

Ingredients/Flavours

TEAS/HERBAL INFUSIONS			
BLACK TEAS			
Name/Blend	Caffeine Content	Flavour	Ingredients
Manitoulin Hawberry	Medium	Intoxicating blend that signifies the “Manitoulin Hawberry” – a smooth blend of sweet and tart all in one!	Ingredients: Black tea, Apple pieces, Blackberry + Lime leaves, Papaya + Strawberry pieces, Safflower petals, Natural flavors (organic compliant).
Blood Orange	Medium	Intense and flavorful fresh citrus character with a delicate sweetness reminiscent of freshly squeezed oranges.	Ingredients: Black tea, Orange pieces, Blackberry leaves, Safflower petals, Natural flavors (organic compliant)
Blueberry	Medium	Intoxicating blueberry aroma and sprightly full flavor of the tiny wild blueberry. Excellent hot or cold. As an iced tea serve with a pinch of sugar.	Ingredients: Black tea, Blueberries, Cornflower petals, Blackberry leaves, Natural flavors (Organic Compliant).
Caramel	Medium	Buttery with a hint of vanilla. Treat yourself to a cup of caramel black tea, a delicious blend of rich black tea and sweet caramel flavor.	Ingredients: Black tea, Calendula + Sunflower + Marigold petals, Natural flavors (organic compliant).
“Bittersweet” Chocolate	Medium	A smooth signature tea with notes of decadent chocolate and a hint of sweetness that will awaken your tastebuds – Bittersweet Tea Co.’s signature blend!	Ingredients: Black tea, Carob, Calendula + Marigold + Sunflower petals, Apple pieces, Hibiscus petals, Rosehip + Orange pieces, Natural flavors (organic compliant).
Cookies and Cream <i>*discontinued</i>	Medium	Excellent creamy character with beguiling maple and honey notes. Sprinkled chocolate notes set the scene for a decadent afternoon.	Ingredients: Black tea, Cornflower + Jasmine + Rose + Calendula petals, Natural flavors (organic compliant)
Holiday Winter Spice (seasonal)	Medium	Blustery, windy notes of cinnamon abound with a sweet mild	Ingredients: Black tea, Cinnamon, Orange pieces, Lime + Blackberry leaves, Cloves, Natural flavors(organic compliant)

		citrus finish. This fabulous blend of black tea, spices, and dried fruit is sure to get your tastebuds fired up	
Irish Cream	Medium	This tea really captures the sweet creaminess of Irish Cream. A splash of milk opens up the flavor. Perfect in the morning but great any time.	Ingredients: Black tea, Blackberry leaves, Cornflower + Calendula + Marigold + Sunflower petals, Natural flavors (organic compliant).
Lemon Cake	Medium	Enjoy bright and sweet lemon notes with decadent hints of malty vanilla flavor.	Ingredients: Black tea, Lemon, Currants, Lemongrass, Tangerine, Moringa + Blackberry leaves, Natural flavors (organic compliant).
Peaches 'n Cream	Medium	Think of a bowl of juicy cut peaches topped with fresh whipped cream. It's like having a teacup full of summertime!	Ingredients: Black tea, Papaya pieces, Blackberry leaves, Peach pieces, Calendula + Jasmine + Marigold + Sunflower petals, Natural Flavors (organic compliant).
Pina Colada <i>*discontinued</i>	Medium	This tea is reminiscent of a fresh pina colada. Hints of coconut and pineapple splash about in a velvety smooth cup of tea.	Ingredients: Black tea, Pineapple + Coconut pieces, Blackberry leaves, Safflower petals, Natural flavors(organic compliant). **Allergen Alert - Contains Coconut**
Raspberry	Medium	The full raspberry character. Try adding a pinch of sugar to accentuate the flavor.	Ingredients: Black tea, Blackberry leaves, Rose petals, Raspberry pieces, Natural flavors (Organic Compliant).
Maple	Medium	Sweet with piquant caramel notes. A unique flavor that complements high grown tea very well.	Ingredients: Black tea, Maple syrup, Calendula + Marigold + Sunflower petals, Natural flavors (organic compliant).
Vanilla	Medium	Rich, indulgent vanilla black tea evokes a warm homey feeling. Try it with a dash of sugar infuse with an added layer of decadence.	Ingredients: Black tea, Calendula + Marigold + Sunflower petals, Natural flavors(organic compliant)
Cream Earl Grey	Medium	A must for the avid Earl Grey tea drinker! Our flavoury Earl Grey	Ingredients: Black tea, Cornflower petals, Natural flavors (Organic Compliant)

