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## NUTRITION MENU



**BLENZ  
COFFEE**



## 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)
<b>Coffee/Espresso</b>															
Coffee, 12 oz	350	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, 16 oz	450	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee, 20 oz	560	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso – Double	60	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso – Single	30	0.5	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso Con Panna - Double	60	25	2	1.5	0	5	10	1	0	1	0	2	0	0	0
Espresso Con Panna -Single	30	18	1	1	0	5	10	1	0	1	0	2	0	0	0
Espresso Macchiatto - Double	60	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso Macchiatto - Single	30	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, 12 oz	350	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, 16 oz	450	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano, 20 oz	560	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano Misto, 12 oz	350	30	1.5	1	0	5	30	2	0	2	2	2	2	6	0
Americano Misto, 16 oz	450	40	2	1.5	0	5	35	3	0	3	2	2	2	8	0
Americano Misto, 20 oz	560	45	2	1.5	0.1	5	40	3	0	3	2	2	2	8	0
Cafe Latte, 12 oz	350	160	8	6	0.2	20	130	12	0	11	9	8	6	30	0
Cafe Latte, 16 oz	450	210	10	8	0.3	25	170	15	0	14	12	10	8	40	0

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<b>Espresso</b>															
Cafe Latte, 20 oz	560	240	12	9	0.3	30	200	18	0	17	14	10	10	45	0
Cappuccino, 12 oz	350	95	4.5	3.5	0.1	10	80	7	0	6	5	4	4	15	0
Cappuccino, 16 oz	450	135	7	5	0.2	15	110	10	0	9	7	6	4	25	0
Cappuccino, 20 oz	560	150	7	6	0.2	20	125	11	0	10	8	8	6	30	0
Latte Macchiato Caramel, 12 oz	350	210	7	5	0.2	20	125	28	0	26	8	8	6	25	0
Latte Macchiato Caramel, 16 oz	450	280	9	7	0.2	25	160	37	0	36	11	10	8	35	0
Latte Macchiato Caramel, 20 oz	560	320	10	7	0.2	25	170	45	0	43	11	10	8	35	0
Latte Macchiato Maple, 12 oz	350	210	7	5	0.2	20	120	27	0	26	8	8	6	25	0
Latte Macchiato Maple, 16 oz	450	280	9	7	0.2	25	160	37	0	36	10	10	6	35	0
Latte Macchiato Maple, 20 oz	560	320	10	7	0.2	25	170	44	0	43	11	10	8	40	0
<b>Hot Chocolate/Mocha</b>															
Hot Chocolate Dark, 12 oz	350	380	20	12	0.5	10	110	39	5	36	10	8	4	25	0
Hot Chocolate Dark, 16 oz	450	530	32	20	0.1	15	170	58	6	46	15	10	6	35	60
Hot Chocolate Dark, 20 oz	560	630	39	24	0.1	20	180	70	8	56	16	15	8	40	70
Hot Chocolate Milk, 12 oz	350	400	21	13	0.1	10	160	41	1	35	11	8	4	25	0
Hot Chocolate Milk, 16 oz	450	560	32	20	0.4	35	230	56	2	52	16	10	8	50	15

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<b>Hot Chocolate/Mocha</b>															
Hot Chocolate Milk, 20 oz	560	670	39	24	0.5	40	260	68	2	63	18	15	8	60	20
Hot Chocolate White, 12 oz	350	410	21	13	0.1	10	160	43	0	37	11	8	4	25	0
Hot Chocolate White, 16 oz	450	570	32	20	0.5	35	230	58	0	56	15	10	8	50	2
Hot Chocolate White, 20 oz	560	680	39	24	0.5	40	260	70	0	68	17	15	8	60	2
Mocha Dark, 12 oz	350	260	14	8	0.4	10	85	27	3	25	7	6	4	15	0
Mocha Dark, 16 oz	450	410	24	15	0.1	15	110	45	5	36	12	10	6	30	40
Mocha Dark, 20 oz	560	500	31	19	0.1	15	140	56	6	44	13	10	6	30	60
Mocha Milk, 12 oz	350	280	14	9	0.1	10	115	28	1	24	8	6	4	15	0
Mocha Milk, 16 oz	450	430	24	15	0.3	25	180	43	1	40	13	10	6	40	10
Mocha Milk, 20 oz	560	530	31	19	0.4	30	200	54	2	50	14	10	6	45	15
Mocha White, 12 oz	350	280	14	9	0.1	10	115	30	0	25	8	6	4	15	0
Mocha White, 16 oz	450	440	24	15	0.4	30	190	44	0	43	12	10	6	40	0
Mocha White, 20 oz	560	540	31	19	0.5	30	200	55	0	54	13	10	6	45	2
<b>Tea Latte</b>															
Matcha Latte, 12 oz	350	130	5	3.5	0.1	15	135	12	0	11	9	10	6	30	0
Matcha Latte, 16 oz	450	145	5	4	0.1	15	150	13	0	12	10	10	6	30	0

