

NUTRITION MENU

Tim Hortons[®]

AT PHSA – BCCW HOSPITAL

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

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)	Calcium (% of DV)	Iron (% of DV)
Donuts												
Apple Fritter	330	11	5	0.1	0	280	54	2	23	6	3	14
Blueberry Donut	340	18	9	0.2	5	170	40	1	25	3	2	6
Boston Cream Donut	240	8	3.5	0.1	0	240	38	1	16	4	1	8
Canadian Maple Donut	250	8	3.5	0.1	0	240	38	1	16	4	1	8
Chocolate Cruller Donut	360	22	11	0.2	40	120	40	0	28	2	1	2
Chocolate Dip Donut	220	8	3.5	0.1	0	190	33	1	12	4	1	8
Chocolate Éclair Donut	310	14	9	0.1	0	230	45	1	20	5	2	10
Chocolate Glazed Donut	330	21	10	0.2	15	210	34	1	20	3	3	13
Chocolate Marble Donut	320	21	10	0.2	15	210	31	1	17	3	3	13
Chocolate Snow Donut	290	21	10	0.2	15	210	24	1	10	3	3	13
Chocolate Toasted Coconut Donut	360	24	14	0.2	15	220	34	2	19	3	3	13
Coconut Cream Donut	260	10	5	0.1	0	240	39	1	17	4	1	8
Double Chocolate Donut	310	21	10	0.2	15	210	28	1	14	3	3	13
Honey Cruller	320	22	11	0.2	40	120	30	0	18	2	1	2
Honey Dip	250	7	3.5	0.1	0	190	41	1	21	4	8	1
Long John	240	9	4	0.1	0	210	36	1	13	4	2	10
Maple Cruller	360	22	11	0.2	40	120	40	0	28	2	1	2
Maple Dip	220	7	3.5	0.1	0	190	33	1	12	4	1	8
Maple Éclair	310	14	9	0.1	0	230	43	1	18	5	2	10

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Donuts												
Maple Swirl	250	8	3.5	0.1	0	240	39	1	17	4	1	8
Old Fashion Dip	310	18	9	0.1	25	230	34	1	16	3	4	6
Old Fashion Glazed	330	18	9	0.1	25	230	40	1	22	3	4	6
Old Fashion Plain	280	18	9	0.1	25	230	26	1	9	3	4	6
Old Fashion Snow	290	18	9	0.1	25	230	30	1	12	3	4	6
Old Fashion Sugar	300	18	9	0.1	25	230	33	1	16	3	4	6
Raspberry Filled Donut	230	8	3.5	0.1	0	210	37	1	15	4	1	8
Sour Cream Glazed	340	18	8	0.1	5	180	40	1	24	3	2	6
Sour Cream Plain	280	18	8	0.1	5	180	26	1	11	3	2	6
Sour Cream Sugar	300	16	8	0.1	5	180	32	1	16	3	2	6
Strawberry Dip	220	7	3.5	0.1	0	190	33	1	12	4	1	8
Strawberry Filled	240	8	3.5	0.1	0	210	38	1	5	4	1	8
Strawberry Vanilla	270	8	3.5	0.1	0	210	49	1	15	4	1	8
Sugar Loop	200	7	3.5	0.1	0	190	29	1	8	4	1	8
Toasted Coconut Donut	360	21	12	0.1	25	240	39	2	21	4	4	7
Vanilla Dip Donut	250	7	3.5	0.1	0	190	40	1	19	4	1	8

