

Informed Dining

The Informed Dining program is a voluntary 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



Good Earth


COFFEEHOUSE

TM

All nutritional information is produced through supplier data sheets and our nutritional data base.
Stated weights may not reflect finished weights due to water loss in the baking and cooking process.
As our product is handmade, there may be some variation in portioning and therefore, nutritional.
If you would like more information on our nutritional or ingredient lists please contact info@godearthcoffeehouse.com




HealthyFamiliesBC 

	Serving Size	Total Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES															
Caffe Latte - Extra Large	565ml	240	9	6	0	40	210	22	0	24	16	25	2	50	2
Caffe Latte - Large	455ml	200	8	5	0	30	170	18	0	20	13	20	2	40	2
Caffe Latte - Medium	340ml	140	6	3.5	0	25	125	13	0	14	9	15	2	30	2
Caffe Latte, Flavoured - Extra Large	565ml	370	8	5	0	35	180	62	0	63	14	25	2	45	2
Caffe Latte, Flavoured - Large	455ml	300	7	4.5	0	30	150	50	0	51	12	20	2	35	2
Caffe Latte, Flavoured - Medium	340ml	210	5	3.5	0	20	110	34	0	35	8	15	2	25	2
Caffe Mocha - Extra Large	565ml	460	8	5	0	35	280	79	3	78	16	20	2	45	20
Caffe Mocha - Large	455ml	370	7	4.5	0	25	230	64	2	63	13	20	2	35	15
Caffe Mocha - Medium	340ml	260	5	3	0	20	160	44	1	43	10	15	2	25	10
Cappuccino - Extra Large	565ml	170	1	0.5	0	10	260	23	0	24	16	0	8	50	2
Cappuccino - Large	455ml	130	1	0.5	0	5	200	18	0	19	13	0	6	40	2
Cappuccino - Medium	340ml	100	0.5	0.4	0	5	160	14	0	15	10	0	6	35	2
Cappuccino - Small	255ml	80	0.5	0.3	0	5	120	10	0	11	7	0	4	25	0
Chai Latte - Extra Large	565ml	310	8	5	0	35	200	41	0	41	14	25	2	45	4
Chai Latte - Large	455ml	250	6	4	0	25	150	36	0	36	10	15	2	35	4
Chai Latte - Medium	340ml	190	4.5	3	0	20	115	27	0	28	8	15	0	25	2
Earl Grey Latte - Extra Large	565ml	280	5	3	0	20	110	51	0	51	8	15	0	25	0
Earl Grey Latte - Large	455ml	210	4	2.5	0	15	90	38	0	38	7	10	0	20	0
Earl Grey Latte - Medium	340ml	160	3	2	0	10	70	27	0	27	5	8	0	15	0
Cider - Large	455ml	180	0	0	0	0	10	29	0	27	0	0	0	0	0
Cider - Medium	340ml	120	0	0	0	0	5	19	0	18	0	0	0	0	0
Cider - Small	255ml	60	0	0	0	0	5	10	0	9	0	0	0	0	0
Vanilla Rooibos Latte - Extra Large	565ml	330	9	6	0	35	210	44	0	45	15	25	2	45	0
Vanilla Rooibos Latte - Large	455ml	270	7	4.5	0	30	170	36	0	36	12	20	2	40	0
Vanilla Rooibos Latte - Medium	340ml	190	5	3.5	0	20	125	24	0	25	9	15	0	30	0
Flavoured Steamer - Extra Large	565ml	440	10	6	0	40	200	74	0	76	16	25	2	50	2
Flavoured Steamer - Large	455ml	350	8	5	0	30	160	59	0	61	13	20	2	40	0
Flavoured Steamer - Medium	340ml	250	6	3.5	0	25	120	41	0	42	10	15	0	30	0
Flavoured Steamer - Kids	255ml	180	4.5	3	0	20	95	29	0	29	7	15	0	25	0


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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)

