

NUTRITION MENU

PHSA Second Cup



The information in this guide is effective as of March 2022 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by our ESHA E&D SQL and information provided by our suppliers.

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
ESPRESSO BAR																
Flat White	2% milk	8 oz	90	3.5	2	0.1	15	85	9	0	9	6	8%	0%	20%	0%
	skim	8 oz	70	0	0	0	5	90	9	0	9	6	8%	0%	20%	0%
	soy	8 oz	80	3	0.4	0	0	90	6	1	5	5	8%	0%	25%	8%
	almond	8 oz	30	2.5	0	0	0	95	2	1	0	1	0%	0%	25%	2%
	coconut	8 oz	80	4	4	0	0	105	9	0	7	1	0%	0%	0%	2%
Caffè Latte	2% milk	12 oz	120	4.5	2.5	0.2	20	95	12	0	11	8	15%	0%	25%	2%
	2% milk	16 oz	160	6	3.5	0.2	25	125	15	0	14	10	15%	0%	35%	4%
	2% milk	20 oz	200	7	4	0.3	30	160	19	0	17	13	20%	0%	40%	4%
	skim	12 oz	90	0	0	0	5	100	13	0	11	8	15%	0%	25%	0%
	skim	16 oz	110	0	0	0	5	130	16	0	15	10	15%	0%	35%	0%
	skim	20 oz	140	0	0	0	5	160	20	0	18	13	20%	0%	40%	2%
	soy	12 oz	80	3	0	0	0	180	9	1	6	4	0%	0%	2%	4%
	soy	16 oz	100	3.5	0.5	0	0	230	12	1	8	6	0%	0%	2%	6%
	soy	20 oz	130	4.5	0.5	0	0	280	15	1	10	7	0%	0%	2%	6%
	almond	12 oz	35	3	0	0	0	110	2	1	0	1	0%	0%	25%	2%
	almond	16 oz	50	3.5	0	0	0	140	3	1	0	1	0%	0%	35%	4%
	almond	20 oz	60	4.5	0	0	0	180	4	1	0	2	0%	0%	40%	4%
coconut	12 oz	90	4.5	4.5	0	0	120	10	0	0	1	0%	0%	0%	2%	
coconut	16 oz	110	6	6	0	0	150	13	0	0	1	0%	0%	0%	4%	
coconut	20 oz	140	7	7	0	0	190	16	0	0	2	0%	0%	0%	4%	

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MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Vanilla Bean Latte	2% milk	12 oz	190	6	4.5	0.1	15	160	28	0	23	7	8%	0%	25%	0%
	2% milk	16 oz	280	8	6	0.1	20	230	41	0	33	9	10%	0%	40%	2%
	2% milk	20 oz	360	11	8	0.1	25	300	54	0	43	11	10%	0%	50%	2%
	skim	12 oz	170	2.5	2	0	5	170	29	0	24	7	8%	0%	25%	0%
	skim	16 oz	240	3.5	3	0	5	240	42	0	34	9	10%	0%	40%	2%
	skim	20 oz	310	5	4.5	0	5	310	55	0	44	11	10%	0%	50%	2%
	soy	12 oz	160	4.5	0	0	0	210	26	0	19	4	0%	0%	8%	2%
	soy	16 oz	230	6	3.5	0	0	300	38	0	28	5	0%	0%	10%	4%
	soy	20 oz	300	8	5	0	0	380	50	0	37	6	0%	0%	15%	4%
	almond	12 oz	130	4.5	2.5	0	0	160	20	1	14	1	0%	0%	25%	2%
	almond	16 oz	190	6	3.5	0	0	230	31	1	21	1	0%	0%	40%	4%
	almond	20 oz	250	8	4.5	0	0	300	41	1	29	2	0%	0%	50%	4%
coconut	12 oz	170	6	6	0	0	170	27	0	21	1	0%	0%	6%	0%	
	16 oz	240	8	8	0	0	240	40	0	30	1	0%	0%	10%	2%	
	20 oz	320	11	10	0	0	310	52	0	40	2	0%	0%	15%	2%	
Caramel Corretto®	2% milk	12 oz	260	8	6	0.1	15	210	41	0	33	7	8%	0%	27%	1%
	2% milk	16 oz	340	10	8	0.1	20	280	54	0	44	9	10%	0%	35%	1%
	2% milk	20 oz	430	13	9	0.1	25	360	67	0	54	11	10%	0%	42%	2%
	skim	12 oz	230	4	3.5	0	5	220	42	0	34	7	8%	0%	27%	1%
	skim	16 oz	300	5	4.5	0	5	290	55	0	44	9	10%	0%	35%	1%
	skim	20 oz	380	7	6	0	5	360	68	0	55	11	10%	0%	42%	2%
	soy	12 oz	220	6	4	0	0	260	39	0	30	4	0%	0%	10%	2%
	soy	16 oz	300	8	5	0	0	350	51	0	39	5	0%	0%	12%	3%
	soy	20 oz	370	10	6	0	0	440	63	0	48	7	0%	0%	15%	4%
	almond	12 oz	190	6	4	0	0	210	33	1	25	1	0%	0%	27%	2%
	almond	16 oz	250	8	5	0	0	280	43	1	32	1	0%	0%	35%	3%

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MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	almond	20 oz	310	10	6	0	0	350	54	1	40	2	0%	0%	42%	4%
	coconut	12 oz	230	8	7	0	0	220	40	0	31	1	0%	0%	8%	1%
	coconut	16 oz	310	10	10	0	0	290	52	0	41	2	0%	0%	10%	1%
	coconut	20 oz	380	13	12	0	0	370	64	0	51	2	0%	0%	13%	2%
	Oat	12 oz	300	10	4.5	0	0	250	49	0	27	3	0%	0%	12%	4%
	Oat	16 oz	400	13	6	0	0	330	65	0	35	4	0%	0%	15%	6%
	Oat	20 oz	490	16	7	0	0	410	81	6	43	6	0%	0%	19%	7%
Moccaccino*	2% milk	12 oz	330	17	12	0.4	45	260	38	1	32	8	20%	0%	35%	8%
	2% milk	16 oz	410	20	14	0.4	50	350	49	1	42	11	20%	0%	45%	10%
	2% milk	20 oz	490	22	15	0.5	55	440	61	2	51	13	25%	0%	50%	15%
	skim	12 oz	300	13	10	0.3	35	270	38	1	33	8	20%	0%	35%	8%
	skim	16 oz	370	15	11	0.3	35	350	50	1	43	11	20%	0%	45%	10%
	skim	20 oz	440	16	12	0.4	35	440	63	2	52	13	25%	0%	50%	15%
	soy	12 oz	290	16	10	0.3	30	310	35	1	28	6	10%	0%	15%	10%
	soy	16 oz	360	18	11	0.3	30	420	46	1	37	7	10%	0%	20%	15%
	soy	20 oz	430	20	12	0.4	30	520	58	2	45	9	10%	0%	20%	20%
	almond	12 oz	260	16	10	0.3	30	260	30	2	23	3	0%	0%	35%	10%
	almond	16 oz	320	18	11	0.3	30	350	39	2	30	3	0%	0%	45%	15%
	almond	20 oz	380	20	12	0.4	30	430	48	3	37	4	0%	0%	50%	20%
	coconut	12 oz	300	17	13	0.3	30	270	36	1	30	3	0%	0%	10%	8%
	coconut	16 oz	380	20	16	0.3	30	360	48	1	39	3	0%	0%	15%	10%
	coconut	20 oz	450	22	18	0.4	30	450	59	2	48	4	0%	0%	20%	15%
Cappuccino	2% milk	12 oz	110	4	2.5	0.1	15	100	10	0	10	7	10%	2%	25%	2%
	2% milk	16 oz	150	6	4	0.2	25	135	14	0	14	10	15%	2%	35%	2%
	2% milk	20 oz	170	7	4.5	0.2	25	160	16	0	16	11	20%	2%	35%	2%
	skim	12 oz	70	0	0	0	0	110	10	0	9	7	8%	4%	15%	2%
	skim	16 oz	110	0	0	0	5	170	16	0	15	11	15%	2%	35%	2%
	skim	20 oz	120	0	0.5	0	5	200	18	0	17	12	15%	2%	30%	2%

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Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Nutrition Information														
		Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	soy	12 oz	80	3.5	0.5	0	0	110	7	1	5	5	8%	2%	25%	6%
