

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.

The Province of British Columbia assumes no responsibility or liability arising from any errors or omissions in, or the use of or reliance upon, the nutrition information provided. Variations in nutrition information obtained through analysis may occur for reasons including differences in suppliers, ingredient substitutions, recipe revisions, and/or season of the year.

NUTRITION MENU



The information in this guide is effective as May 2017 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by HealthLink BC using Nutribase 10 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															
Bagels															
Bagel, 12 Grain, Plain	128	330	4.5	0.5	0	0	560	61	4	4	11	0	0	4	30
Bagel, Gluten-free, Cinnamon Raisin	99	320	10	1	0	0	530	51	3	11	7	0	0	4	4
Bagel, Gluten-free, White	99	310	10	1	0	0	590	48	3	4	8	0	0	4	2
Bagel, Gluten-free, Whole Grain	99	320	11	1	0	0	570	49	3	5	8	0	0	4	4
Muffins (Large)															
Apple Cinnamon Muffin	125	420	20	2	0	50	600	55	3	29	6	0	0	6	25
Banana Muffin	125	500	24	2.5	0.1	105	310	61	3	37	7	4	0	4	15
Blueberry Muffin	125	460	21	2.5	0	70	400	59	1	31	6	2	2	2	15
Carrot Muffin	125	440	21	2	0	60	470	55	4	29	6	0	2	10	15
Carrot Pineapple Muffin	125	440	21	2	0	60	420	56	4	31	6	0	4	10	15
Carrot Raisin Gluten-free Muffin	125	430	17	1.5	0	0	570	61	14	33	13	45	2	45	20
Chocolate Chip Muffin	125	510	25	4.5	0.1	70	400	65	3	36	7	2	0	4	20
Cranberry Orange Gluten-Free Muffin	125	450	20	0	0	0	560	65	14	37	11	0	6	40	25
Dark Bran Muffin	125	440	21	2	0	75	490	57	6	32	7	0	0	6	25
Double Chocolate Muffin	125	500	25	4.5	0.1	70	400	64	3	36	7	0	0	4	25
Fruit & Fibre Muffin	125	450	21	2.5	0.1	55	260	58	3	33	6	45	2	8	15
Golden Raisin Bran Muffin	125	460	21	2.5	0.3	75	310	64	5	40	7	2	0	10	20
Lemon Cranberry Muffin	125	460	21	2	0	70	400	59	1	29	7	2	8	2	15

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BREAKFAST															
Muffins (Large)															
Lemon Poppyseed Muffin	125	470	22	2.5	0.1	70	260	59	1	30	7	2	10	10	20
Maple Walnut Muffin	125	510	26	3	0.1	70	370	61	1	32	7	2	0	8	15
Morning Glory Muffin	125	440	21	2.5	0	55	400	56	4	31	6	0	2	10	15
Oatmeal Appleslice Muffin	125	440	18	1.5	0	40	460	64	3	28	8	0	0	6	20
Orange Date Muffin	125	490	21	2	0	70	400	64	1	34	7	2	4	2	20
Raspberry Swirl Muffin	125	510	24	4	0.1	70	350	68	1	36	8	2	0	8	15
Raspberry Yogurt Muffin	125	500	22	3	1.5	70	500	64	1	34	7	0	0	2	15
Wild Zucchini Muffin	125	460	18	1.5	0	65	490	64	3	31	8	6	6	6	15
West Coast Trail Muffin	125	420	15	2	0.1	60	360	64	4	34	9	2	0	8	20
Mini-Muffins															
Banana Muffin	89	350	17	2	0.1	75	220	43	2	27	5	4	0	4	8
Blueberry Muffin	89	330	15	2	0	50	280	42	1	22	4	2	2	2	8
Carrot Muffin	89	310	15	1.5	0	45	340	39	3	20	4	0	2	8	10
Carrot Pineapple Muffin	89	310	15	1.5	0	45	300	40	3	22	4	0	4	8	10
Carrot Raisin Gluten-free Muffin	89	300	12	1	0	0	400	43	10	23	9	30	2	30	15
Chocolate Chip Muffin	89	360	18	3	0.1	50	280	46	2	26	5	2	0	4	15
Cranberry Orange Gluten-Free Muffin	89	320	14	0	0	0	400	46	10	26	8	0	4	30	15
Dark Bran Muffin	89	310	15	1.5	0	55	350	41	4	23	5	0	0	4	15
Double Chocolate Muffin	89	350	18	3	0.1	50	280	45	2	26	5	0	0	4	15