	Serving Size	Total Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Green Tea Latte - Extra Large	565ml	290	11	7	0	45	230	27	1	29	19	30	4	60	4
Green Tea Latte - Large	455ml	230	9	6	0	35	190	22	1	23	15	25	4	50	2
Green Tea Latte - Medium	340ml	170	7	4.5	0	25	140	16	0	17	12	20	2	35	2
Hot Chocolate - Extra Large	565ml	530	10	6	0	40	310	91	3	90	19	25	2	50	25
Hot Chocolate - Large	455ml	420	8	5	0	30	250	73	2	72	15	20	2	40	20
Hot Chocolate - Medium	340ml	300	6	3.5	0	25	180	50	2	50	11	15	0	30	10
Hot Chocolate - Kids	255ml	210	4.5	3	0	20	135	35	1	34	8	15	0	25	8
Caffe Misto	255-455ml	20	0	0	0	0	35	3	0	3	2	0	2	6	0
Rooibos Caffe Misto	255-455ml	100	0.3	0.2	0	5	140	11	0	10	7	0	4	20	0
Tea Misto	255-455ml	25	0	0	0	0	40	4	0	3	2	0	0	6	0
Caffe Macchiato	110ml	35	1.5	1	0	5	45	4	0	3	3	0	2	8	0
Caffe Con Panna	110ml	100	11	7	0	40	25	1	0	0	1	10	0	2	0
Flavour Shot - Beverages	29ml	70	0	0	0	0	0	18	0	18	0	0	0	0	0
Whipping Cream	25ml	90	8	7	0	35	10	0	0	0	0	0	0	4	0
ICED BEVERAGES															
Iced Caffe Latte - Large	565ml	130	5	3.5	0	20	120	12	0	13	9	15	2	30	0
Iced Caffe Latte - Medium	398ml	80	3.5	2	0	15	75	8	0	8	5	10	0	20	0
Iced Caffe Mocha - Large	565ml	210	5	3	0	20	150	33	1	33	9	15	0	25	8
Iced Caffe Mocha - Medium	398ml	140	3	2	0	15	95	22	1	22	6	8	0	15	6
Iced Flavoured Caffe - Large	565ml	190	5	3	0	20	115	28	0	28	8	15	0	25	0
Iced Flavoured Caffe Latte - Medium	398ml	120	3	2	0	15	70	18	0	19	5	8	0	15	0
Iced Rooibos Fruit Tea - Large	565ml	70	0	0	0	0	15	17	0	17	0	0	0	0	0
Iced Rooibos Fruit Tea - Medium	398ml	45	0	0	0	0	10	10	0	10	0	0	0	0	0
Iced Rooibos Fruit Tea - Kids	255ml	20	0	0	0	0	10	5	0	5	0	0	0	0	0
Creмоса - Large	565ml	130	4	2.5	0	15	20	23	0	22	1	4	0	6	0
Creмоса - Medium	398ml	100	3.5	2.5	0	10	20	17	0	15	1	4	0	6	0
Creмоса - Kids	255ml	70	2	1.5	0	5	10	12	0	11	1	2	0	4	0


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Italian Soda - Large	565ml	80	0	0	0	0	10	22	0	22	0	0	0	4	0
Italian Soda - Medium	398ml	60	0	0	0	0	5	17	0	17	0	0	0	2	0
Italian Soda - Kids	255ml	45	0	0	0	0	0	12	0	12	0	0	0	2	0
Iced Coconut Chai - Large	565ml	220	2	1.5	0	10	105	49	0	41	4	6	0	15	6
Iced Coconut Chai - Medium	395ml	130	1	0.5	0	5	60	32	0	26	2	4	0	6	4
Real Iced Coffee - Large	565ml	90	0.5	0.3	0	0	55	22	0	22	0	2	2	2	4
Real Iced Coffee - Medium	395ml	70	0.5	0.2	0	0	40	16	0	16	0	0	0	0	2
Real Iced Coffee With Milk - Large	565ml	90	1.5	1	0	5	55	19	0	19	1	0	2	2	2
Real Iced Coffee With Milk - Medium	395ml	60	1	1	0	5	40	13	0	13	0	0	0	2	2
FEATURE BEVERAGES															


