

Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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NUTRITION MENU



BRITISH
COLUMBIA

The information in this guide is effective as of June 2019 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis using ESHA Food Processor and information provided by our suppliers.

NUTRITION MENU

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 (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BREAKFAST															
English Muffin—Egg, Bacon Provolone	100	210	10	3.5	0.2	110	430	18	3	4	13	6	0	20	10
English Muffin—Egg White & Cheddar	200	430	21	10	0	45	810	37	6	7	24	10	0	50	20
English Muffin—Egg, Ham & Cheddar	100	210	10	3.5	0.2	110	430	18	3	4	13	6	0	20	10
Wraps, Mexican	220	410	17	4.5	0	300	800	47	7	5	20	17	20	13	34
Wraps, Breakfast	200	510	32	12	0	350	800	34	2	4	20	20	8	25	25
Wraps, Vegetarian	221	380	15	6	0	310	820	35	7	4	18	22	33	18	22
BAKED GOODS															
Bagels, Plain	128	320	2.5	1.5	0	0	650	64	2	3	11	0	0	4	25
Bagels, 12 Grain	128	340	5	0.5	0	0	580	63	4	4	11	0	0	6	20
Bagels, Everything	128	340	4	0.5	0	0	800	65	3	4	11	0	0	6	20
Add-Ons															
Cream Cheese	30	110	9	7	0.4	40	80	2	0	2	2	4	0	4	0
Honey	20	60	0	0	0	0	0	17	0	16	0	0	0	0	0
Bar, Addiction	90	430	24	11	0	65	210	51	3	33	5	15	0	4	20
Bar, Almond Butter Carob	38	180	10	1	0	0	35	18	4	8	5	0	0	4	8
Bar, Butterscotch	113	483	28	8	0	60	255	55	1	39	6	25	0	5	20

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BAKED GOODS															
Bar, Cashew Butter Pumpkin Pecan Darling	40	180	13	2	0	25	90	13	2	10	4	4	0	2	8
Bar, Lemon	90	330	17	8	0	90	75	42	1	25	4	10	4	2	10
Bar, Macaroons Madness	113	480	24	11	0	54	265	63	4	47	5	20	0	5	10
Bar, Nanaimo	117	577	35	16	0	0	309	66	4	47	2	30	0	0	8
Bar, Nature	50	200	6	0.5	0	0	25	36	1	15	3	0	0	2	8
Bar, Rice Krispy	90	400	17	8	0	30	340	62	0	8	2	30	0	0	6
Bar, Rocky Road	85	420	32	13	0	0	10	34	7	21	10	0	0	4	35
Bar, Apple Crumble (Gluten Friendly)	50	80	2.5	1.5	0	15	35	15	1	9	1	2	0	0	2
Bar, Superfood Seed	39	170	9	1	0	0	40	21	3	13	4	0	0	4	10
Bar, Peanut Butter Choco Big Bite	37	180	10	1.5	0	0	40	18	2	8	5	0	0	2	8
Biscotti, Chocolate Almond	50	210	12	6	0	45	100	27	5	11	6	6	0	6	20
Biscotti, White Chocolate Cranberry	50	210	8	4.5	0	45	100	34	1	16	3	6	0	4	10
Bun, Cinnamon	156	470	14	2.5	0	0	270	78	2	28	8	0	0	3	23
Cake, Apple Walnut	100	400	23	3	0.1	5	35	45	1	26	4	2	0	4	8
Cake, Carrot	140	540	33	8	0.1	100	380	59	2	41	6	30	2	4	10
Cake, Mocha	100	440	27	5	0.1	60	360	47	3	28	5	2	0	4	20
Cinnamon Twist	25	130	8	1	0	0	55	13	1	2	2	0	0	2	6
Cookie, Breakfast	50	200	9	3.5	0	25	105	27	2	12	4	4	0	6	10
Cookie, Chocolate Chip	100	440	21	11	0.1	25	320	58	2	35	5	10	0	4	25