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BREAKFAST															
Mini-Muffins															
Fruit & Fibre Muffin	89	310	15	1.5	0.1	40	180	40	2	23	4	30	2	6	8
Golden Raisin Bran Muffin	89	330	15	2	0.2	55	220	45	4	28	5	2	0	8	15
Lemon Cranberry Muffin	89	330	15	1.5	0	50	280	42	1	20	5	2	6	2	8
Lemon Poppyseed Muffin	89	340	16	2	0.1	50	190	42	1	21	5	2	8	8	15
Maple Walnut Muffin	89	360	19	2	0.1	50	270	43	1	23	5	2	0	6	8
Morning Glory Muffin	89	310	15	2	0	40	280	40	3	22	4	0	2	6	10
Oatmeal Appleslice Muffin	89	310	13	1	0	25	330	45	2	20	5	0	0	4	15
Orange Date Muffin	89	350	15	1.5	0	50	280	45	1	24	5	2	4	2	15
Raspberry Swirl Muffin	89	360	17	2.5	0.1	50	240	47	1	25	5	2	0	6	8
Raspberry Yogurt Muffin	89	350	16	2	1	50	350	45	1	24	5	0	0	2	10
West Coast Trail Muffin	89	300	11	1.5	0.1	45	260	45	3	24	6	2	0	6	15
Wild Zucchini Muffin	89	330	13	1	0	45	350	45	2	22	5	4	4	4	10
Toast (2 slices)															
Gluten-Free Omega Flax Bread	70	160	4	0	0	0	210	38	10	4	6	0	0	4	15
Whole Wheat & Multigrain Seed Toast	100	250	6	0.5	0	0	460	44	8	1	9	0	0	2	20
Whole Wheat Toast	100	220	3	0.3	0	0	500	45	7	1	7	0	0	2	20
Add Butter	6.5	45	5	3.5	0.2	15	40	0	0	0	0	6	0	0	0
Add Cream Cheese	5	15	1	1	0.1	5	20	0	0	0	0.3	2	0	0	0
Add Peanut Butter	18	110	9	1.5	0	0	75	5	1	1	3	0	0	0	2
Add Strawberry Jam	10	35	0	0	0	0	0	9	0	7	0	0	0	0	0

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BREAKFAST															
Mini Omelette, Plain	200	550	44	25	1	415	1050	2	0	0	34	30	0	70	6
Breakfast Wrap (wrap only)	250	480	18	6	1.5	85	1350	55	2	3	24	15	0	20	25
Muffin Egger, Plain	164	440	27	15	1	220	780	26	1	1	22	20	0	40	20
Bagel Egger, Plain	204	520	20	9	0.4	185	910	62	4	4	21	15	0	20	30
Add-In															
Bacon Slice	9	40	3	1.5	0	10	180	0	0	0	3	0	0	0	0
Ham	13	15	0.5	0.3	0	5	115	0	0	0	2	0	0	0	0
Mushroom Slice	12	0	0	0	0	0	50	1	0	0	0.2	0	0	0	0
Onion Slice	14	5	0	0	0	0	0	1	0	1	0.2	0	2	0	0
Red Pepper Slice	24	5	0.1	0	0	0	0	1	0	1	0.2	8	50	0	0
Sausage	42	100	6	2.5	0	25	140	2	0	0	8	0	0	0	10
Spinach	30	5	0.1	0	0	0	25	1	1	0	1	60	15	2	6
Tomato Slice	25	0	0.1	0	0	0	0	1	0	1	0.2	8	6	0	0
Salsa	59	20	0	0	0	0	330	4	2	2	1	0	4	0	0
Sour Cream	59	100	8	5	0.2	30	60	4	0	2	2	10	0	8	0
Granola + Yogurt	216	350	14	6	0.3	25	140	46	3	29	11	6	0	20	8
Hard Boiled Egg (1)	50	70	5	1.5	0	185	65	1	0	0	6	10	0	2	4
West Coast Breakfast Calzone	150	480	19	5	0.1	140	720	54	3	6	19	6	4	25	40