	soy	16 oz	110	5	0.5	0	0	150	10	1	7	8	10%	0%	40%	8%
	soy	20 oz	120	5	1.5	0	0	180	11	1	8	9	15%	0%	40%	10%
	almond	12 oz	35	3	0	0	0	110	2	1	0	1	0%	0%	25%	2%
	almond	16 oz	50	3.5	0	0	0	140	3	1	0	1	0%	0%	35%	4%
	almond	20 oz	60	4.5	0	0	0	180	4	1	0	2	0%	0%	40%	4%
	coconut	12 oz	90	4.5	4.5	0	0	120	10	0	0	1	0%	0%	0%	2%
	coconut	16 oz	110	6	6	0	0	150	13	0	0	1	0%	0%	0%	4%
	coconut	20 oz	140	7	7	0	0	190	16	0	0	2	0%	0%	0%	4%
Americano	none	Single	5	0.1	0	0	0	6	1	0	0	0.1	0%	0%	0%	0%
	none	Doubl	10	0.2	0.1	0	0	13	2	0	0	0.1	0%	0%	0%	0%
Espresso	none	Single	5	0.1	0	0	0	6	1	0	0	0.1	0%	0%	0%	0%
	none	Doubl	10	0.2	0.1	0	0	13	2	0	0	0.1	0%	0%	0%	0%
Classic Hot Chocolate*	2% milk	8 oz	290	16	11	0.4	45	260	34	1	28	6	15%	0%	25%	8%
	2% milk	12 oz	370	18	13	0.4	45	310	45	1	39	9	20%	0%	35%	10%
	2% milk	16 oz	450	21	15	0.4	50	390	56	2	48	11	20%	0%	45%	15%
	2% milk	20 oz	520	23	16	0.5	55	470	68	2	58	14	25%	0%	60%	15%
	skim	8 oz	280	12	9	0.3	30	260	37	1	32	8	15%	0%	25%	8%
	skim	12 oz	330	15	11	0.3	35	310	46	1	39	9	20%	0%	35%	10%
	skim	16 oz	410	16	12	0.4	35	400	57	2	49	11	20%	0%	45%	15%
	skim	20 oz	480	17	13	0.4	35	480	69	2	59	14	25%	0%	60%	15%
	soy	8 oz	280	14	9	0.3	25	300	34	1	28	5	10%	0%	15%	10%
	soy	12 oz	340	17	11	0.3	30	360	43	1	35	6	10%	0%	15%	15%
	soy	16 oz	400	19	12	0.4	30	460	53	2	44	7	10%	0%	20%	15%
	soy	20 oz	470	21	14	0.4	30	560	64	2	52	9	10%	0%	25%	20%

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MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	almond	8 oz	240	14	9	0.3	25	250	28	2	23	3	0%	0%	35%	10%
	almond	12 oz	300	17	11	0.3	30	310	37	2	30	3	0%	0%	35%	15%
	almond	16 oz	360	19	12	0.4	30	390	46	3	37	4	0%	0%	45%	15%
	almond	20 oz	410	21	13	0.4	30	470	55	3	44	4	0%	0%	60%	20%
	coconut	8 oz	290	16	12	0.3	25	260	35	1	30	3	0%	0%	10%	8%
	coconut	12 oz	350	18	14	0.3	30	320	44	1	37	3	0%	0%	15%	10%
	coconut	16 oz	410	21	17	0.4	30	400	55	2	46	4	0%	0%	20%	15%
	coconut	20 oz	480	23	19	0.4	30	490	66	2	55	4	0%	0%	25%	15%
White Hot Chocolate*	2% milk	8 oz	310	17	12	0.4	45	220	34	0	28	5	15%	0%	25%	0%
	2% milk	12 oz	390	21	15	0.4	45	310	45	0	38	8	20%	0%	35%	0%
	2% milk	16 oz	480	24	18	0.5	50	390	56	0	48	10	20%	0%	45%	2%
	2% milk	20 oz	560	27	20	0.5	55	480	68	0	57	12	25%	0%	60%	2%
	skim	8 oz	290	15	11	0.3	40	220	34	0	28	5	15%	0%	25%	0%
	skim	12 oz	370	17	13	0.4	35	310	46	0	39	8	20%	0%	35%	2%
	skim	16 oz	440	19	15	0.4	35	400	57	0	49	10	20%	0%	45%	2%
	skim	20 oz	510	21	16	0.4	35	480	69	0	59	12	25%	0%	60%	2%
	soy	8 oz	290	16	11	0.3	25	300	34	1	25	5	10%	0%	10%	2%
	soy	12 oz	360	19	13	0.4	30	360	43	0	35	5	10%	0%	15%	2%
	soy	16 oz	430	22	15	0.4	30	460	54	0	43	6	10%	0%	20%	4%
	soy	20 oz	500	24	17	0.4	30	560	64	0	51	8	10%	0%	20%	4%
	almond	8 oz	260	16	11	0.3	25	250	28	1	23	2	0%	0%	30%	2%
	almond	12 oz	330	19	13	0.4	30	310	37	1	30	2	0%	0%	35%	2%
	almond	16 oz	390	22	15	0.4	30	390	46	1	36	3	0%	0%	45%	4%
	almond	20 oz	450	24	17	0.4	30	470	55	1	43	3	0%	0%	60%	4%
	coconut	8 oz	300	18	14	0.3	25	260	35	0	29	2	0%	0%	10%	2%
	coconut	12 oz	370	21	17	0.4	30	320	44	0	36	2	0%	0%	15%	2%
	coconut	16 oz	440	24	20	0.4	30	400	55	0	45	3	0%	0%	15%	2%
	coconut	20 oz	520	27	23	0.4	30	490	66	0	54	3	0%	0%	20%	2%

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	none	20 oz	5	0.1	0	0	0	10	0	0	0	1	0%	0%	2%	0%
Tea	none	12 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
	none	16 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
	none	20 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
London Fog	2% milk	12 oz	210	6	3.5	0.2	25	160	28	0	13	10	20%	4%	35%	2%
	2% milk	16 oz	290	8	5	0.3	30	210	40	0	20	14	25%	6%	45%	2%
	2% milk	20 oz	370	10	6	0.4	40	260	51	0	27	17	30%	8%	60%	2%
	skim	12 oz	160	0.5	0.3	0	5	160	29	0	27	11	0%	6%	35%	0%
	skim	16 oz	230	0.5	0.5	0	5	210	40	0	38	14	52%	6%	45%	2%
	skim	20 oz	290	1	0.5	0	10	270	52	0	49	18	30%	8%	60%	2%
	soy	12 oz	220	6	0.5	0	0	170	29	4	15	14	20%	0%	10%	25%
	soy	16 oz	300	8	1	0	0	230	41	5	22	19	25%	0%	15%	35%
	soy	20 oz	380	10	1	0	0	280	52	7	29	23	30%	0%	20%	40%
	almond	12 oz	70	0.5	0	0	0	20	16	0	16	0.2	0%	0%	6%	0%
	almond	16 oz	100	1	0.1	0	0	30	21	0	21	0.2	0%	0%	8%	0%
	almond	20 oz	120	1	0.1	0	0	55	26	0	26	0.3	0%	0%	10%	0%
	coconut	12 oz	140	4	4	0	0	100	24	0	24	1	0%	0%	0%	2%
	coconut	16 oz	180	5	5	0	0	130	33	0	31	1	0%	0%	0%	2%
	coconut	20 oz	210	7	7	0	0	170	36	0	35	1	0%	0%	0%	2%
Chai Latte	2% milk	12 oz	190	4	2.5	0.2	15	75	30	0	30	7	10%	0%	25%	2%
	2% milk	16 oz	250	5	3	0.2	20	100	40	0	40	9	15%	0%	30%	2%
	2% milk	20 oz	310	6	4	0.3	25	125	50	0	50	11	20%	0%	40%	2%
	skim	12 oz	160	0	0	0	5	80	31	0	31	7	10%	0%	25%	0%
	skim	16 oz	210	0	0	0	5	105	41	0	41	9	15%	0%	30%	0%
	skim	20 oz	260	0	0	0	5	130	51	0	51	11	20%	0%	40%	0%

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		Serving Size (g)	Calories (cal)													
	soy	12 oz	150	2.5	0	0	0	140	28	1	26	4	0%	0%	2%	4%
	soy	16 oz	200	3	0	0	0	190	37	1	35	5	0%	0%	2%	4%