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Tim bits												
Birthday Cake	80	3	1.5	0	5	60	13	1	9	1	1	2
Chocolate Glazed	80	3.5	1.5	0	5	70	11	0	6	1	1	4
Chocolate Snow Ball	70	3.5	1.5	0	5	70	8	0	3	1	1	4
Chocolate Toasted Coconut	90	4.5	3	0	5	75	11	1	6	1	1	4
Honey Dip	50	1.5	0.5	0	0	25	8	0	5	1	0	2
Old Fashion Glazed	80	3.5	1.5	0	0	64	12	0	7	1	1	2
Old Fashion Plain	60	3.5	1.5	0	0	65	8	0	3	1	1	2
Old Fashion Sugar	70	3.5	1.5	0	0	65	9	0	4	1	1	2
Snow Ball	70	3.5	1.5	0	0	65	8	0	3	1	1	4
Sour Cream Glazed	90	5	2.5	0	0	50	11	0	7	1	1	2
Sour Cream Plain	80	5	2.5	0	0	50	7	0	3	1	1	2
Sour Cream Sugar	80	5	2.5	0	0	50	8	0	4	1	1	2
Strawberry	50	1.5	0.5	0	0	30	8	0	1	1	0	2
Toasted Coconut	90	4.5	3	0	0	70	12	1	6	1	1	2
Venetian Cream	50	1.5	1	0	0	40	7	0	3	1	0	2

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Muffins												
Banana Pecan	340	10	2	0.1	30	790	60	9	20	6	2	18
Carrot Cake Walnut	360	13	2.5	0.1	30	480	55	2	28	6	4	0
Chocolate Chip	420	17	5	0.1	30	400	64	2	36	6	3	13
Fruit Explosion	360	12	2	0.1	35	490	59	2	30	5	6	0
Raisin Bran	380	13	2	0.1	15	500	60	5	30	6	6	13
Wild Blueberry	380	12	2	0.1	30	590	57	2	26	6	2	18
Croissants												
Croissant - Plain	260	13	7	0.3	16	240	30	1	3	6	1	11
Croissant - Cheese	290	16	7	0.1	5	280	29	1	4	6	4	11
Croissant - Chocolate	350	17	8	0.2	0	120	43	0	18	6	1	14
Tea Biscuits												
Tea Biscuit - Cheese	260	11	4	0.2	10	610	31	1	4	8	9	12
Tea Biscuit - Raisin	250	8	1.5	0	0	500	40	2	12	5	3	14
Cookies												
Chocolate Chunk	220	9	5	0.2	20	240	31	1	16	2	2	0
Peanut Butter	260	15	6	0.2	25	230	25	1	15	5	3	0

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Bagels												
Plain Bagel	290	1.5	0.4	0	0	380	62	2	9	9	2	25
Sesame Seed Bagel	310	4	1	0	0	400	62	4	10	10	2	30
Everything Bagel	290	2	0.5	0.1	0	390	60	4	9	10	2	28
12-Grain Bagel	320	7	1	0	0	460	57	8	9	11	3	32
Cinnamon Raisin Bagel	290	1	0.3	0	0	360	64	3	14	9	3	31
Blueberry Bagel	310	3.5	0.5	0	0	510	60	2	7	9	1	27

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Hot Beverages												
Original Blend Coffee - Small	3	0	0	0	0	0	0	0	0	0	1	0
Original Blend Coffee - Medium	4	0	0	0	0	0	0	0	0	0	1	0
Original Blend Coffee - Large	5	0	0	0	0	0	0	0	0	0	1	1
Original Blend Coffee - X Large	5	0	0	0	0	0	0	0	0	0	1	1
Dark Roast Coffee - Small	3	0	0	0	0	0	0	0	0	0	1	0
Dark Roast Coffee - Medium	4	0	0	0	0	0	0	0	0	0	1	0
Dark Roast Coffee - Large	5	0	0	0	0	0	0	0	0	0	1	1
Dark Roast Coffee - X Large	5	0	0	0	0	0	0	0	0	0	1	1
Decaf Coffee - Small	3	0	0	0	0	0	0	0	0	0	1	1
Decaf Coffee - Medium	4	0	0	0	0	0	0	0	0	0	1	1
Decaf Coffee - Large	5	0	0	0	0	0	0	0	0	0	1	2
Decaf Coffee - X Large	5	0	0	0	0	0	0	0	0	0	1	1
Regular Coffee - Small	70	4	2.5	0.1	10	25	8	0	8	1	2	0
Regular Coffee - Medium	100	6	4	0.2	15	40	11	0	11	1	2	0
Regular Coffee - Large	120	8	5	0.2	20	50	14	0	13	1	3	1
Regular Coffee - X Large	150	9	6	0.3	25	55	18	0	17	1	4	1
Double Double Coffee - Small	130	8	4.5	0.2	20	45	16	0	16	1	3	0
Double Double Coffee - Medium	200	13	8	0.4	35	80	22	0	21	2	6	0
Double Double Coffee - Large	250	15	10	0.5	40	95	28	0	27	2	6	1
Double Double Coffee - X Large	300	18	11	0.5	50	115	35	0	34	3	8	1