*Portion size ordinarily served to the guest

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LUNCH															
Wraps & Paninis															
Butter Chicken Wrap	300	630	14	5	0.2	65	1340	89	3	6	35	0	8	8	50
Teriyaki Chicken Wrap	250	430	11	3.5	0.5	40	1600	61	2	5	17	10	0	20	35
Vegan Wrap	300	430	7	1	0.2	0	1580	78	5	8	12	0	0	20	45
BBQ Panini	317	570	21	10	0.5	50	1440	67	3	12	31	10	25	30	30
Chicken Caesar Panini	328	520	20	8	0.5	40	1070	59	4	5	29	150	60	25	40
Clubhouse Panini	332	650	34	11	0.4	70	1430	63	4	9	27	120	60	25	30
Goat Cheese Chicken Panini	346	530	17	9	0.3	50	1070	67	4	12	32	150	60	30	40
Italian Panini	290	660	35	8	0.3	40	1210	65	6	8	22	110	50	30	45
Pizza Panini	293	550	23	9	0.4	85	1340	64	4	6	23	8	50	25	40
Veggie Panini	352	670	36	14	0.5	65	1120	65	7	7	25	130	80	50	40
Sandwiches															
Grilled Cheese Sandwich	157	500	29	17	1	75	900	45	7	1	17	25	0	30	20
Grilled Ham & Cheese Sandwich	183	520	31	18	1	85	1140	46	7	2	21	25	0	30	20
Ham & Cheddar Sandwich	195	390	23	13	0.5	65	930	36	6	3	15	45	10	15	20
Ham & Mozza Sandwich	221	430	20	11	0.5	55	1030	49	8	3	17	40	10	15	25
Ham & Swiss Sandwich	215	390	21	12	0.5	60	830	37	6	3	16	60	20	25	20
Turkey & Cheddar Cheese Sandwich	221	450	23	13	0.5	60	1110	48	8	3	17	45	10	15	25
Turkey & Mozza Cheese Sandwich	221	420	20	11	0.5	50	1130	48	8	3	17	45	10	15	20

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Sandwiches															
Turkey & Swiss Cheese Sandwich	221	440	21	12	0.5	55	1010	48	8	3	19	40	10	25	25
Veggie Sandwich	276	480	22	11	0.5	50	680	52	9	5	21	50	100	45	25
Smokie (With Bun)	169	480	26	9	0.4	60	1010	40	4	3	23	0	0	6	15
Chopped White Onion	10	0	0	0	0	0	0	1	0	0	0.1	0	2	0	0
Ketchup	17	15	0	0	0	0	190	4	0	4	0	25	0	0	0
Mayo	15	35	3	0.4	0	5	120	2	0	1	0.1	0	0	0	0
Mustard	5	0	0	0	0	0	60	0	0	0	0.2	0	0	0	0
Relish	15	15	0	0	0	0	65	4	0	4	0	0	0	0	0
Salads															
Broccoli Salad	315	400	23	2.5	0	10	280	45	9	27	10	35	310	10	15
Chef's salad	189	380	33	10	0.5	140	980	7	1	5	14	45	15	15	6
Fruit Salad	304	150	0.5	0	0	0	15	39	5	31	2	30	130	4	4
Greek Salad	319	210	13	4.5	0.1	15	550	17	5	10	6	60	240	10	20
Pasta Salad	147	330	10	1.5	0	10	350	52	3	4	8	0	4	4	25
Potato Salad	340	730	53	12	0	35	1310	58	7	10	7	10	0	0	25
Quinoa Greek Salad	264	280	17	4.5	0.1	10	770	22	4	8	7	35	140	10	20

