

NUTRITION MENU

SURREY MEMORIAL NORTH LOBBY 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® 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]

MENU ITEMS	Serving Size (oz.)	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)
COFFEE															
Brewed Coffee (Regular/Decaf)	12	5	0	0	0	0	5	0	0	0	0	0	0	0	0
Brewed Coffee (Regular/Decaf)	16	5	0	0	0	0	10	0	0	0	1	0	0	0	0
Brewed Coffee (Regular/Decaf)	20	5	0	0	0	0	10	0	0	0	1	0	0	2	0
Iced Brewed Coffee (with Milk + Classic Syrup)	12	90	1	0	0	5	25	18	0	18	2	2	0	6	0
Iced Brewed Coffee (with Milk + Classic Syrup)	16	120	1.5	0.5	0	5	35	25	0	24	2	2	0	8	0
Iced Brewed Coffee (with Milk + Classic Syrup)	24	180	2	1	0	10	55	36	0	36	4	4	0	15	0
TEA															
Brewed Tazo Tea	12	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tazo Tea	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tazo Tea	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Brewed Tazo Tea (with Classic Syrup)	12	60	0	0	0	0	0	15	0	15	0	0	0	0	0
Iced Brewed Tazo Tea (with Classic Syrup)	16	80	0	0	0	0	0	21	0	21	0	0	0	0	0
Iced Brewed Tazo Tea (with Classic Syrup)	20	120	0	0	0	0	0	31	0	31	0	0	0	0	0
Tazo Full-Leaf Tea Latte	12	140	3	1.5	0	15	75	23	0	23	5	6	0	20	0
Tazo Full-Leaf Tea Latte	16	190	4	2	0	15	95	31	0	30	7	8	0	25	0
Tazo Full-Leaf Tea Latte	20	230	5	2.5	0	20	125	38	0	38	9	10	0	30	0

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Tazo Chai Tea Latte	12	190	3.5	1.5	0	15	90	34	0	32	6	6	0	20	2
Tazo Chai Tea Latte	16	240	4	2.5	0	15	95	44	0	10	7	8	0	25	2
Tazo Chai Tea Latte	20	310	6	3	0	25	150	56	0	53	10	10	2	35	2
ESPRESSO BEVERAGES															
Caffè Americano	12	10	0	0	0	0	10	2	0	0	1	0	0	2	0
Caffè Americano	16	15	0	0	0	0	15	3	0	0	1	0	0	2	0
Caffè Americano	20	25	0	0	0	0	25	4	0	0	1	0	0	2	0
Caffè Latte	12	150	6	3.5	9	25	115	14	0	13	10	10	0	35	0
Caffè Latte	16	190	7	4.5	0	30	150	18	0	17	12	15	0	40	0
Caffè Latte	20	240	9	6	0	35	190	24	0	22	16	15	0	50	0
Cappuccino	12	90	3.5	15	0	15	80	9	0	0	8	6	0	20	0
Cappuccino	16	120	4	2	0	15	85	12	0	10	8	8	0	25	0
Cappuccino	20	150	6	3	0	25	135	16	0	14	10	10	0	35	0
Caramel Macchiato	12	180	5	3	0	20	115	25	0	23	8	10	0	30	0
Caramel Macchiato	16	240	7	3.5	0	25	150	34	0	32	10	10	2	35	0
Caramel Macchiato	20	300	8	4.5	0	35	180	43	0	40	13	15	2	45	0
Caffè Mocha	12	200	6	3.5	0	20	115	32	1	26	10	10	0	30	15

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Caffè Mocha	16	260	8	4.5	0	25	140	42	2	34	13	10	2	35	20
Caffè Mocha	20	340	11	6	0	30	180	53	2	43	17	15	2	50	25
White Chocolate Mocha	12	300	9	6	0	25	190	46	0	44	11	10	2	40	0
White Chocolate Mocha	16	400	11	7	0	30	240	60	0	58	14	10	2	40	20
White Chocolate Mocha	20	500	15	10	0	35	320	76	0	74	18	15	4	60	0
BLENDED BEVERAGES															
Frappuccino® Blended Beverage															
Coffee	16	240	3	2	0	10	220	50	0	50	3	4	0	10	0
Mocha	16	290	4	2.5	0	10	220	61	1	58	4	4	0	10	6
Caramel	16	280	3.5	2	0	10	220	60	0	59	3	4	0	10	0
FONTANA BLEND															
Strawberry Smoothie	12	190	0.5	0.4	0	0	30	44	0	44	1	2	0	4	0
Mango Smoothie	12	170	1	0.5	0	0	30	40	1	35	1	2	30	6	0
Latte Blender	12	250	5	3.5	0.2	20	95	48	0	32	4	2	2	15	2
Mocha Blender	12	230	5	3.5	0.2	20	95	48	0	32	4	2	2	15	2
OTHER FAVOURITES															
Hot Chocolate	12	230	7	3.5	0	20	120	37	1	32	10	10	0	30	15
Hot Chocolate	16	290	9	5	0	25	160	47	2	41	14	15	2	40	20
Hot Chocolate	20	380	11	6	0	35	200	63	2	54	17	15	2	50	25
White Hot Chocolate	12	310	9	6	0	20	200	48	0	48	12	6	0	40	0

