

# NUTRITION MENU

## SURREY MEMORIAL HOSPITAL CAFÉ



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

# 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) |
|---|--------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>CULINARY</b>                               |              |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| Chicken Breast with 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%         |

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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) |
|---|--------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>CULINARY</b>                                   |              |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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%         |

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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) |
|---|--------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>CULINARY</b>                                   |              |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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 w 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 w 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 w 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%         |

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|--|--------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>CULINARY</b>                                      |              |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| Citrus Pork Carnitas w 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 w ith 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%        |

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## 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) |
|----------------------------------|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>NAPOLI PIZZA</b>              |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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%        |
| 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                | 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%         |
| Dip, Garlic, Creamy Sauce, 44 ml | 1 each      | 44               | 230            | 25            | 3.5               | 0.2           | 10               | 230         | 2                | 0                 | 1          | 0.3         | 0%              | 0%              | 0%            | 0%         |
| Dip, Ranch, 44 ml                | 1 each      | 44               | 200            | 21            | 3                 | 0.3           | 5                | 340         | 3                | 0                 | 3          | 1           | 0%              | 0%              | 2%            | 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 (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) |
|----------------------------------|-------------|-------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>HOT BOWLS</b>                 |             |                   |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|----------------------------------|-------------|-------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>HOT BOWLS</b>                 |             |                   |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|--------------------------------------|-------------|-------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>HOT BOWLS</b>                     |             |                   |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|--------------------------------------|-------------|-------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>HOT BOWLS</b>                     |             |                   |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|--|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>HOT BOWLS</b>                             |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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 with 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 with 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 with 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 with 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%        |
| <b>SOUP Accompaniments</b>                   |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|--|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>BAKED GOODS</b>                           |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|---|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>BAKED GOODS</b>                              |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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         | 0%              | 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%              | 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%        |
| 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%              | 0%              | 8%            | 21%        |
| Assorted Tarts                                  | 1 each      | 84.9             | 349.7          | 16            | 0.1               | 0             | 40               | 219.8       | 49               | 0                 | 24         | 3           | 4%              | 0%              | 2%            | 10%        |
| 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               | 0             | 16.5             | 131.8       | 28.6             | 1.1               | 17.6       | 2.2         | 0%              | 0%              | 2%            | 9%         |

# 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]

| Product                 | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fats (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------|-----------------|---------------|-------------------|----------------|------------------|-------------|------------------------|-------------------|------------|-------------|
| <b>Classic Bagels</b>   |                 |               |                   |                |                  |             |                        |                   |            |             |
| Plain Bagel             | 290             | 1.5           | 0.4               | 0              | 0                | 380         | 62                     | 2                 | 9          | 9           |
| Sesame Seed Bagel       | 310             | 4             | 1                 | 0              | 0                | 400         | 62                     | 4                 | 10         | 10          |
| Everything Bagel        | 290             | 2             | 0.5               | 0.1            | 0                | 390         | 60                     | 4                 | 9          | 10          |
| 12-Grain Bagel          | 320             | 7             | 1                 | 0              | 0                | 460         | 57                     | 8                 | 9          | 11          |
| Cinnamon Raisin Bagel   | 290             | 1             | 0.3               | 0              | 0                | 360         | 64                     | 3                 | 14         | 9           |
| Blueberry Bagel         | 310             | 3.5           | 0.5               | 0              | 0                | 510         | 60                     | 2                 | 7          | 9           |
| <b>Specialty Bagels</b> |                 |               |                   |                |                  |             |                        |                   |            |             |
| Four Cheese Bagel       | 330             | 5             | 1.5               | 0.1            | 5                | 580         | 58                     | 2                 | 4          | 11          |
| Jalapeno Cheddar Bagel  | 320             | 4.5           | 1.5               | 0.1            | 5                | 710         | 59                     | 3                 | 4          | 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 | 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) |
|--|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>BREAKFAST</b>                                   |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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 with 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 (WW)                | 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 (WW)                | 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) |
|--------------------------------------|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>BREAKFAST</b>                     |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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) |
|------------------------------|-------------|------------------|----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>BREAKFAST</b>             |             |                  |                |               |                   |               |                  |             |                  |                   |            |             |                 |                 |               |            |
| 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]

