

- NATURAL -

- LOCAL -

- ORGANIC -



THE VILLAGE FLATBREAD CO.

## DIETARY INFORMATION

### **NOTICE TO THE READER**

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 these preferences or restrictions.

Navigate the menu below with reference to the Options, Allergens, & Ingredients charts that follow.

### **On 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, Seafood, 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 & busy kitchen environment in which we operate. 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.

### **On Nutritional Info**

Nutritional analysis has not been done on the menu and therefore is not available.

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Information contained in this document is complete as of publication, November 2017.

Should you have any further questions, message us via our website: [MyVillageYYC.Com](http://MyVillageYYC.Com)



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MENU

		FULL	HALF
<b>STARTERS</b>			
Brentwood	Bruschetta   Flatbread, Garlic Herb Oil, Mozzarella, Tomato, Balsamic Glaze, Basil	16	8.5
Connaught	Chili Bowl   Black Bean & Corn Chili, Smashed Corn Tortilla Chips, Cilantro	13	7
Knob Hill	Nachos   Corn Tortilla Chips, Mozzarella, Black Bean & Corn Chili, Cilantro	13	7
<b>SALADS</b>			
Altadore	Kale, Carrot, Marinated Chickpea, Dried Cranberry, Sunflower Seed, Cumin Lime Dressing	13	7
Montgomery	Marinated Chickpea, Tomato, Cumin Lime Dressing, Basil, Mint	13	7
Ramsay	Carrot & Beetroot Slaw, Dried Cranberry, Sunflower Seed, Mint	13	7
Spruce Cliff	Spinach, Red Pepper, Red Onion, Tomato, Kalamata Olive, Greek Dressing	8	4.5
	<b>ADD Chicken Or Goat Feta To Any Salad</b>	3 ea.	1.5 ea.
<b>DESSERT</b>			
Double Chocolate Cake		5.5	70
Pistachio Lemon Cake		5.5	70
<b>BEVERAGES</b>			
Boylan Bottling Co.	Flavours Include: Black Cherry, Cola, Crème, Root Beer	BOTTLE OR CAN	
		3.5	
Coca Cola Co. Can Pop	Flavours Include: Coca-Cola Classic, Diet Coke, Ginger Ale		
		1.5	
Kiju Juice	Organic Mango Orange Juice – No Sugar Added		
		3.75	
Montclair	Bottled Natural Spring Water		
		2	
Pure Leaf Tea House	Organic Iced Tea. Flavours include: Sicilian Lemon Honeysuckle & Fuji Apple Ginger		
		4.25	
TrueBuch Kombucha	Local, Raw, Organic. Flavours include: Blueberry Rooibos, Ginger, Mojito Mint, Root Beer, Vanilla Chai		
		4.95	
San Pellegrino	Flavours include: Blood Orange, Lemon, Grapefruit, & Natural Sparkling Mineral Water		
		3	

**MENU CONTINUED**

		<b>(12") FULL</b>	<b>HALF</b>
<b>MEAT PIZZAS</b>			
Aspen	Chimichurri, Roast Beef, Mozzarella, Mushroom, Red Onion, Rosemary	21	11
Bridgeland	Tomato Sauce, Salami, Mozzarella, Pepperoni, Salami	22	11.5
Bowness	Tomato Sauce, Salami, Mozzarella, Pepperoni, Mushroom, Tomato, Basil	22	11.5
East Village	Tomato Sauce, Mozzarella, Pepperoni, Bacon	19	10
Hillhurst	Tomato Sauce, Ham, Mozzarella, Pineapple, Bacon	20	10.5
Killarney	Tomato Sauce, Salami, Mozzarella, Mushroom, Red Pepper, Red Onion, Bacon	22	11.5
<b>VEGGIE PIZZAS</b>			
Britannia	Honey Chipotle BBQ Sauce, Mozzarella, Mushroom, Red Pepper, Pineapple, Basil	19	10
Harvest Hills	Tomato Sauce, Squash, Kale, Goat Feta, Mushroom, Red Pepper, Corn	19	10
Inglewood	Tomato Sauce, Goat Feta, Tomato, Cilantro	16	8.5
Kensington	Tomato Sauce, Mozzarella, Tortilla Chips, Black Bean & Corn Chili, Cilantro	19	10
Mardaloop	Squash Hummus, Goat Feta, Tomato, Marinated Chickpea, Basil, Mint	20	10.5
Mission	Chimichurri, Mozzarella, Carrot & Beetroot Slaw, Rosemary	19	10
Redstone	Tomato Sauce, Mozzarella, Tomato, Balsamic Glaze, Basil	19	10
Shaganappi	Tomato Sauce, Spinach, Mozzarella, Red Pepper, Red Onion, Goat Feta, Tomato, Kalamata Olive	19	10
Tuscany	Olive & Tomato Tapenade, Mozzarella, Grape Tomato, Kalamata Olive, Balsamic Glaze, Basil	20	10.5
	<b>ADD Meat To Any Veggie Pizza</b>	3 ea.	1.5 ea.
<b>CREATE YOUR OWN PIZZA</b>			
Flatbread	Start with your blank canvas & create	9	5
Sauce	Chili Herb Oil, Chimichurri, Garlic Herb Oil, Honey Chipotle BBQ Sauce, Olive & Tomato Tapenade, Squash Hummus, Tomato Sauce	3	1.5
Cheese	Goat Feta, Goat Monterey Jack, Mozzarella, Vegan Mozzarella	3	1.5
Meat	Bacon, Chicken, Ham, Pepperoni, Roast Beef, Salami, Sausage	3	1.5
Produce	Banana Pepper, Basil, Carrot, Cilantro, Corn, Corn Tortilla Chip, Dried Cranberry, Kalamata Olive, Kale, Mint, Mushroom, Pineapple, Red Onion, Red Pepper, Rosemary, Spinach, Squash, Tomato	1	.5
Specialty Produce	Black Bean & Corn Chili, Carrot & Beetroot Slaw, Marinated Chickpea	2.5	1.25
Drizzle	Balsamic Glaze, Chili Herb Oil, Garlic Herb Oil, Hot Sauce	1	.5
<b>SIDE DIPS</b>	Balsamic Glaze   Chili Herb Oil   Chimichurri   Garlic Herb Oil   Honey Chipotle BBQ Sauce		
	Hot Sauce   Squash Hummus   Tomato Sauce   Olive & Tomato Tapenade	2.5	