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BAKED GOODS															
Cookie, Cranberry Walnut	48	200	12	2.5	0	0	120	23	2	11	2	0	0	2	4
Cookie, Double Chocolate	100	440	21	11	0.1	25	320	58	2	37	5	10	0	4	25
Cookie, Ginger	50	210	10	5	0	35	170	29	1	13	2	8	0	2	10
Cookie, Oatmeal Raisin	100	400	16	6	0	25	300	60	4	32	7	15	0	4	20
Cookie, Peanut Butter	100	450	25	12	0	75	390	52	2	34	8	15	0	6	10
Cookie, Pumpkin Chocolate Chip	43	170	7	2.5	0	10	135	25	1	14	2	15	0	2	6
Cookie, Quinoa Almond Butter	48	260	17	6	0	60	85	22	4	12	6	6	0	6	10
Cookie, White Chocolate Macadamia	57	260	13	5	0.1	15	190	32	1	21	3	10	0	2	6
Cookie, Chocolate Chip (GF)	100	460	26	16	0	85	320	53	3	28	4	15	0	4	10
Cookie, Cranberry Walnut (Vegan)	48	200	12	2.5	0	0	120	23	2	11	2	0	0	2	4
Cookie, Peanut Butter Stuffed Choco Chunk (Vegan, GF)	45	200	13	4	0	0	70	22	1	10	3	0	0	2	4
Croissant, Almond	85	330	20	9	0	75	330	33	2	13	8	10	0	4	8
Croissant, Chocolate	80	300	17	10	0.3	30	300	34	2	10	5	2	2	0	10
Croissant, Ham and Cheese	135	390	20	11	0	70	630	38	1	6	16	8	6	10	6
Croissant, Plain	70	240	13	8	0.1	40	310	27	1	4	5	10	0	2	10
Crostata, Apple	100	320	18	11	0	45	80	37	1	12	3	15	0	2	10
Danish, Maple Pecan	100	430	25	6	0	45	360	46	2	26	7	0	2	8	15

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BAKED GOODS															
Loaf, Banana	120	420	18	2	0	30	290	61	2	35	5	2	4	4	15
Loaf, Banana Nut	110	360	17	2	0	25	230	49	2	27	5	0	4	4	10
Loaf, Energy	120	380	14	15	0	25	510	62	6	25	7	0	2	4	15
Loaf, Lemon	120	390	12	1	0	120	400	82	2	46	8	4	8	15	20
Loaf, Banana Chocolate Chip	120	440	19	4	0.1	30	260	64	2	40	5	2	4	6	15
Loaf, Orange Poppy Seed	120	390	17	2	0	75	320	53	1	30	7	2	0	15	15
Muffin, Apple Raisin	150	470	25	3	0.1	80	350	58	1	33	5	4	0	4	10
Muffin, Banana Walnut	140	460	22	2	0.1	30	300	62	2	35	6	2	4	6	15
Muffin, Blueberry	150	420	16	2	0	30	340	63	1	31	7	2	2	10	15
Muffin, Bran	150	360	13	2.5	0.1	25	450	61	6	30	6	2	4	6	25
Muffin, Chocolate Banana	150	490	21	3	0.1	30	310	70	2	41	6	2	4	4	15
Muffin, Lemon Tripleberry	150	380	15	2	0	30	320	57	2	24	6	2	10	10	15
Muffin, Morning Glory	150	470	25	4.5	0.1	55	270	58	3	28	5	20	2	2	8
Muffin, Orange Cranberry	150	350	13	1.5	0	25	270	53	2	26	6	2	20	10	15
Muffin, Pumpkin Pear	150	450	25	2.5	0.1	35	450	54	2	29	4	20	2	8	15
Muffin, Whole Wheat Energy Flax	150	400	17	2	0	30	300	58	6	29	8	2	2	10	15
Muffin, Chocolate Zucchini (Gluten Friendly)	100	370	31	6	0.1	95	115	22	3	3	7	4	6	4	20
Muffin, Chocolate Cherry Walnut (Vegan)	140	480	28	3	0.1	0	440	56	4	28	8	2	2	4	20
Muffin, Fruit & Nut (Gluten Friendly)	100	300	17	2.5	0	0	300	36	2	20	4	10	2	2	4