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Hot Beverages												
Cappuccino - Small	80	3	2	0.1	10	70	9	0	8	6	13	2
Cappuccino - Medium	120	4.5	3	0.2	15	95	12	0	11	8	19	2
Cappuccino - Large	170	6	4	0.2	25	135	16	0	15	11	27	3
Latte - Small	90	3.5	2	0.1	15	80	10	0	9	6	15	2
Latte - Medium	140	5	3.5	0.2	20	115	14	0	13	10	23	2
Latte - Large	190	7	4.5	0.3	30	160	19	0	18	13	31	3
Coffee Mocha - Small	110	1.5	1.5	0	0	90	24	1	17	1	1	4
Coffee Mocha - Medium	140	2	2	0	0	15	31	1	22	1	1	6
Coffee Mocha - Large	190	2.5	2.5	0	0	150	41	1	29	1	1	7
Coffee Mocha - X Large	250	2.5	3	0	0	200	54	1	38	1	1	10
French Vanilla - Small	260	10	10	0	0	180	39	1	30	3	12	1
French Vanilla - Medium	330	12	12	0	0	230	50	1	39	3	15	1
French Vanilla - Large	430	17	16	0	0	310	66	1	51	5	19	2
French Vanilla - X Large	570	22	22	0	0	410	88	1	68	6	27	2
Hot Chocolate - Small	220	3	3	0	0	180	48	1	34	1	1	8
Hot Chocolate - Medium	280	4	3.5	0	0	230	62	2	43	1	1	11
Hot Chocolate - Large	380	5	4.5	0	0	310	82	2	58	2	1	14
Hot Chocolate - X Large	500	7	6	0	0	410	108	3	76	3	2	19

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Hot Beverages												
White Hot Chocolate - Small	250	9	8	0	0	250	43	0	36	1	6	2
White Hot Chocolate - Medium	330	11	10	0.1	0	310	55	0	45	1	8	2
White Hot Chocolate - Large	430	15	14	0.1	0	420	73	0	60	2	12	3
White Hot Chocolate - X Large	570	20	18	0.1	0	550	96	0	80	2	13	4
London Fog - Small	110	2	1.5	0.1	10	50	19	0	19	4	10	1
London Fog - Medium	160	3	2	0.1	10	110	28	0	28	6	13	1
London Fog - Large	240	4.5	3	0.2	15	160	38	0	38	8	19	2
Bagged Tea	0	0	0	0	0	0	0	0	0	0	0	0
Steeped Tea	0	0	0	0	0	0	0	0	0	0	0	0
Cold Beverages												
Iced Coffee - Small	110	6	4	0.1	20	35	13	0	13	1	2	0
Iced Coffee - Medium	150	8	4.5	0.1	20	45	20	0	19	1	3	0
Iced Coffee - Large	220	13	8	0.1	35	70	27	0	26	2	4	0
Light Iced Coffee - Small	70	1	0.5	0	5	30	14	0	14	2	6	1
Light Iced Coffee - Medium	100	1.5	1	0	5	40	21	0	21	3	6	1
Light Iced Coffee - Large	140	1.5	1	0	5	55	28	0	28	3	8	1
Original Cold Brew - Small	0	0	0	0	0	4	0	0	0	0.3	1	0
Original Cold Brew - Medium	0	0.1	0	0	0	5	0	0	0	0.3	1	0
Original Cold Brew - Large	0	0.1	0	0	0	5	0	0	0	0.4	1	0