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HOT FOOD															
Meat Chili	454	410	9	3	0.2	30	1430	62	9	21	21	15	130	8	35
Veggie Chili	454	350	3	0.3	0	0	1550	64	11	23	18	50	130	10	40
Spinach and Feta Cheese Quiche	each	220	9	2.5	0.2	60	470	24	2	3	8	20	0	20	15
Ham & Cheese Quiche	each	240	14	3	0.3	75	630	18	1	2	10	6	0	15	10
Roasted Red Pepper Quiche	each	190	12	4	0.1	90	250	15	1	2	6	0	4	6	8
Roasted Red Pepper, Spinach & Goat Cheese Quiche	each	450	28	9	0.2	210	580	35	2	5	14	0	10	15	20
Chicken Pot Pie	284	630	36	14	0.3	25	1100	60	5	5	17	10	4	4	25
Shepherd's Pie	295	550	26	8	0.3	10	630	70	8	9	10	0	50	10	50
Sides															
Bun	69	190	2.5	1	0	0	440	37	4	3	7	0	0	4	15
Butter	6.5	45	5	3.5	0.2	15	40	0	0	0	0	6	0	0	0
Coleslaw	73	40	1.5	0.3	0	5	120	6	1	4	1	2	40	2	2
Tossed Salad	58	10	0.1	0	0	0	15	2	1	1	1	40	6	2	2
Caesar Dressing	59	240	24	4	0.4	20	530	4	0	0	2	0	0	0	0
Sun-Dried Tomato Dressing	59	160	14	1.5	0	0	530	8	0	4	1	0	0	0	0
Thousand Island Dressing	59	160	12	2	0	20	710	12	0	12	0.4	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)
SOUPS															
Cabbage Soup (cup)	8 oz	110	6	3.5	0	15	540	14	3	3	2	35	45	4	8
Cabbage Soup (bowl)	12 oz	170	9	5	0	20	810	21	4	4	3	50	70	6	10
Classic Chicken Noodle Soup (cup)	8 oz	150	3	1	0	30	1680	19	2	2	11	4	4	4	8
Classic Chicken Noodle Soup (bowl)	12 oz	230	4.5	1.5	0	45	2530	28	3	3	17	6	6	6	10
Cream of Mushroom Soup (cup)	8 oz	280	15	6	0.2	30	1650	28	6	8	9	0	0	20	4
Cream of Mushroom Soup (bowl)	12 oz	430	23	9	0.3	45	2470	43	9	11	14	0	0	30	6
Cream of Potato with Bacon (cup)	8 oz	340	9	6	0.2	40	1630	44	2	9	9	8	4	20	8
Cream of Potato with Bacon (bowl)	12 oz	510	13	9	0.3	55	2440	65	3	14	14	10	6	30	10
Creamy Chicken Corn Chowder (cup)	8 oz	220	9	2.5	0	20	840	27	2	4	7	2	4	4	6
Creamy Chicken Corn Chowder (bowl)	12 oz	330	14	3.5	0	30	1260	41	3	6	10	2	6	6	8
Italian Wedding Soup (cup)	8 oz	250	9	3	0	10	1400	32	4	2	11	0	4	4	20
Italian Wedding Soup (bowl)	12 oz	370	13	4.5	0	15	2100	48	6	3	17	0	6	6	30
Thai Soup (cup)	8 oz	260	18	8	0.5	40	1210	15	2	5	9	2	2	6	8
Thai Soup (bowl)	12 oz	400	27	11	0.5	55	1820	23	3	7	14	2	2	8	10
Tomato Bisque (cup)	8 oz	190	6	2	0	10	1230	30	6	13	6	4	4	15	8
Tomato Bisque (bowl)	12 oz	280	9	3	0	15	1840	45	9	20	9	6	6	25	10