|                    | DESCRIPTION                             | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |     |
|--------------------|---|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|-----|
| <b>GRILL LUNCH</b> |   |                  |                 |               |                   |               |                  |             |                   |                   |            |             |                 |                 |               |            |     |
|                    | 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% |
|                    | Cooked 4 oz Premium Burger (Patty Only) | 1 each           | 113             | 321           | 25                | 10            | 0.4              | 70          | 462               | 0                 | 1          | 0           | 18              | 0%              | 0%            | 2%         | 19% |
|                    | Cheeseburger                            | 1 each           | 190             | 637           | 40                | 17            | 0.1              | 86          | 1020              | 41                | 2          | 8           | 24              | 0%              | 8%            | 8%         | 19% |
|                    | Club House Sandwich                     | 1 each           | 271             | 531           | 25                | 6             | 0.1              | 64          | 892               | 47                | 6          | 6           | 31              | 1%              | 15%           | 9%         | 17% |
|                    | Classic Grilled Cheese with Bacon       | 1 each           | 279             | 583           | 32                | 12            | 0                | 56          | 1043              | 47                | 5          | 6           | 25              | 3%              | 21%           | 29%        | 4%  |
|                    | Grilled Cheese Sandwich                 | 1 each           | 102             | 289           | 14                | 3             | 0.1              | 13          | 716               | 31                | 3          | 4           | 6               | 0%              | 0%            | 12%        | 8%  |
|                    | Grilled Ham and Cheese Sandwich         | 1 each           | 125             | 335           | 17                | 5             | 0.2              | 26          | 976               | 32                | 3          | 4           | 15              | 1%              | 0%            | 17%        | 9%  |
|                    | Thai Chicken Wrap                       | 1 each           | 292             | 505           | 11                | 3             | 0.1              | 49          | 1220              | 76                | 4          | 23          | 27              | 5%              | 59%           | 14%        | 37% |
|                    | Baked Potato Wedges                     | small            | 170             | 235           | 7                 | 0.6           | 0.1              | 0           | 62                | 41                | 3          | 0           | 3               | 0%              | 10%           | 1%         | 6%  |
|                    | Baked Potato Wedges                     | large            | 227             | 314           | 9                 | 0.7           | 0.1              | 0           | 83                | 55                | 4          | 0           | 4               | 0%              | 14%           | 2%         | 8%  |
|                    | Garden Salad (Side)                     | 1 each           | 116             | 14            | 0.2               | 0             | 0                | 0           | 11                | 3                 | 1          | 1           | 1               | 5%              | 7%            | 2%         | 4%  |
|                    | Caesar Salad (Side)                     | 1 each           | 79              | 86            | 5                 | 1             | 0.1              | 6           | 268               | 8                 | 2          | 1           | 2               | 5%              | 5%            | 4%         | 6%  |
|                    | 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% |
|                    | Brown Gravy                             | 30 mL            | 31.2            | 10            | 0                 | 0             | 0                | 0           | 150.8             | 2                 | 0          | 0           | 0.5             | 0%              | 0%            | 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]