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FRAPPES															
Vanilla Cream Frappe - Large	565ml	330	7	4.5	0	30	290	62	0	59	3	0	0	10	0
Vanilla Cream Latte - Medium	395ml	220	5	3	0	20	200	41	0	39	2	0	0	8	0
Fruit Cream Frappe - Large	565ml	270	7	4.5	0	30	290	46	0	43	3	0	0	10	0
Fruit Cream Frappe - Medium	395ml	180	5	3	0	20	200	31	0	29	2	0	0	8	0
Banana Latte Frappe - Large	565ml	270	7	4	0	25	250	51	2	40	3	0	10	10	2
Banana Latte Frappe - Medium	395ml	200	4.5	2.5	0	15	160	38	2	28	2	0	10	6	2
Chai Frappe - Large	565ml	240	5	3	0	20	210	44	0	41	2	0	0	8	2
Chai Frappe - Medium	395ml	150	3	1.5	0	10	130	27	0	26	1	0	0	4	2
Frappe Latte - Large	565ml	230	7	4.5	0	30	290	38	0	35	3	0	0	10	0
Frappe Latte - Medium	395ml	160	5	3	0	20	200	26	0	24	2	0	0	8	0
Frappe Latte Caramelo - Large	565ml	250	7	4	0	25	270	42	0	39	3	0	0	10	0
Frappe Latte Caramelo - Medium	395ml	160	4.5	3	0	20	180	27	0	25	2	0	0	8	0
Frappe Mocha - Large	565ml	340	7	4	0	30	320	65	1	61	4	0	0	10	10
Frappe Mocha - Medium	395ml	220	4.5	3	0	20	220	42	1	39	3	0	0	8	6
Matcha Green Tea Frappe - Large	565ml	260	8	5	0	30	310	42	0	38	3	0	0	15	2
Matcha Green Tea Frappe - Medium	395ml	170	5	3	0	20	210	28	0	26	2	0	0	8	2
SMOOTHIES															
Fruit Smoothie, Four Berry - Large	565ml	270	1	0.5	0	5	35	65	4	53	3	0	25	8	6
Fruit Smoothie, Four Berry - Medium	395ml	190	0.5	0.3	0	0	20	47	3	37	2	0	20	4	4
Fruit Smoothie, Mango - Large	565ml	290	1	0.5	0	5	35	71	2	55	3	0	45	8	2
Fruit Smoothie, Mango - Medium	395ml	200	0.5	0.3	0	0	20	51	2	38	2	0	30	4	2
Fruit Smoothie, Strawberry - Large	565ml	290	1	0.5	0	5	35	71	4	58	3	0	50	8	6
Fruit Smoothie, Strawberry - Medium	395ml	200	0.5	0.3	0	0	20	51	3	40	2	0	35	4	4
Fruit Smoothie, Tropical - Large	565ml	230	0.5	0.3	0	0	20	59	4	44	2	0	60	4	4
Fruit Smoothie, Tropical - Medium	395ml	170	0.5	0.3	0	0	20	43	3	31	2	0	40	4	4