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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)
BAKED GOODS															
Apple Bavarian Turnover	90	260	12	5	0.1	0	160	33	1	11	3	0	0	0	10
Apple Pull-a-Parts	179	720	69	11	0	0	1060	30	7	20	2	60	6	15	6
Berry Scone	107	200	7	2	0.1	0	380	30	2	4	4	0	6	2	15
Braided Black Forest Strudel	128	440	27	12	0.3	0	360	45	2	8	6	4	0	2	10
Breakfast Bar	81	350	14	4	0	10	95	49	4	24	9	0	0	4	20
Butter Tart, Gluten-Free	105	450	16	9	0.5	125	250	67	2	43	6	4	0	4	10
Buttermilk Donut	44	140	6	4	0	0	130	18	0	8	2	0	0	0	4
Carrot Cake, Gluten-Free	63	210	10	2.5	0.2	10	260	21	1	20	2	6	2	2	4
Carrot Cake, Country	118	440	26	4	0.2	50	400	50	2	34	4	0	4	4	10
Cheese Scone	99	250	17	9	0.5	40	460	13	0	1	11	8	0	25	8
Chocolate Brownie, Gluten-Free	80	360	20	11	0.5	110	75	43	3	34	4	4	0	2	10
Chocolate Chip Cookie	43	180	8	3.5	0	10	135	25	1	15	2	8	0	0	8
Chocolate Chip Pecan Cookie	42	190	10	4	0	10	0	24	1	15	2	0	0	0	8
Chocolate Dipped Pecan Tarts Gluten-Free	115	560	29	11	0.5	120	230	66	3	40	6	2	0	4	15
Chocolate Peanut Butter Oat Bar	100	390	19	7	0.1	0	190	51	3	23	6	10	0	2	15
Cinnamon Roll with Cream Cheese Icing	229	680	20	3	0	5	390	113	3	42	12	2	0	6	30
Coconut Nanaimo Bar, Gluten-Free	63	330	26	17	0.3	20	40	18	4	16	3	2	0	2	8

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)
BAKED GOODS															
Date Square	118	420	14	3	4	0	420	70	2	36	6	8	0	4	15
Double Chocolate Chip Cookie	42	180	9	4	0	10	150	24	1	16	2	8	0	0	10
Energy Bars	150	590	19	3	0	0	200	99	8	36	12	4	0	15	30
Ginger Molasses Cookie	28	110	3.5	1	0	5	100	19	0	11	1	4	0	2	4
Glazed Cinnamon Knots	180	620	25	8	0.2	10	420	87	4	29	12	4	80	6	30
Ham Cheddar Roll	110	370	22	12	0.3	75	720	28	1	2	15	6	4	15	15
Lemon-burst Macaroon Bar	118	480	18	9	0	20	280	74	6	42	6	15	0	4	15
Lemonicious Lemon Bar	168	580	28	16	0.4	200	130	76	0	56	8	0	20	4	10
Macaroon Madness Bar	94	400	20	9	0.1	45	220	52	3	39	4	15	0	4	10
Monster (Candy) Cookie	42	180	8	3.5	0.1	10	130	25	1	16	2	8	0	2	6
Oatmeal Cranberry Walnut Cookie	42	180	8	2.5	0	10	115	23	2	12	3	8	0	2	6
Peanut Butter Bars Gluten-Free	63	320	17	6	0.3	15	50	38	3	18	6	0	0	2	15
Peanut Butter Cookie	42	200	12	3.5	0	10	150	21	1	11	3	10	0	2	6
Rocky Road Brownie	118	480	20	5	4	40	280	70	2	46	6	10	0	4	20
Scone	84	190	7	2	0.1	0	380	27	1	3	4	0	0	0	10
Shortbread Cookie	42	210	14	6	0.2	0	120	21	0	9	2	15	0	0	15
Silk Chocolate Truffle Bar	90	410	29	10	0.2	55	170	32	4	23	5	20	0	2	10
Sugar Cookie	42	200	9	4	0	15	160	24	0	12	3	10	0	0	4

