

NUTRITION MENU

Shy Café at Children & Women's Hospital

morrison
healthcare



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 Compass Group Canada Webtrition and information provided by our suppliers.



BRITISH
COLUMBIA

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)
BAKED GOODS																
Cranberry Orange Low Fat Muffins	1 each	115	310.5	8.1	1.2	0	0.2	254.2	56.4	2.3	29.9	5.8	1%	6%	4%	12%
Blueberry Muffins	1 each	115	355.4	13.7	1.7	0	0	276	53.1	2.3	24.8	5.1	0%	0%	2%	15%
Banana Muffins	1 each	115	380.7	15.3	1.4	0	0	402.5	55.9	2.4	31.5	4.9	0%	0%	2%	15%
Raisin Bran Muffins	1 each	115	333.5	12.7	1.2	0	0	287.5	49.5	8.1	24.2	6.9	0%	0%	4%	29%
Butter Croissant	1 each	89.9	369.7	20	12	0.5	55	469.6	39	2	5	7	18%	9%	1%	16%
Almondine Butter Croissant	1 each	99.2	350.8	19	10	0	55.1	300.7	39.1	1	11	6	5%	2%	2%	13%
Cherry Greek Yogurt Danish	1 each	112.9	395.1	20.3	12.4	0.6	79	406.4	46.3	1.1	16.9	7.9	15%	7%	3%	11%
Chocolate Chip Cookie	1 each	56.7	248.7	10.9	6	0	14.9	179	34.8	1	21.9	3	8%	0%	0%	10%
White Chocolate Macadamia Nut Gourmet Cookie	1 each	56.7	258.6	12.9	6	0	19.9	189	32.8	1	20.9	3	8%	0%	2%	6%
Squares-Caramel Rage	1 each	60.4	258.6	13.9	6.9	0	24.7	162.4	32.3	0	23.2	2.1	0%	0%	2%	6%
Mini French Cruellers	1 each	45	190	15	6	0.4	50	160	11	0	0	2	0%	0%	2%	3%
Vanilla Topped Chocolate Cake Donut Ring	1 each	80.8	335.6	18.4	8.2	0.3	25	381.3	37.9	1	19.7	4	0%	0%	5%	19%
Cinnamon Rolls	1 each	113.4	300	7	1.5	0.1	0	300	53	3	10	9	0%	0%	8%	21%
Reduced Fat Banana Loaf	1 each	107.7	253.7	5.1	0.9	0	20.7	304	49	2.7	24.8	4.8	2%	7%	2%	10%
Rice Krispie Square	1 each	30.2	126	2.7	0.4	0	0	106	24.3	0	5.8	1	8%	0%	0%	5%
Cornmeal Muffins	1 each	92	312.8	13.6	1.1	0	0.3	422.3	42.9	1.7	16.2	4.9	0%	0%	2%	9%
Summer Berry Muffins	1 each	115	374.9	13.8	1.6	0	0.2	373.8	57.6	1.8	29	5.3	0%	1%	2%	12%
Cranberry Lemon Muffins	1 each	115	350	14	1.5	0.1	0	250	49	2	21	6	0%	0%	0%	0%
Morning Glory Muffins	1 each	115	356.5	11.5	1.2	0	0	218.5	58.7	3.5	31.1	5.8	0%	2%	4%	22%
Raspberry Yogurt Muffins	1 each	61.6	184.7	6.8	1	0	0	154	28.9	0.6	14.2	3.1	0%	0%	1%	8%
Lemon Loaf	1 each	104.4	337.6	14.4	2.1	0	42.1	367.9	47.5	1.7	23.4	6.5	3%	7%	16%	15%

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)
BAKED GOODS																
Apple Cinnamon Muffin	1 each	113.4	441.6	23.1	4.5	0.2	65.2	391.4	52.2	3	24.1	7	2%	30%	12%	19%
Chocolate Chunk Muffin	1 each	113.4	470	26.1	6	0.2	70.2	341.2	54.2	2	26.1	7	2%	0%	7%	26%
Banana Nut Muffin	1 each	113.4	470	28	4	0.2	60.2	391.4	51	2	24	7	2%	0%	7%	19%
Caramel Coffee Cake Swirl Muffins	1 each	115	368	12.9	1.2	0	0.7	285.2	57.5	1.8	28.5	5.5	0%	0%	2%	12%
Chocolate Filled Croissant	1 each	80.1	363.1	20	12.5	0.5	62.6	350.6	41.3	2.5	12.5	7.5	11%	6%	3%	23%
Maple Butter Pecan Danish	1 each	90.7	369.6	19	9	0.4	56	280	42.6	1.1	19	5.6		9%	2%	14%
Triple Chocolate Cookies	1 each	56.7	248.7	11.9	6	0	14.9	159.2	34.8	1	20.9	3		0%	2%	10%
Brownie, Two Bite, Bag, 4 Ct, 70 g, Frozen, CDN	1 each	70	331.6	18.4	7.4	0	46.1	221.1	36.8	1.8	23.9	3.7	0%	0%	4%	24%
Vanilla Heat N' Ice Cake Donut Ring	1 each	80.8	335.6	18.4	8.2	0.2	25	371.3	39.9	1	19.7	4		0%	4%	10%
Cinnamon Roll with Cream Cheese Icing	1 each	133.4	386.5	10.8	3.2	0.2	5.7	333.2	65.6	3	22	9.3		0%	8%	21%
Assorted Tarts	1 each	84.9	349.7	16	0.1	-	40	219.8	49	0	24	3	4%	0%	2%	10%
Vanilla Topped Chocolate Cake Donut Ring	1 each	80.8	335.6	18.4	8.2	0.3	25	381.3	37.9	1	19.7	4		0%	5%	19%
Cinnamon Roll with Icing	1 each	126.5	347.5	7.6	1.8	0.1	0	301.7	63.6	3	20.3	9	0%	0%	8%	21%
Chocolate Chunk Gourmet Cookie	1 each	56.7	248.7	11.9	6	0	14.9	198.9	33.8	1	20.9	3	8%	0%	2%	10%
Carrot Spice Cake	1 each	51.6	197.7	8.8	2.2	-	16.5	131.8	28.6	1.1	17.6	2.2		0%	2%	9%
Vanilla Heat N' Ice Cake Donut Ring	1 each	80.8	335.6	18.4	8.2	0.2	25	371.3	39.9	1	19.7	4		0%	4%	10%
Nonni's Cioccolati	1 each	24	110	4	2	0	20	75	17	1	10	2			0%	6%
Nonni's Decadence	1 each	24	110	4	2	0.1	20	70	16	1	9	2	0%	0%	2%	8%

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 (ml)	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)
HOT BOWLS																
Tomato Florentine Soup	8 fl oz	237 mL	41	0.5	0	0	0	482.5	8.2	0.5	2.7	1.4	0%	4%	3%	2%
Tomato Florentine Soup	10 fl oz	300 mL	51.9	0.6	0	0	0	610.7	10.4	0.6	3.5	1.7	0%	5%	4%	3%
Tomato Florentine Soup	12 fl oz	355 mL	61.5	0.7	0	0	0	722.7	12.3	0.7	4.1	2	0%	6%	4%	4%
Tomato Florentine Soup	16 fl oz	480 mL	83.1	0.9	0	0	0	977.2	16.6	0.9	5.5	2.8	0%	7%	6%	5%
Creamy Old Fashioned Tomato Soup	8 fl oz	237 mL	142.4	5.7	2.4	0.5	9.5	854.3	19	0	10.4	3.8	0%	19%	5%	12%
Creamy Old Fashioned Tomato Soup	10 fl oz	300 mL	180.2	7.2	3	0.6	12	1,081.4	24	0	13.2	4.8	0%	24%	7%	16%
Creamy Old Fashioned Tomato Soup	12 fl oz	355 mL	213.3	8.5	3.6	0.7	14.2	1,279.6	28.4	0	15.6	5.7	0%	29%	8%	19%
Creamy Old Fashioned Tomato Soup	16 fl oz	480 mL	288.4	11.5	4.8	1	19.2	1,730.2	38.4	0	21.1	7.7	0%	39%	10%	25%
Fireside Chili	8 fl oz	237 mL	207.4	9.9	3.5	0.5	29.6	790	18.8	3.9	5.9	9.9	0%	57%	5%	16%
Fireside Chili	10 fl oz	300 mL	262.5	12.5	4.4	0.6	37.5	1,000	23.7	5	7.5	12.5	0%	72%	6%	21%
Fireside Chili	12 fl oz	355 mL	310.6	14.8	5.2	0.7	44.4	1,183.3	28.1	5.9	8.9	14.8	0%	85%	8%	25%
Fireside Chili	16 fl oz	480 mL	420	20	7	1	60	1,600	38	8	12	20	0%	115%	10%	34%
Italian Style Wedding Soup	8 fl oz	237 mL	186.2	6.8	3.4	0.2	16.9	1,815.1	22	1.7	1.7	10.2	0%	5%	4%	11%
Italian Style Wedding Soup	10 fl oz	300 mL	235.7	8.6	4.3	0.2	21.4	2,297.6	27.9	2.1	2.1	12.9	0%	7%	5%	14%
Italian Style Wedding Soup	12 fl oz	355 mL	278.9	10.1	5.1	0.3	25.4	2,718.9	33	2.5	2.5	15.2	0%	8%	6%	16%
Italian Style Wedding Soup	16 fl oz	480 mL	377.2	13.7	6.9	0.3	34.3	3,676.2	44.6	3.4	3.4	20.6	0%	10%	8%	22%
Autumn Butternut Squash Soup	8 fl oz	327 mL	297.1	14.9	8.9	0.4	44.6	1,143.7	37.1	3	13.4	4.5	0%	30%	8%	15%
Autumn Butternut Squash Soup	10 fl oz	300 mL	272.5	13.6	8.2	0.4	40.9	1,049.3	34.1	2.7	12.3	4.1	0%	27%	7%	14%
Autumn Butternut Squash Soup	12 fl oz	355 mL	322.5	16.1	9.7	0.5	48.4	1,241.6	40.3	3.2	14.5	4.8	0%	32%	9%	16%
Autumn Butternut Squash Soup	16 fl oz	480 mL	436.1	21.8	13.1	0.7	65.4	1,678.8	54.5	4.4	19.6	6.5	0%	44%	12%	22%