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<b>Tea Latte</b>															
Matcha Latte, 20 oz	560	210	8	5	0.2	25	220	18	0	17	14	15	10	45	0
Chai Latte Classic, 12 oz	350	180	4	2.5	0.1	10	105	26	0	28	7	8	4	25	0
Chai Latte Classic, 16 oz	450	240	5	3.5	0.1	15	150	35	0	38	9	10	6	30	0
Chai Latte Classic, 20 oz	560	280	6	4	0.1	20	170	41	0	44	11	10	8	35	0
Rose Black Tea Latte, 12oz	350	65	1	0.5	0	5	30	12	0	12	2	2	2	6	0
Rose Black Tea Latte, 16 oz	450	85	1.5	1	0	5	40	16	0	16	2	2	2	8	0
Rose Black Tea Latte, 20 oz	560	115	2	1.5	0	5	60	21	0	20	4	4	2	15	0
Strawberry Tea Latte, 12 oz	350	65	1	0.5	0	5	30	12	0	12	2	2	2	6	0
Strawberry Tea Latte, 16 oz	450	85	1.5	1	0	5	40	16	0	16	2	2	2	8	0
Strawberry Tea Latte, 20 oz	560	115	2	1.5	0	5	60	21	0	20	4	4	2	15	0
London Fog Tea Latte, 12oz	350	65	1	0.5	0	5	30	12	0	12	2	2	2	6	0
London Fog Tea Latte, 16oz	450	90	1.5	1	0	5	40	16	0	16	2	2	2	8	0
London Fog Tea Latte, 20oz	560	115	2	1.5	0	5	60	21	0	20	4	4	2	15	0

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<b>Caffeine Free</b>															
Classic Cider, 12 oz	350	290	4	2.5	0	15	55	61	0	60	1	4	0	4	2
Classic Cider, 16 oz	450	380	4	2.5	0	15	65	82	0	82	1	4	0	6	4
Classic Cider, 20 oz	560	440	4	2.5	0	15	70	96	0	95	1	4	0	6	4
Steamed Milk, Homo, 12 oz.	350	190	10	7	0.2	25	160	14	0	13	11	10	8	35	0
Steamed Milk, Homo, 16 oz	450	240	12	9	0.3	30	200	18	0	17	14	10	10	45	0
Steamed Milk, Homo, 20 oz	560	270	14	10	0.3	35	230	20	0	19	15	15	10	50	0
Steamed Milk, 2%, 12 oz.	350	150	6	4	0.1	20	170	14	0	13	11	10	8	35	0
Steamed Milk, 2%, 16 oz.	450	190	7	5	0.1	20	210	18	0	16	13	15	8	45	0
Steamed Milk, 2%, 20 oz.	560	220	8	6	0.2	25	240	20	0	19	15	15	10	50	0
Steamed Milk, Skim, 12 oz	350	105	0	0	0	0	170	14	0	13	11	10	10	35	0
Steamed Milk, Skim, 16 oz	450	135	0	0	0	0	210	18	0	17	14	15	10	45	0
Steamed Milk, Skim, 20 oz	560	155	0	0	0	0	240	21	0	19	15	15	15	50	0
Steamed Almond Milk, 12oz	350	100	0	0	0	0	260	13	1	10	1	0	0	2	2
Steamed Almond Milk, 16oz	450	130	0	0	0	0	320	16	2	13	2	0	0	4	4
Steamed Almond Milk, 20oz	560	145	0	0	0	0	370	18	2	15	2	0	0	4	4
Steamed Soy Milk, 12 oz	350	120	5	0.5	0	0	140	10	1	7	8	10	0	35	10

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<b>Caffeine Free</b>															
Steamed Soy Milk, 16 oz	450	150	6	1	0	0	180	12	2	9	11	15	0	45	15
Steamed Soy Milk, 20 oz	560	170	7	1	0	0	210	14	2	10	12	15	0	50	15
Steamed Coconut Milk, 12oz	350	115	6	6	0	0	160	13	0	12	1	0	0	0	2
Steamed Coconut Milk, 20oz	450	145	8	8	0	0	200	16	0	15	2	0	0	0	4
Steamed Coconut Milk, 24oz	560	165	9	9	0	0	230	18	0	16	2	0	0	0	4
<b>Matcha</b>															
Ceremonial Matcha Tea	120	4	0	0	0	0	0	0	0	0	0	0	0	1	0
Iced Ceremonial Matcha Tea	350	4	0	0	0	0	0	0	0	0	0	0	0	0	0
<b>Iced Espresso</b>															
Iced Americano, 12 oz	350	1	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Americano, 20 oz	560	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Iced Americano, 24 oz	670	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Iced Latte, 12 oz	350	95	4.5	3.5	0.1	10	80	7	0	6	5	4	4	15	0
Iced Latte, 20 oz	560	140	7	5	0.2	15	120	10	0	10	8	6	6	25	0