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BAKED GOODS															
Scone, Blueberry	150	460	25	15	0	65	620	53	2	8	7	20	2	25	20
Scone, Blueberry Cranberry	150	480	25	16	0	65	620	58	2	13	8	20	2	25	20
Scone, Blueberry, Whole Wheat	100	270	14	9	0	35	350	33	3	5	5	10	8	15	15
Scone, Cheese and Onion	100	330	19	12	0	50	560	35	1	6	7	15	8	20	15
Scone, Cranberry Lemon	150	490	26	16	0	65	610	57	2	13	8	20	2	25	20
Scone, Ginger	150	540	30	19	0	80	170	60	2	13	7	25	30	10	25
Scone, Pumpkin Cranberry	150	420	15	8	0	35	320	66	3	23	6	50	4	10	25
Square, Apple Crumble	158	420	17	7	0	0	230	63	4	32	6	19	4	4	15
Square, Butter Tart	125	530	31	9	0	65	280	61	1	43	7	27	0	5	20
Square, Silky Fudge Cream Cheese Brownie	40	160	11	6	0	95	100	13	1	11	3	10	0	2	6
Square, Tripleberry Crumble	158	490	20	7	0	0	270	71	5	35	5	18	18	7	18
Square, Matcha Green Tea Coconut Rice Crispee (Vegan)	38	140	2.5	1.5	0	0	75	29	1	16	1	8	0	0	4
Tiramisu	177	570	44	23	0	370	240	36	4	15	13	80	0	15	20
SNACKS															
Granola, Cashew Coconut	114	530	26	13	0	0	20	61	9	18	13	0	2	8	35
Popcorn, Salted Choco Crunch	33	150	10	4	0	0	120	18	3	10	3	0	0	2	20

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LUNCH ENTRÉE															
Panini, Chicken Pesto	210	450	11	5	0	40	1140	60	1	3	28	10	10	30	35
Panini, Roasted Turkey	200	430	12	4.5	0	55	740	57	3	9	22	6	10	30	30
Panini, Italians Only	210	570	25	9	0	55	1200	57	4	1	26	8	15	25	30
Panini, Old Fashioned Ham	200	480	17	6	0	55	900	52	0	0	29	6	0	30	25
Panini, Roast Beef Granary	200	460	14	5	0	70	680	53							
Panini, Roasted Vegetable	230	500	14	6	0	25	760	76	5	5	19	25	40	25	40
Panini, Three Cheese	170	540	28	14	0	65	990	42	7	6	29	15	0	45	20
Panini, Tuna Cheddar	200	480	17	6	0	45	630	53	0	1	29	10	2	25	30
Panini, Veggie and Cream Cheese	210	280	6	1.5	0	5	680	49	6	7	10	8	80	10	25
Sandwich, Egg Salad	240	650	36	5	0	410	820	58	7	5	22	24	5	5	24
Pasta															
Pasta, Penne Meatball	100	170	7	2	0	5	200	19	1	1	7	0	4	4	8
Pasta, Chorizo Farfalle	100	170	9	2.5	0	15	260	16	1	1	7	4	6	6	10
Pasta, Rotini Pesto	100	150	4.5	2.5	0	10	140	22	1	2	6	4	2	8	8

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LUNCH ENTRÉE															
Wrap, Chicken Curry	100	250	7	2.5	0	25	320	34	1	2	13	8	10	10	30
Wrap, Chicken and Chorizo	310	690	28	12	0	80	960	79	9	2	32	10	10	35	25
Wrap, Chicken Fajita	250	540	20	7	0	75	880	54	4	3	33	25	30	25	35
Wrap, Southwestern Pulled Pork	310	740	30	13	0.1	100	910	78	6	3	37	10	20	35	50
Wrap, Quinoa & Roasted Vegetable	200	360	8	2	0	0	870	60	5	4	10	15	30	15	30
Wrap, Turkey & Brie	250	540	21	7	0	55	970	61	5	13	28	15	15	15	30
SALAD															
Bean Salad Cup	100	130	7	1	0	0	110	14	3	3	4	4	8	4	10
Chicken Caesar Salad	230	220	8	2.5	0	65	690	12	2	9	26	45	40	15	15
Chicken Spinach Salad	220	280	14	4	0	75	580	15	2	3	24	45	45	15	25
Garden Salad	150	110	9	1.5	0	20	280	7	1	4	2	35	15	4	10
Fruit Cup	260	370	20	8	0.3	5	200	37	2	28	11	10	0	40	10
Parfait Cup	221	290	41	7	0.1	25	0	34	5	18	10	6	0	25	15
Quinoa Salad Cup	216	160	5	0.5	0	0	300	27	3	8	5	10	100	4	15