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 (ml)	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)
HOT BOWLS																
Chicken Stew	8 fl oz	237 mL	172.5	4.6	2	0	46.4	663.5	14.6	2.7	4	18.6	24%	20%	3%	7%
Chicken Stew	10 fl oz	300 mL	218.4	5.9	2.5	0	58.8	839.9	18.5	3.4	5	23.5	30%	25%	4%	9%
Chicken Stew	12 fl oz	355 mL	258.4	7	3	0	69.6	993.9	21.9	4	6	27.8	36%	30%	5%	10%
Chicken Stew	16 fl oz	480 mL	349.4	9.4	4	0	94.1	1,343.8	29.6	5.4	8.1	37.6	48%	40%	6%	14%
Smoked Turkey and Wild Rice Soup	8 fl oz	237 mL	68.2	1	0.3	0	4.9	611.5	12.7	0	0.7	2.9	0%	8%	2%	8%
Smoked Turkey and Wild Rice Soup	10 fl oz	300 mL	86.4	1.2	0.4	0	6.2	774	16	0	0.9	3.7	0%	10%	3%	9%
Smoked Turkey and Wild Rice Soup	12 fl oz	355 mL	102.2	1.5	0.4	0	7.3	915.9	19	0	1	4.4	0%	12%	4%	11%
Smoked Turkey and Wild Rice Soup	16 fl oz	480 mL	138.2	2	0.6	0	9.9	1,238.4	25.7	0	1.4	5.9	0%	16%	5%	15%
Roasted Red Pepper Gouda	8 fl oz	237 mL	296	23.3	12.6	0.4	62.8	780.4	19.7	0.9	12.6	3.6	0%	31%	8%	4%
Roasted Red Pepper Gouda	10 fl oz	300 mL	374.7	29.5	15.9	0.6	79.5	987.8	25	1.1	15.9	4.5	0%	40%	10%	6%
Roasted Red Pepper Gouda	12 fl oz	355 mL	443.4	34.9	18.8	0.7	94	1,168.9	29.6	1.3	18.8	5.4	0%	47%	12%	7%
Roasted Red Pepper Gouda	16 fl oz	480 mL	599.5	47.2	25.4	0.9	127.2	1,580.5	40	1.8	25.4	7.3	0%	64%	17%	9%
Vegetarian Chili	8 fl oz	237 mL	171.7	5.4	0.4	0	0	772.8	21.5	6.4	2.1	12.9	14%	23%	10%	33%
Vegetarian Chili	10 fl oz	300 mL	217.4	6.8	0.5	0	0	978.3	27.2	8.2	2.7	16.3	17%	29%	13%	42%
Vegetarian Chili	12 fl oz	355 mL	257.2	8	0.6	0	0	1,157.6	32.2	9.6	3.2	19.3	20%	34%	15%	49%
Vegetarian Chili	16 fl oz	480 mL	347.8	10.9	0.9	0	0	1,565.2	43.5	13	4.3	26.1	27%	46%	21%	67%
Chicken Noodle Classic Soup	8 fl oz	237 mL	166.5	4.2	1.6	0.3	36.4	909.2	22.9	1	2.1	9.4	0%	3%	2%	11%
Chicken Noodle Classic Soup	10 fl oz	300 mL	210.8	5.3	2	0.4	46.1	1,150.9	29	1.3	2.6	11.9	0%	4%	3%	14%
Chicken Noodle Classic Soup	12 fl oz	355 mL	249.5	6.2	2.3	0.5	54.6	1,362	34.3	1.6	3.1	14	0%	5%	3%	16%
Chicken Noodle Classic Soup	16 fl oz	480 mL	337.3	8.4	3.2	0.6	73.8	1,841.5	46.4	2.1	4.2	19	0%	6%	5%	21%

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 (ml)	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)
HOT BOWLS																
Cream of Potato Cream Cheese Soup	8 fl oz	237 mL	164.6	10.1	6.4	0.4	32	841.3	14.6	0.9	1.8	4.6	0%	6%	7%	2%
Cream of Potato Cream Cheese Soup	10 fl oz	300 mL	208.4	12.7	8.1	0.6	40.5	1,064.9	18.5	1.2	2.3	5.8	0%	7%	8%	3%
Cream of Potato Cream Cheese Soup	12 fl oz	355 mL	246.6	15.1	9.6	0.7	48	1,260.2	21.9	1.4	2.8	6.8	0%	8%	10%	4%
Cream of Potato Cream Cheese Soup	16 fl oz	480 mL	333.4	20.4	13	0.9	64.8	1,703.9	29.6	1.9	3.7	9.3	0%	11%	13%	5%
Beef Stew	8 fl oz	237 mL	122.4	3.9	0	0	11.1	1,023.7	15.6	2.2	3.3	6.7	10%	13%	5%	11%
Beef Stew	10 fl oz	300 mL	154.9	4.9	0	0	14.1	1,295.8	19.7	2.8	4.2	8.5	13%	17%	7%	14%
Beef Stew	12 fl oz	355 mL	183.3	5.8	0	0	16.7	1,533.4	23.3	3.3	5	10	15%	20%	8%	17%
Beef Stew	16 fl oz	480 mL	247.9	7.9	0	0	22.5	2,073.3	31.6	4.5	6.8	13.5	20%	27%	11%	23%
Minestrone Soup	8 fl oz	237 mL	85.4	0.9	0.2	0	0	721	15.2	2.8	2.8	2.8	0%	10%	3%	10%
Minestrone Soup	10 fl oz	300 mL	108.1	1.2	0.3	0	0	912.7	19.2	3.6	3.6	3.6	0%	13%	4%	13%
Minestrone Soup	12 fl oz	355 mL	127.9	1.4	0.3	0	0	1,080	22.7	4.3	4.3	4.3	0%	15%	5%	15%
Minestrone Soup	16 fl oz	480 mL	172.9	1.9	0.4	0	0	1,460.3	30.7	5.8	5.8	5.8	0%	20%	7%	21%
Chicken Coconut Curry Soup	8 fl oz	237 mL	218.2	14.2	6.6	0.3	42.7	806.4	17.1	1.9	5.7	6.6	0%	29%	5%	7%
Chicken Coconut Curry Soup	10 fl oz	300 mL	276.2	18	8.4	0.4	54	1,020.7	21.6	2.4	7.2	8.4	0%	36%	7%	9%
Chicken Coconut Curry Soup	12 fl oz	355 mL	326.8	21.3	9.9	0.4	63.9	1,207.9	25.6	2.8	8.5	9.9	0%	43%	8%	11%
Chicken Coconut Curry Soup	16 fl oz	480 mL	441.9	28.8	13.4	0.6	86.5	1,633.2	34.6	3.8	11.5	13.4	0%	58%	10%	15%
Homestyle Vegetable Beef Barley Soup	8 fl oz	237 mL	176.4	6.2	2.6	0.4	17.6	2,014.9	24.7	0	3.5	8.8	0%	0%	4%	9%
Homestyle Vegetable Beef Barley Soup	10 fl oz	300 mL	223.3	7.8	3.3	0.4	22.3	2,550.5	31.3	0	4.5	11.2	0%	0%	4%	11%
Homestyle Vegetable Beef Barley Soup	12 fl oz	355 mL	264.3	9.2	4	0.5	26.4	3,018.1	37	0	5.3	13.2	0%	0%	5%	14%
Homestyle Vegetable Beef Barley Soup	16 fl oz	480 mL	357.3	12.5	5.4	0.7	35.7	4,080.8	50	0	7.1	17.9	0%	0%	7%	19%

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 (ml)	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)
HOT BOWLS																
Ravioli Soup	8 fl oz	237 mL	189.7	4.7	1.9	0.2	19	1,104.2	30.4	1.9	7.6	7.6	0%	8%	11%	14%
Ravioli Soup	10 fl oz	300 mL	240.2	6	2.4	0.2	24	1,397.7	38.4	2.4	9.6	9.6	0%	10%	14%	19%
Ravioli Soup	12 fl oz	355 mL	284.2	7.1	2.8	0.3	28.4	1,654	45.5	2.8	11.4	11.4	0%	11%	16%	22%
Ravioli Soup	16 fl oz	480 mL	384.3	9.6	3.8	0.4	38.4	2,236.3	61.5	3.8	15.4	15.4	0%	15%	22%	30%
Clam Chow der Soup	8 fl oz	237 mL	190.4	11.3	6.1	0.3	38.9	856.7	16.4	0.9	1.7	6.9	0%	13%	3%	39%
Clam Chow der Soup	10 fl oz	300 mL	241	14.2	7.7	0.4	49.3	1,084.5	20.8	1.1	2.2	8.8	0%	17%	4%	49%
Clam Chow der Soup	12 fl oz	355 mL	285.2	16.9	9.1	0.5	58.3	1,283.3	24.6	1.3	2.6	10.4	0%	20%	5%	59%
Clam Chow der Soup	16 fl oz	480 mL	385.6	22.8	12.3	0.7	78.9	1,735.2	33.3	1.8	3.5	14	0%	26%	6%	79%
Lemon Chicken Orzo Soup (Low Sodium)	8 fl oz	237 mL	70.3	0.9	0.3	0	8.8	360.2	11.4	0.9	0.9	4.4	0%	9%	3%	6%
Lemon Chicken Orzo Soup (Low Sodium)	10 fl oz	300 mL	89	1.1	0.3	0	11.1	456	14.5	1.1	1.1	5.6	0%	11%	4%	9%
Lemon Chicken Orzo Soup (Low Sodium)	12 fl oz	355 mL	105.3	1.3	0.4	0	13.2	539.6	17.1	1.3	1.3	6.6	0%	13%	5%	10%
Lemon Chicken Orzo Soup (Low Sodium)	16 fl oz	480 mL	142.4	1.8	0.5	0	17.8	729.6	23.1	1.8	1.8	8.9	0%	18%	6%	14%
Creole Chicken Gumbo Soup	8 fl oz	237 mL	169.1	7.6	2.5	0.2	33.8	1,728.9	18.6	3.4	3.4	6.8	0%	3%	6%	7%
Creole Chicken Gumbo Soup	10 fl oz	300 mL	214.1	9.6	3.2	0.2	42.8	2,188.5	23.6	4.3	4.3	8.6	0%	3%	8%	9%
Creole Chicken Gumbo Soup	12 fl oz	355 mL	253.3	11.4	3.8	0.3	50.7	2,589.7	27.9	5.1	5.1	10.1	0%	4%	9%	11%
Creole Chicken Gumbo Soup	16 fl oz	480 mL	342.6	15.4	5.1	0.3	68.5	3,501.6	37.7	6.9	6.9	13.7	0%	5%	12%	15%

