, Non-hydrogenated shortening (palm oil, modified palm oil)†, Baking powder, Corn starch*, Flax meal, Cellulose, Modified cellulose, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Sunflower lecithin, Enzymes, Natural flavour.

*Not a product of genetic engineering
†RSPD Certified

INSTRUCTIONS: Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!



NET WT 248g
Pack: 6 per case
Unit Dim.: 6.75"H 6.75"W 2.375"D
Shelf Life: 365 days
KEEP FROZEN



Nutrition Facts Valeur nutritive	
Per 1 muffin (62 g) pour 1 muffin (62 g)	
Calories 190	% Daily Value*
Fat / Lipides 6 g	% valeur quotidienne*
Saturated / saturés 1 g	8 %
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 31 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 50 mg	
Sodium 180 mg	8 %
Potassium 40 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.5 mg	3 %
Thiamine 0.05 mg	4 %
Riboflavin / Riboflavine 0.2 mg	15 %
Niacin / Niacine 1.25 mg	8 %
Folate 10 mcg	3 %
*5% or less is a little, 15% or more is a lot /	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (cane sugar, tapioca syrup), **Whole eggs**, Blueberries, White rice flour, Pea starch, Water, Canola oil*, Glycerin, Baking powder, Corn starch*, Cellulose, Modified cellulose, Flax meal, Natural flavour, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Sunflower lecithin, Enzymes.

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!



NET WT 248g
Pack: 6 per case
Unit Dim.: 6.75"H 6.75"W 2.375"D
Shelf Life: 365 days
KEEP FROZEN



Nutrition Facts Valeur nutritive	
Per 1 muffin (60 g) pour 1 muffin (60 g)	
Calories 190	% Daily Value*
Fat / Lipides 7 g	% valeur quotidienne*
Saturated / saturés 1 g	9 %
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 30 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 45 mg	
Sodium 170 mg	7 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %
Thiamine 0.10 mg	8 %
Riboflavin / Riboflavine 0.10 mg	8 %
Niacin / Niacine 1.5 mg	9 %
Folate 10 mcg	3 %
*5% or less is a little, 15% or more is a lot /	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

INGREDIENTS: Sugars (brown sugar*, apple purée, tapioca syrup), **Whole eggs**, Water, Brown rice flour, Canola oil*, Pea starch, Quinoa flakes, Glycerin, Corn starch*, Baking powder, Spices, Flax meal, Modified cellulose, Salt, Cellulose, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Sunflower lecithin, Enzymes, Natural flavour.

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen. Thaw at room temperature or remove from packaging and warm in a microwave for 15-20 seconds. Enjoy!



NET WT 240g
Pack: 6 per case
Unit Dim.: 6.75"H 6.75"W 2.375"D
Shelf Life: 365 days
KEEP FROZEN



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FREEZER WAFFLES



With a chewy outside and fluffy middle, these gems have a wonderful moist texture and really pleasant taste.

We blindfold-tested this New & Improved recipe against the best-selling gluten-free frozen waffle and a massive 78% said they preferred our new recipe. Impressive numbers to boost your sales.

Original Homestyle



Nutrition Facts Valeur nutritive

Serving Size 2 waffles (74 g)
portion 2 gaufres (74 g)

Calories 210	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 150 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Thiamine 0.25 mg	21 %
Riboflavin / Riboflavine 0.225 mg	17 %
Niacin / Niacine 3.5 mg	22 %
Folate 50 mcg	13 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Brown rice flour, Potato starch*, Canola oil*, Sugars (cane sugar, brown sugar*, dextrose*), Tapioca starch, White rice flour, Cellulose, Corn starch*, Chickpea flour, Sodium bicarbonate, Mono calcium phosphate, Pea fibre, Cream of tartar, Sodium acid pyrophosphate, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Modified cellulose, Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.