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<b>Iced Espresso</b>															
Iced Latte, 24 oz	670	175	9	7	0.2	20	150	13	0	12	10	8	6	35	0
Iced Mocha, 12 oz	350	310	17	11	0.1	10	105	30	1	25	8	4	2	15	0
Iced Mocha, 20 oz	560	460	28	18	0.4	30	150	45	1	41	11	6	4	35	15
Iced Mocha, 24 oz	670	570	34	22	0.5	35	190	55	2	51	13	8	6	45	15
Iced Chocolate, 12 oz	350	406	23	14	0.1	10	85	40	1	34	10	4	4	20	0
Iced Chocolate, 20 oz	560	560	34	22	0.5	35	190	55	2	51	13	8	6	45	15
Iced Chocolate, 24 oz	670	710	43	27	0.5	45	230	68	2	63	17	10	8	50	20
<b>Shaken Iced Tea</b>															
Shaken Iced Tea Hojicha, Lemon, 12 oz	350	85	0	0	0	0	0	22	0	22	0	0	0	0	0
Shaken Iced Tea Hojicha, Lemon, 20 oz	560	130	0	0	0	0	5	33	0	33	0	0	0	0	0
Shaken Iced Tea Hojicha, Lemon, 24 oz	670	175	0	0	0	0	10	44	0	44	0	0	0	0	0
Shaken Iced Tea Hojicha, Mango, 12 oz	350	105	0	0	0	0	0	26	0	26	0	0	0	0	0
Shaken Iced Tea Hojicha, Mango, 20 oz	560	155	0	0	0	0	5	39	0	38	0	0	0	0	0



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<b>MENU ITEMS</b>	<b>Serving Size (g)</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrate (g)</b>	<b>Dietary Fibre (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium (%DV)</b>	<b>Iron (%DV)</b>
<b>Shaken Iced Tea</b>															
Shaken Iced Tea Hojicha, Mango, 24 oz	670	205	0	0	0	0	10	52	0	51	0	0	0	0	0
Shaken Iced Tea Hojicha, Peach, 12 oz	350	100	0	0	0	0	0	24	0	24	0	0	0	0	0
Shaken Iced Tea Hojicha, Peach, 20 oz	560	145	0	0	0	0	5	37	0	37	0	0	0	0	0
Shaken Iced Tea Hojicha, Peach, 24 oz	670	195	0	0	0	0	10	49	0	49	0	0	0	0	0
Shaken Iced Tea Hojicha, Strawberry, 12 oz	350	95	0	0	0	0	0	24	0	23	0	0	0	0	0
Shaken Iced Tea Hojicha, Strawberry, 20 oz	560	140	0	0	0	0	5	36	0	35	0	0	0	0	0
Shaken Iced Tea Hojicha, Strawberry, 24 oz	670	185	0	0	0	0	10	48	0	47	0	0	0	0	0
<b>Iced Tea Latte</b>															
Iced Matcha Latte, 12 oz	350	95	3.5	2.5	0.1	10	100	9	0	8	6	8	4	20	0
Iced Matcha Latte, 20 oz	560	140	5	3.5	0.1	15	150	12	0	11	9	10	6	30	0
Iced Matcha Latte, 24 oz	670	175	6	4.5	0.1	20	190	15	0	14	12	15	8	40	0
Iced Chai Latte Classic, 12 oz	350	150	2	1.5	0	5	65	25	0	28	4	4	2	15	0

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<b>Iced Tea Latte</b>															
Iced Chai Latte Classic, 20 oz	560	195	3	2	0.1	10	85	32	0	36	5	6	4	15	0
Iced Chai Latte Classic, 24 oz	670	275	4	3	0.1	10	120	46	0	50	7	8	4	25	0
<b>Chillos</b>															
MochaChillo w/ Ice Cream, 12 oz	350	309	17	11	0.1	20	50	34	1	29	5	6	0	6	0
MochaChillo w/ Ice Cream, 20 oz	560	440	25	15	0.1	25	65	48	1	42	7	8	0	8	0
MochaChillo w/ Ice Cream, 24 oz	670	630	38	24	0.4	60	135	65	2	63	9	8	0	25	15
CappaChillo w/ Ice Cream, 12 oz	350	220	10	6	0.1	35	85	29	0	28	3	10	0	10	0
CappaChillo w/ Ice Cream, 20 oz	560	300	13	8	0.5	55	90	41	0	41	4	10	0	15	0
CappaChillo w/ Ice Cream, 24 oz	670	390	17	10	0.5	70	120	52	0	52	5	15	0	15	0
Caramel CappaChillo w/ Ice Cream, 12 oz	350	250	11	6	0.1	35	110	38	1	34	4	0	0	10	0
Caramel CappaChillo w/ Ice Cream, 20 oz	560	340	13	8	0.5	50	120	53	1	50	4	10	0	15	0
Caramel CappaChillo w/ Ice Cream, 24 oz	670	450	16	10	0.5	65	150	71	1	66	5	15	0	15	0