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	Serving Size	Total Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BREAKFAST OPTIONS															
Multigrain Toast (1 slice)	35g	90	3	0.4	0	0	90	13	2	1	4	0	0	2	8
Fruit Salad - Large	400g	170	0	0	0	0	35	47	7	43	3	0	300	6	8
Fruit Salad - Small	200g	80	0	0	0	0	15	23	3	22	2	0	150	4	4
Fruit Salad And Yogurt - Large	512g	240	2.5	1	0	10	120	54	6	49	9	0	280	25	8
Fruit Salad And Yogurt - Small	224g	100	1	0.5	0	5	60	23	3	24	4	0	110	15	4
Granola Parfait	600g	640	19	5	0	10	180	110	13	75	20	0	280	30	35
Slow Cooked Steel Cut Oatmeal, Plain	227g	170	2.5	0.5	0	0	40	30	4	7	6	0	0	2	6
Southwest Breakfast Bake	174g	230	13	5	0.1	420	280	11	1	3	17	20	10	15	20
Southwest Breakfast Wrap	259g	420	18	6	0.1	420	740	41	5	3	23	30	20	20	40
Breakfast Panini	216g	490	26	8	0.2	345	900	36	2	5	23	0	2	15	30
Breakfast Panini - No Bacon	206g	440	23	7	0.2	345	770	36	2	4	20	0	2	15	30
FRESH BAKED GOODS															
The Big Cheese Bun	140g	370	14	7	0	50	770	48	2	4	15	8	0	15	20
Chocolate Hazelnut Crunch	120g	460	26	13	0.5	35	350	44	5	12	8	21	2	2	25
Cinnamon Roll	150g	440	11	3	0	20	400	82	3	38	7	6	20	2	15
Toasted Seed Roll	153g	470	15	3.5	0	20	350	78	5	35	10	4	15	8	20
Very Berry Bran Muffin	115g	380	22	2	0.1	75	340	40	6	18	7	2	2	4	15
Pumpkin Spice Muffin	118g	420	22	1.5	0	0	410	52	6	26	5	0	2	2	10
Apple Muesli Muffin	115g	400	22	3	0.1	65	350	44	5	23	7	2	2	4	10
Peach & Maple Walnut Muffin	100g	340	18	1.5	0	40	290	38	3	19	5	2	30	2	10
Berry White Chocolate Scone	115g	330	11	3	0	50	580	52	2	20	8	2	4	15	15
Broccoli Cheese Scone	115g	300	11	4	0.1	55	670	39	2	7	11	6	25	20	15
Mediterranean Scone	115g	300	12	3	0.1	55	760	39	2	7	9	6	4	15	15
SWEET TREATS															
Chocolate Zucchini Loaf	100g	300	15	2	0	55	210	39	1	24	5	4	4	8	10
Banana Chocolate Chip Loaf	110g	286	10	4.4	0	50	308	45	1	25	4	2	0	11	7
Pumpkin Gingerbread Loaf	110g	341	15	1.6	0	55	495	48	1	25	4	2	0	22	17

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Chocolate Chipper Cookie	52g	220	10	6	0	40	220	31	0	18	3	0	0	0	6
Black & White Cookie	52g	210	9	5	0	35	220	31	0	20	3	0	0	2	8
Zingy Ginger Cookie	52g	200	8	5	0	35	320	31	1	12	3	0	0	4	10
Honey Lemon Squish	67g	280	11	7	0.1	35	220	42	0	28	3	2	0	2	6
Rustic Almond Biscotti	50g	210	11	2.5	0	35	180	23	1	10	5	6	0	4	10
Coconut Macaroon - Chocolate	28g	110	7	6	0	0	10	13	2	10	2	0	0	0	6
Coconut Macaroon - Traditional	28g	120	7	6	0	0	15	13	2	11	1	0	0	0	6
Rice Krispie Squares	80g	330	11	5	0	0	340	55	0	27	3	0	0	0	20
Date Squares	130g	480	20	10	0	25	350	71	2	17	5	0	0	2	10
Praline Brownie	105g	430	22	13	0	120	260	56	1	43	5	4	0	4	10
Cranberry Blondie	90g	280	9	3	0	40	75	46	2	31	4	0	6	30	6
Granola Bar	90g	390	20	5	0	0	80	51	5	28	8	0	2	10	15
Black Apple Tart	136g	320	13	5	0.1	0	150	48	3	26	3	0	6	2	15
Freestone Peach & Cherry Tart	136g	280	13	5	0.1	0	150	39	2	18	3	0	90	0	10
Banana Split Baby Cake	151g	430	16	7	0.1	60	350	70	1	44	5	10	15	4	10
Chocolate Maple Baby Cake	150g	470	22	5	0.3	75	280	61	3	37	7	2	25	6	30
Sunshine Baby Cakes	156g	460	23	7	0.2	40	370	61	3	36	5	15	6	6	15
FRESH DELI SALADS AND PANINI															
Tuscan Tuna Salad	235g	230	12	2	0	240	690	8	3	4	21	30	30	6	20
Chicken Waldorf Salad	240g	240	14	1.5	0	35	330	18	3	12	14	20	25	6	8
Beet & Goat Cheese Salad	212g	350	28	3.5	0.2	15	220	17	5	10	7	25	60	8	15
Wild Rice & Edamame Salad - Large	254g	460	27	2	0.1	0	90	48	6	13	9	4	60	4	20
Wild Rice & Edamame Salad - Small	142g	260	15	1	0	0	50	27	4	7	5	2	35	2	10
World Peace Salad - Large	264g	650	45	6	0.2	10	530	53	3	5	5	4	50	6	8
World Peace Salad - Small	132g	320	23	3	0.1	5	270	26	1	3	2	2	25	2	4
Caprese Sandwich	198g	510	21	7	0.2	60	960	63	3	6	19	2	8	2	25
Italian Deli Sandwich	248g	570	23	6	0.1	90	1670	64	3	7	27	4	120	0	30
Roast Beef & Arugula Sandwich	260g	590	24	5	0.2	90	1690	66	3	9	26	2	6	2	40
Tuscan Tunawich Sandwich	190g	270	7	1	0	35	690	28	6	2	24	6	10	4	25