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)
HOT BOWLS																
Autumn Pumpkin Soup	8 fl oz	237 mL	155.8	9.5	6.1	0.2	30.3	839.4	14.7	2.6	0.9	4.3	0%	4%	3%	4%
Autumn Pumpkin Soup	10 fl oz	300 mL	197.2	12	7.7	0.2	38.3	1,062.6	18.6	3.3	1.1	5.5	0%	4%	4%	6%
Autumn Pumpkin Soup	12 fl oz	355 mL	233.3	14.3	9.1	0.3	45.4	1,257.4	22	3.9	1.3	6.5	0%	5%	5%	6%
Autumn Pumpkin Soup	16 fl oz	480 mL	315.5	19.3	12.3	0.4	61.3	1,700.1	29.8	5.3	1.8	8.8	0%	7%	6%	9%
Split Pea w ith Ham Soup	8 fl oz	237 mL	254	2.5	0.8	0	8.5	1,798.8	42.3	5.1	6.8	15.2	0%	3%	3%	14%
Split Pea w ith Ham Soup	10 fl oz	300 mL	321.5	3.2	1.1	0	10.7	2,276.9	53.6	6.4	8.6	19.3	0%	4%	4%	16%
Split Pea w ith Ham Soup	12 fl oz	355 mL	380.5	3.8	1.3	0	12.7	2,694.4	63.4	7.6	10.1	22.8	0%	4%	5%	20%
Split Pea w ith Ham Soup	16 fl oz	480 mL	514.5	5.1	1.7	0	17.1	3,643.1	85.7	10.3	13.7	30.9	0%	6%	7%	27%
SOUP Accompaniments																
Assorted Dinner Rolls	1 each	30	82.4	0.7	0.1	0	0	119.9	15	0.7	0.7	3	0%	0%	1%	9%
Parmesan Cheese	10 g	10	33.6	0.3	0.3	0	3.4	181.6	6.7	0	6.1	1.3	0%	0%	5%	0%
Seasoned Croutons	15 g	15	65.4	1.9	0.2	0	0.1	226.2	10.3	0.4	0.6	1.6	0%	0%	1%	4%
Fresh Chiffonade Cut Green Onions	15 mL	3	1	0	0	0	0	0.5	0.2	0.1	0.1	0.1	0%	1%	0%	0%
Hot Sauce	5 mL	1.4	0.1	0	0	0	0	47	0	0	0	0	0%	0%	0%	0%
Crackers, Soda, Unsalted, Premium Plus, 2 Ct	1 each	6	26	0.7	0.2	0&	0	46	4.3	0.2	0	0.6	0%	0%	1%	2%
Crackers, Melba, Toast, 2 Ct	1 each	10.5	40	0.5	0	0	0	95	8.5	0.5	0.5	1.5	0%	0%	0%	4%
Crackers, Breadsticks, Plain, 2 Ct	1 each	9	31.5	0.5	0.1	0	0	42.8	6.3	0.5	0.5	0.9	0%	0%	0%	4%
Butter, Whipped, Pots, 4.5 g	1 each	4.5	31.2	3.5	2.4	0.1	10.4	31.2	0	0	0	0	0%	0%	0%	0%
Margarine, Cups, 6.5 g	1 each	6.5	46.7	5.2	1.1	0	0	61.3	0.1	0	0	0.1	5%	0%	0%	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)
CULINARY																
Chicken Breast w/ Roasted Red Pepper Relish	1 each	112.7	123.6	5.3	0.7	0	53	613.9	2	0.7	0.7	17.3	3%	5%	1%	4%
Garden Veggie Buddha Bowl	1 each	216	287.7	15.7	2.4	0.1	0.4	592.6	29.6	5.2	5.4	9.2	23%	49%	5%	19%
Brown Rice Pilaf	240 mL	232.3	298.5	6.7	0.7	0	0	230.2	54	2.4	0.7	5.4	0%	1%	1%	7%
Garlic Roasted Broccoli and Cauliflower	120 mL	75	45.4	3.6	0.3	0	0	46.5	2.9	1.1	0.9	1.2	1%	55%	2%	2%
Roast Beef	85 g	85	203.8	8.6	3.2	0	76.4	38.4	0.4	0.1	0	29.2	0%	0%	1%	20%
Roast Pork	85 g	85	158.1	4.2	1.5	0	77.5	106	0.4	0.2	0	27.7	0%	0%	1%	9%
Basmati Rice	120 mL	117.1	139.9	1.4	0.2	0	0	14.2	28.4	0.5	0	2.5	0%	0%	1%	11%
Jasmine Rice	120 mL	146	183.5	1.4	0.2	0	0	13.4	38.3	1.4	0	3.2	0%	0%	0%	14%
Egg Noodles	180 mL	112.9	155.8	2.3	0.5	0	32.7	5.6	28.4	1.4	0.5	5.1	1%	0%	1%	5%
Fettuccine	120 mL	143	225.9	1.3	0.3	0	0	1.4	44.1	2.6	0.8	8.3	0%	0%	1%	13%
Oven Roasted Potatoes	240 mL	151.7	184.4	6.9	0.5	0	0	385.3	29.2	2.9	1.4	2.6	2%	18%	1%	4%
Herbed Roasted Potatoes	180 mL	119.7	147.8	4.6	0.4	0	0	126.8	25.1	2	1.9	2.3	0%	25%	1%	4%
Steamed Vegetable Medley	240 mL	132.5	34.1	0.4	0.1	0	0	28.2	7.1	2.4	3.8	2	17%	110%	3%	4%
Broccoli Florets	454 g	454	154.4	1.7	0.5	0	0	149.8	30.1	11.8	7.7	12.8	14%	675%	19%	24%
Fresh Side Garden Salad	1 each	72	14.1	0.2	0	0	0	10.6	3	1.2	1.4	0.8	24%	7%	2%	4%
Beef Lasagna	1 piece	280.1	233.8	6.7	3.1	0.1	28.9	627.6	30.9	4.5	8.3	14.6	7%	53%	10%	19%
Eggplant Parmigiana	1 serving(s)	165.2	274.2	16.2	3.6	0.2	10	585.3	27.6	2.7	9.6	6.3	5%	102%	12%	12%
Mini Garlic Breadstick	1 each	45	150	6	1	0	0	280	22	1	2	4	0%	0%	2%	10%
Caesar Salad Deluxe	1 each	88.1	53.4+	1.3	0.2	0	0.5	151.9	9.3	1.9	2.1	2	33%	8%	3%	8%
Simple Grilled Salmon	1 each	91.3	154.8	6.8	1	0	48.6	276	0.1	0.1	0	21.8	4%	0%	1%	3%