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<b>Fruit Chillos</b>															
Fruit Chillo, Mango w/ Yogurt, 12 oz	350	210	3.5	2	0	10	160	42	1	36	4	6	35	15	2
Fruit Chillo, Mango w/ Yogurt, 20 oz	560	340	5	2.5	0.1	15	210	70	2	62	6	8	50	20	2
Fruit Chillo, Mango w/ Yogurt, 24 oz	670	450	7	3.5	0.1	20	280	94	3	83	8	10	60	25	2
Fruit Chillo, Mango w/ Ice Cream, 12oz	350	260	11	6	0.4	40	70	39	1	37	3	10	25	10	0
Fruit Chillo, Mango w/ Ice Cream, 20oz	560	450	17	10	0.5	70	120	68	2	66	6	20	50	20	2
Fruit Chillo, Mango w/ Ice Cream, 24oz	670	600	24	14	1	95	160	91	2	88	8	25	60	25	2
Fruit Chillo, Mango w/ Coconut Milk, 12 oz	350	100	2.5	2	0	0	55	20	1	18	1	2	25	0	2
Fruit Chillo, Mango w/ Coconut Milk, 20 oz	560	180	3.5	3.5	0	0	90	37	2	34	1	4	50	2	2
Fruit Chillo, Mango w/ Coconut Milk, 24 oz	670	240	5	4.5	0	0	120	49	2	45	2	4	60	2	4
Fruit Chillo, Strawberry w/ Yogurt, 12 oz	350	170	3	1.5	0	10	130	34	1	28	3	4	40	10	4
Fruit Chillo, Strawberry w/ Yogurt, 20 oz	560	300	4.5	2.5	0.1	15	210	60	2	49	6	4	70	20	6
Fruit Chillo, Strawberry w/ Yogurt, 24 oz	670	400	6	3.5	0.1	20	280	81	2	67	8	6	90	25	8

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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)
<b>Fruit Chillos</b>															
Fruit Chillo, Strawberry w/ Ice Cream, 12 oz	350	280	13	7	0.5	50	85	39	1	36	4	10	45	15	4
Fruit Chillo, Strawberry w/ Ice Cream, 20 oz	560	400	17	10	0.5	70	120	58	2	53	6	15	70	20	6
Fruit Chillo, Strawberry w/ Ice Cream, 24 oz	670	550	23	14	1	95	160	78	2	72	8	20	90	25	6
Fruit Chillo, Strawberry, w/ Coconut Milk, 12 oz	350	75	2	2	0	0	55	14	1	11	1	0	40	0	4
Fruit Chillo, Strawberry, w/ Coconut Milk, 20 oz	560	140	3.5	3.5	0	0	90	27	2	21	1	0	70	2	8
Fruit Chillo, Strawberry, w/ Coconut Milk, 24 oz	670	190	4.5	4.5	0	0	120	36	2	29	1	0	90	2	8
Fruit Chillo, Triple Berry w/ Yogurt, 12 oz	350	190	3.5	1.5	0	10	130	38	3	32	4	4	15	10	2
Fruit Chillo, Triple Berry w/ Yogurt, 20 oz	560	330	5	2.5	0.1	15	210	67	5	56	6	6	30	20	4
Fruit Chillo, Triple Berry w/ Yogurt, 24 oz	670	440	7	3.5	0.1	20	280	89	6	76	8	8	40	25	6
Fruit Chillo, Triple Berry w/ Ice Cream, 12 oz	350	260	11	6	0.4	40	75	38	3	36	4	8	15	10	2

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<b>MENU ITEMS</b>	<b>Serving Size (g)</b>	<b>Calories (Kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrate (g)</b>	<b>Dietary Fibre (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium (%DV)</b>	<b>Iron (%DV)</b>
<b>Fruit Chillos</b>															
Fruit Chillo, Triple Berry w/ Ice Cream, 20 oz	560	440	18	10	0.5	70	115	65	4	60	6	15	30	20	4
Fruit Chillo, Triple Berry w/ Ice Cream, 24 oz	670	590	24	14	1	95	160	87	5	81	8	20	40	25	4
Fruit Chillo, Triple Berry w/Coconut Milk, 12 oz	350	95	2.5	2	0	0	55	18	2	15	1	0	15	2	2
Fruit Chillo, Triple Berry w/Coconut Milk, 20 oz	560	170	4.5	3.5	0	0	90	34	4	29	2	0	30	2	4
Fruit Chillo, Triple Berry w/Coconut Milk, 24 oz	670	225	6	4.5	0	0	120	45	5	38	2	2	40	2	6
<b>Protein Shake</b>															
Protein Shake Mixed Berries, 20 oz	560	400	7	4	0.1	80	550	60	5	48	28	6	35	20	4
Protein Shake MochaChillo, 20 oz	560	410	12	7	0.1	75	530	51	1	42	27	4	0	15	0
Protein Shake PB Chocolate Banana, 20 oz	560	670	31	13	0.1	75	610	71	4	50	34	4	8	10	6
Protein Shake Matcha, 20 oz	560	390	7	4	0.1	80	560	54	0	46	27	4	0	20	0
Protein Shake Strawberry Banana, 20 oz	560	390	7	4	0.1	80	540	59	2	44	27	6	45	20	4