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FLATBREADS															
Kale Pesto Flatbread	156g	290	16	5	0.2	25	670	24	2	1	12	8	20	15	15
Sicilian Flatbread	198g	350	15	8	0.3	55	1350	28	3	3	22	0	30	40	20
SOUPS & HEARTY HOT SPECIALS															
Prairie Chowder Soup - Large	395ml	570	31	20	0	110	1060	57	9	13	13	0	35	15	35
Prairie Chowder Soup - Small	170ml	250	13	9	0	45	450	25	4	6	6	0	15	6	15
Minestrone Soup - Large	395ml	130	4.5	0	0	0	920	26	4	13	4	0	130	8	25
Minestrone Soup - Small	170ml	60	2	0	0	0	400	11	2	6	2	0	60	4	10
Split Pea & Barley Soup - Large	395ml	260	2	0	0	0	1450	53	18	9	13	0	8	8	35
Split Pea & Barley Soup - Small	170ml	110	1	0	0	0	620	23	8	4	6	0	4	4	15
Cream Of Cauliflower Soup - Large	395ml	400	26	11	0	45	1720	31	4	4	9	0	8	15	10
Cream Of Cauliflower Soup - Small	170ml	170	11	4.5	0	20	740	13	2	2	4	0	4	6	4
Home-style Chicken & Egg Noodle - Large	395ml	200	8	1	0	40	1460	20	4	4	16	0	40	8	10
Home-style Chicken & Egg Noodle - Small	170ml	90	3.5	0.5	0	15	630	9	2	2	7	0	15	4	4
Smoked Cheddar & Fire Roasted Tomato Soup - Large	395ml	320	20	12	0.4	40	1420	28	4	16	12	0	100	20	10
Smoked Cheddar & Fire Roasted Tomato Soup - Small	170ml	140	9	5	0.2	15	610	12	2	7	5	0	45	10	4
Lentil & Bean Stew - Large	395ml	350	9	0	0	0	1280	57	13	4	13	0	35	8	35
Lentil & Bean Stew - Small	170ml	150	4	0	0	0	550	25	6	2	6	0	15	4	15
Mac & Cheese - Large	395ml	580	22	7	0.2	30	820	69	2	8	23	0	0	35	30
Mac & Cheese - Small	170ml	250	9	3	0.1	15	350	30	1	4	10	0	0	15	15
Chicken Pot Pie - Large	372g	520	29	13	0.1	90	1290	40	4	4	26	0	15	6	25
Chicken Pot Pie - Small	226g	300	17	8	0	55	790	23	3	3	16	0	8	4	15
Boeuf Bourguignon - Large	358g	310	9	4	0	25	1330	40	5	9	16	0	40	6	30
Boeuf Bourguignon - Small	208g	170	6	2.5	0	20	800	20	2	6	10	0	20	4	15

Nutritional information is calculated using data provided by ingredient suppliers. Stated weight may not reflect finish weights due to water loss in baking process. All Good Earth product is produced by hand and therefore, may vary slightly from stated nutritional value.