NET WT 222g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Cinnamon Brown Sugar Homestyle



Nutrition Facts Valeur nutritive

Serving Size 2 waffles (74 g)
portion 2 gaufres (74 g)

Calories 210	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 38 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 150 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Thiamine 0.25 mg	21 %
Riboflavin / Riboflavine 0.225 mg	17 %
Niacin / Niacine 3.5 mg	22 %
Folate 50 mcg	13 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Brown rice flour, Potato starch*, Canola oil*, Sugars (cane sugar, brown sugar*, dextrose*), Tapioca starch, White rice flour, Cellulose, Corn starch*, Chickpea flour, Sodium bicarbonate, Mono calcium phosphate, Pea fibre, Cinnamon, Cream of tartar, Sodium acid pyrophosphate, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Modified cellulose, Natural flavour.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.



NET WT 222g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan

Blueberry Homestyle



Nutrition Facts Valeur nutritive

Serving Size 2 waffles (74 g)
portion 2 gaufres (74 g)

Calories 220	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 39 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 410 mg	18 %
Potassium 150 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Thiamine 0.30 mg	25 %
Riboflavin / Riboflavine 0.225 mg	17 %
Niacin / Niacine 3.5 mg	22 %
Folate 50 mcg	13 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS: Water, Brown rice flour, Potato starch*, Canola oil*, Sugars (cane sugar, brown sugar*, dextrose*), Tapioca starch, White rice flour, Blueberry pieces [blueberry and blackberry solids, sunflower oil, fruit juice [for colour]], Cellulose, Corn starch*, Chickpea flour, Natural flavour, Sodium bicarbonate, Mono calcium phosphate, Pea fibre, Cream of tartar, Sodium acid pyrophosphate, Salt, Vitamin and mineral blend (niacin, iron, thiamine, riboflavin, folic acid), Modified cellulose.

May contain: Egg

*Not a product of genetic engineering

INSTRUCTIONS: Keep frozen until ready to heat. Heat waffles in toaster on lowest setting until crisp and warm.



NET WT 222g
Pack: 12 per case
Unit Dim.: 4.4"H 9.25"W 2.25"D
Shelf Life: 240 days

KEEP FROZEN

Vegan



Kinnikinnick Foods Inc.

Toll free: +1 (877) 503-4466

Kinnikinnick.com

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@Kinnikinnick6F



Safe and Scrumptious since 1991

Kinnikinnick Foods has been **pioneering gluten-free and allergy-friendly foods since 1991**. That's three decades of brand loyalty and some of the most popular baked goodies on the market.



Our owners, the Bigam family, eat gluten-free and understand first-hand the need for guaranteed safe and scrumptious baked goodies. It's trust that has customers always coming back for more.

15,000+ stores in the US and Canada stock our brand, based on a stellar reputation built over the years. We operate two dedicated free from top-allergens bakeries, 150,000 sq ft in total – that's a couple of the biggest gluten-free bakeries in the world. We have over 160 staff.

Our **safety and supply chain protocols** are the most stringent in the business. Our in-house lab tests guarantee all products are **free from gluten, dairy, nuts, peanuts and soy**. Those allergies cover ten to thirteen percent of the US population. A market that grows daily **as allergies rise** and those affected actively seek out our specific niche products.

We're **proudly certified** by the **GFCP, BRC Global, OU Kosher** and **Snack Safely**.

All products are **free from GMO's**. Four have been approved by the **Non-GMO Project**, with more in the pipeline.

Given the **rise in vegetarian and vegan** diets we recently added **VegeCert** to our list of endorsements; please look for the logo on select packaging.

We're also **embracing trends to plant-based** eating by inventing new products free from egg as well as reformulating popular lines with improved egg-free recipes. With four senior food scientists on our team, we've got a **packed roster of innovation** lined up in new products for the coming year.

And because our customers know we genuinely care about their health, we're one of the only companies to **enrich our breads and buns with vitamins and minerals**; as well as **add fibre and protein** whenever possible.

All in all, when you're looking for gluten-free bakery products, Kinnikinnick is your **safest bet for guaranteed sales** because we're the only brand that truly understands why, for those on restricted diets, the Best Things In Life Are Free From.