	soy	20 oz	250	4	0.5	0	0	240	46	1	44	6	0%	0%	2%	6%
	almond	12 oz	115	2.5	0	0	0	85	22	1	21	1	0%	0%	25%	2%
	almond	16 oz	155	3	0	0	0	115	29	1	28	1	0%	0%	30%	2%
	almond	20 oz	195	4	0	0	0	140	36	1	35	1	0%	0%	40%	2%
	coconut	12 oz	160	4	4	0	0	95	29	0	21	1	0%	0%	0%	2%
	coconut	16 oz	210	5	5	0	0	125	38	0	28	1	0%	0%	0%	2%
	coconut	20 oz	260	6	6	0	0	160	48	0	35	1	0%	0%	0%	2%
Honey Vanilla Tea Latte	2% milk	12 oz	210	6	4	0.1	15	160	34	0	29	7	0%	0%	25%	0%
	2% milk	16 oz	240	7	5	0.1	20	190	36	0	32	9	0%	0%	35%	0%
	2% milk	20 oz	320	9	7	0.1	25	250	49	0	42	11	0%	0%	45%	0%
	skim	12 oz	180	2.5	2	0	5	160	34	0	30	7	0%	0%	25%	0%
	skim	16 oz	200	2.5	2	0	5	190	37	0	33	9	0%	0%	35%	0%
	skim	20 oz	280	3.5	3	0	5	260	50	0	43	11	0%	0%	45%	0%
	soy	12 oz	180	4.5	2.5	0	0	210	31	0	25	4	0%	0%	8%	2%
	soy	16 oz	200	5	2.5	0	0	250	34	0	27	5	0%	0%	8%	2%
	soy	20 oz	260	7	4	0	0	330	45	0	36	6	0%	0%	10%	2%
	almond	12 oz	140	4.5	2.5	0	0	150	26	1	21	1	0%	0%	25%	2%
	almond	16 oz	150	5	2.5	0	0	180	26	1	21	1	0%	0%	35%	2%
	almond	20 oz	210	7	3.5	0	0	240	36	1	28	1	0%	0%	45%	2%
	coconut	12 oz	190	6	6	0	0	160	32	0	27	1	0%	0%	6%	0%
	coconut	16 oz	210	7	7	0	0	200	35	0	29	1	0%	0%	6%	0%
	coconut	20 oz	280	10	9	0	0	260	47	0	39	2	0%	0%	10%	0%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Matcha Tea Latte	2% milk	12 oz	200	5	3	0.1	20	115	30	1	27	9	0%	0%	23%	3%
	2% milk	16 oz	230	6	3.5	0.1	25	140	33	1	29	11	0%	0%	31%	3%
	2% milk	20 oz	300	7	4.5	0.1	30	170	46	1	40	14	0%	0%	38%	4%
	skim	12 oz	160	0.1	0	0	5	120	31	1	28	9	0%	0%	23%	3%
	skim	16 oz	190	0.1	0	0	5	150	35	1	31	11	0%	0%	31%	3%
	skim	20 oz	250	0.1	0	0	5	180	47	1	41	14	0%	0%	38%	4%
	soy	12 oz	150	3	0.5	0	0	180	28	1	22	5	0%	0%	2%	4%
	soy	16 oz	170	3.5	0.5	0	0	230	30	1	24	6	0%	0%	3%	4%
	soy	20 oz	230	4.5	0.5	0	0	270	41	1	33	8	0%	0%	4%	6%
	almond	12 oz	110	3	0.3	0	0	110	20	2	15	1	0%	0%	23%	4%
	almond	16 oz	120	3.5	0.4	0	0	140	20	2	15	2	0%	0%	31%	4%
	almond	20 oz	170	4.5	0.4	0	0	170	30	2	23	2	0%	0%	38%	6%
	coconut	12 oz	170	5	5	0	0	125	29	1	24	1	0%	0%	2%	3%
	coconut	16 oz	190	6	6	0	0	160	31	1	26	2	0%	0%	2%	3%
	coconut	20 oz	250	7	7	0	0	190	43	1	36	2	0%	0%	2%	4%
	oat	12 oz	260	8	1	0	0	160	42	1	18	4	0%	0%	6%	7%
	oat	16 oz	300	10	1	0	0	200	47	1	19	5	0%	0%	8%	8%
	oat	20 oz	380	12	1.5	0	0	240	63	1	27	7	0%	0%	10%	11%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	NUTRITION INFORMATION														
		Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
COLD BAR																
Espresso Frappé	2% milk	12 oz	280	9	8	0.1	5	290	47	0	36	3	2%	0%	17%	2%
	2% milk	16 oz	300	10	8	0.1	10	300	48	0	37	4	4%	0%	19%	2%
	2% milk	22 oz	420	14	12	0.1	10	430	67	0	52	6	4%	0%	27%	2%
	skim	12 oz	270	8	7	0	0	290	47	0	36	3	2%	0%	17%	2%
	skim	16 oz	280	8	7	0	5	300	49	0	38	4	4%	0%	19%	2%
	skim	22 oz	400	12	11	0.1	5	430	68	0	53	6	4%	0%	27%	2%
	soy	12 oz	270	9	7	0	0	300	46	0	35	2	2%	0%	12%	2%
	soy	16 oz	280	9	8	0	0	330	47	0	36	3	4%	0%	12%	2%
	soy	22 oz	400	13	11	0.1	0	460	66	0	50	4	6%	0%	17%	3%
	almond	12 oz	260	9	7	0	0	290	44	0	33	1	0%	0%	17%	2%
	almond	16 oz	260	9	7	0	0	300	44	0	33	1	0%	0%	19%	2%
	almond	22 oz	370	13	11	0.1	0	430	62	0	47	2	0%	0%	27%	3%
	coconut	12 oz	270	9	9	0	0	290	46	0	35	1	0%	0%	12%	2%
	coconut	16 oz	280	10	9	0	0	310	48	0	36	1	0%	0%	12%	2%
	coconut	22 oz	400	14	13	0.1	0	430	66	0	51	2	0%	0%	17%	2%
Oat	Oat	12 oz	300	10	8	0	0	300	50	0	34	2	0%	0%	13%	3%
	Oat	16 oz	320	11	8	0	0	320	52	0	34	3	0%	0%	13%	3%
	Oat	22 oz	450	16	11	0.1	0	450	73	0	48	3	0%	0%	19%	4%
Mocca Frappé	2% milk	12 oz	260	7	6	0	5	290	46	0	37	4	2%	0%	19%	10%
	2% milk	16 oz	270	7	6	0.1	10	300	48	0	39	5	4%	0%	23%	10%
	2% milk	22 oz	380	11	9	0.1	10	430	67	0	54	7	4%	0%	31%	14%
	skim	12 oz	250	6	5	0	0	290	47	0	37	4	2%	0%	19%	10%
	skim	16 oz	260	6	5	0	5	300	48	0	39	5	4%	0%	23%	10%
	skim	22 oz	360	8	7	0	5	430	67	0	55	7	4%	0%	31%	14%
	soy	12 oz	240	6	5	0	0	300	46	0	36	3	2%	0%	13%	10%
	soy	16 oz	250	7	5	0	0	330	47	0	37	4	4%	0%	13%	10%
	soy	22 oz	360	10	7	0	0	460	65	0	52	5	6%	0%	19%	14%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	almond	12 oz	230	6	5	0	0	230	44	2	34	2	0%	0%	19%	10%
	almond	16 oz	240	7	5	0	0	300	44	2	34	2	0%	0%	23%	10%
	almond	22 oz	340	10	7	0	0	430	61	1	48	3	0%	0%	31%	14%
	coconut	12 oz	250	7	6	0	0	290	46	0	36	2	0%	0%	13%	10%
	coconut	16 oz	260	7	7	0	0	310	47	0	38	2	0%	0%	13%	10%
	coconut	22 oz	360	11	10	0	0	430	66	3	53	3	0%	0%	19%	14%
	Oat	12 oz	270	8	5	0	0	300	49	0	35	3	0%	0%	15%	11%
	Oat	16 oz	290	9	5	0	0	320	52	0	35	3	0%	0%	15%	11%
	Oat	22 oz	410	12	8	0	0	450	72	0	50	5	0%	0%	23%	17%
Caramel Frappé	2% milk	12 oz	270	6	5	0	5	220	51	0	39	3	2%	0%	17%	1%
	2% milk	16 oz	290	7	6	0.1	10	230	52	0	40	4	4%	0%	23%	1%
	2% milk	22 oz	400	10	8	0.1	10	330	73	0	56	5	4%	0%	31%	2%
	skim	12 oz	260	5	4.5	0	0	220	51	0	39	3	2%	0%	17%	1%
	skim	16 oz	270	5	4.5	0	0	240	53	0	40	4	4%	0%	23%	1%
	skim	22 oz	390	8	7	0	5	330	74	0	57	5	4%	0%	31%	2%
	soy	12 oz	260	6	5	0	0	240	50	0	37	2	0%	0%	13%	2%