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SOUP															
Boston Clam Chowder	350	430	20	3	0	15	2680	46	3	3	14	0	0	6	17
Butternut Squash	350	240	2.5	1	0	0	1740	46	5	13	5	40	0	5	11
Chicken Corn Chowder	350	450	11	6	0	30	2130	74	6	11	17	0	6	11	11
Chicken Tortilla	350	210	6	1.5	0	20	1350	27	4	-	10	-	-	2	8
Chicken with White and Wild Rice	350	220	3	1	0	30	2450	36	3	3	14	17	56	6	6
Classic Chicken Noodle	350	220	4	1.5	0	40	2480	28	3	3	17	6	6	6	11
Cream of Broccoli	350	370	2.5	8	0.5	40	2500	34	8	5	13	6	25	25	6
Cream of Mushroom	350	400	22	8	0	40	2340	40	8	11	13	0	0	27	5
Cream of Potato with Bacon	350	480	12	8	0	55	2300	62	3	13	13	11	5	27	11
Creole Chicken Gumbo	350	200	1.5	0.5	0	15	2390	40	6	9	12	6	6	12	6
Homestyle Minestrone	350	190	1.5	0	0	0	1810	36	8	11	8	22	6	11	17
Homestyle Vegetable beef with Barley	350	230	4	0.5	0	15	1700	44	8	10	4	0	-	-	-
Italian Wedding Soup	350	360	9	3	0	30	2220	51	3	3	18	-	-	2	8
Mexicalli Tortilla	350	260	5	1.5	0	15	2190	44	5	10	8	6	6	6	15
Moroccan Nine Vegetable	350	270	5	0.5	0	0	1110	47	15	15	7	44	3	9	15
Split Pea with Ham	350	450	3	1	0	15	2450	76	20	8	28	11	6	6	28
Tomato Bisque and Basil	350	390	28	8	0.5	40	1050	28	5	21	5	13	27	5	11
Tomato Garden Vegetable with Rotini	350	240	0	0	0	0	2210	50	6	21	9	29	12	12	18
Vegetable Vegetarian	350	190	0	0	0	0	2280	45	8	22	6	28	22	11	11
Wicked Thai Soup with Chicken	350	410	28	12	0.5	60	1890	24	3	7	15	3	3	9	12

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LARGE SUSHI															
Brown Rice Box	472	850	9	1.5	0	60	1700	146	5	16	36	18	10	2	28
Spicy Tuna Box	488	780	7	1	0	65	1440	130	4	15	40	26	10	1	18
Dynamite Roll Box	514	1090	10	2	0	35	2650	301	6	29	35	26	11	4	60
Veggie Box	570	1190	25	3	0	0	2610	208	10	32	29	76	24	22	63
California Roll and Nigiri Box	420	1040	6	1	0	40	2530	206	4	33	32	7	5	2	70
Sashimi Box	340	740	15	4	0	65	1140	114	4	14	34	23	12	5	38
SMALL SUSHI															
Tuna Avocado Box	286	530	1	0	0	25	1070	105	2	16	24	17	3	0	28
California Roll Box	262	640	4	0.5	0	20	1470	128	3	18	19	5	3	2	43
Veggie Box	470	970	21	2.5	0	0	2230	167	8	25	24	62	22	18	50
BC Roll Box	318	710	6	1	0	30	1880	137	3	23	21	8	7	2	37
Add-On															
Soy Sauce (per package)	8	8	0	0	0	0	490	0	0	0	1	0	0	0	0