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White Hot Chocolate	16	450	14	11	0	40	260	66	0	65	15	8	2	50	0
White Hot Chocolate	20	550	18	13	0	45	330	82	0	81	19	10	2	70	0
ADD-ON'S															
Whipped Cream - Hot Beverages	12	60	6	4	0	20	5	2	0	1	0	4	0	2	0
Whipped Cream - Hot Beverages	16/20	70	7	4.5	0	25	5	2	0	2	0	6	0	2	0
Whipped Cream - Iced Beverages	12	80	8	5	0	30	10	2	0	2	0	6	0	2	0
Whipped Cream - Iced Beverages	16/24	110	11	7	0	40	10	3	0	2	1	8	0	2	0
Flavoured Syrup	1 pump	20	0	0	0	0	0	5	0	5	0	0	0	0	0
Flavoured Sugar-Free Syrup	1 pump	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mocha Sauce	1 pump	25	0.5	0	0	0	0	6	0	4	1	0	0	0	4
Espresso Shot	30mL	15	0	0	0	0	0	3	0	0	1	0	0	2	0

All beverages assume 2% milk in build.

This brochure contains dietary and nutrition information on many of our beverages and most of the options that come with them. Beverages in this brochure reflect nutrition information without whipped cream. For information on beverages with whipped cream, please see nutrition data for whipped cream listed inside, or visit www.starbucks.ca/menu.

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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)
ON THE GO SANDWICHES																
Tuna Salad on Multigrain	1 each	200.4	402.6	12.7	1.3	1	37.4	709.4	44.2	7.3	6.7	28.1	7%	4%	7%	19%
Egg Salad on Multigrain	1 each	185.4	396.2	16.3	2.6	1	223.6	750	44.6	7.2	7.2	18.7	15%	3%	9%	19%
Chunky Chicken Salad on	1 each	191	376	10.9	1.1	1	41.7	814.3	44.1	7.5	6.4	25.4	7%	3%	7%	17%
Buffalo Chicken Wrap	1 each	267.8	478.6	16.9	6.2	0.1	54.8	1,140.7	56.4	11.4	3.7	25.4	17%	8%	25%	24%
Greek Chicken Wrap	1 each	302.2	602.5	31	9.4	0.1	59.3	1,670.9	53.5	11.2	4.6	27.7	15%	9%	32%	27%
BLT on Multigrain	1 each	184.2	408.8	17.2	3.4	1	29	804.5	45.4	7.7	7.2	19.8	8%	12%	7%	16%
Peanut Butter and Jam on White	1 each	105.2	351.7	12.3	2.7	0	0	337.1	52.5	2.3	13.9	10.8	0%	3%	6%	23%
Deli Trio (Turkey, Ham and Roast Beef) Ciabatta	1 each	312.2	517.9	9	1.9	0.1	43.6	1,855.8	79.3	3.5	6.7	26.1	8%	12%	1%	46%
Chicken Salad and Swiss Panini	1 each	232.5	514.8	18.5	6.5	0.3	57.3	1,023.3	58.5	2.6	3.2	28.6	20%	9%	25%	31%
Buffalo Chicken Wrap	1 each	267.8	478.6	16.9	6.2	0.1	54.8	1,140.7	56.4	11.4	3.7	25.4	17%	8%	25%	24%
Greek Chicken Wrap	1 each	302.2	602.5	31	9.4	0.1	59.3	1,670.9	53.5	11.2	4.6	27.7	15%	9%	32%	27%
Chicken Caesar Wrap	1 each	254.8	551.7	25.4	9	0.1	62.9	1,210.4	51.1	11.2	3.8	29.5	21%	3%	36%	25%
Ham and Cheddar Croissant	1 each	147.1	337.9	17.7	8.4	0.1	33.1	827.6	30.5	1.5	4.1	15.2	10%	5%	10%	16%
Roast Turkey, Swiss and Tomato Hoagie	1 each	264.1	523.8	18	6.6	0.3	50.7	1,323.5	64.6	2.7	4.2	27.2	15%	16%	24%	29%
Roast Beef, Swiss and Horseradish Baguette	1 each	248.6	508.3	15.3	6.5	0.4	58.3	1,402.5	65.1	2.9	5.4	26.2	19%	11%	25%	37%
Hummus and Veggie Wrap	1 each	252.4	530.8	22.7	5.1	0.1	0	1,108.9	69.7	9.7	6.7	15.4	24%	94%	21%	46%
Oven Roasted Chicken and Tomatoes on Multigrain	1 each	217.7	396.4	13.2	1.2	1	52.4	582.1	45.2	7.5	7.4	26.1	3%	9%	8%	16%
Cookstov n Grilled Vegetable Sandwich (93880)	1 each	252	402.3	8.8	2.5	0	17.7	954.9	67.5	3.8	6.3	13.1	7%	110%	8%	29%
Grilled Chicken Madras Sandwich	1 each	279.4	490.8	9.7	2.8	0	44.2	1,287.2	73.2	6.3	4.3	28.7	10%	19%	6%	34%
Shaved Turkey, Bacon and Swiss Cheese Croissant	1 each	169.9	433.2	23.2	10.2	0.3	48.1	1,241.1	31.7	1.3	4.7	21.6	10%	5%	12%	16%