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<b>Extras</b>															
Whipped Cream	20	50	4.5	2.5	0	15	25	3	0	2	1	4	0	2	0
Monin Vanilla 1 Pump	11	30	0	0	0	0	0	6	0	6	0	0	0	0	0
Monin Vanilla, Sugar Free 1 Pump	10	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Milk Chocolate Chip, 1 Scoop	19	100	6	3.5	0	0	0	11	0	9	1	0	0	0	0
Caramel Sauce Topping	8	20	0	0	0	0	5	5	0	4	0	0	0	0	0
Matcha 1 Scoop	0.7	2	0	0	0	0	0	0	0	0	0	0	0	0	0
Protein 1 Scoop	30	110	2	1.5	0.1	70	360	2	0	0	23	0	0	0	0
Liquid Sugar 1 Pump	10	24	0	0	0	0	0	6	0	6	0	0	0	0	0

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<b>Bagels &amp; Croissants</b>															
Bagel, 12 Grain	75	210	4.5	0.5	0	0	260	33	4	1	9	0	0	6	15
Bagel, Sesame Seed	75	200	2.5	0.4	0	0	250	36	2	2	7	0	0	6	20
Croissant, Almond	90	428	27	12	1	69	303	40	3	12	10	16	6	4	6
Croissant, Chocolate	64	300	16	10	0.5	60	280	33	2	10	8	10	0	4	20
Croissant, Ham & Cheese	100	385	22	13	0.8	70	527	34	2	6	13	17	6	11	3
Croissant, Butter	75	267	14	9	0.7	42	270	29	1	5	6	13	5	1	1
Croissant, Cheese	88	362	21	13	0.8	63	398	33	2	6	10	17	6	11	2
Chocolate Twist	64	300	16	10	0.5	50	280	33	2	10	6	10	0	4	20
<b>Bars &amp; Squares</b>															
Bar, Cranberry Apricot Oat	105	380	15	6	0.1	5	10	57	3	20	6	15	6	2	15
Bar, Fudge Oat	110	490	22	11	0	5	5	74	2	45	7	10	0	4	20
Bar, Lemon Coconut	100	310	13	6	0.1	90	35	44	1	27	5	15	4	2	10
Bar, Nanaimo	90	410	26	10	0.1	5	115	48	3	34	3	20	0	2	15
Bar, Rocky Road	85	410	25	8	0	0	150	45	2	34	10	0	0	2	10
Bar, Chocolate Brownie	95	460	32	16	0.1	40	110	48	3	32	4	30	0	2	15

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<b>Bars, Squares &amp; Pastries</b>															
Bar, Date Square	115	440	14	5	0.1	10	10	75	5	39	7	15	6	4	20
Bar, Peanut Butter Toffee	105	490	25	8	0.1	0	240	64	2	47	6	30	6	2	35
Bar, Original Oat	85	400	20	9	0.1	25	70	49	4	21	7	20	0	4	15
Bar, Granola	100	420	21	6	0.1	0	10	55	5	27	8	20	2	6	25
Rice Crispy Square	90	390	16	7	0.1	0	480	59	0	25	3	35	15	0	15
Tart, Pecan Butter	75	270	11	4	0	10	35	45	0	37	1	6	0	4	6
Trail Mix Bar	105	470	24	6	0.2	9	85	45	2	34	10	0	0	2	10
Apple Crostata	50	90	3	1.5	0.1	5	20	15	1	8	1	2	2	0	2
Vegan Friendly Brownie	130	280	10	4.5	0	0	160	49	5	14	3	8	2	4	8
Cinnamon Roll	100	300	9	2.5	0	2	170	50	1	18	5	0	0	2	15
<b>Biscotti &amp; Cookie</b>															
Biscotti, Chocolate Caramel	75	210	11	5.5	0	40	90	27	1	12	3	6	0	2	10
Biscotti, Apricot & White Chocolate	75	210	11	5.25	0	40	90	27	1	14	3	10	2	0	10
Biscotti, Pistachio & Candied Orange Peel	75	210	12	4.75	0	40	90	25	2	8	4	8	10	2	10
Cookie, Black Forest	100	290	8	4.5	0	10	110	25	1	14	1	4	0	2	4
Cookie, Chocolate Chip	100	250	11	4.5	0	10	140	25	1	14	2	2	0	0	4