	soy	16 oz	270	6	5	0	0	260	51	0	38	3	0%	0%	13%	2%
	soy	22 oz	380	9	7	0	0	360	72	0	54	3	0%	0%	17%	3%
	almond	12 oz	250	6	5	0	0	220	48	0	36	1	0%	0%	17%	2%
	almond	16 oz	250	6	5	0	0	230	48	0	36	1	0%	0%	23%	2%
	almond	22 oz	360	9	7	0	0	320	68	0	51	2	0%	0%	31%	3%
	coconut	12 oz	260	6	6	0	0	220	50	0	38	1	0%	0%	12%	1%
	coconut	16 oz	270	7	7	0	0	240	52	0	39	1	0%	0%	12%	1%
	coconut	22 oz	390	10	9	0	0	330	72	0	55	2	0%	0%	17%	2%
	Oat	12 oz	290	7	5	0	0	230	54	0	37	2	0%	0%	12%	2%
	Oat	16 oz	310	8	5	0	0	250	56	0	37	2	0%	0%	13%	3%
	Oat	22 oz	430	12	7	0	0	350	79	0	52	3	0%	0%	19%	4%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Nutrition Information														
		Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Vanilla Bean Frappé	2% milk	12 oz	270	6	5	0	5	210	50	0	37	3	2	0	17%	1%
	2% milk	16 oz	280	7	6	0.1	10	230	52	0	39	4	4	0	19%	1%
	2% milk	22 oz	400	10	8	0.1	10	320	72	0	55	5	4	0	27%	2%
	skim	12 oz	260	5	4.5	0	0	220	51	0	38	3	2	0	17%	1%
	skim	16 oz	270	5	4.5	0	0	230	52	0	39	4	4	0	19%	1%
	skim	22 oz	380	7	7	0	5	320	73	0	55	5	4	0	27%	2%
	soy	12 oz	260	6	4.5	0	0	230	50	5	36	2	0	0	12%	2%
	soy	16 oz	270	6	4.5	0	0	250	51	0	37	3	0	0	13%	2%
	soy	22 oz	370	9	7	0	0	350	71	0	52	3	0	0	17%	3%
	almond	12 oz	250	6	4.5	0	0	210	48	0	35	1	0%	0%	17%	2%
	almond	16 oz	250	6	4.5	0	0	230	48	0	35	1	0%	0%	19%	2%
	almond	22 oz	350	9	7	0	0	320	67	0	49	1	0%	0%	27%	3%
	coconut	12 oz	260	6	6	0	0	220	50	0	37	1	0%	0%	12%	1%
	coconut	16 oz	270	7	6	0	0	230	51	0	38	1	0%	0%	12%	1%
	coconut	22 oz	380	10	9	0	0	320	72	0	53	1	0%	0%	17%	2%
Oat	12 oz	280	7	4.5	0	0	230	53	0	35	2	0%	0%	13%	2%	
Oat	16 oz	300	8	5	0	0	250	56	0	36	2	0%	0%	13%	3%	
Oat	22 oz	420	11	7	0	0	340	78	0	50	3	0%	0%	19%	4%	
Flash Cold Brew, unsweetened	none	12 oz	15	0.3	0	0	0	10	3	0	0	0	0%	0%	0%	2%
	none	16 oz	20	0.4	0.2	0	0	10	4	0	0	0	0%	0%	0%	2%
	none	22 oz	35	0.5	0.4	0	0	15	6	0	0	0	0%	0%	2%	4%
Flash Cold Brew, sweetened	none	12 oz	40	0.3	0	0	0	10	10	0	7	0	0%	0%	0%	2%
	none	16 oz	70	0.4	0.2	0	0	10	17	0	13	0	0%	0%	0%	2%
	none	22 oz	110	0.5	0.4	0	0	15	26	0	20	0	0%	0%	2%	4%
Flash Cold Brew, Vanilla Bean	none	12 oz	100	2.5	2	0	0	75	19	0	14	0.4	0%	0%	6%	0%
	none	16 oz	100	2.5	2	0	0	75	19	0	14	0.5	0%	0%	6%	0%
	none	22 oz	200	4.5	4	0	0	150	38	0	29	1	0%	0%	15%	0%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Flash Cold Brew, Mocca	none	12 oz	90	2.5	2.5	0	0	110	17	1	14	1	0%	0%	8%	6%
	none	16 oz	90	2.5	2.5	0	0	115	17	1	14	1	0%	0%	8%	6%
	none	22 oz	190	5	4.5	0	0	220	34	1	28	2	0%	0%	15%	10%
Flash Cold Brew, Oatmilk	none	12 oz	130	4.5	2.5	0	0	150	21	0	14	2	0%	0%	8%	6%
	none	16 oz	140	5	2.5	0	0	160	24	0	15	2	0%	0%	8%	6%
	none	22 oz	250	8	5	0	0	290	43	1	29	4	0%	0%	13%	11%
Iced Caffè Latte	2% milk	12 oz	120	4.5	2.5	0.2	20	95	12	0	11	8	15%	0%	25%	2%
	2% milk	16 oz	140	5	3	0.2	20	115	14	0	12	9	15%	0%	30%	2%
	2% milk	22 oz	180	7	4	0.3	25	150	17	0	15	12	20%	0%	40%	4%
	skim	12 oz	90	0	0	0	5	100	13	0	11	8	15%	0%	25%	0%
	skim	16 oz	100	0	0	0	5	120	15	0	13	9	15%	0%	30%	0%
	skim	22 oz	130	0	0	0	5	150	19	0	16	12	20%	0%	40%	2%
	soy	12 oz	80	3	0	0	0	180	9	1	6	4	0%	0%	2%	4%
	soy	16 oz	90	3	0.5	0	0	200	11	1	7	5	0%	0%	2%	4%
	soy	22 oz	120	4	0.5	0	0	260	14	1	9	6	0%	0%	2%	6%
	almond	12 oz	35	3	0	0	0	110	2	1	0	1	0%	0%	25%	2%
	almond	16 oz	45	3	0	0	0	130	3	1	0	1	0%	0%	30%	2%
	almond	22 oz	60	4	0	0	0	160	4	1	0	1	0%	0%	40%	4%
Iced Vanilla Bean Latte	coconut	12 oz	90	4.5	4.5	0	0	120	10	0	0	1	0%	0%	0%	2%
	coconut	16 oz	100	5	5	0	0	140	12	0	0	1	0%	0%	0%	2%
	coconut	22 oz	130	7	6	0	0	180	15	0	0	1	0%	0%	0%	4%
Iced Vanilla Bean Latte	2% milk	12 oz	180	5	4	0.1	10	150	27	0	21	6	6%	0%	25%	0%
	2% milk	16 oz	240	7	5	0.1	15	200	38	0	30	7	8%	0%	30%	2%
	2% milk	22 oz	320	9	7	0.1	20	270	50	0	39	9	8%	0%	40%	2%
	skim	12 oz	150	2.5	2	0	5	150	27	0	22	6	6%	0%	25%	0%
	skim	16 oz	220	3.5	3	0	5	210	39	0	31	7	8%	0%	30%	2%
	skim	22 oz	280	5	4.5	0	5	270	51	0	40	9	8%	0%	40%	2%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION															
		Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	soy	12 oz	150	4	2.5	0	0	190	25	0	18	3	0%	0%	8%	2%
	soy	16 oz	210	6	3.5	0	0	250	36	0	26	4	0%	0%	10%	2%
	soy	22 oz	280	7	4.5	0	0	330	48	0	35	5	0%	0%	15%	4%
	almond	12 oz	120	4	2.5	0	0	150	20	1	14	1	0%	0%	25%	2%
	almond	16 oz	180	6	3.5	0	0	200	30	1	21	1	0%	0%	30%	2%
	almond	22 oz	240	7	4.5	0	0	260	41	1	29	1	0%	0%	40%	4%
	coconut	12 oz	160	5	5	0	0	160	26	0	20	1	0%	0%	6%	0%
	coconut	16 oz	220	7	7	0	0	210	37	0	28	1	0%	0%	10%	2%
	coconut	22 oz	290	9	9	0	0	280	49	0	37	1	0%	0%	15%	2%
Iced Moccaccino*	2% milk	12 oz	340	19	13	0.5	50	250	37	1	31	8	20%	0%	30%	10%
	2% milk	16 oz	410	21	15	0.5	55	320	47	1	39	9	20%	0%	35%	10%
	2% milk	22 oz	470	23	16	0.5	55	400	58	2	48	11	20%	0%	45%	15%
	skim	12 oz	320	16	11	0.4	40	250	37	1	32	8	20%	0%	30%	10%
	skim	16 oz	380	17	12	0.4	40	330	48	1	40	9	20%	0%	35%	10%
	skim	22 oz	440	19	14	0.4	45	400	59	2	49	11	20%	0%	45%	15%