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ON THE GO SALADS																
Veggie Pasta Salad	1 each	218.3	222.5	3.5	0.5	0	0	289.3	42.7	6.7	3.9	8.6	4%	39%	3%	19%
Fresh Garden Tossed Salad	1 each	1	14	0.2	0	0	0	10.4	2.9	1.2	1.6	0.8	12%	9%	2%	3%
Quinoa Lentil Side Salad	1 each	399.7	477.7	12.7	1.2	0	0	288	72.6	12.7	4.3	20.5	6%	72%	6%	48%
Caesar Salad (12 oz)	1 each	94.7	81.9	3.4	1.5	0	5.8	262.4	8.6	1.9	1.4	4.8	35%	8%	12%	8%
Curry Chickpea Side Salad	1 each	336.2	243.9	11.2	1.1	0	0	564.7	29.3	9.9	5.1	8.5	24%	101%	7%	17%
Spinach Salad	1 each	183	135.2	6.2	1.6	0	164.2	251.7	11.6	1.9	2.2	8.9	33%	30%	8%	19%
Spinach Salad	1 each	183	135.2	6.2	1.6	0	164.2	251.7	11.6	1.9	2.2	8.9	33%	30%	8%	19%
Spring Mix Salad w ith Grapes and Red Cabbage	1 each	72.5	19.5	0.1	0	0	0	5.4	4.5	0.9	3.1	0.9	8%	25%	2%	5%
Healthy Cobb Salad	1 each	694.8	635.4	18.4	5.2	0	181.9	725	88.2	15.5	7.1	31.9	87%	25%	25%	58%
Caesar Salad (32 oz)	1 each	281	125.1	4.5	1.6	0	5.8	360.9	16	4.1	2.8	6.7	78%	15%	15%	17%
Chicken Caesar Salad	1 each	288.1	241.3	8.3	2.8	0	63.1	605.8	17.2	4.1	2.8	25.7	80%	12%	20%	19%
Veggie Pasta Salad	1 each	218.3	222.5	3.5	0.5	0	0	289.3	42.7	6.7	3.9	8.6	4%	39%	3%	19%
Julienne Salad	1 each	467.3	188.4	8.4	4.5	0	44.2	484	14	4	7.6	16	36%	20%	19%	11%
Greek Salad w ith Grilled Chicken	1 each	432.1	259.3	14.9	5.1	0	60.6	1321.8	13.5+	4.2	4.6	17.8	61%	58%	18%	16%
Baby Kale Caesar Salad	1 each	205.5	99.5	4	1.6	0	5.8	303.6	11.4	3	1.8	5.7	42%	43%	17%	11%
Blackened Chicken Caesar Salad	1 each	383.3	319.1	15	4.2	0	76	1098.6	17.5	4.5	3	29.6	79%	38%	17%	23%
Premium Chef Salad w ith Egg	1 each	304	161.5	9.6	2.9	0	328.2	127.3	6.5	2	4	12.3	40%	13%	7%	12%
Grilled Vegetable Tofu and Feta Salad	1 each	478.5	269.7	15.4	8.2	0	50.7	711.3	19.3	5	8.4	17.4	40%	146%	45%	0%