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## OPTIONS

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### 100% GLUTEN FREE

- The entire menu is 100% Gluten Free

### 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, Chicken Breast

### 100% EGG FREE

- The entire menu is 100% Egg Free

### 100% SEAFOOD FREE

- The entire menu is 100% Free of Fish, Shellfish, & All Other Seafood

### 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 who can tolerate it

### NUT FREE OPTIONS

- Most of the menu is free of nuts. The following are items that have or may contain nuts:
  - The Pistachio Lemon cake contains nuts
  - Nuts may be present in the Double Chocolate Cake and menu items containing Dried Cranberries, Sunflower Seeds or Sesame Seeds (i.e. Squash Hummus) due to processing in a shared facility

### 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
  - Veggie Pizzas: Redstone, Inglewood, Shaganappi, Harvest Hills, Kensington, Mardalloop, 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. Our vegan mozzarella melts and tastes delicious

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## NOTE

We have strict processes in place to handle dietary restrictions and preferences. From the complete elimination of some allergens and ingredients (eg. Gluten, Eggs, Seafood, 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 & busy kitchen environment in which we operate. 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.



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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>SAUCE</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</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>DRIZZLE</b>																
Balsamic Glaze																
Chili Herb Oil																
Garlic Herb Oil											↙					
Hot Sauce											↙					
<b>SALAD DRESSING</b>																
Cumin Lime											↙					
Greek											↙					
<b>DESSERT</b>																
Double Chocolate Cake				*				*								
Pistachio Lemon Cake				*				↙								

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



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## INGREDIENTS

### CRUST

Flatbread Pizza Crust Water, White Rice Flour, Potato Starch, Sugar, Canola Oil, Cider Vinegar, Yeast, Xanathan Gum, Salt, Spices

### SAUCE

Oil Unrefined Non-GMO Cold Pressed Canola Oil

Chili Herb Oil Unrefined Non-GMO Cold Pressed Canola Oil, Organic Rosemary, Salt, Spices

Chimichurri Unrefined Non-GMO Cold Pressed Canola Oil, Organic Parsley, Organic Basil, Organic Mint, Lime Juice, Apple Cider Vinegar, Salt, Spices

Garlic Herb Oil Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices

Honey Chipotle BBQ Sauce Ground Tomatoes (Tomato, Salt, Naturally Derived Citric Acid), Natural Honey, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Lime Juice, Apple Cider Vinegar, Unrefined Non-GMO Cold Pressed Canola Oil, Salt, Spices

Olive & Tomato Tapenade Kalamata Olives (Olives, Water, Salt, Lactic Acid, Vinegar, Potassium Sorbate), Spray Free Natural Tomatoes, Lime Juice, Unrefined Cold Press Canola Oil, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Organic Basil, Spices

Squash Hummus Chickpeas, Organic or Spray Free Natural Squash, Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Sesame Seeds, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices \*Sesame Seeds may Contain Peanuts & Tree Nuts Not Listed\*

Tomato Sauce Ground Tomatoes (Tomato, Salt, Naturally Derived Citric Acid), Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Organic Basil, Salt, Spices

### CHEESE

Goat Feta Organic Whole Pasteurized Goat Milk, Salt, Calcium Chloride, Microbial Enzyme, Bacterial Culture.