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)
CULINARY																
Falafel Pita	1 each	227.9	541.2	20.6	6.1	0.1	0	1,080.8	72.3	6.5	6.5	17.9	7%	11%	13%	19%
Lemon and Oregano Roasted Potatoes	180 mL	185	229.6	6.8	0.6	0	0	313	39.6	3	3.1	3.8	0%	38%	2%	6%
Market Greens Salad	1 serving(s)	71	13.1	0.1	0	0	0	12.8	2.9	1.1	1.5	0.6	15%	5%	2%	2%
Salad Dressing, Italian, Golden, Flat Pack, 40 ml	1 each	44.8	111.5	10.8	1.6	0.1	0	397.7	2.9	0.3	2.2	0.1	0%	1%	0%	0%
Five Spiced Pork Loin Entree	1 serving(s)	547.1	622.7	20.4	3.7	0.1	88.5	1,326	68.5	4.3	6.6	39.8	41%	136%	19%	44%
Korean Sweet and Spicy Chili Tofu	1 serving(s)	119.5	136.4	6.1	1.1	0	0	274.8	13.8	1.3	10	9.1	0%	1%	17%	13%
Jasmine Rice	120 mL	146	183.5	1.4	0.2	0	0	13.4	38.3	1.4	0	3.2	0%	0%	0%	14%
Chili Garlic Bok Choy	2 each	190.6	110.2	9.7	1.4	0	0	1,066.5	5	2	2.2	2.9	41%	134%	17%	11%
Butter Chicken (Chicken Breast)	120 mL	249.2	215.3	7.1	0.9	0	60.9	191.6	12.9	3.5	5.5	26	1%	9%	10%	21%
Chana Masala	180 mL	205.6	279.5	14.3	1.1	0	0.8	586	30	7.6	6.4	9.9	1%	10%	7%	9%
Basmati Rice	120 mL	117.1	139.9	1.4	0.2	0	0	14.2	28.4	0.5	0	2.5	0%	0%	1%	11%
Naan Bread	3 piece	62.4	188.1	5	1	0	5	425.7	29.7	1	2	5	0%	0%	4%	13%
Beef Fajitas	2 each	319.1	346.1	7.2	2.6	0.2	76	734.6	32.4	5.7	8.6	35.5	179%	197%	8%	189%
Cheese Enchilada Bake with Red Chili Sauce	2 piece	507.5	704.6	33.8	16.1	0	56.9	2,536.7	73.4	20.5	6.9	31.4	42%	5%	68%	53%
Mexican Rice Pilaf	120 mL	109.4	111.2	2	0.2	0	0	262.6	21	1.2	1.3	2.3	1%	16%	1%	4%
Cilantro Slaw	60 mL	28.4	11	0	0	0	0	83.8	2.5	0.6	1.7	0.3	7%	10%	1%	1%
Szechuan Chicken Stir-Fry	120 mL	385.1	345.1	13.1	3.1	0.1	155.1	1,572.7	25.2	3.5	11.5	34.5	47%	90%	7%	16%
Orange Style Tofu	120 mL	158.8	158.1	8.3	1.1	0	0	265.1	13.8	1.3	9	9	1%	8%	18%	13%
Shanghai Noodles	180 mL	226.8	544.3	6.7	0.5	0	29.1	299.7	102.8	3.4	2.2	18.3	0%	0%	5%	59%
Vegetable Spring Rolls	1 each	71.9	108.2	6.5	0.5	0.1	1	329.6	11.1	0.5	1.7	1.4	0%	13%	1%	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	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)
CULINARY																
Beef Vindaloo	180 mL	264.3	318.9	21.5	3.3	0.3	74.7	578.7	6.4	2.9	3.1	25.9	1%	15%	2%	18%
Dal and Spinach Curry with Coconut Milk	240 mL	295.9	388.7	18.6	11.9	0	0	257.6	44.4	16.1	5.4	17.5	49%	31%	17%	48%
Battered Haddock	1 each	152.2	263	10.4	1.1	0.1	73.2	500.9	23.9	0.8	0.1	17.4	3%	0%	9%	13%
Cheese Tortellini with Tomato Herb Sauce	240 mL	202.2	282.7	7.1	2.2	0.1	44.2	684.9	46.7	4.2	6.4	12.2	2%	31%	8%	21%
Mini Garlic Breadstick	1 each	45	150	6	1	0	0	280	22	1	2	4	0%	0%	2%	10%
Straight Cut French Fries	142 g	142	451.9	24.5	3.2	0.3	0	277.7	55.2	4.2	0.4	5	0%	64%	2%	10%
Creamy Coleslaw	120 mL	86.4	104.3	7.5	1.2	0	15.9	248.2	9	1.7	6.8	1.1	11%	33%	2%	2%
Tartar Sauce	30 mL	31.9	195.4	20.9	3.2	0.3	7.8	213.1	1.2	0.1	0.9	0.2	0%	0%	0%	0%
Lemon Wedge	1 w edge	5.1	1.5	0	0	0	0	0.1	0.5	0.1	0.1	0.1	0%	5%	0%	0%
Herb Marinated Chicken	1 each	85	106.7	4.4	0.6	0	53	155.9	0.1	0	0	16.8	1%	0%	0%	2%
Lentil Shepherd's Pie with Sweet Potato	1 piece	273.6	292.3	1.6	0.2	0	0	333.5	55.1	12.9	8.8	16.7	78%	28%	6%	39%
Roasted Sweet Potatoes	60 mL	56.7	55.5	0.6	0.1	0	0	57.9	11.7	1.9	3.6	1.1	54%	18%	2%	3%
Fresh Green Beans	120 mL	82.7	28.9	0.2	0.1	0	0	0.8	6.5	2.6	3	1.6	3%	13%	3%	4%
Grilled Thai Beef	85 g	85	195.1	4.2	1.5	0.2	69	870	8.9	1.5	4.4	29	3%	15%	4%	16%
Korean Sweet and Spicy Chili Tofu	1 serving(s)	119.5	136.4	6.1	1.1	0	0	274.8	13.8	1.3	10	9.1	0%	1%	17%	13%
Fluffy Rice	120 mL	113.2	141.4	1.5	0.2	0	0	3	28.5	0.6	0.1	2.6	0%	0%	2%	9%
Vegetable Spring Rolls	1 each	71.9	108.2	6.5	0.5	0.1	1	329.6	11.1	0.5	1.7	1.4	0%	13%	1%	4%
Wild Pacific Cajun Salmon Loins	1 each	104.3	176	7.7	1.2	0	52.1	464.1	2.4	0.5	1.1	22.1	4%	27%	2%	6%
Spinach and Ricotta Lasagna	1 piece	259.4	394.1	18.6	9.9	0.2	84.1	827.4	38.7	2.7	11	19.9	23%	35%	36%	15%
Brown Rice	120 mL	107.5	108.4	1	0.2	0	0	263.9	22.5	1	0.8	2.4	0%	0%	1%	3%
Market Greens Salad	1 serving(s)	71	13.1	0.1	0	0	0	12.8	2.9	1.1	1.5	0.6	15%	5%	2%	2%
Salad Dressing, Italian, Golden, Flat Pack, 40 ml	1 each	44.8	111.5	10.8	1.6	0.1	0	397.7	2.9	0.3	2.2	0.1	0%	1%	0%	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)
CULINARY																
Citrus Pork Carnitas with Tortillas	85 g	85	347.5	10.9	4.3	0.2	62.8	784	35.8	3.4	5	25.5	4%	16%	12%	26%
Quesadillas w with Salsa	1 each	131.5	230.5	12.2	6.7	0	31	634.9	20.5	2.1	3.3	10.1	10%	16%	22%	10%
Tri Coloured Tortilla Chips	1 serving(s)	71	355	15.2	3.8	0	0	190.2	48.2	5.1	0	5.1	0%	0%	5%	6%
Salsa Sauce	30 mL	31.8	9.2	0.1	0	0	0	226.3	2.1	0.6	1.3	0.5	1%	1%	1%	1%
No Fry Breaded "Fried Chicken"	1 piece	121.5	280.5	8.5	2.2	0	152.6	607.4	29.4	1.6	1.8	20.1	5%	8%	6%	23%
Mac and Cheese	240 mL	226.3	381.9	13.2	5.2	0.1	23.4	457.6	50	2.6	3.7	14.8	10%	0%	19%	14%
Straight Cut French Fries	142 g	142	451.9	24.5	3.2	0.3	0	277.7	55.2	4.2	0.4	5	0%	64%	2%	10%
Creamy Coleslaw	120 mL	86.4	104.3	7.5	1.2	0	15.9	248.2	9	1.7	6.8	1.1	11%	33%	2%	2%
Orange and Ginger Chicken with Vegetables	1 serving(s)	237.3	247.6	11.6	1.2	0	52.9	447.7	19.7	2.4	12.9	18.1	22%	134%	3%	6%
Stir-Fried Vegetables w/ Tofu	100 g	100	170.7	13.4	1.2	0	0.1	353.5	8.3	2.4	3.2	6.7	9%	68%	13%	11%
Vegetable Spring Rolls	1 each	71.9	108.2	6.5	0.5	0.1	1	329.6	11.1	0.5	1.7	1.4	0%	13%	1%	4%
Street Style Shrimp Taco	2 each	659.2	1,217.5	59.2	11.3	0.4	136	1,487.6	146.9	17.7	11.1	32.2	14%	143%	27%	39%
Bean Burritos	1 each	192.9	433.1	15.4	7.8	0	14.1	1,100.4	57.2	13.3	3.6	16.7	5%	1%	35%	27%
Mexican Rice Pilaf	120 mL	109.4	111.2	2	0.2	0	0	262.6	21	1.2	1.3	2.3	1%	16%	1%	4%
Cilantro Slaw	60 mL	28.4	11	0	0	0	0	83.8	2.5	0.6	1.7	0.3	7%	10%	1%	1%
Tandoori Chicken Thigh	120 mL	120.5	183.5	8.1	2.2	0	125.9	348.9	1.6	0.7	0.9	24.2	1%	0%	2%	8%
Vegetable Vindaloo	120 mL	190.1	154.5	11.4	0.8	0	0	400.5	11.7	3.6	3.1	2.5	2%	59%	2%	4%
Fall Root Vegetable Beef Stew	240 mL	351.4	281.1	5.6	1.7	0.2	54	418.2	34.9	5.4	6.1	24.5	32%	37%	7%	28%
Vegetarian Chili and Cheddar Topped Potato Wedges	1 each	210.6	276.6	10.5	3.2	0	11.2	389.1	37	4.6	1	10.6	8%	42%	11%	18%
Vegetarian Chili	180 mL	232.4	156	2.6	0.3	0	0	55.4	27.7	8.6	4	8.2	4%	29%	6%	22%
Spiced Potato Wedges	113 g	113	297.5	17.1	2.1	0.2	0	40.5	34.4	2.7	0.3	3.1	0%	40%	1%	6%
Roasted Root Vegetable Marinara Sauce w ith Rigatoni	1 serving(s)	519.4	436	5.9	0.6	0	0	654	86	11.5	19.2	13.1	81%	73%	10%	21%

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)
SPICE MANTRA																
Butter Chicken	1 Serving	100	212	16	9	0	86	609	7	2	3	12	0%	0%	2%	6%
Chicken Tikka Masala	1 Serving	100	143	8	2	0	41	614	7	1	3	10	0%	0%	10%	6%
Madras Coconut Chicken	1 Serving	100	120	5	3	0	20	380	10	1	5	16	0%	0%	2%	8%
Pork Vindaloo	1 Serving	100	170	14	3	0	45	57	5	1	2	16	0%	0%	2%	8%
Bombay Beef Curry	1 Serving	100	160	13	2	0	43	593	4	1	2	20	0%	0%	10%	6%
Beef Rogan Josh	1 Serving	100	210	15	5.3	0	70	350	7	1	2	21	0%	0%	4%	6%
Chana Masala	1 Serving	100	142	6	1	0	9	508	7	4	2	5	0%	0%	6%	10%
Saag Paneer	1 Serving	100	200	17	9	0	45	550	5	1	2	9	0%	0%	15%	15%
Matar Paneer	1 Serving	100	140	10	5	0	20	540	8	2	4	6	0%	0%	8%	10%