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SALAD DRESSINGS																
Salad Dressing, Balsamic Vinaigrette, 25 ml	1 each	25	72.2	6.4	0.7	0.1	0	182.6	3.1	0.2	2.4	0.1	0%	0%	0%	0%
Salad Dressing, Rancher's Choice, 18 ml	1 each	19	65.8	6.6	0.9	0.1	5.6	168.1	1.1	0.1	0.8	0.2	0%	0%	0%	0%
Salad Dressing, Caesar, Creamy, 18 ml	1 each	17.7	62.5	6.1	1.1	0	6.1	163.9	1	0.1	0.4	0.4	0%	0%	0%	0%
Salad Dressing, Italian, Zesty, Calorie Wise, 16 ml	1 each	16	5.2	0.4	0	0	0	146.3	1	0	1	0	0%	0%	0%	0%
Salad Dressing, Italian, Golden, 18 ml	1 each	18	45.3	4.4	0.7	0.1	0	161.7	1.2	0.1	0.9	0	0%	0%	0%	0%

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ON THE GO SNACKS																
Cheese Break Box	1 each	191	473.2	24.5	14.8	0	79.3	678.5	44.5	2.9	23.8	21.5	24%	14%	37%	14%
Veggies and Dip Snack Box	1 each	133.9	49.3	0.8	0.4	0	2.9	87.4	7.4	2.1	4.2	4.1	26%	79%	5%	4%
Keto+ Bistro Box	1 each	246.5	454.7	37.6	14.1	0	218.2	1,237.7	9.9	4.7	2	20	26%	10%	41%	10%
PB and Coco Energy Bites	3 piece	73.6	371.5	24.5	8.4	0	3.3	125.8	31.4	7.3	15.8	10.1	1%	1%	12%	16%
Seasonal Fruit Salad	1 each	198	92.2	0.3	0.1	0	0	17	23.8	2.5	19.7	1.1	6%	75%	2%	3%
Fresh Pineapple	1 each	200	100	0.2	0	0	0	2	26.2	2.8	19.7	1.1	1%	159%	2%	4%
Fresh Watermelon	1 each	200	60	0.3	0	0	0	2	15.1	0.8	12.4	1.2	6%	27%	1%	4%
Fresh Cantaloupe	1 each	200	68	0.4	0.1	0	0	32	16.3	1.8	15.7	1.7	34%	122%	2%	3%
Fresh Honeydew	1 each	200	72	0.3	0.1	0	0	36	18.2	1.6	16.2	1.1	1%	60%	1%	2%
Breakfast Break Box	1 each	219.7	355.5	12.8	5.3	0.4	186.1	308	49.3	5.2	30.4	14.8	11%	6%	9%	12%
Vanilla Greek Yogurt Parfait	1 each	178.6	266	11.8	2.8	0	5.8	51.3	29.3	2.5	23.4	14	13%	30%	14%	9%
Yogurt Bar - Build Your Own Parfait	1 each	287	681	32.3	11.7	0	5.8	99	80.8	10.9	42.1	25	13%	31%	16%	14%
Yogurt (Vanilla) and Frozen Berries Parfait	1 each	226.6	168.8	2.3	1.4	0	8.5	113	29.5	1.4	27.1	8.6	2%	23%	27%	3%
Bugs Bunny Parfait	1 each	120.3	100.3	4.6	0.7	0.1	9.3	360.1	13.9	2.7	4.3	0.8	62%	4%	3%	6%
Breakfast Yogurt Parfait	1 each	248.6	252.8	3.3	1.6	0	8.5	209	47.1	2.6	34.3	10.2	2%	23%	28%	5%
Vanilla Greek Yogurt Parfait	1 each	178.6	266	11.8	2.8	0	5.8	51.3	29.3	2.5	23.4	14	13%	30%	14%	9%
Vanilla Greek Yogurt Parfait	1 each	170.6	269.5	11.8	2.9	0	5.8	88	30.5	2.6	24.2	13.8	13%	4%	13%	7%

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

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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