Goat Monterey Jack Organic Whole Pasteurized Goat Milk, Salt, Calcium Chloride, Microbial Enzyme, Bacterial Culture.

Mozzarella Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, Cellulose And Natamycin.

Vegan Mozzarella Water, Modified Food Starch, Palm Fruit Oil, Vegetable Glycerin, Salt, Sodium Citrate, Sodium Phosphate, Cultured Dextrose, Lecithin, Carrageenan, Calcium Sulfate, Titanium Dioxide (A Natural Occurring Mineral), Nutritional Yeast, Lactic Acid (Dairy Free), Xanathan Gum, Citric Acid, Natural Vegan Flavour, Colour, Anticaking Blend (Potato Starch, Corn Starch, Dextrose, Calcium Sulfate, Enzyme)

### MEAT

Bacon Natural Halal Beef, Water, Spices (Contains Garlic), Salt, Sodium Nitrite

Chicken Natural Halal Chicken Breast, Water, Salt

Ham Natural Halal Turkey Thigh, Water, Soy Protein Isolate, Spices (Contains Mustard, Onion), Salt, Phosphate, Sodium Erythorbate, Sodium Nitrite

Pepperoni Natural Halal Beef, Water, Spices (Contains Mustard, Garlic, Onion), Salt, Phosphate, Sodium Erythorbate, Sodium Nitrite

Roast Beef Natural Halal Beef, Water, Spices (Contains Garlic), Salt, Sodium Nitrite

Salami Natural Halal Beef, Water, Spices (Contains Mustard, Garlic, Onion, Corn), Salt, Phosphate, Sodium Erythorbate, Sodium Nitrite

Sausage Natural Halal Beef, Water, Spices (Contains Mustard, Garlic, Onion), Salt, Phosphate, Sodium Erythorbate, Sodium Nitrite



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## INGREDIENTS

### PRODUCE

Banana Pepper	Fresh Peppers, Water, Vinegar, Salt, Calcium Chloride, Sodium Benzoate (Preservative), Natural Flavours, Tartazine, Sodium Metabisulfate (Preservative)
Basil	Organic Basil
Cilantro	Organic Cilantro
Carrot	Organic Carrot
Corn	Non-GMO Corn
Corn Tortilla Chips	Corn, Canola Oil, Sea Salt, Slaked Lime
Dried Cranberry	Cranberries, Sugar, Sunflower Oil. *May Contain Peanuts, Tree Nuts, & Sulphites Not Listed*
Kalamata Olive	Olives, Water, Salt, Lactic Acid, Vinegar, Potassium Sorbate
Kale	Spray Free Natural Kale
Mint	Organic Mint
Mushroom	Organic Mushroom
Pineapple	Pineapple, Pineapple Juice
Red Onion	Spray Free Natural Red Onion
Red Pepper	Spray Free Natural Red Pepper
Rosemary	Organic Rosemary
Spinach	Non-GMO Spinach
Squash	Organic or Spray Free Natural Squash
Sunflower Seeds	Sunflower Kernels *May Contain Peanuts & Tree Nuts Not Listed*
Tomato	Spray Free Natural Tomato

### SPECIALTY PRODUCE

Black Bean & Corn Chili	Black Beans (Black Beans, Water, Salt, Calcium Chloride), Non-GMO Corn, Spray Free Natural Tomato, Spray Free Natural Red Bell Pepper, Organic Carrot, Spray Free Natural or Organic Squash, Spray Free Natural Red Onion, Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices
Carrot & Beetroot Slaw	Organic Beets, Organic Carrots, Lime Juice, Unrefined Non-GMO Cold Pressed Canola Oil, Salt, Spices
Marinated Chickpeas	Chickpeas (Chickpeas, Water, Salt, Disodium EDTA), Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices

### DRIZZLE

Balsamic Glaze	Balsamic Vinegar of Modena (Wine Vinegar, Concentrated Grape Must, Colour: Caramel, Antioxidant Sulphur Dioxide As A Carryover), Sugar. *Contains: Sulphite, Acidity 6%*
Chili Herb Oil	Unrefined Non-GMO Cold Pressed Canola Oil, Organic Rosemary, Salt, Spices
Hot Sauce	Water, White Vinegar, Lime Juice, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices





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**INGREDIENTS**

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**SALAD DRESSING**

- |            |  |
|------------|--|
| Cumin Lime | Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices. |
| Greek      | Unrefined Non-GMO Cold Pressed Canola Oil, Lime Juice, Minced Garlic (Water, Garlic, Citric Acid, Potassium Sorbate, Sulphites), Salt, Spices  |

**DESSERT**

- |                       |   |
|-----------------------|---|
| Double Chocolate Cake | Dates, Filtered Water, Organic Virgin Coconut Oil, Organic Raw Shredded Coconut, Organic Raw Cacao Powder, Fresh Lemon Juice  |
| Pistachio Lemon Cake  | Cashews, Dates, Almonds, Organic Virgin Coconut Oil, Organic Agave Nectar, Coconut Milk, Fresh Lemon Juice, Filtered Water, Organic Raw Pistachios, Organic Vanilla Bean Powder |



THE VILLAGE FLATBREAD CO.