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HOT BEVERAGES															
Drip Coffee (12 oz)	355	5	0	0	0	0	5	0	0	0	0	0	0	0	0
Drip Coffee (16 oz)	474	5	0	0	0	0	10	0	0	0	1	0	0	0	0
Drip Coffee (20 oz)	592	5	0	0	0	0	10	0	0	0	1	0	0	1	0
Espresso (Double shot)	90	0	0	0	0	0	15	0	0	0	0	0	0	0	1
Americano (12 oz)	355	0	0	0	0	0	25	0	0	0	0	0	0	1	1
Americano (16 oz)	474	0	0	0	0	0	35	0	0	0	0	0	0	1	1
Americano (20 oz)	592	0	0	0	0	0	40	0	0	0	0	0	0	1	2
Latte (12 oz) (2% milk)	349	160	6	4	0	25	150	15	0	15	10	17	1	33	1
Latte (16 oz) (2% milk)	455	190	7	4.5	0	30	180	19	0	18	12	20	2	40	1
Latte (20 oz) (2% milk)	560	230	9	5	0	35	220	23	0	20	14	24	2	47	2
Cappuccino (12 oz) (2% milk)	288	130	5	3	0	20	120	12	0	12	8	14	1	27	1
Cappuccino (16 oz) (2% milk)	394	160	6	4	0	25	160	16	0	15	10	17	1	33	1
Cappuccino (20 oz) (2% milk)	499	190	7	4.5	0	30	190	20	0	18	12	20	2	40	2
Mocha (12 oz) (2% milk)	364	220	7	4	0	25	150	29	0	28	11	17	1	33	14
Mocha (16 oz) (2% milk)	475	270	8	5	0	30	190	37	0	36	13	20	2	40	18
Mocha (20 oz) (2% milk)	590	350	10	6	0	35	230	50	0	47	15	24	2	47	28
Pumpkin Spice Latte (12 oz) (2% milk)	379	250	6	4	0	25	157	35	0	35	10	17	1	33	1
Pumpkin Spice Latte (16 oz) (2% milk)	500	325	7	4.5	0	30	190	49	0	48	12	20	2	40	1

Nutrition information is provided for the standard beverage made with 2% milk. For other milk and milk alternatives, please refer to page 13 where the information for steamed milk and milk alternatives are available.

NUTRITION MENU

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 (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES															
Pumpkin Spice Latte (20 oz) (2% milk)	620	410	9	5	0	35	234	63	0	60	14	24	2	47	2
White Chocolate Mocha (12 oz) (2% milk)	364	210	7	4.5	0	25	180	27	0	26	11	17	1	35	1
White Chocolate Mocha (16 oz) (2% milk)	475	260	8	5	0	35	220	34	0	33	13	20	2	43	1
White Chocolate Mocha (20 oz) (2% milk)	590	340	10	6	0	40	280	46	0	43	15	24	2	50	2
Traditional Cappuccino (8 oz) (2% milk)	166	60	2.5	1.5	0	10	65	7	0	6	4	7	1	13	1
Caramel Macchiato (12 oz) (2% milk)	308	190	5	3	0	20	120	28	0	28	8	14	1	27	1
Caramel Macchiato (16 oz) (2% milk)	444	320	6	4	0	25	160	56	0	54	10	17	1	33	1
Caramel Macchiato (20 oz) (2% milk)	564	400	7	4.5	0	30	190	71	0	69	12	20	2	40	2
Traditional Macchiato (8 oz) (2% milk)	99	15	0	0	0	0	15	2	0	0	0	1	0	1	1
Hot Chocolate (12 oz) (2% milk)	335	270	7	4	0	25	150	42	0	42	11	17	1	33	26
Hot Chocolate (16 oz) (2% milk)	472	390	10	6	0	35	220	61	0	61	16	24	1	47	39
Hot Chocolate (20 oz) (2% milk)	548	480	12	7	0	40	250	77	0	77	18	27	2	53	52
Kid's Hot Chocolate (8 oz) (2% milk)	213	210	4.5	3	0	15	95	36	0	36	7	10	1	20	26