		mellowed with a delicious creamy taste. An excellent all-day tea with a superb finish.	
English Breakfast	Medium	A perfect breakfast tea with good body and full tea flavour notes. Coppery bright especially enticing with milk.	Ingredients: Black tea
Decaf English Breakfast	No Caffeine	A full-bodied tea with a cup tending bright, being consistent with high quality tea.	Ingredients: Decaf Black tea
Vanilla Chai	Medium	Creamy Madagascar vanilla notes dance with tingling Malabar Coast spices. A lively ginger finish is accentuated by candy cardamom.	Ingredients: Black tea, Ginger, Cinnamon, Cardamom, Black+White pepper, Clove, Nutmeg, Calendula petals, Natural flavors (organic compliant).
Cinnamon & Vanilla	Medium	Infusion produces a velvety character. A mysterious blend, great for a relaxing, (read enchanting) evening.	Ingredients: Black tea, Cinnamon, Calendula + Marigold + Sunflower petals, Natural flavours(organic compliant).
Chocolate Mint	Medium	Fresh lovely mint combined with full flavored chocolate tea that is wonderfully reminiscent of an after-dinner mint. How decadent!	Ingredients: Black tea, Blackberry + Peppermint leaves, Natural flavors(organic compliant).
Manitoulin Christmas (seasonal)	Medium	The aroma of cinnamon and clove is reminiscent of an evening Manitoulin Christmas. The cup confirms it!	Ingredients: Black tea, Candy*, Cinnamon, Clove, Jasmine petals, Natural flavors (organic compliant) (*Candy: Sugar, Rice flour, Vegetable oil, Corn starch, Arabic+Cellulose gum, Color R, Confectioner glaze, Carrageenan, Soy lecithin, Red#40, Yellow#5+#6, Blue#1 dye) **Allergen Alert - Contains Soy**
Monk's Blend	Medium	One of our most flavorful teas. The dramatic combination of vanilla and grenadine ensures a particularly satisfying cup.	Ingredients: Black tea, Calendula + Marigold + Sunflower petals, Natural flavors(organic compliant).

Manitoulin Pumpkin Chai (seasonal)	Medium	Full astringency. Warming and comforting in the chai tradition with notes of pumpkin. Excellent with milk or cream.	Ingredients: Black tea, Ginger, Cinnamon, Cardamom, Black+ White pepper, Clove, Nutmeg, Hibiscus, Apple, Rosehip, Orange, Calendula + Sunflower petals, Pumpkin pieces, Natural flavors (organic compliant).
**Lapsang Souchong	Medium	A superior leaf Lapsang Souchong offering a crisp character with the remarkable and heady aroma of an oak fire.	Ingredients: Black tea
Pumpkin Spice (seasonal)	Medium	Notes of cinnamon and pumpkin abound. A blend of sweet spices, caramel depths, and chocolate undertones. Nothing beats a cozy cup of pumpkin spice tea on a chilly autumn day	Ingredients: Black tea, Apple, Orange, Rosehip, Hibiscus, Cinnamon, Calendula + Marigold + Sunflower petals, Pumpkin pieces, Natural flavours (organic compliant).
Apricot <i>*discontinued</i>	Medium	Sweet ripe apricots with an amazing aroma. Add a dash of sugar to enhance the flavor. Makes stunning iced tea.	Ingredients: Black tea, Papaya pieces, Blackberry + Lime leaves, Apricot pieces, Calendula + Marigold + Sunflower petals, Natural flavors(organic compliant).
Ginger Peach	Medium	The piquant and spicy character of ginger is mellowed with the sweet flavor of peaches.	Ingredients: Black tea, Papaya, Blackberry leaves, Ginger, Peach, Calendula + Marigold + Sunflowers petals, Natural flavours (organic compliant).
Cherry Almond	Medium	Deep cherry flavor with almond notes. A dash of sugar enhances the flavor and offers a smooth silky character.	Ingredients: Black tea, Almond pieces, Blackberry + Lime leaves, Cranberry pieces Rose + Safflower petals, Natural flavors(organic compliant). **Allergen Alert - Contains Almonds**
Apple Crumble	Medium	Spicy apple with creamy notes of cookie crumble – dessert in a cup.	Ingredients: Black tea, Apple pieces, Blackberry + Lime leaves, Cinnamon, Calendula + Marigold + Sunflower petals, Cornflower + Jasmine + Rose + Safflower petals, Natural flavours (organic compliant).