## INGREDIENTS

### BEVERAGE

#### BOYLAN BOTTLING CO.

Black Cherry	Carbonated Water, Cane Sugar, Citric Acid, Colour, Natural Black Cherry Flavours, Fruit & Vegetable Juices for Colour
Cola	Carbonated Water, Cane Sugar, Natural Flavours, Colour, Phosphoric Acid, Caffeine (From Coffee)
Crème	Carbonated Water, Cane Sugar, Pure Vanilla Extract, Natural & Artificial Flavours, Colour, Citric Acid, Sodium Benzoate, (Preserves Freshness)
Root Beer	Carbonated Water, Cane Sugar, Natural & Artificial Flavours, Colour, Sodium Benzoate (Preserves Freshness), Citric Acid

#### COCA COLA CO.

Canada Dry Ginger Ale	Carbonated Water, Sugar/ Glucose-Fructose, Citric Acid, Sodium Benzoate, Colour, Natural Flavour
Coca-Cola Classic	Carbonate Water, Sugar/Glucose-Fructose, Caramel Colour, Phosphoric Acid, Natural Flavour, Caffeine
Diet Coke	Carbonated Water, Caramel Colour, Phosphoric & Citric Acid, Aspartame (Contains Phenylalanine), Flavour, Sodium Benzoate, Caffeine, Acesulfame-Potassium

#### KIJU JUICE

Mango Orange Juice	Filtered Water, Concentrated Organic Juices (Apple And/Or Grape, Orange), Organic Mango Puree, Organic Natural Flavour, Citric Acid, Vitamin C
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#### MONTCLAIR

Natural Spring Water	Spring Water, Ozone
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#### PURE LEAF TEA HOUSE

Sicilian Lemon & Honeysuckle	Brewed Organic Black Tea, Organic Cane Sugar, Citric Acid, Natural Flavours, Brewed Organic Lemon Peel
Fuji Apple & Ginger	Brewed Organic Green Tea, Organic Cane Sugar, Natural Flavours, Citric Acid, Ascorbic Acid, Brewed Organic Apple, Brewed Organic Ginger

#### TRUEBUCH KOMBUCHA

Blueberry Rooibos	Raw Kombucha (Filtered Water, Organic Evaporated Cane Juice, Organic Green & Black Tea, Live Probiotic Culture), Organic Rooibos, Organic Blueberries, Organic Schisandra, Organic Hibiscus, Natural Flavours of Blueberry & Strawberry
Ginger	Raw Kombucha (Filtered Water, Organic Evaporated Cane Juice, Organic Green & Black Tea, Live Probiotic Culture), Organic Ginger
Mojito Mint	Raw Kombucha (Filtered Water, Organic Evaporated Cane Juice, Organic Green & Black Tea, Live Probiotic Culture), Organic Peppermint, Organic Green Rooibos, Organic Lemongrass, Organic Ginger Root, Organic Myrtle, Organic Licorice Root, Natural Essential Oils of Lime & Tangerine
Root Beer	Raw Kombucha (Filtered Water, Organic Cane Sugar, Organic Green & Black Tea, Bacterial & Yeast Culture), Organic Sassafras, Organic Dandelion Root, Organic Sarsaparilla, Organic Burdock Root, Organic Liquorice Root, Organic Ginger, Organic Chaga, Vanilla, Natural Root Beer Tea
Vanilla Chai	Raw Kombucha (Filtered Water, Organic Evaporated Cane Juice, Organic Green & Black Tea, Live probiotic Culture), Vanilla, Organic Cardamom, Organic Cassia, Organic Ginger Root, Organic Rooibos, Organic Honey Bush, Organic Fennel, Organic Peppermint, Organic Black Pepper, Organic Clove, Organic Licorice Root, Star Anise

**BEVERAGE CONTINUED**

**SAN PELLEGRINO**

Blood Orange	Water, Orange Juice From Concentrate, Blood Orange Juice From Concentrate, Carbon Dioxide, Black Carrot (For Colour), Paprika Extract (For Colour), Citric Acid (Acidulant), Natural Flavour
Grapefruit	Water, Grapefruit Juice From Concentrate, Sugar, Carbon Dioxide, Citric Acid (Acidulant), Natural Flavour
Lemon	Water, Lemon Juice From Concentrate, Sugar, Carbon Dioxide, Natural Flavour
Sparkling Mineral Water	Natural Mineral Water, Carbon Dioxide