NUTRITION MENU

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES															
Chai Latte (12 oz) (2% milk)	335	200	6	4	0	25	140	27	0	26	10	17	1	33	0
Chai Latte (16 oz) (2% milk)	467	270	8	5	0	35	200	36	0	35	14	24	1	47	1
Chai Latte (20 oz) (2% milk)	538	320	10	6	0	40	230	43	0	42	16	27	2	53	1
Dirty Chai Latte (12 oz) (2% milk)	350	247	6	4	0	25	140	39	0	38	10	17	1	33	0
Dirty Chai Latte (16 oz) (2% milk)	490	340	8	5	0	35	200	54	0	53	14	24	1	47	1
Dirty Chai Latte (20 oz) (2% milk)	570	414	10	6	0	40	230	67	0	66	16	27	2	53	1
Green Tea Matcha Latte (12 oz) (2% milk)	307	160	6	4	0	25	140	15	0	15	12	17	3	33	3
Green Tea Matcha Latte (16 oz) (2% milk)	430	220	8	5	0	35	200	20	0	20	17	24	4	47	4
Green Tea Matcha Latte (20 oz) (2% milk)	553	290	11	7	0	45	260	26	0	26	22	31	6	60	6
London Fog (12 oz) (2% milk)	313	80	1	1	0	5	40	15	0	15	2	3	0	7	0
London Fog (16 oz) (2% milk)	448	160	2.5	1.5	0	10	70	30	0	30	4	7	0	14	0
London Fog (20 oz) (2% milk)	583	240	3.5	2.5	0	15	100	44	0	44	6	10	1	21	0
Mighty Leaf Tea (12 oz)	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mighty Leaf Tea (16 oz)	474	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mighty Leaf Tea (20 oz)	572	0	0	0	0	0	0	0	0	0	0	0	0	0	0

NUTRITION MENU

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES															
Apple Cider (12 oz)	375	180	0	0	0	0	25	42	0	36	2	0	125	0	0
Apple Cider (16 oz)	500	240	0	0	0	0	35	56	0	48	2	0	170	0	0
Apple Cider (20 oz)	625	310	0	0	0	0	40	69	0	60	3	0	210	0	0
Kid's Steamed Milk (8 oz) (2% milk)	214	110	4	2.5	0	15	100	10	0	10	7	12	1	23	0
Kid's Steamed Milk (8 oz) (skim milk)	214	70	0	0	0	5	90	11	0	11	7	13	0	24	0
Kid's Steamed Milk (8 oz) (whole milk)	217	130	7	4.5	0	30	110	11	0	11	7	5	2	20	0
Kid's Steamed Milk (8 oz) (soy milk)	214	80	2.5	0	0	0	95	8	1	4	5	9	3	26	5
Kid's Steamed Milk (8 oz) (almond milk)	214	30	2.5	0	0	0	95	1	1	0	1	9	0	26	2
Kid's Steamed Milk (8 oz) (coconut milk)	214	70	3.5	2	0	0	45	9	0	9	1	9	0	26	2
Red Cappuccino (12 oz) (2% milk)	299	70	2.5	1.5	0	10	110	8	0	6	4	7	0	13	0
Red Cappuccino (16 oz) (2% milk)	420	100	3.5	2.5	0	15	150	11	0	9	7	10	1	20	0
Red Cappuccino (20 oz) (2% milk)	540	140	5	3	0	20	200	15	1	12	9	14	1	27	0
Red Latte (12 oz) (2% milk)	360	100	3.5	2.5	0	15	135	11	0	9	6	10	1	20	0
Red Latte (16 oz) (2% milk)	480	130	5	3	0	20	180	14	0	12	9	14	1	27	0
Red Latte (20 oz) (2% milk)	601	170	6	4	0	25	230	18	1	15	11	17	1	33	0