PU'ERH

Name/Blend	Caffeine Content	Flavour	Ingredients
Scottish Caramel	Medium	Dessert in a cup. The earthiness of pu-erh fuses with caramel for a sweetly decadent finish.	Ingredients: Black tea (Pu-Erh style), Almond pieces, Natural flavors (Organic Compliant). **Allergen Alert - Contains Almonds
Ethiopian Mocha	Medium	Imagine finely roasted coffee and dark chocolate with a light caramel finish.	Ingredients: Black tea (Pu-Erh style), Coffee, Almond pieces, Cocoa pieces, Jasmine petals, Natural flavors (Organic Compliant) **Allergen Alert - Contains Almonds

ROOIBOS			
Name/Blend	Caffeine Content	Flavour	Ingredients
Bora Bora Mango	No Caffeine	Inspired by Bora Bora's best loved tropical fruit - mango! Delicious fruit highlights transport one to tropical climes.	Ingredients: Rooibos, Mango + Pineapple pieces, Blackberry leaves, Calendula petals, Natural flavors (Organic Compliant).
Cranagrante <i>*discontinued</i>	No Caffeine	Prepare for a fusion of mellow rooibos, sweet pomegranate, and fresh cranberries. Fruity and astringent.	Ingredients: Rooibos, Rosehip pieces, Lime leaves, Cranberry + Raspberry pieces, Natural flavors (organic compliant).
Banana Muffin	Very Low Caffeine	Caramelized banana with creamy sweetness and a light nuttiness - just like a freshly baked banana muffin!	Ingredients: Rooibos, Apple, Cocoa bean pieces, Banana, Licorice, Calendula petals, Natural flavors (organic compliant).
Bourbon Street Vanilla	No Caffeine	Fruity with sweet notes. Vanilla flavoring gives the rooibos a wonderful jazzy depth.	Ingredients: Rooibos, Almond pieces, Calendula petals, Natural flavors (Organic Compliant). **Allergen Alert-Contains Almonds
Cream Earl Grey Rooibos	No Caffeine	Hints of oaky rooibos peek through deep bergamot topped with notes of whipped cream.	Ingredients: Rooibos, Cornflower petals, Natural flavors (Organic Compliant).
Ginger Bounce	No Caffeine	Bright clean taste with superb ginger notes. A palate refreshing spicy character combined with a fruity touch.	Ingredients: Rooibos, Ginger, Calendula petals.
Good Hope	No Caffeine	The reddish orange cup is fruity with sweet notes.	Ingredients: Rooibos
Cherry Rose	No Caffeine	Excellent combination of cherry, rose and rooibos. Sweet cherry notes tempered with hints of caramel. A clean finish.	Ingredients: Rooibos, Rose petals, Blackberry leaves, Calendula petals, Natural flavors (Organic Compliant).
Nutcracker (seasonal)	No Caffeine	Holiday marzipan notes with a sweet finish of rooibos. Delightfully smooth and comforting.	Ingredients: Rooibos, Papaya pieces, Candy*, Almond pieces, Natural flavors (organic compliant). (*Candy: Icing sugar, Modified corn starch, Corn starch, Fractionated palm kernel oil, Cellulose gum, Soya lecithin, Vanillin, Polysorbate 60, Confectioner's glaze, Sugar, Wheat starch, Maltodextrin, Gum arabic, Shellac, Colourings.) **Allergen Alert - Contains Almonds + Soy + Wheat starch**
Crème au Caramel	No Caffeine	The opening bars are sweet toffee notes building to a full symphonic caramel.	Ingredients: Rooibos. Calendula petals