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<b>Biscotti &amp; Cookie</b>															
Cookie, Ginger	100	230	6	4	0	10	240	43	2	18	4	2	0	6	10
Cookie, Oatmeal Raisin	100	270	9	3.5	0	15	120	30	1	30	3	0	0	2	6
Cookie, Peanut Butter Chocolate Dip	100	280	13	5	0	10	200	20	1	16	2	2	4	0	2
Cookie, Pumpkin Seed Cranberry	100	210	11	4.75	0	0	0	30	4	10	5	10	0	0	0
Cookie, White Chocolate	100	260	12	4.5	0	10	140	26	1	14	2	2	0	2	4
<b>Scone</b>															
Scone, Rustic Blueberry	135	380	12	1.5	0	70	340	61	2	9	6	2	0	4	4
Scone, Rustic Blueberry Cranberry	135	390	12	1.5	0	60	330	67	2	10	6	2	-	4	0
Scone, Rustic Cheese	135	440	14	1.5	0	140	720	43	1	1	9	15	0	30	4
Scone, Rustic Lemon Cranberry	135	420	12	1.5	0	45	320	68	2	8	5	-	-	4	0
<b>Loaf</b>															
Loaf, Banana	120	420	18	2	0	30	290	61	2	35	5	2	4	4	15
Loaf, Lemon	120	390	3.5	1	0	120	480	82	2	46	8	4	8	15	20
Loaf, Lemon Cranberry Glazed	120	320	12	1.5	0	25	250	49	1	24	5	2	15	8	10

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<b>Loaf</b>															
Lemon, Omega	120	380	14	1.5	0	25	510	62	6	25	7	0	2	4	15
Loaf, Zucchini Chocolate	120	380	20	4	0	60	580	46	7	11	9	2	8	8	25
<b>Gluten Free Muffin</b>															
Gluten Friendly Fruit & Nut	145	440	24	4	0.1	0	440	52	3	29	6	15	2	4	6
Gluten Friendly Zucchini & Chocolate	145	500	40	8	0.1	145	170	32	4	5	9	6	8	4	30
<b>Muffin</b>															
Muffin, Banana Chocolate	145	540	24	3.5	0.1	35	340	78	2	45	6	2	6	6	15
Muffin, Blueberry	154	500	19	2.5	0.1	35	400	74	2	37	8	2	2	15	20
Muffin, Blueberry Bran	145	400	15	2.5	0.1	30	510	68	7	34	7	2	4	8	25
Muffin, Carrot Zucchini	145	590	50	10	0.1	130	610	29	3	3	8	4	6	2	20
Muffin, Double Chocolate	130	400	16	4.5	0.1	0	410	61	3	36	4	0	0	2	25
Muffin, Lemon Poppy Seed	145	470	21	2.5	0.1	90	390	64	1	37	8	4	0	20	20
Muffin, Lemon Ricotta	165	240	14	2.6	0	35	135	28	1	12	6	2	4	10	8
Muffin, Orange Cranberry	145	390	14	1.5	0	25	300	59	2	29	6	2	20	10	15

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<b>Muffin</b>															
Muffin, Blueberry Bran	79	80	2.5	0.2	0	5	135	14	2	8	1	0	2	2	4
Muffin, Chocolate Raspberry	71	200	7	3	0	15	280	33	1	18	3	0	2	4	10
Muffin, Fruit Explosion	64	160	4	1	0	10	280	28	1	14	3	0	2	2	8
Muffin, Lemon Blueberry	64	160	4	1	0	10	280	29	1	15	3	0	4	2	8
Muffin, Raspberry Bran	62	160	5	0.5	0.1	10	310	27	3	13	3	0	4	2	10
Muffin, Triple Berry Bran	64	160	5	0.5	0.1	10	310	27	3	13	3	0	2	2	10
Muffin, Banana Chocolate	70	195	6	3	0.05	13	245	33	1	19	3	1	3	4	10
<b>Rolls &amp; Samosas</b>															
Roll, Beef	100	310	19	8	0	15	480	27	2	0	8	2	0	2	8
Roll, Chicken	115	300	16	7	0	15	910	27	2	0	13	6	2	2	10
Roll, Veggie	105	280	16	3.5	0	25	520	21	3	2	8	35	2	4	15
Samosa, Beef	140	250	7	2	0	15	390	36	5	3	11	2	8	6	20
Samosa, Chicken	140	260	7	1.5	0	10	470	39	4	3	9	4	8	8	20
Samosa, Veggie	140	220	4	1	0	0	430	40	5	4	7	6	10	6	20