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)
PIZZA, FLATBREAD & CALZONE																
Three Cheese Pizza	1 slice	207.5	478.7	14.7	7.7	0	41.7	1,048.2	64.1	3	6.8	22.3	10%	0%	29%	33%
Pepperoni Pizza	1 slice	201	446.3	13.2	5.7	0	34	993.1	61.3	5.1	4.1	20.4	7%	0%	20%	34%
Vegetarian Pizza	1 slice	251.3	438.4	11.2	5.7	0	29.9	939.6	64.2	4	5.8	20.1	8%	19%	21%	35%
Deluxe Pizza	1 slice	224.6	476.5	15.1	6.6	0	39.9	1,085.3	62	4.7	4.4	22.9	7%	13%	20%	34%
Hawaiian Pizza	1 slice	226.4	437.3	10.6	5.2	0	31	1,000.2	64.5	3.4	7.5	20.6	6%	4%	18%	34%
Meat Lovers Pizza	1 slice	230.9	489.7	15.5	6.3	0.1	43.2	1,270.1	63	6	4.8+	24.2	7%	0%	20%	46%
Greek Pizza	1 slice	241.8	414.7	10.3	4.4	0	25.2	1,183.2	64.7	4	5.7	15.5	5%	25%	16%	36%
BBQ Chicken Pizza	1 slice	229	473.8	11.9	5.9	0	44.5	1,030	66.1	2.9	9.5	25.1	9%	28%	20%	33%
Pepperoni Turkey Pizza	1 slice	200.9	434.7	11.8	5.9	0	35	936.7	61.1	3	4	20.8	7%	0%	20%	34%
Deluxe Calzone	1 each	336.7	613.3	21.8	6.9	0.1	40.6	1,468.5	78.8	9.4	9.9	25.2	8%	2%	25%	49%
Meatlover Calzone	1 each	355.5	671.5	25.3	12.2	0.6	86.6	1,524.2	73.7	5.3	7	37.1	8%	11%	25%	49%
Vegetarian Calzone	1 each	338.6	591.9	20.3	6.9	0	33.7	1,309.9	78.4	6.3	10.1	23.4	8%	21%	24%	47%
Butter Chicken Flat Bread	1 each	284.4	480.4	14.1	2.3	0.1	39.9	1,017.4	66.4	5.9	8.9	23.4	2%	31%	7%	27%
Spicy Thai Flat Bread w/ Chicken	1 each	279.2	575.3	16.9	5.6	0.1	45.1	1,324.8	82.1	5.3	23.4	24.8	16%	34%	19%	26%
BBQ Chicken Flat Bread	1 each	278.9	562.7	17.2	5.9	0.3	46.4	1,350.8	77.8	5.2	19.1	26.2	3%	60%	23%	26%
Chili Flakes	5 mL	1.8	5.7	0.3	0.1	-	0	0.5	1	0.5	0.2	0.2	4%	2%	0%	1%
Parmesan Cheese	5 mL	1.7	5.6	0.1	0	0	0.6	30.5	1.1	0	1	0.2	0%	0%	1%	0%
Sriracha Hot Sauce	5 mL	1.1	0.9	0	0	0	0	16.8	0.2	0	0.1	0	0%	0%	0%	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)
BREAKFAST																
Big Breakfast	1 each	310.7	639.5	27.6	6.5	0.2	375.9	1,242.40	70	5.1	4.4	27.6	16%	4%	15%	44%
Big Breakfast w ith Sausage	1 each	344.7	724.4	34	8.5	0.2	380.1	1,402.4	74.8	5.1	5.4	29.2	15%	4%	16%	48%
Small Breakfast	1 each	204.5	459.3	17.3	4.4	0.1	197.3	792.1	57.2	3.5	4.5	19.6	8%	2%	12%	36%
Spinach and Cheese Egg White Frittata Muffin	2 each	190.3	113.9	1.9	0.8	0	3	486.3	2	0.3	1.3	20.6	8%	7%	7%	4%
Deluxe Fruit Salad	120 mL	120	64	0	0	0	0	24	16.8	0.8	15.2	0.8	10%	36%	2%	2%
Traditional Breakfast Wrap w / Bacon and Home Fries	1 each	412.1	769.2	36.3	10.2	0.6	408.3	1,702.8	78.1	5.7	11.6	30.9	24%	13%	26%	47%
White Breakfast Sandwich (Egg, Cheese, Bacon)	1 each	135.4	333.9	17.7	8.2	0.3	220.1	695.2	27.1	1	2.5	16.8	16%	0%	22%	20%
BLT Sandwich	1 each	166.2	372.1	13.3	3.8	0	27.3	771.3	46.9	2.6	5.8	16.7	5%	10%	10%	29%
Toasted BLT Sandwich on Whole Wheat	1 each	143.8	286.2	12.6	3.1	0	19	454.1	33.8	3.7	5	12.1	2%	10%	5%	12%
Toasted Western Sandwich	1 each	170.9	309.3	6.6	2.3	0	132.1	650	46.1	2.3	5	17.2	7%	9%	13%	33%
Egg, Bacon and Swiss Sunrise Bagel	1 each	249.9	617.9	28.5	12.8	0.3	241.9	787.3	62.9	2.5	4.2	27.7	23%	9%	24%	41%
Egg and Sausage Sunrise Bagel	1 each	302	683.4	31.8	11.5	0	227.8	1,095.6	68.8	2.7	5.9	30	20%	14%	25%	44%
Sausage and Egg Sunrise Sandwich	1 each	176.3	436.9	24.8	9.6	0.3	221	984.1	30.1	3	3.7	21.9	13%	0%	28%	19%
Bacon and Egg Sunrise Sandwich (WWW)	1 each	126.6	288.4	12.9	5.3	0.1	202.5	466.7	26.9	1	2.4	16.5	12%	0%	15%	19%
Egg Sunrise Sandwich on Gluten Free Roll	1 each	147.3	380	17.8	9.5	0.1	193.9+	734.5	40.5	2.1	7.8	13.9	12%	8%	14%	6%
Bacon and Egg Sunrise Sandwich (WWW)	1 each	133.9	310.5	15.4	6.5	0.3	209.7	632.4	25.3	3	2.8	17.1	13%	0%	28%	15%
Egg Sunrise Sandwich	1 each	126.1	276.4	12.3	5.5	0.4	201.1	648.4	27	1	2.6	14.9	13%	0%	26%	20%
Egg and Cheddar Sunrise Sandwich (Light)	1 each	119.1	254.9	10.3	4.4	0.1	193.9	388.9	26.7	1	2.2	14.3	12%	0%	15%	19%

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)
BREAKFAST																
Cheese Omelette	1 each	121.6	229.3	16.9	8	0.1	291.6	331.5	2.8	0	1.5	15.9	23%	0%	25%	9%
Denver Omelette	1 each	157.9	160.2	9.5	3.1	0.1	270.8	510.1	5	0.7	2.8	13.1	14%	30%	8%	11%
Omelette	1 each	105.3	132.4	9	3	0	334.6	206.2	1	0	0.2	11.1	15%	0%	5%	11%
Toasted Western on Whole Wheat	1 each	150.9	249.3	6.6	2.2	0	132.1	580	33.1	3.3	4	16.2	7%	9%	9%	18%
Western Omelette Breakfast Wrap	1 each	264.1	605.9	29.3	11.8	0.1	300.2	1,328.8	55.1	4	5.2	28.7	22%	20%	37%	39%
Egg, Bacon and Swiss Sunrise Bagel	1 each	241	564.4	22.5	7.9	0.3	215.4	791	62.7	2.5	4.2	27.6	16%	9%	24%	41%
Egg and Sausage Sunrise Bagel	1 each	302	683.4	31.8	11.5	0	227.8	1,095.6	68.8	2.7	5.9	30	20%	14%	25%	44%
Egg and Bacon Sunrise Bagel	1 each	267.1	590.5	25.1	9.3	0	225	821.7	64.2	2.7	5.2	27.6	20%	14%	25%	41%
Sunrise Bagel, Light Cheese	1 each	182.8	464.9	15.1	6	0	200.8	617.2	61.3	2	3.3	20.9	15%	0%	20%	39%
Cheddar and Bacon Sunrise Bagel	1 each	196.5	498	18.2	7.7	0	44.9	751.9	63.1	2.5	4.5	21.3	11%	9%	22%	34%
Sausage Sunrise Bagel	1 each	184.7	550	22.3	8.3	0.2	41.3	1,197.3	66	2	4.5	20.9	5%	0%	24%	38%
Cheddar and Sausage Sunrise Bagel	1 each	231.8	592.6	25	9.9	0	48.1	1,028.5	67.7	2.5	5.2	23.9	11%	9%	23%	38%
Swiss and Sausage Sunrise Bagel	1 each	239.3	535.1	19.6	7.1	0	33.6	1,063.1	67.9	2.7	5.8	21.5	6%	14%	16%	39%
Toasted Western Sandwich with Cheese	1 each	171.9	327.2	13.3	6	0.3	153.1	961.1	33.9	3.3	4.5	20	12%	9%	29%	19%
Western Omelette Breakfast Wrap	1 each	264.1	605.9	29.3	11.8	0.1	300.2	1,328.8	55.1	4	5.2	28.7	22%	20%	37%	39%
Pancakes with Syrup	1 each	81.3	193	3	0.5	0	3.3	232	41.2	0.3	13.1	2	0%	0%	3%	11%
Toasted BLT Sandwich on Whole Wheat	1 each	143.8	286.2	12.6	3.1	0	19+	454.1	33.8	3.7	5	12.1	2%	10%	5%	12%
BLT Bagel	1 each	199.6	442.7	13.4	3	0	21.1	778.2	63.6	2.8	5.3	16.1	9%	10%	5%	35%