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Cold Beverages												
Vanilla Cream Cold Brew - Small	120	6	3.5	0.2	25	30	15	0	15	1	4	0
Vanilla Cream Cold Brew - Medium	160	7	4	0.3	30	35	22	0	22	1	6	0
Vanilla Cream Cold Brew - Large	240	12	7	0.5	45	55	30	0	30	2	8	0
Original Iced Capp® - Small	230	11	7	0.4	30	75	31	0	29	2	4	1
Original Iced Capp® - Medium	320	16	10	0.5	45	110	41	0	38	3	6	1
Original Iced Capp® - Large	420	22	14	0.5	60	140	55	1	51	4	8	1
Light Iced Capp® - Small	140	1	1	0	5	30	31	0	29	3	6	1
Light Iced Capp® - Medium	190	1.5	1	0.1	5	40	41	0	39	4	8	2
Light Iced Capp® - Large	260	2.5	1.5	0.1	10	55	55	1	52	5	12	2
Mocha Iced Capp® - Small	390	17	12	0.4	30	190	58	1	53	3	4	8
Mocha Iced Capp® - Medium	500	22	16	0.5	45	260	74	2	68	4	8	10
Mocha Iced Capp® - Large	630	27	19	0.5	60	330	94	2	87	6	10	13
Vanilla Iced Capp® - Small	400	17	12	0.4	30	150	60	0	56	2	4	1
Vanilla Iced Capp® - Medium	510	22	15	0.5	45	200	77	0	72	3	6	1
Vanilla Iced Capp® - Large	640	27	19	0.5	60	250	98	1	92	4	8	1
Caramel Iced Capp® - Small	390	17	13	0.4	35	170	59	0	59	3	6	1
Caramel Iced Capp® - Medium	500	22	16	0.5	45	230	75	0	70	4	8	1
Caramel Iced Capp® - Large	630	27	19	0.5	60	290	95	1	89	5	10	1
Chocolate Creamy Chill - Small	400	17	12	0.4	30	210	62	1	57	3	4	7

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Cold Beverages												
Chocolate Creamy Chill - Medium	520	22	16	0.5	45	290	80	1	73	4	6	10
Chocolate Creamy Chill - Large	650	27	19	0.5	60	360	102	2	93	5	8	11
Vanilla Creamy Chill - Small	400	17	12	0.4	30	150	62	0	57	2	4	0
Vanilla Creamy Chill - Medium	520	22	15	0.5	45	210	80	0	74	3	6	0
Vanilla Creamy Chill - Large	650	27	19	0.5	60	260	103	0	96	4	8	0
Strawberry Creamy Chill - Small	400	17	12	0.4	30	120	63	0	58	2	4	0
Strawberry Creamy Chill - Medium	520	22	15	0.5	45	160	81	0	74	3	6	0
Strawberry Creamy Chill - Large	660	27	19	0.5	60	200	104	0	95	4	8	0
Strawberry Smoothie - Small	220	1	0.5	0	5	60	51	0	46	3	8	1
Strawberry Smoothie - Medium	310	2	1	0	10	95	69	0	62	5	13	1
Strawberry Smoothie - Large	420	2.5	1.5	0.1	10	125	92	0	83	6	17	1
Frozen Lemonade - Small	170	0	0	0	0	30	43	0	40	0	0	0
Frozen Lemonade - Medium	230	0	0	0	0	40	57	0	53	0	0	0
Frozen Lemonade - Large	310	0	0	0	0	50	76	0	71	0	0	0
Strawberry Frozen Lemonade - Small	220	0	0	0	0	30	56	0	52	0	0	0
Strawberry Frozen Lemonade - Medium	310	0	0	0	0	40	76	0	71	0	1	0
Strawberry Frozen Lemonade - Large	410	0.1	0	0	0	55	102	0	95	0	1	0

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Cold Beverages												
Classic Lemonade - Small	90	0	0	0	0	10	23	0	21	0	1	0
Classic Lemonade - Medium	110	0	0	0	0	10	30	0	28	0	1	0
Classic Lemonade - Large	140	0	0	0	0	15	39	0	36	0	1	0
Peach Quencher - Small	110	0	0	0	0	10	29	0	26	0	1	0
Peach Quencher - Medium	150	0	0	0	0	15	39	0	35	0	1	0
Peach Quencher - Large	190	0	0	0	0	20	50	0	45	0	1	1
Strawberry Watermelon Quencher - Small	110	0	0	0	0	15	28	0	25	0	1	0
Strawberry Watermelon Quencher - Medium	150	0	0	0	0	20	38	0	34	0	1	0
Strawberry Watermelon Quencher - Large	190	0	0	0	0	25	49	0	44	0	2	0