NUTRITION INFORMATION

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HOT BOWLS																
Autumn Pumpkin Soup	8 fl oz	237 mL	155.8	9.5	6.1	0.2	30.3	839.4	14.7	2.6	0.9	4.3	0%	4%	3%	4%
Autumn Pumpkin Soup	10 fl oz	300 mL	197.2	12	7.7	0.2	38.3	1,062.6	18.6	3.3	1.1	5.5	0%	4%	4%	6%
Autumn Pumpkin Soup	12 fl oz	355 mL	233.3	14.3	9.1	0.3	45.4	1,257.4	22	3.9	1.3	6.5	0%	5%	5%	6%
Autumn Pumpkin Soup	16 fl oz	480 mL	315.5	19.3	12.3	0.4	61.3	1,700.1	29.8	5.3	1.8	8.8	0%	7%	6%	9%
Split Pea w ith Ham Soup	8 fl oz	237 mL	254	2.5	0.8	0	8.5	1,798.8	42.3	5.1	6.8	15.2	0%	3%	3%	14%
Split Pea w ith Ham Soup	10 fl oz	300 mL	321.5	3.2	1.1	0	10.7	2,276.9	53.6	6.4	8.6	19.3	0%	4%	4%	16%
Split Pea w ith Ham Soup	12 fl oz	355 mL	380.5	3.8	1.3	0	12.7	2,694.4	63.4	7.6	10.1	22.8	0%	4%	5%	20%
Split Pea w ith Ham Soup	16 fl oz	480 mL	514.5	5.1	1.7	0	17.1	3,643.1	85.7	10.3	13.7	30.9	0%	6%	7%	27%
SOUP Accompaniments																
Assorted Dinner Rolls	1 each	30	82.4	0.7	0.1	0	0	119.9	15	0.7	0.7	3	0%	0%	1%	9%
Parmesan Cheese	10 g	10	33.6	0.3	0.3	0	3.4	181.6	6.7	0	6.1	1.3	0%	0%	5%	0%
Seasoned Croutons	15 g	15	65.4	1.9	0.2	0	0.1	226.2	10.3	0.4	0.6	1.6	0%	0%	1%	4%
Fresh Chiffonade Cut Green Onions	15 mL	3	1	0	0	0	0	0.5	0.2	0.1	0.1	0.1	0%	1%	0%	0%
Hot Sauce	5 mL	1.4	0.1	0	0	0	0	47	0	0	0	0	0%	0%	0%	0%
Crackers, Soda, Unsalted, Premium Plus, 2 Ct	1 each	6	26	0.7	0.2	0&	0	46	4.3	0.2	0	0.6	0%	0%	1%	2%
Crackers, Melba, Toast, 2 Ct	1 each	10.5	40	0.5	0	0	0	95	8.5	0.5	0.5	1.5	0%	0%	0%	4%
Crackers, Breadsticks, Plain, 2 Ct	1 each	9	31.5	0.5	0.1	0	0	42.8	6.3	0.5	0.5	0.9	0%	0%	0%	4%
Butter, Whipped, Pots, 4.5 g	1 each	4.5	31.2	3.5	2.4	0.1	10.4	31.2	0	0	0	0	0%	0%	0%	0%
Margarine, Cups, 6.5 g	1 each	6.5	46.7	5.2	1.1	0	0	61.3	0.1	0	0	0.1	5%	0%	0%	0%

NUTRITION INFORMATION

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

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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

MENU ITEM	DESCRIPTION	Nutritional Information														
		Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BAKED GOODS																
Apple Cinnamon Muffin	1 each	113.4	441.6	23.1	4.5	0.2	65.2	391.4	52.2	3	24.1	7	2%	30%	12%	19%
Chocolate Chunk Muffin	1 each	113.4	470	26.1	6	0.2	70.2	341.2	54.2	2	26.1	7	2%	0%	7%	26%
Banana Nut Muffin	1 each	113.4	470	28	4	0.2	60.2	391.4	51	2	24	7	2%	0%	7%	19%
Caramel Coffee Cake Swirl Muffins	1 each	115	368	12.9	1.2	0	0.7	285.2	57.5	1.8	28.5	5.5	0%	0%	2%	12%
Chocolate Filled Croissant	1 each	80.1	363.1	20	12.5	0.5	62.6	350.6	41.3	2.5	12.5	7.5	11%	6%	3%	23%
Maple Butter Pecan Danish	1 each	90.7	369.6	19	9	0.4	56	280	42.6	1.1	19	5.6	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%