*Portion size ordinarily served to the guest

NUTRITION MENU

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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)
BAKED GOODS															
Sweet and Salty Caramel Bar	100	450	27	14	0.4	45	160	50	2	30	4	0	8	4	15
Tiger Brownie	116	520	28	14	0.2	40	220	60	2	36	6	30	0	4	20
Triple Chocolate Chunk Brownie	118	520	30	14	0.2	60	230	56	2	44	6	30	0	8	20
Turtle Brownie	96	380	18	5	0.2	50	260	54	4	40	4	8	0	4	20
White Chocolate Chunk Cranberry Cookie	28	140	8	5	0.2	20	75	16	0	8	2	8	0	0	4
White Chocolate Macadamia Cookie	42	200	10	4	0	10	140	24	1	15	2	0	0	2	6
Wildberry Macaroon Bar	94	370	13	7	0.1	5	230	59	4	34	4	10	2	2	15
Pepperoni Stick	60	230	13	4.5	0.1	40	600	20	1	3	10	0	6	6	15
Sausage Roll	100	270	17	7	0	20	430	22	2	1	9	4	2	2	10
Spinach and Cheddar Cheese Roll	105	390	25	11	0.3	45	460	32	2	1	10	20	6	10	30
Miscellaneous Items															
Hard Boiled Egg (1)	50	70	5	1.5	0	185	65	1	0	0	6	10	0	2	4
Veggie Tray	189	260	23	4	0.4	20	600	11	3	7	3	60	50	4	6
Feta Cheese Savory Roll Brioche	226	480	14	3	0	10	560	70	6	2	22	4	30	8	30
Ham Savory Roll Brioche	226	440	12	2	0	20	640	64	2	2	18	8	30	4	30
Cheese Portion	28	80	7	4.5	0	5	150	0	0	0	5	0	0	15	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															
Americano	12 oz	0	0.1	0	0	0	15	0	0	0	0.1	0	0	0	0
Americano	16 oz	0	0.1	0	0	0	20	0	0	0	0.1	0	0	2	0
Americano	20 oz	0	0.2	0	0	0	30	0	0	0	0.1	0	0	2	2
Cappuccino	12 oz	120	5	3.5	0.1	15	140	11	0	10	9	10	6	30	0
Cappuccino	16 oz	190	7	5	0.1	20	210	17	0	16	13	15	8	45	0
Cappuccino	20 oz	250	10	7	0.2	30	280	23	0	21	17	20	10	60	2
Chai Tea	12 oz	220	5	3.5	0.1	15	140	33	0	32	9	10	15	30	2
Chai Tea	16 oz	290	7	4.5	0.1	20	190	44	0	42	12	15	15	40	2
Chai Tea	20 oz	360	8	6	0.2	25	240	55	0	53	15	15	20	50	4
Espresso	1 oz	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Hot Chocolate	12 oz	240	7	5	0.3	30	280	30	1	28	13	15	6	45	6
Hot Chocolate	16 oz	320	9	7	0.4	40	380	40	2	38	17	20	8	60	8
Hot Chocolate	20 oz	400	12	8	0.5	45	470	50	2	47	21	25	10	70	10
Latte	12 oz	150	6	4	0.1	20	170	14	0	13	11	10	8	35	0
Latte	16 oz	220	8	6	0.2	25	240	20	0	18	15	15	10	50	0
Latte	20 oz	250	10	7	0.2	30	280	23	0	21	17	20	10	60	2
London Fog	12 oz	160	4.5	3.5	0.1	15	135	20	0	19	9	10	6	30	0
London Fog	16 oz	250	7	5	0.1	20	200	33	0	32	13	15	8	45	0
London Fog	20 oz	280	8	6	0.2	25	230	36	0	35	15	15	10	50	0
Mocha	12 oz	200	6	4	0.2	25	240	25	1	24	11	10	4	35	6
Mocha	16 oz	280	8	6	0.3	35	340	35	2	33	15	15	6	50	8