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Chili												
Chili - Regular	310	16	6	1	55	910	22	4	7	19	8	19
Chili - Large	430	22	9	1	75	1270	31	6	10	27	12	28
Other												
Hash Brown	120	6	0.5	0.1	0	220	15	1	1	1	1	2

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Soup												
Chicken Noodle Soup - Regular	140	3	0.5	0	20	710	20	1	2	9	10	4
Chicken Noodle Soup - Large	190	3.5	1	0	20	960	28	2	2	10	13	6
Cream of Broccoli Soup - Regular	100	3.5	1.5	0.1	10	650	15	2	6	5	10	2
Cream of Broccoli Soup - Large	150	5	2	0.1	15	910	21	3	9	6	13	2
Garden Minestrone Soup - Regular	100	1.5	0.3	0	0	590	20	6	6	5	3	4
Garden Minestrone Soup - Large	140	2.5	0.5	0	0	820	28	8	9	6	4	6
Tomato Parmesan Soup - Regular	190	9	4.5	0.3	20	780	24	3	11	6	10	7
Tomato Parmesan Soup - Large	270	12	6	0.4	30	1090	33	4	15	8	15	10
Spicy Thai Soup - Regular	220	12	5	0.4	35	750	21	1	4	5	6	3
Spicy Thai Soup - Large	300	17	8	0.5	50	1050	29	1	6	8	8	4
Cream of Chicken & Wild Rice Soup - Regular	190	10	5	0.3	30	730	21	1	2	4	4	7
Cream of Chicken & Wild Rice Soup - Large	260	14	7	0.4	40	1020	29	2	3	6	6	10
Potato Bacon Chowder - Regular	250	14	7	0.4	35	850	25	2	6	6	19	6
Potato Bacon Chowder - Large	350	20	10	0.5	50	1190	34	2	8	8	27	7
Clam Chowder - Regular	190	7	2	0.2	20	680	23	1	6	9	23	8
Clam Chowder - Large	270	10	3	0.3	30	950	32	1	8	13	31	11

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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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	7	19	15%	3%	9%	19%
Chunky Chicken Salad on Multigrain	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	1140.7	56.4	11	4	25	17%	8%	25%	24%
Greek Chicken Wrap	1 each	302.2	602.5	31	9.4	0.1	59.3	1670.9	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	8	7	20	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	1855.8	79.3	4	7	26	8%	12%	1%	46%
Chicken Salad and Swiss Panini	1 each	232.5	514.8	18.5	6.5	0.3	57.3	1023.3	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	1140.7	56.4	11	4	25	17%	8%	25%	24%
Greek Chicken Wrap	1 each	302.2	602.5	31	9.4	0.1	59.3	1670.9	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	1210.4	51.1	11	4	30	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%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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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																
Roast Turkey, Swiss and Tomato Hoagie	1 each	264.1	523.8	18	6.6	0.3	50.7	1323.5	64.6	3	4	27	15%	16%	24%	29%
Roast Beef, Swiss and Horseradish Baguette	1 each	248.6	508.3	15.3	6.5	0.4	58.3	1402.5	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	1108.9	69.7	10	7	15	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%
Cookstow n Grilled Vegetable Sandwich (93880)	1 each	252	402.3	8.8	2.5	0	17.7	954.9	67.5	4	6	13	7%	110%	8%	29%
Grilled Chicken Madras Sandwich	1 each	279.4	490.8	9.7	2.8	0	44.2	1287.2	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	1241.1	31.7	1	5	22	10%	5%	12%	16%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
ON THE GO SALADS																
Veggie Pasta Salad	1 each	218.3	222.5	3.5	0.5	0	0	289.3	42.7	6.7	3.9	8.6	4%	39%	3%	19%
Fresh Garden Tossed Salad	1 each	1	14	0.2	0	0	0	10.4	2.9	1	2	1	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	2	1	5	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	2	2	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	1	3	1	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	3	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	7	4	9	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	13.49	4	5	18	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%