GREEN			
Name/Blend	Caffeine Content	Flavour	Ingredients
Jasmine w/ Flowers	Low	A green tea with surprising body and a captivating floral character accentuated by specially selected May Jasmine blossoms.	Ingredients: Green tea, Jasmine flowers.
Cream Earl Grey	Low	Abundantly Earl Grey! Sultry bergamot is softened by fresh notes of Cornish cream. A superb tea with a tingling finish.	Ingredients: Green tea, Cornflower petals, Natural flavors (organic compliant).
Blue Mango	Low	Like being carried on trade winds, notes of mango create an exotic fruit pungency. Pineapple cubes added highlight to the mango character and mallow petal	Ingredients: Green tea, Pineapple pieces, Mallow petals, Natural flavors (organic compliant)
Gunpowder Green	Low	A green tea with surprising body and captivating almost nutty green tea taste.	Ingredients: Green tea
Cucumber Melon	High	Smooth, sweet fresh watermelon notes fill the cup. Light cucumber finish. Very nice tea, not heavy.	Ingredients: Green tea, cucumber slices
Niagara Peach	Low	Lush peach notes with sweet overtones. Superb quality green tea dotted with jasmine petals comes alive with one of the world's favorite flavors.	Ingredients: Green tea, Jasmine petals, Natural flavors (Organic Compliant).
Granny Apple	Low	Luscious apple with hints of sweet caramel abound. The finish is lightly astringent like a Granny Smith apple.	Ingredients: Green tea, Apple pieces, Tamarind leaves, Natural flavors (organic compliant).
OOLONG			
Name/Blend	Caffeine Content	Flavour	Ingredients
Oolong Royal Empress	Low	A lively floral oolong with a creamy finish blended with smooth notes of green tea and infused with a hint of	Ingredients: Oolong tea, Green tea, Amaranth + Cornflower + Calendula + Sunflower petals, Natural flavors(organic compliant).

		Earl Grey for a royally refreshing cup.	
Sweet Watermelon Oolong	Low	Oolong tea, Papaya pieces, Plum + Safflower petals, Natural flavors. (Organic Compliant)	Ingredients: oolong tea, papaya pieces, plum + safflower petals
DARJEELING			
Name/Blend	Caffeine Content	Flavour	Ingredients
Strawberry	Medium	Lush strawberries blended with the classic muscatel character of top-quality Darjeeling tea.	Ingredients: Darjeeling Black tea, Strawberry leaves, Strawberry pieces, Cornflower petals, Natural flavors (organic compliant).
HERBAL/TISANE			
Name/Blend	Caffeine Content	Flavour	Ingredients
Chocolate Covered Strawberries	Very Low Caffeine	Lovely! Delicious notes of dark chocolate with light edges of early season strawberry.	Ingredients: Apple + Hibiscus + Rosehip + Strawberry + Papaya + Cocoa pieces, Cornflower petals, Natural flavors (organic compliant).
Bella Coola	No Caffeine	A predominant orange character with the lovely sweetness of pineapple.	Ingredients: Apple pieces, Hibiscus petals, Rosehip + Orange pieces, Natural flavors (organic compliant).
Bingo Blueberry	No Caffeine	A full-flavored tea with superb and well-defined blueberry highlights. Excellent as an iced tea.	Ingredients: Hibiscus petals, Apple + Elderberry + Currant pieces, European Blueberries (a.k.a. bilberries), Cornflower petals, American Blueberries, Natural flavors (organic compliant).
Orange Creamsicle	No Caffeine	Like a walk through an orange grove in blossom time. Creamy orange highlights with a smooth creamy vanilla pairing.	Ingredients: Apple, Hibiscus, Rosehip, Orange pieces, Safflower + Marigold + Sunflower petals, Natural flavors (organic compliant).
Sugar Cookie	No Caffeine	Rich and buttery with undertones of caramel. A delightful sweetness that is lightly fruity and nutty.	Ingredients: Apple, Currants, Elderberry, White willow bark, Mistletoe, Stevia Leaves, Cranberry, Chamomile petals, Natural flavors (organic compliant).
Bubblegum <i>*discontinued</i>	No Caffeine	Combines caramel with strawberry and lemon character to create a taste sensation for the younger set.	Ingredients: Apple pieces, Hibiscus petals, Rosehip pieces, Bubble gum*, Orange pieces, Calendula + Cornflower petals, Natural flavors(organic compliant) [*Bubble gum: Sugar, Dextrose, Corn syrup, Gum base [contains soybean oil], Corn starch,

