

# OUR fresh food PLEDGE



## From Scratch

- Entrées, soups, gravies, salad dressings, potato dishes and baked goods prepared in-house using fresh ingredients
- Fresh herbs, spices and seasonings to enhance flavours and to reduce salt and sugar
- Deli meats such as beef, turkey, and chicken are roasted and prepared in-house
- Always fresh burgers and freshly prepared mashed potatoes
- Homemade whipped toppings
- Always fresh produce (except corn when not in season, peas, pearl onions, and lima beans)

## Responsibly Sourced

- We use only federally inspected beef, lamb, pork, veal, turkey, chicken or poultry
- Our meats are free from growth hormones and antibiotics and do not contain fillers
- Always cage-free eggs
- We use only approved sustainable seafood

## Environmentally Conscious

- We are committed to operating procedures that reduce the use of paper and disposable products
- We support our client in recycling and composting programs
- We plant and maintain onsite gardens for fresh vegetables and herbs wherever feasible

## Seasonal and Local

- Menus give emphasis to locally and regionally sourced products and ingredients
- Where available we use locally sourced seafood
- Menus reflect seasonally available fruits, vegetables, and other ingredients

## Healthful Offerings

- Healthful and vegetarian options are abundant throughout our menus
- We offer fruit/vegetable infused, sugar free and reduced calorie beverage options
- No artificial colours or flavours

All team members sign the Fresh Food Pledge as part of our commitment to our clients and guests.