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)
BREAKFAST																
French Toast (Texas)	2 each	164.9	319.1	7.4	2.6	0.1	182.2	435.9	49.3	2	9	14.9	10%	0%	15%	32%
Toast, Butter, and Jam	2 each	114.9	339.1	9	5.4	0.3	20.8	305.7	59.9	3.5	23.4	7.2	0%	6%	5%	11%
Apple Cinnamon Oatmeal	240 mL	338.9	202.1	2.2	0.4	0	0	9.4	43	4.5	18.9	4.3	0%	71%	3%	11%
Oatmeal	240 mL	273.2	123.7	2.1	0.4	0	0	84.7	22.1	3.3	0.3	4.3	0%	0%	2%	10%
Bagel and Cream Cheese	1 each	141.8	370.2	8.2	3.3	0	15.3	501.5	62.1	2	3.9	12.3	5%	0%	7%	33%
Bagel with Cheese	1 each	129.4	370.4	8.6	3.4	0.2	16	678.6	60.8	2	3.4	12.9	4%	0%	19%	33%
Plain Bagel	1 each	113.4	311.1	3.5	0.5	0	0	411.4	60.2	2	3	10	0%	0%	4%	32%
Fried Egg	1 each	50.6	88.8	6.8	1.7	0	180.1	68.7	0.3	0	0.2	6.1	8%	0%	2%	6%
Poached Eggs	1 each	174.8	69.4	4.6	1.5	0	180.1	72.5	0.3	0	0.2	6.1	8%	0%	3%	6%
Bacon	2 each	16	74.9	5.6	1.9	0	15.8	269.6	0.3	0	0	5.4	0%	0%	0%	1%
Pork Breakfast Sausage	1 each	37.8	122.8	10.8	3.8	0	16.1	222.6	2.3	0	0.6	4.2	0%	0%	0%	3%
Hash Brown Patty-Triangle	2 each	122.6	283.5	19.6	1.6	0.3	0	535.3	25.1	3.1	0	2.1	0%	4%	1%	6%
Homestyle Diced Fries	240 mL	181.3	279.1	11.5	0.9	0.1	0	350.9	40.5	3.5	0	3.6	1%	12%	1%	7%
Butter, Whipped, Pots, 4.5 g	1 each	4.5	31.2	3.5	2.4	0.1	10.4	31.2	0	0	0	0	0%	0%	0%	0%
Jam, Blueberry, Pure, 16 ml	1 each	21	58.4	0	0	0	0	6.7	14.5	0.2	10.2	0.1	0%	3%	0%	1%
Jam, Raspberry, Pure, 16 ml	1 each	21	58.4	0	0	0	0	6.7	14.5	0.2	10.2	0.1	0%	3%	0%	1%
Jam, Strawberry, Pure, 16 ml	1 each	21	58.4	0	0	0	0	6.7	14.5	0.2	10.2	0.1	0%	3%	0%	1%

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)
GRILL LUNCH																
Breaded Chicken Strips	3 each	164.2	473.3	30.5	3.2	0.4	60.7	516.3	30.4	1.5	0	18.2	0%	0%	1%	19%
OTR LB Burger with Fix'ns	1 each	200.8	415.4	21.5	7.9	0	66	969.4	37.7	1.7	5	17.9	1%	8%	3%	34%
Grilled Cheese Sandw ich	1 each	133.2	471.9	27	15.7	0.3	70.3	595.6	44.8	2	4.4	14.8	21%	0%	36%	26%
Crispy Chicken Burger	1 each	202	493.2	25.1	3	0.1	50.2	1,135.4	52.2	1.4	6.8	16.4	1%	7%	4%	33%
Buffalo Chicken Wrap with Bacon	1 each	108.9	280.6	13.8	3.6	0.1	33.4	773.8	25.2	1.7	1.3	12.8	5%	2%	5%	15%
Garden Burger	1 each	204.2	391.1	11.5	1.6	0.1	20.3	901.8	55.5	7	7	20	6%	9%	3%	21%
Grilled Chicken Breast on a Bun	1 each	195.5	324.7	9.3	1.3	0	71.4	741.7	37.9	1.5	5.3	23.3	7%	9%	3%	23%
Triple Decker Turkey Club Sandwich	1 each	283.1	463.9	15.4	3.8	0	46	1,394.2	54.6	5.6	8.5	28.2	14%	18%	10%	22%
Baked Potato Wedges	180 mL	170.4	250.5	7.9	1.6	0	0	39.2	42.3	3.2	0.3	3.8	0%	49%	1%	8%
Beef Patty	1 each	113.4	321.1	25.1	10	0.4	70.2	461.6	-	1	0	18.1		0%	2%	19%
QTR LB Burger with Cheddar Cheese	1 each	228.8	528.1	30.8	13.2	0	93.7	1,152.1	38.6	1.7	5.2	24.3	11%	8%	22%	34%
QRT LB Burger with Bacon and Cheddar Cheese	1 each	236.8	565.6	33.6	14.1	0	101.6	1,286.9	38.7	1.7	5.2	27	11%	8%	22%	34%
Veggie Burger Deluxe	1 each	248.6	364.3	7.9	0.9	0	0	871.3	53.1	9	5.2	23.2	13%	23%	12%	27%
Grilled Chicken Breast Kaiser	1 each	251.4	387.8	7.9	2	0	121.9	658	38.7	2	4.1	40.5	8%	12%	2%	22%
Club House Sandw ich	1 each	275.7	558.8	26.4	6.2	0.1	72.1+	881.8	50.9	5.4+	7.8+	32.9	4%	15%	9%	21%
Grilled Chicken Club Sandw ich Canadian	1 each	330.9	551.8	22	4.5	0	92.7	1,303.4	49.5	3.2	8.2	36.8	4%	12%	14%	34%
Grilled Cheese Sandw ich	1 each	101.3	341.3	18.9	6.9	0	27.7	479.7	32.1	3	3.1	13.4	9%	0%	23%	11%
Chicken Fingers and Dipping Sauce	3 each	215.5	404.7	7.9	0.8	0	0	1,013.8	51.2	1.6	11.1	31.5	0%	0%	3%	19%

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)
GRILL LUNCH																
Chicken Breast	1 each	82.8	89.4	2.5	0.5	0	53	143.2	0	0	0	16.8	1%	0%	0%	2%
Veggie Burger	1 each	96.3	133.4	4.8	0.4	0	0	411.4	8.8	3.2	1	16.5	0%	0%	7%	6%
Fresh Side Garden Salad	1 each	72	14.1	0.2	0	0	0	10.6+	3	1.2	1.4	0.8	24%	7%	2%	4%
Fresh Side Garden Salad	66 g	66	12.6	0.1	0	0	0	19.6	2.7	1.2	1.3	0.7	14%	11%	2%	3%
Beef Gravy	30 mL	34	20.6	1.4	0.2	0	0	62.8	1.6	0	0.1	0.2	0%	0%	0%	1%
Brow n Gravy	30 mL	31.2	10	0	0	0	0	150.8	2	0	0	0.5	0%	0%	0%	1%
Straight Cut French Fries	145 g	145	461.5	25	3.3	0.3	0	283.6	56.3	4.3	0.5	5.1	0%	66%	2%	10%
Straight Cut French Fries	190 g	190	553.1	27.7	3.8	0.3	0	369	72.2	5.5	0.6	6.5	0%	84%	2%	13%
Onion Rings (Side)	1 serving(s)	163.3	455.9	31.9	3	0.4	0	462.2	39.2	1.6	4.3	4	0%	4%	0%	15%
Routine w ith Brow n Gravy	1 each	439	723.9	42.1	11.6	0.3	44.9	934.4	68.7	4.5	0.5	20	10%	69%	29%	19%
Bacon	2 each	16	74.9	5.6	1.9	0	15.8	269.6	0.3	0	0	5.4	0%	0%	0%	1%
Cheddar Cheese Slices, Mild	2 each	80	112.7	9.3	5.3	0	27.7	182.7	0.9	0	0.1	6.4	9%	0%	18%	0%
Brow n Gravy	120 mL	124.2	40	0	0	0	0	603.4	8	0	0	2	0%	0%	1%	6%
Ketchup	30 mL	34.1	34.4	0	0	0	0	309.3	9.3	0.1	7.3	0.4	1%	2%	0%	1%
Mustard	30 mL	31.7	19	1.1	0.1	0	0	350	1.8	1.3	0.3	1.2	0%	0%	2%	4%
Sw eet Relish	30 mL	31.1	40.4	0.1	0	0	0	251.9	10.9	0.3	9	0.1	2%	1%	0%	2%
Light Type Mayonnaise	30 mL	30.5	94.2	8.4	1	0	10.5	188.4	2.1	0	2.1	0.2	1%	0%	0%	0%
Sriracha Mayonnaise	30 mL	30.9	90	7.8	1	0	9.7	226.4	2.4	0.1	2.3	0.2	1%	1%	0%	1%