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<b>Wraps/Sandwiches</b>															
Chicken Sundried Tomato Pesto Wrap	200	430	18	6	0.2	60	1450	38	2	2	27	2	4	20	30
Red Pepper Egg Whole Wheat Tortilla	150	300	13	3.5	0	140	680	36	5	4	11	20	40	6	20
Lumberjack Breakfast Wrap	195	425	24	7	0.1	150	1009	37	2	3	17	10	13	9	7
Rancheros Breakfast Wrap	195	360	15	6	0.2	140	810	41	3	4	15	10	15	15	8
Butter Chicken Wrap	300	630	16	5	0	50	1420	90	3	6	30	2	8	10	30
Chicken Club Sandwich	200	410	31	5	0.3	45	1510	45	2	4	23	15	10	8	30
Egg Salad Sandwich	205	360	11	2	0	255	590	47	4	4	17	15	10	8	20
Ham & Cheese Sandwich	185	420	19	5	1.5	60	1450	41	3	9	21	0	0	8	30
Roast Beef Dijon Ciabatta	200	560	19	6	0.2	45	1280	71	3	3	23	2	2	4	8
Tuna Salad Sandwich	205	380	12	1.5	0	25	710	45	5	4	20	6	15	8	25
Turkey Bacon Cranberry Sourdough Sandwich	205	330	16	6	0.2	45	990	25	2	7	18	2	6	2	20
Vegan Sandwich	185	300	4.5	1	1.5	0	620	52	7	10	11	2	25	10	40
Ham & Egg Sesame Bagel	170	390	13	5	1	180	830	45	2	4	19	6	0	15	35
Bacon & Egg English Muffin	133	270	11	4.5	1	175	630	29	2	2	15	4	0	25	15

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<b>Salad &amp; Dessert Cups</b>															
Blueberry Yogurt Parfait	210	210	8	5	0	40	110	29	1	23	5	2	0	20	0
• With Granola	240	340	15	6	0	40	150	42	3	30	8	6	0	20	6
Mixed Berries Yogurt Parfait	343	210	5	2.5	0	20	150	30	6	20	10	0	35	30	6
Quinoa Salad	300	430	16	2.5	0	0	370	61	9	4	12	6	70	4	30
Caesar salad	149	190	13	5	0	30	420	8	1	4	12	2	45	6	15
Chef Salad	340	160	6	2	0	195	430	11	4	6	15	45	100	8	15
Mixed Green Salad	249	60	0.2	0	0	0	130	11	4	5	4	25	90	6	10
• Caesar dressing	43	200	20	3	0.3	15	310	3	0	0	1	0	0	0	0
• Greek dressing	43	130	11	1.5	0	0	380	3	0	3	1	0	0	0	0
• Italian dressing	43	70	7	1	0	0	300	0	0	3	0.3	0	0	0	0
• Ranch dressing	43	140	17	1.5	0	15	330	3	0	3	0.3	0	0	0	0

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<b>Soups</b>															
Soup, Borscht	250	50	0	0	0	0	675	10	0	5	2.5	25	25	5	10
Soup, Borscht	360	70	0	0	0	0	975	14	0	7	4	36	36	72	14
Soup, Butternut Squash	250	160	6	2.5	0.1	10	660	25	2	11	4	60	20	6	15
Soup, Butternut Squash	360	230	9	3.5	0.1	15	950	36	3	16	6	90	30	8	20
Soup, Chicken Noodle Quinoa	250	150	5	1	0	10	540	14	1	2	10	20	6	2	6
Soup, Chicken Noodle Quinoa	360	220	7	1.4	0	15	780	20	1	3	14	29	9	3	9
Soup, Chili Con Carne	250	275	15	5	0	50	375	20	8	3	18	15	10	0	10
Soup, Chili Con Carne	360	400	22	7	0	70	540	29	11	4	25	22	14	0	14
Soup, Chicken Corn Chowder	250	120	5	1.5	0	10	460	15	1	2	4	2	2	2	4
Soup, Chicken Corn Chowder	360	170	7	2	0	15	660	21	1	3	5	2	2	4	6
Soup, Cream of Chicken	250	130	8	2.5	0	15	810	10	1	1	4	4	0	4	2
Soup, Cream of Chicken	360	190	12	3.5	0	20	1160	14	1	1	6	6	0	6	4
Soup, Cream of Leek and Potato	250	110	4	1.5	0	5	740	15	3	3	3	0	0	6	6
Soup, Cream of Leek and Potato	360	160	6	2	0	5	1060	22	4	4	4	0	0	8	8
Soup, Cream of Mushroom	250	150	8	3	0.1	15	880	15	3	4	5	0	0	10	2
Soup, Cream of Mushroom	360	220	12	4.5	0.1	20	1260	22	4	6	7	0	0	15	4

