



THE VILLAGE FLATBREAD CO.

Your health and any dietary preferences or restrictions you may have are important to us. Our menu has been carefully crafted to assist you with any sensitivities, allergies, or preferences you may have. Please refer to the charts below to find out how to navigate your way through the menu. Should you have any further questions please message us via the home page of our website: [MyVillageYYC.Com](http://MyVillageYYC.Com)

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## DIETARY INFORMATION

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### 100% GLUTEN FREE

- The entire menu is 100% Gluten Free
- We do not store or use wheat or gluten on the premises

### 100% HALAL

- The entire menu is 100% Halal
- All meats are hand slaughtered halal & made from beef, turkey, or chicken
  - eg. Beef Bacon, Beef Pepperoni, Turkey Ham
- We do not store or use meat that isn't halal on the premises

### 100% EGG FREE

- The entire menu is 100% Egg Free
- We do not store or use egg on the premises

### 100% SEAFOOD FREE

- The entire menu is 100% Free of Fish, Shellfish, & All Other Seafood
- We do not store or use seafood on the premises

### DAIRY FREE OPTIONS

- The entire menu can be made dairy free
- Only menu items listed with cheese as an ingredient have dairy
- Simply substitute the regular cheese for vegan mozzarella on any menu item
- You can also create your own pizza from over 30 dairy free ingredients
- Vegan Mozzarella is NOT Daiya. Our vegan mozzarella melts and tastes delicious
- Organic Goat Cheese is available for those that can tolerate it.

### VEGETARIAN OPTIONS

- All salads & starters, as well as over 50% of pizzas are vegetarian
  - Salads: Altadore, Montgomery, Ramsay, Spruce Cliff
  - Starters: Brentwood, Connaught, Knob Hill
  - Pizzas: Redstone, Inglewood, Shaganappi, Harvest Hills, Kensington, Mardaloop, Mission, Tuscany, Britannia
- You can also create your own pizza from over 30 vegetarian ingredients

### VEGAN OPTIONS

- Most of the menu is vegetarian (see vegetarian options above)
- Simply substitute the regular cheese for vegan mozzarella or no cheese at all on any vegetarian menu item. Note: The Britannia Pizza does have honey in the sauce
- You can also create your own pizza from over 30 vegan ingredients
- Vegan Mozzarella is NOT Daiya. This cheese melts and tastes delicious

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## NOTES

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### CROSS-CONTAMINATION

We have strict processes in place to handle dietary restrictions and preferences. From the complete elimination of some allergens and ingredients (eg. Gluten, Eggs, Pork) to the careful handling of others by way of separate utensils and sanitation (eg. Dairy, Nuts, Meat). For allergens and ingredients we do handle, we are unable to guarantee 100% the complete elimination or absence of that ingredient in any menu item due to the open kitchen environment. However, our commitment to you is that we will take all precautions practicable to avoid cross-contamination when you have clearly stated your restriction or preference.

### NUTRITIONAL INFORMATION

No lab tested nutritional analysis has been done on the menu and therefore verifiable nutritional information is currently unavailable.



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|                          | Eggs | Milk / Dairy | Mustard | Peanuts | Seafood | Sesame | Soy | Tree Nuts | Wheat / Gluten | Corn | Garlic | Nitrites | Onion | Sunflower Seeds | Tomato | Yeast |
|--------------------------|------|--------------|---------|---------|---------|--------|-----|-----------|----------------|------|--------|----------|-------|-----------------|--------|-------|
| <b>ALLERGENS</b>         |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| <b>CRUST</b>             |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Flatbread Pizza Crust    |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        | ↙     |
| <b>SAUCES</b>            |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Chili Herb Oil           |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Chimichurri              |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Garlic Herb Oil          |      |              |         |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| Honey Chipotle BBQ Sauce |      |              |         |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| Olive & Tomato Tapenade  |      |              |         |         |         |        |     |           |                |      | ↙      |          |       |                 | ↙      |       |
| Squash Hummus            |      |              |         | *       |         | ↙      |     | *         |                |      | ↙      |          |       |                 | ↙      |       |
| Tomato Sauce             |      |              |         |         |         |        |     |           |                |      | ↙      |          |       |                 | ↙      |       |
| <b>CHEESE</b>            |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Goat Feta                |      | ↙            |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Goat Monterey Jack       |      | ↙            |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Mozzarella               |      | ↙            |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Vegan Mozzarella         |      |              |         |         |         |        |     |           |                | ↙    |        |          |       |                 |        | ↙     |
| <b>MEAT (100% HALAL)</b> |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Beef Bacon               |      |              |         |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| Chicken                  |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Tukey Ham                |      |              |         |         |         |        | ↙   |           |                |      |        |          |       |                 |        |       |
| Beef Pepperoni           |      |              | ↙       |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| Roast Beef               |      |              | ↙       |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| Beef Salami              |      |              | ↙       |         |         |        |     |           |                | ↙    | ↙      |          |       |                 |        |       |
| Beef Sausage             |      |              | ↙       |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| <b>PRODUCE</b>           |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Banana Pepper            |      |              | ↙       |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Basil                    |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Cilantro                 |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Carrot                   |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Corn                     |      |              |         |         |         |        |     |           |                | ↙    |        |          |       |                 |        |       |
| Corn Tortilla Chips      |      |              |         |         |         |        |     |           |                | ↙    |        |          |       |                 |        |       |
| Dried Cranberry          |      |              |         | *       |         |        |     | *         |                | ↙    |        |          |       |                 |        |       |
| Kalamata Olive           |      |              |         |         |         |        |     |           |                |      |        |          |       | ↙               |        |       |
| Kale                     |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Mint                     |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Mushroom                 |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Pineapple                |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Red Onion                |      |              |         |         |         |        |     |           |                |      |        |          |       | ↙               |        |       |
| Red Pepper               |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Rosemary                 |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Spinach                  |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Squash                   |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Sunflower Seeds          |      |              |         | *       |         |        |     | *         |                |      |        |          |       | ↙               |        |       |
| Tomato                   |      |              |         |         |         |        |     |           |                |      |        |          |       |                 | ↙      |       |
| <b>SPECIALTY PRODUCE</b> |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Black Bean & Corn Chili  |      |              |         |         |         |        |     |           |                | ↙    | ↙      |          |       | ↙               |        | ↙     |
| Carrot & Beetroot Slaw   |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Marinated Chickpeas      |      |              |         |         |         |        |     |           |                |      | ↙      |          |       |                 |        |       |
| <b>DRESSINGS</b>         |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Cumin Lime               |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Greek                    |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| <b>DRIZZLES</b>          |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Balsamic Glaze           |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Chili Herb Oil           |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Garlic Herb Oil          |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Hot Sauce                |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| <b>DESSERT</b>           |      |              |         |         |         |        |     |           |                |      |        |          |       |                 |        |       |
| Double Chocolate Cake    |      |              |         | *       |         |        |     | *         |                |      |        |          |       |                 |        |       |
| Pistachio Lemon Cake     |      |              |         | *       |         |        |     | ↙         |                |      |        |          |       |                 |        |       |

Legend: ↙ = Present \* = May be present due to being processed in a shared facility.