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)
GRILL LUNCH																
BBQ Sauce	30 mL	30.1	64.8	0.1	0	0	0	466.2	15.3	0.3	13.6	0.4	1%	5%	2%	3%
Leaf Lettuce	12 g	12	1.8	0	0	0	0	3.3	0.3	0.2	0.1	0.2	4%	2%	0%	1%
Tomato Slice	1 slice	20	3.6	0	0	0	0	1	0.8	0.2	0.5	0.2	1%	5%	0%	1%
Sliced Jalapeno Peppers	30 mL	30.4	8.2	0.3	0	0	0	508.5	1.4	0.8	0.7	0.3	3%	5%	1%	4%
Sliced Dill Pickles	30 mL	20.2	2.2	0	0	0	0	244.2	0.5	0.2	0.2	0.1	0%	0%	0%	1%
Creamy Coleslaw	120 mL	86.4	104.3	7.5	1.2	0	15.9	248.2	9	1.7	6.8	1.1	11%	33%	2%	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)
ON THE GO SANDWICHES																
Tuna Salad on Multigrain	1 each	200.4	402.6	12.7	1.3	1	37.4	709.4	44.2	7.3	6.7	28.1	7%	4%	7%	19%
Egg Salad on Multigrain	1 each	185.4	396.2	16.3	2.6	1	223.6	750	44.6	7.2	7.2	18.7	15%	3%	9%	19%
Chunky Chicken Salad on	1 each	191	376	10.9	1.1	1	41.7	814.3	44.1	7.5	6.4	25.4	7%	3%	7%	17%
Buffalo Chicken Wrap	1 each	267.8	478.6	16.9	6.2	0.1	54.8	1,140.7	56.4	11.4	3.7	25.4	17%	8%	25%	24%
Greek Chicken Wrap	1 each	302.2	602.5	31	9.4	0.1	59.3	1,670.9	53.5	11.2	4.6	27.7	15%	9%	32%	27%
BLT on Multigrain	1 each	184.2	408.8	17.2	3.4	1	29	804.5	45.4	7.7	7.2	19.8	8%	12%	7%	16%
Peanut Butter and Jam on White	1 each	105.2	351.7	12.3	2.7	0	0	337.1	52.5	2.3	13.9	10.8	0%	3%	6%	23%
Deli Trio (Turkey, Ham and Roast Beef) Ciabatta	1 each	312.2	517.9	9	1.9	0.1	43.6	1,855.8	79.3	3.5	6.7	26.1	8%	12%	1%	46%
Chicken Salad and Swiss Panini	1 each	232.5	514.8	18.5	6.5	0.3	57.3	1,023.3	58.5	2.6	3.2	28.6	20%	9%	25%	31%
Buffalo Chicken Wrap	1 each	267.8	478.6	16.9	6.2	0.1	54.8	1,140.7	56.4	11.4	3.7	25.4	17%	8%	25%	24%
Greek Chicken Wrap	1 each	302.2	602.5	31	9.4	0.1	59.3	1,670.9	53.5	11.2	4.6	27.7	15%	9%	32%	27%
Chicken Caesar Wrap	1 each	254.8	551.7	25.4	9	0.1	62.9	1,210.4	51.1	11.2	3.8	29.5	21%	3%	36%	25%
Ham and Cheddar Croissant	1 each	147.1	337.9	17.7	8.4	0.1	33.1	827.6	30.5	1.5	4.1	15.2	10%	5%	10%	16%
Roast Turkey, Swiss and Tomato Hoagie	1 each	264.1	523.8	18	6.6	0.3	50.7	1,323.5	64.6	2.7	4.2	27.2	15%	16%	24%	29%
Roast Beef, Swiss and Horseradish Baguette	1 each	248.6	508.3	15.3	6.5	0.4	58.3	1,402.5	65.1	2.9	5.4	26.2	19%	11%	25%	37%
Hummus and Veggie Wrap	1 each	252.4	530.8	22.7	5.1	0.1	0	1,108.9	69.7	9.7	6.7	15.4	24%	94%	21%	46%
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%
Cookstov n Grilled Vegetable Sandwich (93880)	1 each	252	402.3	8.8	2.5	0	17.7	954.9	67.5	3.8	6.3	13.1	7%	110%	8%	29%
Grilled Chicken Madras Sandwich	1 each	279.4	490.8	9.7	2.8	0	44.2	1,287.2	73.2	6.3	4.3	28.7	10%	19%	6%	34%
Shaved Turkey, Bacon and Swiss Cheese Croissant	1 each	169.9	433.2	23.2	10.2	0.3	48.1	1,241.1	31.7	1.3	4.7	21.6	10%	5%	12%	16%

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)
ON THE GO SALADS																
Veggie Pasta Salad	1 each	218.3	222.5	3.5	0.5	0	0	289.3	42.7	6.7	3.9	8.6	4%	39%	3%	19%
Fresh Garden Tossed Salad	1 each	1	14	0.2	0	0	0	10.4	2.9	1.2	1.6	0.8	12%	9%	2%	3%
Quinoa Lentil Side Salad	1 each	399.7	477.7	12.7	1.2	0	0	288	72.6	12.7	4.3	20.5	6%	72%	6%	48%
Caesar Salad (12 oz)	1 each	94.7	81.9	3.4	1.5	0	5.8	262.4	8.6	1.9	1.4	4.8	35%	8%	12%	8%
Curry Chickpea Side Salad	1 each	336.2	243.9	11.2	1.1	0	0	564.7	29.3	9.9	5.1	8.5	24%	101%	7%	17%
Spinach Salad	1 each	183	135.2	6.2	1.6	0	164.2	251.7	11.6	1.9	2.2	8.9	33%	30%	8%	19%
Spinach Salad	1 each	183	135.2	6.2	1.6	0	164.2	251.7	11.6	1.9	2.2	8.9	33%	30%	8%	19%
Spring Mix Salad w ith Grapes and Red Cabbage	1 each	72.5	19.5	0.1	0	0	0	5.4	4.5	0.9	3.1	0.9	8%	25%	2%	5%
Healthy Cobb Salad	1 each	694.8	635.4	18.4	5.2	0	181.9	725	88.2	15.5	7.1	31.9	87%	25%	25%	58%
Caesar Salad (32 oz)	1 each	281	125.1	4.5	1.6	0	5.8	360.9	16	4.1	2.8	6.7	78%	15%	15%	17%
Chicken Caesar Salad	1 each	288.1	241.3	8.3	2.8	0	63.1	605.8	17.2	4.1	2.8	25.7	80%	12%	20%	19%
Veggie Pasta Salad	1 each	218.3	222.5	3.5	0.5	0	0	289.3	42.7	6.7	3.9	8.6	4%	39%	3%	19%
Julienne Salad	1 each	467.3	188.4	8.4	4.5	0	44.2	484	14	4	7.6	16	36%	20%	19%	11%
Greek Salad w ith Grilled Chicken	1 each	432.1	259.3	14.9	5.1	0	60.6	1321.8	13.5+	4.2	4.6	17.8	61%	58%	18%	16%
Baby Kale Caesar Salad	1 each	205.5	99.5	4	1.6	0	5.8	303.6	11.4	3	1.8	5.7	42%	43%	17%	11%
Blackened Chicken Caesar Salad	1 each	383.3	319.1	15	4.2	0	76	1098.6	17.5	4.5	3	29.6	79%	38%	17%	23%
Premium Chef Salad w ith Egg	1 each	304	161.5	9.6	2.9	0	328.2	127.3	6.5	2	4	12.3	40%	13%	7%	12%
Grilled Vegetable Tofu and Feta Salad	1 each	478.5	269.7	15.4	8.2	0	50.7	711.3	19.3	5	8.4	17.4	40%	146%	45%	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)
SALAD DRESSINGS																
Salad Dressing, Balsamic Vinaigrette, 25 ml	1 each	25	72.2	6.4	0.7	0.1	0	182.6	3.1	0.2	2.4	0.1	0%	0%	0%	0%
Salad Dressing, Rancher's Choice, 18 ml	1 each	19	65.8	6.6	0.9	0.1	5.6	168.1	1.1	0.1	0.8	0.2	0%	0%	0%	0%
Salad Dressing, Caesar, Creamy, 18 ml	1 each	17.7	62.5	6.1	1.1	0	6.1	163.9	1	0.1	0.4	0.4	0%	0%	0%	0%
Salad Dressing, Italian, Zesty, Calorie Wise, 16 ml	1 each	16	5.2	0.4	0	0	0	146.3	1	0	1	0	0%	0%	0%	0%
Salad Dressing, Italian, Golden, 18 ml	1 each	18	45.3	4.4	0.7	0.1	0	161.7	1.2	0.1	0.9	0	0%	0%	0%	0%
ON THE GO BOWLS																
Ninja Bow I	1 each	404.9	572.6	29.5	4	0.3	2.8	803.6	65.1	7.4	16.7	14.6	45%	50%	9%	29%
Ninja Bow I - Chicken	1 each	479.9	677.5	34.4	4.8	0.3	45.5	919.8	67.1	7.4	18.6	28.2	45%	51%	9%	31%
Ninja Bow I - Tofu	1 each	484.9	684.8	32.9	4.6	0.3	2.8	1,628.7	78.8	8.3	27.7	23.4	45%	51%	24%	41%
Eden Bow I	1 each	430.7	524.7	24.4	2.7	0.1	0	777.3	63.2	11.7	6.4	16.5	34%	93%	11%	31%
Eden Bow I - Chicken	1 each	505.8	629.7	29.2	3.5	0.1	42.7	893.5	65.3	11.7	8.3	30	35%	94%	11%	33%
Rebel Bow I	1 each	490.6	534.3	18.9	2.5	0.2	12.5	487.6	75.8	15.6	7.6	18.4	14%	140%	12%	44%
Rebel Bow I - Chicken	1 each	565.7	639.2	23.8	3.3	0.2	55.1	603.8	77.8	15.6	9.5	32	14%	141%	12%	45%
Rebel Bow I - Falafel	1 each	550.5	702.3	27.3	3.4	0.2	12.5	871.6	94.4	19.2	7.6	25	14%	140%	16%	61%
Glazed Salmon Rice Bow I	1 each	566.2	689.6	17.3	2.1	0.1	32.8	774.3	106	8.8	15.4	26.4	27%	100%	8%	42%
Tuna Poke Rice Bow I	1 each	421.5	452.3	9.9	1.4	0	36.9	1,526.7	60.7	3.6	13.4	27.2	23%	15%	4%	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)
ON THE GO SNACKS																
Cheese Break Box	1 each	191	473.2	24.5	14.8	0	79.3	678.5	44.5	2.9	23.8	21.5	24%	14%	37%	14%
Veggies and Dip Snack Box	1 each	133.9	49.3	0.8	0.4	0	2.9	87.4	7.4	2.1	4.2	4.1	26%	79%	5%	4%
Keto+ Bistro Box	1 each	246.5	454.7	37.6	14.1	0	218.2	1,237.7	9.9	4.7	2	20	26%	10%	41%	10%
PB and Coco Energy Bites	3 piece	73.6	371.5	24.5	8.4	0	3.3	125.8	31.4	7.3	15.8	10.1	1%	1%	12%	16%
Seasonal Fruit Salad	1 each	198	92.2	0.3	0.1	0	0	17	23.8	2.5	19.7	1.1	6%	75%	2%	3%
Fresh Pineapple	1 each	200	100	0.2	0	0	0	2	26.2	2.8	19.7	1.1	1%	159%	2%	4%
Fresh Watermelon	1 each	200	60	0.3	0	0	0	2	15.1	0.8	12.4	1.2	6%	27%	1%	4%
Fresh Cantaloupe	1 each	200	68	0.4	0.1	0	0	32	16.3	1.8	15.7	1.7	34%	122%	2%	3%
Fresh Honeydew	1 each	200	72	0.3	0.1	0	0	36	18.2	1.6	16.2	1.1	1%	60%	1%	2%
Breakfast Break Box	1 each	219.7	355.5	12.8	5.3	0.4	186.1	308	49.3	5.2	30.4	14.8	11%	6%	9%	12%
Vanilla Greek Yogurt Parfait	1 each	178.6	266	11.8	2.8	0	5.8	51.3	29.3	2.5	23.4	14	13%	30%	14%	9%
Yogurt Bar - Build Your Own Parfait	1 each	287	681	32.3	11.7	0	5.8	99	80.8	10.9	42.1	25	13%	31%	16%	14%
Yogurt (Vanilla) and Frozen Berries Parfait	1 each	226.6	168.8	2.3	1.4	0	8.5	113	29.5	1.4	27.1	8.6	2%	23%	27%	3%
Bugs Bunny Parfait	1 each	120.3	100.3	4.6	0.7	0.1	9.3	360.1	13.9	2.7	4.3	0.8	62%	4%	3%	6%
Breakfast Yogurt Parfait	1 each	248.6	252.8	3.3	1.6	0	8.5	209	47.1	2.6	34.3	10.2	2%	23%	28%	5%
Vanilla Greek Yogurt Parfait	1 each	178.6	266	11.8	2.8	0	5.8	51.3	29.3	2.5	23.4	14	13%	30%	14%	9%
Vanilla Greek Yogurt Parfait	1 each	170.6	269.5	11.8	2.9	0	5.8	88	30.5	2.6	24.2	13.8	13%	4%	13%	7%