			Natural and Artificial flavors, glycerin, resinous glaze [confectioner's glaze], tapioca dextrin, carnauba wax, Artificial colors, BHT] **Allergen Alert - Contains Soy**
Tutti Fruitti <i>*discontinued</i>	No Caffeine	A terrific tasting tea for kids. A candy-like caramel flavor gives natural sweetness with berries for depth and flavor. Rich in Vitamin C.	Ingredients: Elderberry, Currants, Hibiscus petals, Apple + Rosehip + Orange pieces, Cornflower + Rose + Calendula + Safflower petals, Natural flavors (organic compliant).
Market Fresh	No Caffeine	Brisk, crisp, sweet and fruity. A juicy mosaic brimming with tart summer fruit, rounded by fall harvest vegetal flavors. A market basket in a cup.	Ingredients: Apple + Hibiscus + Rosehip pieces, Cucumber + Lemon + Lime + Orange slices, Tomato pieces, Natural flavours (organic compliant).
Mediterranean Blue	No Caffeine	Tuscany summer in a cup.	Ingredients: Anise, Licorice, Fennel, Currant, Rosehip, Butterfly blue pea flower, Hibiscus, Star anise, Nettle, Jasmine, Natural flavors (organic compliant).
Berry Berry	No Caffeine	A full-flavored tea with deep berry notes. The infused cup is burgundy red and provides strength and character. A terrific tasting herbal tea.	Ingredients: Elderberries + Currants (a.k.a. Corinthian raisins), Hibiscus petals, Natural flavors (organic compliant).
Peppermint	No Caffeine	Pungent, cool, fresh, menthol.	Ingredients: Peppermint leaves
Hibiscus	No Caffeine	Tart and good for your heart. Full fruity character with a light sweet finish.	Ingredients: Hibiscus petals* *Organic Certified Organic by Pro-Cert Organic Systems (Organic Equivalency with COR, NOP, EU, JAS)
Cold B-gone	No Caffeine	Hello feeling better! Delicious lemony brightness combined with a sweet winter fruit profile. Light piquant cinnamon finish.	Ingredients: Lemongrass, stevia leaves, ginger, lemon + apple pieces, cinnamon, hibiscus petals, cardamom, clove
Rainbow Love!	No Caffeine	Celebrating Pride and Love for All – LOVE IS LOVE! A delicious harmony of flavours that will awaken your tastebuds and have you savouring every colour of the rainbow!	Ingredients: Apple, Elderberry, Current pieces, Hibiscus, Rosehip, Orange pieces, Cucumber pieces, Lemon pieces, Lime pieces, Tomato pieces, European Blueberries (a.k.a. bilberries), Cornflower petals, American Blueberries, Safflower + Marigold + Sunflower petals, Natural flavors (organic compliant).
WELLNESS			

Name/Blend	Caffeine Content	Flavour	Ingredients
Total Body	No caffeine	Makes you want to dance. Light tart fruity mint opens your palate, floral and fruit follow and finishes with piquant ginger. Life goodness in a cup.	Ingredients: Peppermint leaves, Rosehip pieces, Spearmint leaves, Ginger, Rooibos, Hibiscus + Rose + Calendula + Osmanthus petals.
Ginger Turmeric	Low	Full green tea notes. Light floral notes of exceptional seasonal Kenyans. Pungent and spicy with a warmth ending.	Ingredients: Green tea, Black tea, Turmeric, Ginger, Bael Nut, Cornflower petals, Natural flavors (organic compliant).
Energy	Medium	Robust and energizing. Yerba maté notes are tempered with refreshing lemon and a lovely spearmint finish.	Ingredients: Green mate, Lemongrass + Spearmint leaves, Ginkgo, Ginseng, Nettle, Calendula + Cornflower + Marigold + Sunflower petals.
Manitoulin Moonlight	Low	Light notes of baked almond with a slightly wild finish.	Ingredients: White tea.
French Lavender	No Caffeine	Mild with a distinctive floral perfume and slight pungency.	Ingredients: Lavender petals
Chamomile	No Caffeine	Very aromatic with a fruity tending floral flavor.	Ingredients: Chamomile blossoms
Mindful Moringa	No Caffeine	Beautiful mandarin orange notes you'll never forget because of the brain-boosting power of Moringa. Light spice notes intertwine with bright citrus.	Ingredients: Moringa + Strawberry leaves, Orange pieces, Cinnamon, Dandelion leaves, Safflower petals, Natural flavors (Organic Compliant).
Cleanse & Refresh	No Caffeine	Expunge the superlatives. Pleasant tending fruity cup with a delicious ginger finish.	Ingredients: Ginger, Licorice, Tulsi (Holy Basil), Dandelion leaves, Burdock root, Rose petals, Elder flowers, Safflower petals, Natural flavours (Organic Compliant).
Dandelion Root	No Caffeine	Mild, nutty top notes with a lingering astringency and toasty undertones.	Ingredients: Dandelion root* *Organic Certified Organic by Pro-Cert Organic Systems (Organic Equivalency with COR, NOP, EU, JAS)