| <i>Menu Item</i>                     | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>Superfoods</b>                    |                  |                 |               |                   |               |                  |             |                   |                   |            |             |                 |                 |               |            |
| Salad Dressing, Oriental             | 15               | 20              | 5             | 1                 | 0             | 0                | 190         | 2                 | 0                 | 1          | 0           | 0               | 0               | 0             | 0          |
| Salad Dressing, Sundried Tomato      | 15               | 40              | 4             | 0                 | 0             | 0                | 6           | 1                 | 0                 | 0          | 1           | 0               | 0               | 0             | 0          |
| Salad Dressing, Italian, Light       | 100ml            | 238             | 24            | 4                 | 0             | 0                | 1029        | 6                 | 0                 | 3          | 0           | 0               | 0               | 0             | 0          |
| Sesame Thai Salad Dressing           | 44 ml            | 103             | 8             | 1                 | 0.1           | 0                | 423         | 8                 | 0.3               | 6          | 0.4         | 0               | 0               | 0             | 0          |
| Salad Dressing, Balsamic Vinaigrette | 100ml            | 289             | 26            | 3                 | 0             | 0                | 731         | 12                | 1                 | 10         | 0           | 1               | 0               | 23            | 1          |
| Salad Dressing, Caesar, Light        | 44 ml            | 103             | 7             | 1                 | 0             | 9                | 517         | 9                 | 0                 | 1          | 1           | 0               | 0               | 0             | 0          |
| Salad Dressing, Ranch, Fat Free      | 15ml             | 35              | 2             | 0                 | 0             | 5                | 140         | 3                 | 0                 | 1          | 0           | 0               | 0               | 0             | 0          |
| Sicilian Pasta Salad                 | 100              | 200             | 12            | 2                 | 0             | 20               | 860         | 19                | 2                 | 5          | 4           | 4               | 10              | 4             | 10         |
| Tricolour Chickpea Salad             | 100              | 110             | 4             | 0                 | 0             | 0                | 630         | 18                | 2                 | 5          | 3           | 4               | 45              | 2             | 6          |
| Bell Pepper                          | 148              | 30              | 0             | 0                 | 0             | 0                | 0           | 7                 | 2                 | 4          | 1           | 8               | 190             | 2             | 2          |
| Broccoli                             | 148              | 45              | 0             | 0.5               | 0             | 0                | 55          | 8                 | 5                 | 3          | 5           | 15              | 220             | 6             | 6          |
| Carrot                               | 78               | 35              | 0             | 0                 | 0             | 0                | 40          | 8                 | 2                 | 5          | 1           | 270             | 10              | 2             | 0          |
| Celery                               | 110              | 20              | 0             | 0                 | 0             | 0                | 100         | 5                 | 2                 | 0          | 1           | 2               | 15              | 4             | 2          |
| Cucumber                             | 99               | 15              | 0             | 0                 | 0             | 3                | 0           | 3                 | 1                 | 2          | 1           | 4               | 10              | 2             | 2          |
| Green Onion                          | 25               | 10              | 0             | 0                 | 0             | 0                | 5           | 2                 | 1                 | 1          | 0           | 2               | 8               | 0             | 0          |
| Spring Mix                           | 85               | 20              | 0             | 0                 | 0             | 0                | 95          | 3                 | 2                 | 0          | 2           | 80              | 8               | 4             | 4          |
| Mushroom                             | 84               | 20              | 0             | 0                 | 0             | 0                | 0           | 3                 | 1                 | 0          | 3           | 0               | 2               | 0             | 2          |
| Onion                                | 148              | 60              | 0             | 0                 | 0             | 0                | 5           | 14                | 3                 | 9          | 2           | 0               | 20              | 4             | 2          |
| Spinach                              | 85               | 4               | 0             | 0                 | 0             | 0                | 160         | 10                | 5                 | 0          | 2           | 70              | 25              | 6             | 20         |
| Tomato                               | 148              | 35              | 0.5           | 0                 | 0             | 0                | 5           | 7                 | 1                 | 4          | 1           | 20              | 40              | 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]

| <i>Menu Item</i>       | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| <b>Superfoods</b>      |                  |                 |               |                   |               |                  |             |                   |                   |            |             |                 |                 |               |            |
| shredded cheddar       | 28               | 110             | 9             | 5                 | 0             | 0                | 170         | 2                 | 0                 | 0          | 7           | 0               | 0               | 20            | 0          |
| shredded mozzarella    | 28               | 80              | 6             | 3.5               | 0             | 15               | 170         | 1                 | 0                 | 0          | 8           | 5               | 0               | 20            | 0          |
| shredded monterey jack | 28               | 110             | 9             | 5                 | 0             | 25               | 170         | 0.5               | 0                 | 0          | 7           | 6               | 0               | 20            | 0          |
| chicken breast         | 113              | 110             | 2.5           | 0.5               | 0             | 65               | 20          | 0                 | 0                 | 0          | 23          | 0               | 0               | 0             | 4          |
| salmon fillet          | 124              | 185             | 5.5           | 0.9               | 4.6           | 83               | 107         | 0                 | 0                 | 0          | 31.7        | 3               | 0               | 2             | 7          |



# NUTRITION MENU

— WE'RE SERVING • NOUS SERVONS —




At SURREY MEMORIAL HOSPITAL CAFÉ

The information in this guide is effective as of March 2022 and is based on our standard product formulations, variations may occur. Nutritional information for beverages is calculated based on Starbucks standard recipes. Values are calculated using ESHA R&D SQL<sup>®</sup> software.

# 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]

| <br>Product Name | Serving Size | Calories (kCal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrates (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|--------------|-----------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|-------------------|-----------|-------------|-----------------|-----------------|---------------|------------|
| Brewed Coffee  | 12 fl. oz.   | 5               | 0.0           | 0.0               | 0.0           | 0                | 5           | 0                       | 0                 | 0         | 0           | 0%              | 0%              | 0%            | 0%         |
| Brewed Coffee  | 16 fl. oz.   | 5               | 0.0           | 0.0               | 0.0           | 0                | 10          | 0                       | 0                 | 0         | 1           | 0%              | 0%              | 0%            | 0%         |
| Brewed Coffee  | 20 fl. oz.   | 5               | 0.0           | 0.0               | 0.0           | 0                | 10          | 0                       | 0                 | 0         | 1           | 0%              | 0%              | 2%            | 0%         |