NUTRITION MENU

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES															
Red Symphony (12 oz) (2% milk)	314	120	2.5	1.5	0	10	150	20	0	18	5	7	0	13	0
Red Symphony (16 oz) (2% milk)	440	170	4	2.5	0	15	200	27	0	25	7	10	1	20	0
Red Symphony (20 oz) (2% milk)	570	240	5	3	0	20	280	39	1	36	10	14	1	27	0
Add-Ons															
Caramel Syrup	15	50	0	0	0	0	0	12	0	12	0	0	0	0	0
Dark Chocolate Sauce	15	60	0.5	0	0	0	5	13	0	13	0	0	0	0	10
Hazelnut Syrup	15	47	0	0	0	0	0	12	0	12	0	0	0	0	0
Vanilla Syrup	15	47	0	0	0	0	0	12	0	12	0	0	0	0	0
Vanilla Syrup (sugar free)	15	2	0	0	0	0	0	0	2	0	0	0	0	0	0
White Chocolate Sauce	15	55	0	0	0	0	30	11	0	11	0.5	0	0	2	0
Peppermint (<i>seasonal</i>)	15	50	0	0	0	0	0	12	0	12	0	0	0	0	0
Pumpkin Spice (<i>seasonal</i>)	15	45	0	0	0	0	3.5	10	0	10	0	0	0	0	0
Whipped Cream (4 Tbsp)	15	40	3	2	0.1	10	5	3	0	1	0.4	4	0	2	0

NUTRITION MENU

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
ICED BEVERAGES															
Vanilla Bean Frapp (16 oz) (2% milk)	635	380	11	9	0	20	570	62	0	50	9	14	1	27	2
Ja Mocha Frapp (16 oz) (2% milk)	635	350	9	7	0	20	330	57	0	50	11	14	1	32	6
Salted Caramel Frapp (16 oz) (2% milk)	635	370	14	10	0	20	950	56	0	48	11	14	1	30	2
Matcha Frapp (16 oz) (2% milk)	533	280	5	3	0	20	115	47	0	47	12	14	5	27	5
Mango Iced Red Tea (16oz)	665	160	0	0	0	0	20	38	0	38	0	0	0	2	0
Passion Fruit Iced Red Tea (16 oz)	665	160	0	0	0	0	20	38	0	38	0	0	0	2	0
Strawberry Iced Red Tea (16 oz)	665	160	0	0	0	0	20	38	0	38	0	0	0	2	0
Lime Iced Red Tea (16 oz)	665	160	0	0	0	0	20	38	0	38	0	0	0	2	0
Raspberry Iced Red Tea (16 oz)	665	180	0	0	0	0	20	46	0	46	0	0	0	2	0
Blueberry Iced Red Tea (16 oz)	665	180	0	0	0	0	20	46	0	46	0	0	0	2	0
Peach Iced Red Tea (16 oz)	665	180	0	0	0	0	20	46	0	46	0	0	0	2	0
Green Apple Iced Red Tea (16 oz)	665	180	0	0	0	0	20	46	0	46	0	0	0	2	0
Cherry Iced Red Tea (16 oz)	665	180	0	0	0	0	20	46	0	46	0	0	0	2	0
Wildberry Lemonade Iced Red Tea (16 oz)	665	180	0	0	0	0	20	42	0	42	0	0	0	0	0
Mojito Iced Red Tea (16 oz)	665	180	0	0	0	0	20	42	0	42	0	0	0	0	0

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
ICED BEVERAGES															
Mango Italian Soda (16 oz)	490	160	0	0	0	0	120	38	0	38	0	0	0	0	0
Lime Italian Soda (16 oz)	490	160	0	0	0	0	120	38	0	38	0	0	0	0	0
Passion Fruit Italian Soda (16 oz)	490	160	0	0	0	0	120	38	0	36	0	0	0	0	0
Raspberry Italian Soda (16 oz)	490	180	0	0	0	0	120	46	0	46	0	0	0	0	0
Strawberry Italian Soda (16 oz)	490	160	0	0	0	0	120	38	0	38	0	0	0	0	0
Peach Italian Soda (16 oz)	490	180	0	0	0	0	120	46	0	46	0	0	0	0	0
Iced Tea	423	90	0	0	0	0	15	25	0	24	0	0	8	2	0
SMOOTHIES															
Forbidden Fruit	705	330	0	0	0	0	30	81	2	74	2	19	190	1	24
Lemon-Ade	705	330	0	0	0	0	40	81	0	74	0	5	36	6	0
Mango Tropics	705	330	0	0	0	0	15	81	3	71	3	25	76	6	0
Peach Pear Apricot	705	330	0	0	0	0	30	79	3	74	3	5	51	6	10
Strawberry	705	330	0	0	0	0	15	79	3	71	0	0	101	6	5