Sweet Dreams Manitoulin	No Caffeine	Light notes of lavender providing a calming and relaxing effect to aid sleeping issues.	Ingredients: Lavender, Chamomile, Butterfly Blue Pea Flower* (*butterfly blue pea flower is not recommended for expectant mothers)
Cold & Flu Fighter <i>*discontinued</i>	Low	Savory berry - strong sage tempered by fruity flavor.	Ingredients: Green tea, Echinacea, Elderberries, Rosehip, Mango, Goji berries, Sage, Raspberry pieces, Natural flavors (organic compliant)
MATCHA			
Name/Blend	Caffeine Content	Flavour	Ingredients
IZU Green	Medium	Has a jammy-like smoothness with a very satisfying full cup. Luxury grade style Japanese green tea and Gyokuro gives a light astringent finish.	Ingredients: Green tea
Peppermint (seasonal)	Low	Exceptional refreshing peppermint character but smooth. Astringent and minty finish from the green tea base.	Ingredients: Green tea, Peppermint leaves.
Vanilla	Medium	Feel good! Delicious notes of bourbon vanilla on a very smooth green tea.	Ingredients: Green tea, Natural flavors (organic compliant).

BAKED GOODS

Name	Ingredients
Cinnamon Caramel Scone <i>*discontinued</i>	Enriched wheat flour, cream, cinnamon chips (sugar, palm oil, cinnamon, non-fat dry milk, soy lecithin), eggs, butter, sugar, baking powder, crystal sugar (sugar, carnauba wax), salt, cinnamon.
Blueberry Scone	Enriched wheat flour, cream, eggs, butter, blueberries, sugar, dried blueberries (wild blueberries, sugar, sunflower oil), baking powder, salt.
Brownie	White sugar, flour, butter, cocoa, eggs, vanilla, baking powder, salt
Magic Square (aka Hello Dolly)	Graham crumbs, sweetened condensed milk, coconut, chocolate chips, butter
Butter tart	Flour, shortening, butter, brown sugar, corn syrup, eggs, vanilla, raisins, white vinegar, salt, sugar
Caramel Pecan Chocolate Cookie	Enriched bleached wheat flour, Sugars, Margarine style spread, Caramel chips (sugar, glucose syrup, skim milk, palm oil, butter, salt, Semisweet chocolate, Palm and soyabean oils, Pecans, Water, Modified corn starch, Baking powder, Salt, Dried whole eggs.
Vanilla Almond Biscotti	Enriched Unbleached Wheat Flour, Sugar, Eggs, Almonds, Canola Oil, Baking Powder, Hazelnuts, Salt, Natural Flavour.
Cappuccino Biscotti	Coming soon!
Bread Pudding	White bread, milk, heavy cream, eggs, cinnamon, nutmeg, brown sugar, butter, white flour, vanilla
Chocolate Fudge	Butter, semi-sweet chocolate chips, heavy cream, salt, corn syrup, vanilla, sugar
Lemonburst Macaroon Bar	Sweetened Coconut (Coconut, Sugar, Water, Propylene Glycol), Sugar, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Lemon Filling (Sugar, Eggs, Water, Vegetable Shortening [Palm, Soybean And Fractionated Palm Oil], Concentrated Lemon Juice, Modified Corn Starch, Lemon Puree, Natural Flavor), Margarine (Palm And Palm Kernel Oils, Canola Oil, Water, Salt, Whey Powder [Milk], Monoglycerides, Soy Lecithin, Natural Flavor, Citric Acid, Vitamin A Palmitate, Beta-Carotene [Color], Vitamin D3), Oats, Corn Syrup, Eggs, Molasses, Sodium Bicarbonate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate, Calcium Sulfate), Natural Flavors.