NUTRITION INFORMATION

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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 SALADS																
Blackened Chicken Caesar Salad	1 each	383.3	319.1	15	4.2	0	76	1098.6	17.5	5	3	30	79%	38%	17%	23%
Premium Chef Salad with 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	17	40%	146%	45%	0%
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	0%	0%	0%	0%
Salad Dressing, Caesar, Creamy, 18 ml	1 each	17.7	62.5	6.1	1.1	-	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%

NUTRITION INFORMATION

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ON THE GO BOWLS																
Ninja Bowl	1 each	404.9	572.6	29.5	4	0.3	2.8	803.6	65.1	7.4	16.7	14.6	45%	50%	9%	29%
Ninja Bowl - Chicken	1 each	479.9	677.5	34.4	4.8	0.3	45.5	919.8	67.1	7	19	28	45%	51%	9%	31%
Ninja Bowl - Tofu	1 each	484.9	684.8	32.9	4.6	0.3	2.8	1628.7	78.8	8.3	27.7	23.4	45%	51%	24%	41%
Eden Bowl	1 each	430.7	524.7	24.4	2.7	0.1	0	777.3	63.2	12	6	17	34%	93%	11%	31%
Eden Bowl - Chicken	1 each	505.8	629.7	29.2	3.5	0.1	42.7	893.5	65.3	11.7	8.3	30	35%	94%	11%	33%
Rebel Bowl	1 each	490.6	534.3	18.9	2.5	0.2	12.5	487.6	75.8	16	8	18	14%	140%	12%	44%
Rebel Bowl - Chicken	1 each	565.7	639.2	23.8	3.3	0.2	55.1	603.8	77.8	15.6	9.5	32	14%	141%	12%	45%
Rebel Bowl - Falafel	1 each	550.5	702.3	27.3	3.4	0.2	12.5	871.6	94.4	19	8	25	14%	140%	16%	61%
Glazed Salmon Rice Bowl	1 each	566.2	689.6	17.3	2.1	0.1	32.8	774.3	106	8.8	15.4	26.4	27%	100%	8%	42%
Tuna Poke Rice Bowl	1 each	421.5	452.3	9.9	1.4	0	36.9	1526.7	60.7	4	13	27	23%	15%	4%	14%

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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	1.2	4.1	26%	79%	5%	4%
Keto + Bistro Box	1 each	246.5	454.7	37.6	14.1	0	218.2	1237.7	9.9	4.7	2	20	26%	10%	41%	10%
PB and Cocoa 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%	156%	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 Canteloupe	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%

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ON THE GO SNACKS																
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%
PB and Chocolate Overnight Oats	1 each	251.8	395	18.8	4.3	0	2.6	349.9	48	10.7	16.6	16.4	6%	0%	35%	28%
Vanilla Overnight Oats	1 each	236.1	285	8.1	1.7	0	2.9	266.2	43	7.3	16.1	11.5	6%	0%	35%	19%
Cranberry Chia Pudding	1 each	220.4	297	17.2	1.6	0	0	123.2	32.3	12.9	15.2	8.2	0%	1%	47%	23%
Cream Cheese, Philadelphia, 18g	1 each	18	63	6.2	3.6	0.2	18.2	56.5	1	0	0.7	1.1	6%	0%	2%	0%
Cream Cheese, Light, Philadelphia, 18g	1 each	18	37.4	3	1.8	0	9.7	57.1	1.2	0	0.6	1.4	3%	0%	2%	0%
Fruit Jelly (Lemon)	113g	113	76.2	0	0	0	0	96.7	18.1	0	17.2	1.6	0%	0%	0%	0%
Fruit Jelly (Orange)	113g	113	76.2	0	0	0	0	96.7	18.1	0	17.2	1.6	0%	0%	0%	0%
Fruit Jelly Low Calorie (Cherry)	125ml	128.7	12.1	0	0	0	0	9.3	1.2	0	0	1.9	0%	0%	0%	0%
Cheese, Marble, 21g	1 each	21	80	7	4	0.2	20	140	1	0	0	5	0%	0%	15%	0%