NUTRITION MENU

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (gml)	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															
Mocha	20 oz	320	10	7	0.4	40	400	40	2	38	17	20	8	60	8
Steamed Milk, 2%	12 oz	150	6	3.5	0.1	25	140	14	0	14	11	10	0	30	0
Steamed Milk, 2%	16 oz	220	8	5	0.2	35	200	20	0	20	15	15	0	50	0
Steamed Milk, 2%	20 oz	280	11	6	0.2	45	260	26	0	26	19	20	0	60	0
Brewed Coffee	12 oz	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0
Brewed Coffee	16 oz	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Brewed Coffee	20 oz	0	0.1	0	0	0	10	0	0	0	1	0	0	2	0
Tea, All Varieties	8 oz	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Flavoured Syrup (1 pump)															
Caramel	each	25	0	0	0	0	0	6	0	6	0	0	0	0	0
Caramel Sugar Free Syrup	each	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Hazelnut Syrup	each	20	0	0	0	0	0	5	0	5	0	0	0	0	0
Hazelnut Sugar-Free Syrup	each	0	0	0	0	0	0	1	0	0	0	0	0	0	0
Pumpkin Pie Syrup	each	20	0	0	0	0	0	6	0	5	0	0	0	0	0
Salted Caramel Syrup	each	25	0	0	0	0	35	6	0	6	0	0	0	0	0
Toffee Nut Syrup	each	20	0	0	0	0	0	5	0	5	0	0	0	0	0
Vanilla Syrup	each	25	0	0	0	0	0	6	0	6	0	0	0	0	0
Vanilla Sugar-Free Syrup	each	0	0	0	0	0	0	1	0	1	0	0	0	0	0
Whipped Cream	24	60	5	3.5	0	20	30	3	0	2	1	4	0	2	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)
COLD DRINKS															
Blended Chai (No Whipped Cream)	20 oz	390	2.5	2.5	0	0	180	88	0	84	0	0	20	0	8
Frappe (No Whipped Cream)	20 oz	290	6	6	0	0	410	62	0	51	0	0	0	2	0
Iced Coffee	16 oz	0	0	0	0	0	10	0	0	0	0.3	0	0	2	0
Whipped Cream	24	60	5	3.5	0	20	30	3	0	2	1	4	0	2	0
Smoothies & Milk															
Mango Smoothie with Apple Juice	10 oz	280	0	0	0	0	30	72	1	67	0	40	110	2	0
Mango Smoothie with Milk	8 oz	250	2.5	1.5	0.1	10	65	56	1	53	5	45	30	15	0
Peach Smoothie with Apple Juice	10 oz	270	0	0	0	0	25	68	1	63	0	8	100	0	0
Peach Smoothie with Milk	8 oz	240	2.5	1.5	0.1	10	60	52	1	49	5	15	25	15	0
Strawberry Smoothie with Apple Juice	10 oz	310	0	0	0	0	25	79	0	77	0	0	90	2	2
Strawberry Smoothie with Milk	8 oz	280	2.5	1.5	0.1	10	60	63	0	62	5	6	15	15	2
2% Milk	16 oz	250	9	7	0.2	30	260	23	0	21	17	20	10	60	0
Chocolate Milk	16 oz	320	9	7	0.4	40	380	40	2	38	17	20	8	60	8