	soy	12 oz	310	18	12	0.4	40	290	35	1	28	5	15%	0%	15%	10%
	soy	16 oz	370	20	13	0.4	40	370	45	1	36	6	15%	0%	20%	15%
	soy	22 oz	430	21	14	0.4	40	460	55	2	44	7	15%	0%	20%	15%
	almond	12 oz	290	18	11	0.4	40	250	30	2	24	3	0%	0%	30%	10%
	almond	16 oz	340	20	13	0.4	40	320	39	2	31	3	0%	0%	35%	15%
	almond	22 oz	390	21	14	0.4	40	390	49	2	38	4	0%	0%	45%	15%
	coconut	12 oz	320	19	14	0.4	40	260	36	1	30	3	0%	0%	15%	10%
	coconut	16 oz	380	21	16	0.4	40	330	46	1	38	3	0%	0%	15%	10%
	coconut	22 oz	440	23	18	0.4	40	410	57	2	46	4	0%	0%	20%	15%
Iced Caramel Corretto®	2% milk	12 oz	370	19	13	0.5	50	210	43	0	35	7	20%	0%	23%	1%
	2% milk	16 oz	430	21	15	0.5	55	260	54	0	44	8	20%	0%	31%	1%
	2% milk	22 oz	500	23	16	0.5	55	320	66	0	53	9	25%	0%	35%	2%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	skim	12 oz	340	16	11	0.4	40	210	43	0	36	7	20%	0%	23%	1%
	skim	16 oz	410	17	12	0.4	45	270	55	0	45	8	20%	0%	31%	1%
	skim	22 oz	470	19	14	0.4	45	330	67	0	54	9	25%	0%	35%	2%
	soy	12 oz	340	18	12	0.4	40	250	41	0	32	4	15%	0%	10%	2%
	soy	16 oz	400	20	13	0.4	40	310	52	0	40	5	15%	0%	13%	2%
	soy	22 oz	460	21	14	0.4	40	380	63	0	49	6	15%	0%	15%	3%
	almond	12 oz	310	18	11	0.4	40	210	36	1	28	2	0%	0%	23%	2%
	almond	16 oz	370	20	13	0.4	40	260	46	1	35	2	0%	0%	31%	2%
	almond	22 oz	420	21	14	0.4	40	320	57	1	43	2	0%	0%	35%	3%
	coconut	12 oz	350	19	14	0.4	40	210	42	0	34	2	0%	0%	10%	2%
	coconut	16 oz	410	21	16	0.4	40	270	53	0	42	2	0%	0%	12%	1%
	coconut	22 oz	470	23	18	0.4	40	330	65	0	51	2	0%	0%	15%	2%
Chai Frappé	2% milk	12 oz	300	5	4.5	0	5	170	57	0	51	3	2%	0%	15%	0%
	2% milk	16 oz	310	6	5	0.1	10	190	59	0	52	4	4%	0%	20%	0%
	2% milk	22 oz	360	7	5	0.1	10	200	67	0	61	5	4%	0%	25%	0%
	skim	12 oz	290	4.5	4	0	0	170	58	0	51	3	2%	0%	15%	0%
	skim	16 oz	300	4.5	4	0	0	190	59	0	53	4	4%	0%	20%	0%
	skim	22 oz	340	4.5	4	0	5	200	68	0	61	5	4%	0%	25%	0%
	soy	12 oz	290	5	4	0	0	190	57	0	50	2	2%	0%	10%	2%
	soy	16 oz	300	5	4	0	0	210	58	0	51	2	4%	0%	10%	2%
	soy	22 oz	340	6	4	0	0	230	66	0	59	3	6%	0%	10%	2%
	almond	12 oz	280	5	4	0	0	170	55	0	48	1	0%	0%	15%	2%
	almond	16 oz	280	5	4	0	0	180	55	0	48	1	0%	0%	20%	2%
	almond	22 oz	310	6	4	0	0	200	62	0	55	1	0%	0%	25%	2%
	coconut	12 oz	290	6	5	0	0	170	57	0	50	1	0%	0%	10%	0%
	coconut	16 oz	300	6	6	0	0	190	58	0	52	1	0%	0%	10%	0%
	coconut	22 oz	340	7	6	0	0	210	67	0	60	1	0%	0%	10%	0%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Nutrition Information														
		Serving Size (g)	Calories (ccal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Matcha Tea Frappé	2% milk	12 oz	210	3	1.5	0.1	10	60	39	0	39	6	8%	0%	15%	4%
	2% milk	16 oz	240	4.5	2.5	0.2	15	85	41	0	41	8	10%	0%	25%	4%
	2% milk	22 oz	340	6	3	0.2	20	110	60	0	59	11	15%	0%	30%	6%
	skim	12 oz	180	0	0	0	5	60	40	0	39	6	8%	0%	15%	2%
	skim	16 oz	200	0	0	0	5	90	42	0	42	8	10%	0%	25%	2%
	skim	22 oz	290	0	0	0	5	115	61	0	60	11	15%	0%	30%	4%
	soy	12 oz	180	2	0	0	0	110	37	1	36	3	0%	0%	2%	4%
	soy	16 oz	200	2.5	0	0	0	160	39	1	37	5	0%	0%	2%	6%
	soy	22 oz	280	3.5	0.5	0	0	210	57	1	54	6	0%	0%	2%	8%
almond	almond	12 oz	150	2	0	0	0	70	33	1	32	1	0%	0%	15%	4%
	almond	16 oz	160	2.5	0	0	0	100	32	1	31	1	0%	0%	25%	4%
	almond	22 oz	230	3.5	0	0	0	130	48	1	46	2	0%	0%	30%	6%
	coconut	12 oz	180	3	3	0	0	75	38	0	37	1	0%	0%	0%	4%
	coconut	16 oz	200	4.5	4	0	0	105	40	0	38	1	0%	0%	0%	4%
	coconut	22 oz	290	6	5	0	0	140	58	0	56	2	0%	0%	0%	6%
Brewed Iced Tea, unsweetened	none	12 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
	none	16 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
	none	22 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Brewed Iced Tea, sweetened	none	12 oz	25	0	0	0	0	0	7	0	7	0	0%	0%	2%	0%
	none	16 oz	50	0	0	0	0	7	13	0	13	0	0%	0%	2%	0%
	none	22 oz	80	0	0	0	0	14	20	0	20	0	0%	0%	2%	0%
FroCho®*	2% milk	12 oz	370	13	8	0.3	45	210	55	3	51	11	15%	0%	30%	20%
	2% milk	16 oz	510	15	9	0.4	55	310	82	4	75	16	20%	0%	45%	35%
	2% milk	22 oz	700	23	14	0.5	85	410	108	5	100	21	30%	0%	60%	45%
	skim	12 oz	350	11	7	0.3	40	210	56	3	51	11	15%	0%	30%	20%
	skim	16 oz	480	11	7	0.3	45	310	82	4	76	16	20%	0%	45%	35%
	skim	22 oz	670	19	12	0.5	70	420	109	5	100	21	30%	0%	60%	45%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	soy	12 oz	360	13	7	0.3	40	220	54	3	46	9	15%	0%	30%	30%
	soy	16 oz	490	14	7	0.3	40	310	79	5	71	15	20%	0%	45%	40%
	soy	22 oz	680	23	12	0.5	65	420	105	6	94	19	30%	0%	60%	50%
	almond	12 oz	350	15	9	0.4	40	210	50	3	45	7	0%	0%	30%	25%
	almond	16 oz	460	16	9	0.4	40	300	73	5	66	10	0%	0%	45%	35%
	almond	22 oz	570	17	9	0.4	40	400	97	6	87	13	0%	0%	60%	45%
	coconut	12 oz	370	16	11	0.4	40	210	54	3	50	7	0%	0%	15%	25%
	coconut	16 oz	500	17	12	0.4	40	320	80	4	73	10	0%	0%	20%	35%
	coconut	22 oz	630	19	14	0.4	40	420	106	5	96	13	0%	0%	30%	45%
Italian Soda	none	12 oz	110	0	0	0	0	0	27	0	27	0	0%	0%	0%	0%
	none	16 oz	140	0	0	0	0	0	36	0	36	0	0%	0%	0%	0%
	none	22 oz	210	0	0	0	0	0	54	0	54	0	0%	0%	0%	0%
Stawberry Banana Glow	2% milk	16 oz	330	5	1	0	5	36	69	7	50	5	2%	70%	8%	4%
