

DIETARY RESTRICTIONS & ALLERGENS NOTICE

At the Fresh Food Company inside of the South Village Dining Hall, our fresh menu mission keeps excitement and curiosity at a high. To keep the fresh going, preparation and cooking happens continuously each and every day to ensure our guests enjoy the most delicious food possible.

What about healthy options or dietary restrictions?

The food is prepared in small batches and uses zero grams trans-fat oils and spreads which means healthier options from the start. Every day there are a variety of options for those low calorie, low fat, low carb, vegan, or vegetarian preferences. *Peanut or gluten allergy?* No problem. With this approach it's easy to accommodate specific dietary sensitivities, food allergies, and diverse palates.

Need to know what and where you can eat on campus with your special dietary restrictions?

Just ask! Visit us inside of Fresh Food Company and ask to speak with the Executive Chef to learn more about your dining options on campus. We can help build a special menu just for you and can address any concerns that you might have.

For more information, please contact:

Todd McKinnon | Executive Chef
E: mckinnon-todd@aramark.ca
T: 905.721.2000 ext 2660

Tom Watt | Food Service Director
E: watt-thomas@aramark.ca
T: 905.721.2000 ext 2737