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)
ON THE GO SNACKS																
PB and Chocolate Overnight Oats	1 each	251.8	395	18.8	4.3	0	2.6	349.9	48	10.7	16.6	16.4	6%	0%	35%	28%
Vanilla Overnight Oats	1 each	236.1	285	8.1	1.7	0	2.9	266.2	43	7.3	16.1	11.5	6%	0%	35%	19%
Cranberry Chia Pudding	1 each	220.4	297	17.2	1.6	0	0	123.2	32.3	12.9	15.2	8.2	0%	1%	47%	23%
Cream Cheese, Philadelphia, 18 g	1 each	18	63	6.2	3.6	0.2	18.2	56.5	1	0	0.7	1.1	6%	0%	2%	0%
Cream Cheese, Light, Philadelphia, 18 g	1 each	18	37.4	3	1.8	0	9.7	57.1	1.2	0	0.6	1.4	3%	0%	2%	0%
Fruit Jelly (Lemon)	113 g	113	76.2	0	0	0	0	96.7	18.1	0	17.2	1.6	0%	0%	0%	0%
Fruit Jelly (Orange)	113 g	113	76.2	0	0	0	0	96.7	18.1	0	17.2	1.6	0%	0%	0%	0%
Fruit Jelly Low Calorie (Cherry)	125 mL	128.7	12.1	0	0	0	0	9.3	1.2	0	0	1.9	0%	0%	0%	0%
Cheese, Marble, 21 g	1 each	21	80	7	4	0.2	20	140	1	0	0	5	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)
BENTO SUSHI																
Sushi, California Roll, 9 ea	1 each	200	350	12	1.5	0	7	700	54	3	9	10	0%	6%	7%	8%
Sushi, Vegetable Salad Roll, 9 ea	1 each	200	270	6	1	0	0	550	49	5	9	7	0	25%	9%	26%
Sushi, Smoked Salmon Sushi Roll, 9 ea	1 each	200	350	10	4	0.1	40	740	49	3	9	16	0%	8%	4%	5%
Sushi, California Nigiri Combo, 12 ea	1 each	340	560	13	2	0	66.7	1,453	90.7	2.7	17.3	20	0	5%	25%	6%
Sushi, Fuji Combo, 10 ea	1 each	260	410	8	1.5	0	35	900	69	2	12	16	0%	4%	4%	5%
Sushi, Dynamite Sushi Roll, 9 ea	1 each	200	380	11	0.5	0	35	470	59	3	8	11	0	10%	2%	5%
Sushi, Spicy California Roll, 9 ea	1 each	200	320	8	1	0	10	740	54	2	10	9	0%	6%	2%	5%
Sushi, Red Dragon Roll, 9 ea	1 each	200	340	9	1.5	0	20	820	51	1	9	14	0	4%	2%	5%
Sushi, California Roll Combo, 9 ea	1 each	200	310	9	1	0	5	660	52	4	9	9	0%	15%	5%	13%
Sushi, California Nigiri Combo, 12 ea	1 each	340	560	13	2	0	66.7	1,453	90.7	2.7	17.3	20	0	5%	25%	6%

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)
COFFEE, TEA & MILK																
Brew ed Regular Coffee	1 cup	8 fl. oz	2	0	0	0	0	5	0	0	0	0.3	0	0	0	0
Brew ed Decaf Coffee	1 cup	8 fl. oz	0	0	0	0	0	5	0	0	0	0.2	0	0	0	0
Tea Bag, Earl Grey	1 each	0.7	2.2	0	0	0	0	0.5	0.4	0.1	0	0.1	0%	0%	0%	0%
Tea Bag, Hot	1 each	0.7	2.2	0	0	0	0	0.5	0.4	0.1	0	0.1	0%	0%	0%	0%
Tea Bag, Herbal, Variety, 2 g	1 each	2	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Tea Bag, Orange Pekoe, 2 g	1 each	2	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Tea Bag, Mint, 2 g	1 each	2	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Creamer, Half & Half, Int Del; 3/8 oz	1 each	10.8	14.1	1.2	0.8	0	3.8	6.6	0.5	0	0.4	0.3	1%	0%	1%	0%
Milkers, 2%, 10 ml	1 each	10	5.2	0.2	0.1	0	0.8	4.4	0.5	0	0.4	0.4	0%	0%	1%	0%
Milk, Chocolate, 1%, 237 ml	1 each	237	180.1	4.5	2.8	0	19	156.4	28.7	1.7	22.6	7.1	15%	0%	23%	4%
Milk, Partly Skimmed, 2%, 237 ml	1 each	244	122	4.8	3.1	0.2	19.5	114.7	11.7	0	12.3	8.1	13%	1%	27%	0%
Milk, Skim, 0%, 237 ml	1 each	237	80.6	0.2	0.1	0	4.7	99.5	11.8	0	12.1	8	14%	0%	26%	1%

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]

	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)	
	<i>nutritional values are based on suggested recipes</i>																
pitas	chicken shawarma	small	273	350	13	2	0	55	1030	33	6	3	28	30%	30%	10%	15%
		regular	427	580	24	3.5	0	80	1620	50	9	5	41	110%	50%	15%	20%
chicken souvlaki	small	297	410	19	4	0	50	1360	34	5	5	26	60%	20%	15%	6%	
		regular	462	650	33	8	0	80	2230	51	7	8	39	100%	35%	25%	10%
chicken caesar	small	215	350	9	2.5	0	60	1130	37	4	3	32	50%	10%	10%	8%	
		regular	322	520	13	3.5	0	85	1710	57	5	5	45	90%	20%	15%	10%
philly cheese steak	small	226	420	23	6	1.5	55	780	33	4	3	27	35%	50%	25%	8%	
		regular	380	760	45	12	2.5	105	1370	45	6	4	50	45%	70%	50%	15%
the club	small	353	340	14	5	0	40	1250	34	4	3	23	60%	40%	30%	4%	
		regular	390	530	23	8	0	60	1830	50	7	5	34	90%	60%	30%	8%
srirachia falafel	small	285	430	20	2.5	0	5	1070	51	11	6	14	70%	45%	25%	25%	
		regular	441	680	35	4	0	10	1690	75	16	10	21	120%	70%	35%	35%
buffalo chicken	small	282	360	14	4.5	0	55	1150	33	5	5	28	100%	2%	20%	6%	
		regular	417	570	24	7	0	80	1700	49	7	8	40	160%	35%	25%	10%
grilled chicken & goat cheese	small	283	340	10	3	0	60	88	34	5	6	29	35%	35%	10%	10%	
		regular	429	550	20	6	0	90	1340	52	8	10	42	100%	50%	25%	15%

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]

		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)
flatbaked		<i>nutritional values are based on suggested recipes</i>															
	bbq chicken	regular	339	690	29	15	0	140	1800	46	5	13	53	2%	2%	45%	8%
	buffalo chicken	regular	342	570	24	10	0	105	2390	44	6	4	45	20%	4%	10%	8%
	classic	regular	244	470	20	9	0	45	1700	49	5	8	33	10%	15%	40%	4%
	hawaiian	regular	266	470	17	8	0	40	1760	55	6	12	33	10%	15%	45%	2%
bowls		<i>nutritional values are based on suggested recipes</i>															
	spicy garden crumble	regular	464	600	29	4	0.2	0	1220	61	15	9	22	30%	45%	20%	60%
	southwest chicken	regular	549	640	28	7	0	95	1040	56	12	6	44	60%	50%	25%	40%
	asian soy salmon	regular	409	540	29	3	0	35	700	92	9	17	32	90%	60%	20%	30%
salads		<i>nutritional values are based on suggested recipes</i>															
	honey dijon cobb	regular	295	450	30	9	0	220	600	29	5	18	19	60%	50%	25%	5%
	siracha balsamic chicken and bacon	regular	367	430	27	6	0	95	1050	15	5	7	38	140%	50%	8%	15%
	grilled salmon	regular	383	280	12	1.5	0	35	800	56	6	11	22	160%	100%	15%	20%