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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)
<b>Soups</b>															
Soup, Cream of Potato with Bacon	250	360	9	6	0.2	40	1720	46	2	10	10	8	4	20	10
Soup, Cream of Potato with Bacon	360	520	13	9	0.3	60	2480	66	3	14	14	10	6	25	15
Soup, Creamy Broccoli Cheddar	250	240	19	12	0	60	470	9	1	4	9	20	45	25	4
Soup, Creamy Broccoli Cheddar	360	350	27	17	0	86	680	13	1	6	13	29	65	36	6
Soup, Creole Chicken Gumbo	250	70	0.5	0.2	0	5	840	14	2	3	4	4	2	4	2
Soup, Creole Chicken Gumbo	360	100	0.5	0.3	0	5	1200	20	3	4	6	6	2	6	4
Soup, French Lentil	250	100	3	1	0	0	400	18	3	10	2	6	0	6	0
Soup, French Lentil	360	145	4	1	0	0	580	26	4	14	3	9	0	9	0
Soup, French Onion	250	40	0.5	0.3	0	0	840	7	1	6	2	0	4	2	2
Soup, French Onion	360	60	0.5	0.4	0	0	1200	10	1	9	3	0	6	4	4
Soup, Greek Minestrone	250	110	1.5	0	0	0	390	24	8	8	5	8	0	6	15
Soup, Greek Minestrone	360	160	2	0	0	0	560	35	12	12	7	12	0	9	22
Soup, Indian Bean Masala	250	160	2.5	5	0	0	260	30	7	7	9	8	0	6	15
Soup, Indian Bean Masala	360	230	4	7	0	0	370	43	10	10	13	12	0	9	22
Soup, Mediterranean Vegetable	250	130	3	0.5	0	0	750	21	3	4	5	8	4	6	15
Soup, Mediterranean Vegetable	360	190	4.5	0.5	0	0	1070	30	4	6	7	10	6	8	20

\*Portion size ordinarily served to the guest

## 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)
<b>Soups</b>															
Soup, Moroccan Chickpea	250	150	3	5	0	0	440	28	9	13	6	10	0	6	20
Soup, Moroccan Chickpea	360	210	4.5	8	0	0	640	41	14	18	9	15	0	8	30
Soup, Mushroom Medley	250	210	16	11	0.5	35	530	13	1	2	3	15	4	4	2
Soup, Mushroom Medley	360	300	23	16	0.7	50	760	19	1	3	4	22	6	6	3
Soup, New Eng. Clam Chowder	250	275	15	9	0	50	575	18	0	8	15	15	15	15	10
Soup, New Eng. Clam Chowder	360	395	22	13	0	72	830	25	0	11	22	22	22	22	14
Soup, Potato Bacon	250	240	15	9	0.3	30	490	21	1	3	5	10	25	6	8
Soup, Potato Bacon	360	350	22	13	0.4	45	710	30	1	4	7	15	35	8	10
Soup, Santa Fe Corn Chowder	250	160	2	0	0	0	370	32	6	10	6	6	0	6	15
Soup, Santa Fe Corn Chowder	360	230	3	0	0	0	535	46	9	14	9	9	0	9	22
Soup, Thai Coconut chicken	250	200	13	10	0.1	10	620	10	1	4	9	10	20	4	6
Soup, Thai Coconut chicken	360	290	19	14	0.1	14	1180	14	1	6	13	14	29	6	9
Soup, Tomato Basil Bisque	250	230	14	9	0.3	30	570	21	2	9	5	20	20	4	8
Soup, Tomato Basil Bisque	360	330	20	13	0.4	45	820	30	3	13	7	30	30	6	10
Soup, Tomato Ravioli Soup	250	110	1.5	0.4	0	5	950	21	3	9	4	10	6	6	8
Soup, Tomato Ravioli Soup	360	170	2.5	0.5	0	10	1420	32	5	14	6	15	10	8	10

\*Portion size ordinarily served to the guest



## 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)
<b>Soups</b>															
Soup, Tomato Tortellini Soup	250	110	1	0.4	0	0	730	21	2	7	4	8	4	4	8
Soup, Tomato Tortellini Soup	360	160	1.5	0.5	0	0	1040	30	3	10	6	10	6	6	10
Soup, Vegetarian Chili	250	165	4	0	0	0	625	29	8	8	6	62	21	4	8
Soup, Vegetarian Chili	360	240	6	0	0	0	900	42	12	12	9	90	30	6	12
Soup, Vietnamese Carrot Lemongrass	250	120	3	1	0	0	410	23	4	12	4	35	0	6	0
Soup, Vietnamese Carrot Lemongrass	360	170	4	1	0	0	590	33	6	17	6	50	0	9	0
Soup, White Bean Chicken	250	160	4	1.5	0.1	5	610	16	5	2	14	4	20	2	6
Soup, White Bean Chicken	360	230	6	2	0.1	7	880	23	7	3	20	6	29	3	9
Soup, Wicked Thai Soup with Chicken	250	140	10	4	0.3	20	650	8	1	3	5	2	2	4	6
Soup, Wicked Thai Soup with Chicken	360	200	14	6	0.4	30	930	12	1	4	7	2	2	4	8

\*Portion size ordinarily served to the guest