Green Mango Boost Smoothie	none	16 oz	340	1	0	0	15	75	79	5	59	11	110%	90%	8%	8%
Almond Date Smoothie	none	16 oz	340	16	1.5	0	0	85	49	8	29	8	0%	0%	30%	15%
Chocolate Banana Power	oat	16 oz	420	6	1.5	0	15	270	85	5	59	17	0%	0%	17%	17%
* includes whipped cream*																
Soups																
Harvest Butternut Squash	1	250ml	180	8	5	0	30	750	23	2	9	3	10%	0%	6%	6%
Broccoli Cheddar	1	250ml	170	10	6	0.5	40	960	13	2	3	8	2%	10%	20%	4%
Tomato Bisque	1	100	45	2.5	1.5	0.1	10	360	5	1	3	1	8%	15%	2%	2%
Chicken Noodle	1	100	60	3.5	2	0.1	10	330	4	1	1	2	10%	15%	4%	2%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEMS	DESCRIPTION	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
CAFFE DE MEDICI																
BAKERY																
Morning Glory Muffin	1 item	150	470	25	4.5	0.1	55	270	58	3	28	5	20%	2%	2%	8%
Apple Raisin Muffin	1 item	150	470	25	3	0.1	80	350	58	1	33	5	4%	0%	4%	10%
Blueberry Muffin	1 item	150	420	16	2	0	30	340	63	1	31	7	2%	2%	10%	15%
Banana Chocolate Muffin	1 item	150	490	21	3	0.1	30	310	70	2	41	6	2%	4%	4%	15%
Bran Muffin	1 item	150	360	13	2.5	0.1	25	450	61	6	30	6	2%	4%	6%	25%
Tripple Berry Muffin	1 item	150	380	15	2	0	30	320	57	2	24	6	2%	10%	10%	15%
Orange Cranberry Muffin	1 item	150	350	13	1.5	0	25	270	53	2	26	6	2%	20%	10%	15%
Lemon Cranberry Scone	1 item	150	490	26	16	0	65	610	57	2	13	8	20%	2%	25%	20%
Mixed Berry Scone	1 item	150	480	25	16	0	65	620	58	2	13	8	20%	2%	25%	20%
Cheese and Chive Scone	1 item	150	500	28	18	0	75	690	53	2	9	10	25%	10%	30%	20%
Butter Croissant	1 item	70	240	13	8	0.1	40	310	27	1	4	5	10%	0%	2%	10%
Chocolate Croissant	1 item	80	300	17	10	0.3	30	300	34	2	10	5	2%	2%	0%	10%
Almond Croissant	1 item	85	330	20	9	0	75	330	33	2	13	8	10%	0%	4%	8%
Ham & Cheese Croissant	1 item	135	390	20	11	0	70	630	38	1	6	16	8%	6%	10%	6%
Pizza Pretzel	1 item	140	320	7	2	0	5	520	52	1	1	11	0%	2%	8%	10%
Plain Bagel	1 item	100	250	2	0.4	0	0	510	50	2	2	9	0%	0%	2%	25%
Blueberry Bagel	1 item	100	260	2.5	0.4	0	0	460	50	2	5	9	0%	0%	2%	25%
Sesame Bagel	1 item	100	270	3.5	1	0	0	490	49	2	2	9	0%	0%	6%	30%
Multigrain Bagel	1 item	100	270	1.5	0	0	0	520	55	0	3	12	0%	0%	4%	25%
Everything Bagel	1 item	100	280	1.5	0.2	0	0	520	54	3	1	10	0%	4%	2%	10%
Oatmeal Raisin Cookie	1 item	100	400	16	6	0	25	300	60	4	32	7	15%	0%	4%	20%
Peanut Butter Cookie	1 item	100	450	25	12	0	75	390	52	2	34	8	15%	0%	6%	10%
Chocolate Chip Cookie	1 item	100	440	21	11	0.1	25	320	58	2	35	5	10%	0%	4%	25%
Macadamia Cookie	1 item	100	460	23	9	0.1	25	330	56	2	37	5	15%	0%	4%	15%
Double Chocolate Cookie	1 item	100	440	21	11	0.1	25	320	58	2	37	5	10%	0%	4%	25%
Breakfast Cookie	1 item	95	400	20	11	0	40	135	54	6	28	7	8%	0%	4%	20%
Addiction Bar	1 item	90	430	24	11	0	65	210	51	3	33	5	15%	0%	4%	20%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEMS	DESCRIPTION	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BAKERY																
Cream Cheese Brownie	1 item	90	420	27	16	0	125	115	41	2	30	5	20%	0%	4%	20%
Rockey Road Bar	1 item	85	420	32	13	0	0	10	34	7	21	10	0%	0%	4%	35%
Lemon Bar	1 item	90	330	17	8	0	90	75	42	1	25	4	10%	4%	2%	10%
Date Bar	1 item	75	260	5.5	0.8	0	0	263	53	3	35	3	1%	0%	4%	12%
Nature Bar	1 item	85	330	10	1	0	0	210	61	3	27	4	10%	10%	2%	60%
Carrot Cake	1 item	140	540	33	8	0.1	100	380	59	2	41	6	30%	2%	4%	10%
Cinnamon Twist	1 item	25	130	8	1	0	0	55	13	1	2	2	0%	0%	2%	6%
Raspberry Danish	1 item	100	350	22	9	0.2	25	210	34	1	14	4	0%	20%	6%	2%
Maple Pecan Danish	1 item	100	430	25	6	0	45	360	46	2	26	7	0%	2%	8%	15%
Energy Loaf	1 item	120	380	14	1.5	0	25	510	62	6	25	7	0%	2%	4%	15%
Cinnamon Bun	1 item	229	678	20	3	0	5	390	113	3	42	12	2%	0%	6%	30%
Banana Loaf	1 item	120	420	18	2	0	30	290	61	2	35	5	2%	4%	4%	15%
Mocha Coffee Cake	1 item	150	650	41	8	0.1	95	540	70	5	42	8	4%	0%	6%	30%
Lemon Loaf	1 item	120	390	3.5	1	0	120	400	82	2	46	8	4%	8%	15%	20%
Cranberry White Chocolate Biscotti	1 item	75	320	19	9	0	70	150	41	8	17	9	8%	0%	10%	35%
Chocolate Almond Biscotti	1 item	75	320	19	9	0	70	150	41	8	17	9	8%	0%	10%	35%
SAVOURY																
Bacon & Provolone Breakfast Sandwich	1 item	150	400	23	8	0.3	185	910	26	4	5	23	10%	0%	30%	20%
Ham & Cheddar Breakfast Sandwich	1 item	150	320	15	6	0.3	170	650	27	4	5	19	10%	0%	30%	15%
Egg White & Cheddar Breakfast Sandwich	1 item	120	260	13	6	0	25	490	22	4	4	15	6%	0%	30%	10%
Breakfast Egg & Bacon Wrap	1 item	250	560	36	13	0.5	385	880	38	3	4	22	20%	10%	30%	30%
Breakfast Mexican Wrap	1 item	250	530	27	10	0.5	415	1010	45	4	4	26	25%	8%	30%	30%
Breakfast Vegetarian Wrap	1 item	240	490	25	10	0.5	350	950	44	3	5	23	30%	20%	30%	35%
Fruit Cup	1 item	280	110	0.4	0	0	0	20	28	3	24	2	10%	130%	4%	4%
Yogurt Cup	1 item	240	290	9	2.5	0.1	15	125	25	1	25	10	0%	6%	25%	2%
Quinoa Salad Cup	1 item	216	160	5	0.5	0	0	300	27	3	8	5	10%	100%	4%	15%
Vegetable Cup	1 item	190	60	1	0.4	0	0	105	11	4	6	3	50%	60%	8%	4%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEMS	DESCRIPTION	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SAVOURY																
Chicken Caesar Salad	1 item	230	220	8	2.5	0	65	690	12	2	9	26	45%	40%	15%	15%
Chicken Spinach Salad	1 item	220	280	14	4	0	75	580	15	2	3	24	45%	45%	15%	25%
Garden Salad	1 item	150	110	9	1.5	0	20	280	7	1	4	2	35%	15%	4%	10%
Chicken Pesto Sandwich	1 item	210	450	11	5	0	40	1140	60	1	3	28	10%	10%	30%	35%
Old Fashioned Ham Sandwich	1 item	210	510	18	6	0	60	940	54	2	1	31	6%	0%	30%	30%
All Cheese Melt	1 item	170	490	20	11	0	50	1280	53	6	7	24	15%	4%	45%	25%
Ham & Cheese Melt	1 item	185	470	19	10	0	55	1240	47	5	5	27	10%	2%	35%	20%
Bacon Cheese Melt	1 item	180	510	23	11	0	60	1110	50	6	5	24	10%	6%	35%	25%
Turkey & Cranberry	1 item	230	490	14	5	0	60	850	66	3	10	26	8%	10%	35%	35%
Italian Sandwich	1 item	210	570	25	9	0	55	1750	57	4	1	26	8%	15%	25%	30%
Roast Beef Sandwich	1 item	220	500	15	6	0	75	730	57	3	3	32	6%	2%	15%	45%
Roast Vegetable Sandwich	1 item	230	500	14	6	0	25	760	76	5	5	19	25%	40%	25%	40%
Chicken Chorizo Wrap	1 item	310	690	28	12	0	80	960	79	9	2	32	10%	10%	35%	25%
Chicken Fajita Wrap	1 item	250	540	20	7	0	75	880	54	4	3	33	25%	30%	25%	35%
Pulled Pork Wrap	1 item	310	740	30	13	0.1	100	910	78	6	3	37	10%	20%	35%	50%
Quinoa & Roast Veggie Wrap	1 item	250	450	10	2.5	0	0	960	77	7	6	13	20%	60%	15%	40%
Turkey & Brie Wrap	1 item	250	540	21	7	0	55	970	61	5	13	28	15%	15%	15%	30%
Three Cheese Panini	1 item	200	630	32	17	0	75	1060	52	8	10	34	20%	0%	50%	25%
Tuna Cheddar Melt	1 item	200	480	17	6	0	45	630	53	0	1	29	10%	2%	25%	30%
Veggies & Roasted Garlic	1 item	230	510	19	5	0	20	900	63	11	11	23	35%	80%	25%	30%
Roast Beef	1 item	200	460	14	5	0	70	680	53	3	3	30	6%	2%	10%	45%
Italians Only	1 item	100	240	9	2.5	0	20	710	29	2	1	12	2%	6%	8%	15%
Chicken Pesto	1 item	200	430	11	5	0	40	1090	57	1	3	25	10%	10%	30%	30%
Roast Turkey & Cranberry	1 item	240	570	15	5	0	70	210	72	3	9	35	6%	4%	25%	40%
Smoked Ham	1 item	200	480	17	6	0	55	900	52	0	0	29	6%	0%	30%	25%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEMS	DESCRIPTION	NUTRITION INFORMATION														
		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SWISS BAKERY																
BAR/SQUARE																
Chocolate Haystacks	1 item	85	340	14	6	0	0	30	50	5	30	6	8%	0%	4%	15%
Blueberry Apple Square	1 item	145	360	11	4.5	0	10	35	61	5	24	6	8%	2%	2%	20%
Blueberry Cream Cheese Square	1 item	120	420	24	12	0.1	85	230	44	1	23	7	30%	0%	6%	10%
Cherry Shortbread Square	1 item	110	390	19	8	0.1	10	40	52	1	13	3	20%	2%	0%	10%
Coconut Lemon Bar Square	1 item	115	360	15	7	0.1	105	40	51	1	31	6	15%	4%	2%	15%
Cranberry Apricot Square	1 item	110	390	15	6	0.1	15	15	58	3	21	6	15%	6%	2%	20%
Date Square	1 item	145	540	17	7	0.1	30	20	91	6	48	9	15%	8%	6%	25%
Oat Fudgey Square	1 item	120	530	24	12	0	20	10	79	2	49	8	10%	0%	4%	25%
Peanut Butter Toffee Square	1 item	110	510	26	8	0.1	0	250	67	2	49	7	30%	8%	2%	35%
Pecan Chocolate Square	1 item	120	500	24	8	0.1	5	50	71	2	48	5	20%	0%	4%	15%
Granola Bar Square	1 item	110	470	23	7	0.1	0	10	61	6	30	9	20%	2%	8%	25%
Nanaimo Bar Square	1 item	80	370	23	9	0.1	5	105	43	2	30	3	15%	0%	2%	10%
Rice Crispy Square	1 item	78	330	13	5	0.1	0	260	52	0	24	2	30%	10%	0%	10%
Rocky Road Square	1 item	110	530	32	11	0	0	200	58	3	44	13	0%	0%	2%	15%
Gold Medal Brownie Square (Iced)	1 item	95	450	29	11	0.2	0	0	50	5	27	5	35%	0%	2%	15%
CAKES																
Blueberry Apple Pecan Coffee Cake	1 item	190	490	26	2.5	0	0	650	82	4	46	4	0%	25%	4%	15%
COOKIES																
Chocolate Chip	1 item	100	420	17	7	0.1	20	10	65	1	38	6	15%	0%	2%	15%
Chocolate Walnut	1 item	125	550	25	10	0.1	20	10	80	1	51	7	15%	0%	4%	20%
Double Chocolate Sour Cherry	1 item	125	490	19	7	0.1	0	45	75	2	51	5	15%	2%	4%	15%
Ginger Molasses	1 item	115	470	19	7	0.1	0	15	71	2	39	5	25%	2%	6%	20%
Milk Chocolate Chip	1 item	100	430	19	8	0.1	15	10	66	1	42	5	15%	0%	2%	15%
Oatmeal Raisin	1 item	125	520	22	8	0.1	0	0	76	4	34	8	25%	2%	2%	20%
Smartie	1 item	120	480	21	9	0.1	20	10	74	1	47	6	15%	0%	2%	20%
Wholesome	1 item	135	580	28	8	0.1	0	5	75	5	36	10	20%	2%	8%	35%

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CROISSANTS																
Chocolate	1 item	105	390	19	11	0	40	670	51	2	14	7	15%	15%	2%	20%
Cheddar Cheese	1 item	105	390	20	12	0	50	730	44	2	8	9	15%	15%	8%	20%
LOAVES																
Banana Loaf	1 item	105	290	15	2	0	50	25	38	1	17	5	2%	4%	2%	10%
Lemon Loaf With Icing	1 item	105	350	19	2.5	0.1	0	420	45	1	6	3	0%	30%	0%	2%
Marble Loaf	1 item	105	360	21	2	0.1	0	220	47	1	17	3	0%	20%	0%	2%
Omega Loaf	1 item	95	330	19	2	7	70	310	36	4	17	6	2%	20%	2%	10%
MUFFINS																
Lemon Poppyseed	1 item	125	420	24	2	0	0	460	56	2	31	3	0%	15%	2%	10%
Cranberry Apple Harvest	1 item	150	520	28	3	0	0	230	68	2	37	5	0%	8%	2%	15%
Premium Cranberry Orange	1 item	170	520	25	3	0	0	15	71	4	27	7	2%	10%	4%	25%
Banana Chocolate Chip	1 item	180	570	28	4	0	0	20	80	4	35	8	0%	8%	6%	25%
Blueberry Bran	1 item	160	450	24	2.5	0	65	250	60	8	23	8	2%	20%	4%	30%
Carrot Raisin Date Bran	1 item	155	440	20	2.5	0	50	200	69	8	35	7	25%	20%	6%	25%
Chocolate Chip	1 item	145	550	30	5	0	110	550	70	2	42	6	4%	15%	4%	15%
Cinnamon Apple Raisin	1 item	175	540	25	2.5	0	0	20	80	4	36	8	0%	8%	6%	25%
Cranberry Orange	1 item	170	520	25	3	0	0	15	71	4	27	7	2%	10%	4%	25%
Early Bird	1 item	170	530	28	4	0	0	20	69	4	27	8	6%	8%	6%	25%
Oatmeal Blueberry	1 item	170	450	22	2	0	0	15	63	4	25	6	0%	6%	4%	20%
Lemon Blueberry	1 item	150	460	23	11	0.1	0	220	56	2	26	5	30%	2%	2%	15%
PASTRIES																
Cinnamon Twists	1 item	115	340	11	4	0.1	0	350	53	3	8	7	6%	0%	2%	25%
SCONES																
Cheddar	1 item	175	540	18	11	0	45	1160	82	4	27	13	15%	10%	15%	30%
Cranberry Orange with Glaze	1 item	175	520	13	6	0.1	15	780	95	4	50	8	15%	30%	4%	20%
Whole-wheat Blueberry Lemon	1 item	175	520	14	4.5	0.1	0	1050	92	7	32	10	15%	35%	4%	30%
TARTS																
Chocolate Pecan	1 item	150	530	24	7	0.1	25	25	80	2	48	5	15%	0%	2%	15%

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MENU ITEMS	DESCRIPTION	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
COMPASS																
PARFAITS																
Yogurt Parfait	1 item	250	343.4	11.6	4.6	0.0	0.0	9.7	45.8	5.6	33.5	9.9	5%	40%	39%	8%
MEALS																
Ham and Egg Muffin	1 item	175	299.8	11.6	4.5	0.0	158.9	833.4	31.3	1.7	2.7	16.8	3%	0%	21%	11%
Bacon and Egg Muffin	1 item	165	320.4	13.3	5.2	0.0	161.2	921.3	31.3	1.7	2.4	18.0	3%	0%	21%	10%
Egg White Veggie Breakfast Pocket	1 item	215	259.7	5.2	1.0	0.0	3.0	805.9	37.5	2.1	1.9	11.0	33%	14%	22%	5%
Italian Breakfast Wrap	1 item	215	455.9	26.1	9.1	0.0	214.0	1123.8	37.1	2.7	2.5	24.2	17%	24%	11%	23%
Traditional Breakfast Wrap Bacon	1 item	210	406.5	18.3	5.7	0.0	204.6	1075.5	42.8	2.7	1.3	22.4	7%	1%	13%	18%
Traditional Breakfast Wrap Ham	1 item	220	347.3	13.9	4.8	0.0	195.0	908.7	42.4	2.7	1.2	17.9	7%	0%	13%	18%
Veggie Breakfast Wrap	1 item	215	369.5	17.8	7.0	0.1	194.7	1057.2	39.0	2.4	2.4	20.2	7%	63%	7%	8%
Mexican Breakfast Wrap	1 item	225	361.9	12.7	3.2	0.0	177.2	655.8	50.9	5.6	1.5	15.6	13%	20%	16%	22%
Santa Fe Breakfast Wrap	1 item	215	459.4	26.7	8.0	0.1	206.6	1190.7	39.1	2.6	2.0	20.8	35%	11%	10%	9%
Ham and Cheese Croissant	1 item	175	482.6	26.5	13.3	0.0	99.4	159.4	40.7	2.3	10.1	19.7	41%	1%	14%	15%
Bacon and Cheese Croissant	1 item	155	470.1	25.7	13.8	0.0	91.7	1265.4	40.1	2.7	9.5	19.3	31%	12%	15%	13%
Turkey and Swiss Sandwich	1 item	220	428.4	10.0	4.0	0.0	29.7	1237.4	56.8	4.3	4.1	28.5	41%	51%	15%	27%
Turkey and Tomato Sandwich	1 item	220	385.0	6.9	1.9	0.0	19.6	1210.4	56.9	4.5	4.2	24.7	42%	11%	1%	27%
Chicken Club Sandwich	1 item	220	439.3	10.3	3.9	0.0	27.1	819.4	41.2	2.1	13.4	33.6	50%	31%	15%	20%
Egg Salad Sandwich	1 item	205	529.1	18.2	4.4	0.1	436.3	1047.0	59.5	4.5	4.0	32.0	64%	7%	7%	32%
Corned Beef Sandwich	1 item	220	265.2	7.5	1.9	0.0	10.6	783.5	31.4	2.2	0.5	16.0	2%	0%	9%	0%
Tuna Salad Sandwich	1 item	205	516.2	12.3	4.4	0.0	72.8	1289.6	54.9	4.1	3.1	48.9	29%	5%	11%	31%
Turkey and Bacon Ciabatta	1 item	270	411.2	16.8	4.5	0.1	50.6	1363.0	39.8	0.2	3.0	23.2	28%	1%	14%	7%
Veggie Panini	1 item	335	251.4	8.9	2.5	0.1	12.9	479.6	34.1	2.3	1.5	10.1	79%	98%	15%	3%
BBQ Chicken Panini	1 item	335	344.0	13.0	3.7	0.1	15.4	476.3	32.5	1.7	2.5	27.0	39%	28%	15%	3%
Italian Panini	1 item	170	344.3	8.9	3.5	0.0	18.1	878.3	49.1	3.6	2.8	14.7	31%	6%	20%	18%
Roast Beef Ciabatta	1 item	270	367.2	16.0	4.0	0.1	37.5	564.5	37.2	0.2	0.1	18.2	28%	1%	11%	4%

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MEALS																
Chunky Chicken Salad on Multigrain	1 each	191	376	10.9	1.1	1.0	41.7	814.3	44.1	7.5	6.4	25.4	7%	3%	7%	17%
Oven Roasted Chicken and Tomatoes on Multigrain	1 each	217.7	396.4	13.2	1.2	1	52.4	582.1	45.2	7.5	7.4	26.1	3%	9%	8%	16%
Spicy Jerk Chicken Wrap	1 item	330	336.5	8.9	2.6	0.0	6.0	552.8	40.7	5.1	10.2	24.8	63%	63%	4%	11%
Teriyaki Chicken Wrap	1 item	330	489.3	11.7	0.7	0.1	0.0	264.2	68.2	1.7	5.1	29.4	74%	34%	2%	4%
Chicken Curry Wrap	1 item	330	467.9	13.9	3.0	0.1	0.0	670.2	60.5	1.2	1.8	26.5	33%	37%	2%	9%
Bocconcini Flatbread	1 item	250	306.4	19.6	1.4	0.2	39.3	426.2	18.2	9.8	0.7	23.0	17%	1%	14%	1%
Chicken Caesar Flatbread	1 item	275	237.8	11.7	3.0	0.1	44.0	797.3	17.3	9.2	0.3	27.6	7%	5%	9%	7%
Apple & Brie Flatbread	1 item	250	291.5	10.4	3.9	0.1	47.9	849.4	35.7	9.0	12.7	22.5	2%	0%	8%	3%
Vegetarian Hummus Flatbread	1 item	250	206.4	8.4	0.9	0.0	0.0	511.7	27.8	14.0	0.6	14.9	32%	25%	5%	13%
Veggie Patty, Cheese & Egg English Muffin	1 item	200	340.7	17.6	4.5	0.1	209.0	270.8	28.5	1.6	1.3	17.3	24%	0%	18%	19%
SALADS																
Pasta Salad	1 item	225	337.6	10.7	3.3	0.0	10.0	365.4	43.7	3.3	0.5	12.5	46%	71%	19%	3%
Quinoa Salad	1 item	225	252.5	7.6	3.0	0.0	17.8	466.3	34.2	7.1	3.4	11.3	39%	47%	14%	20%
Couscous Salad	1 item	225	194.9	5.4	0.8	0.0	0.0	245.3	29.7	3.8	3.6	5.6	8%	25%	3%	7%
Veggie Pasta Salad	1 each	218	222.5	3.5	0.5	0	0+	289.3	42.7	6.7+	3.9	8.6	4%	39%	3%	19%