

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



The information in this guide is effective as of November 2020 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by ESHA Food Processor and information provided by our suppliers.

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) |
|---------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| HOT BEVERAGES | | | | | | | | | | | | | | | |
| Apple Cider (12 oz) | 336 | 100 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 27 | 0 | 0 | 0 | 0 | 0 |
| Apple Cider (16 oz) | 448 | 130 | 0 | 0 | 0 | 0 | 0 | 36 | 0 | 36 | 0 | 0 | 0 | 0 | 0 |
| Apple Cider (20 oz) | 560 | 170 | 0 | 0 | 0 | 0 | 0 | 45 | 0 | 45 | 0 | 0 | 0 | 0 | 0 |
| Americano (12 oz) | 357 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Americano (16 oz) | 476 | 5 | 0 | 0 | 0 | 0 | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| Americano (20 oz) | 595 | 5 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 2 |
| Americano Misto (12 oz) (2% milk) | 335 | 30 | 1 | 0.5 | 0 | 5 | 50 | 2 | 0 | 2 | 2 | 3 | 0 | 6 | 1 |
| Americano Misto (16 oz) (2% milk) | 440 | 45 | 2 | 1 | 0 | 5 | 65 | 4 | 0 | 4 | 3 | 5 | 0 | 10 | 1 |
| Americano Misto (20 oz) (2% milk) | 532 | 70 | 3 | 1.5 | 0 | 10 | 95 | 7 | 0 | 7 | 5 | 8 | 0 | 16 | 2 |
| Cappuccino (12 oz) (2% milk) | 242 | 60 | 2.5 | 1.5 | 0 | 10 | 75 | 6 | 0 | 6 | 4 | 7 | 0 | 14 | 1 |
| Cappuccino (16 oz) (2% milk) | 311 | 90 | 3.5 | 2 | 0 | 15 | 100 | 8 | 0 | 8 | 6 | 10 | 0 | 19 | 1.5 |
| Cappuccino (20 oz) (2% milk) | 387 | 110 | 4.5 | 2.5 | 0 | 20 | 125 | 11 | 0 | 11 | 7 | 12 | 0 | 25 | 2 |
| Caramel Macchiato (single short) (2%) | 136 | 100 | 0.5 | 0 | 0 | 0 | 25 | 23 | 0 | 23 | 1 | 2 | 0 | 3 | 1 |
| Caramel Macchiato (single long) (2%) | 202 | 150 | 1 | 0 | 0 | 0 | 30 | 36 | 0 | 36 | 1 | 2 | 0 | 4 | 1 |
| Caramel Macchiato (double short) (2%) | 235 | 220 | 1 | 0 | 0 | 0 | 35 | 52 | 0 | 52 | 1 | 2 | 0 | 4 | 1 |
| Caramel Macchiato (double long) (2%) | 295 | 320 | 1 | 0 | 0 | 0 | 35 | 74 | 0 | 74 | 1 | 2 | 0 | 4 | 2 |

Nutrition information is provided for the standard beverage made with 2% milk. For other milk and milk alternatives, please refer to page 3 where information for steamed milk and milk alternatives are available.

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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) |
|---------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| HOT BEVERAGES | | | | | | | | | | | | | | | |
| Chai Latte (12 oz) (2% milk) | 368 | 230 | 5 | 3 | 0 | 20 | 130 | 35 | 0 | 35 | 9 | 15 | 8 | 30 | 3 |
| Chai Latte (16 oz) (2% milk) | 522 | 340 | 7 | 3.5 | 0 | 30 | 180 | 54 | 0 | 54 | 12 | 20 | 15 | 40 | 6 |
| Chai Latte (20 oz) (2% milk) | 614 | 380 | 9 | 4.5 | 0 | 35 | 220 | 59 | 0 | 59 | 25 | 25 | 15 | 50 | 6 |
| Coffee (12 oz) | 355 | 5 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Coffee (16 oz) | 474 | 5 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Coffee (20 oz) | 592 | 5 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 1 | 0 | 0 | 1 | 0 |
| Con Panne (single) | 67 | 80 | 8 | 5 | 0 | 30 | 15 | 1 | 0 | 0 | 1 | 9 | 0 | 1 | 0 |
| Con Panne (double short) | 82 | 80 | 8 | 5 | 0 | 30 | 15 | 1 | 0 | 0 | 1 | 9 | 0 | 1 | 1 |
| Con Panne (double long) | 112 | 80 | 8 | 5 | 0 | 30 | 20 | 1 | 0 | 0 | 1 | 9 | 0 | 1 | 1 |
| Espresso (single shot) (1.5 oz) | 45 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Espresso (double short) (2 oz) | 60 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Espresso (double long) (3 oz) | 90 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot Chocolate (12 oz) (2% milk) | 275 | 240 | 8 | 4 | 0 | 20 | 320 | 33 | 1 | 32 | 9 | 14 | 0 | 29 | 7 |
| Hot Chocolate (16 oz) (2% milk) | 372 | 340 | 11 | 6 | 0 | 25 | 460 | 48 | 1 | 46 | 13 | 18 | 0 | 40 | 10 |
| Hot Chocolate (20 oz) (2% milk) | 467 | 440 | 14 | 7 | 0.5 | 35 | 600 | 63 | 2 | 60 | 16 | 23 | 2 | 50 | 14 |
| Latte (12 oz) (2% milk) | 273 | 80 | 3 | 1.5 | 0 | 10 | 90 | 7 | 0 | 7 | 5 | 8 | 0 | 17 | 1 |
| Latte (16 oz) (2% milk) | 380 | 120 | 5 | 2.5 | 0 | 20 | 135 | 12 | 0 | 12 | 8 | 14 | 0 | 27 | 2 |
| Latte (20 oz) (2% milk) | 471 | 160 | 6 | 3 | 0 | 25 | 170 | 15 | 0 | 15 | 10 | 17 | 0 | 34 | 2 |

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|------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| HOT BEVERAGES | | | | | | | | | | | | | | | |
| London Fog (16 oz) (2% milk) | 423 | 140 | 3 | 1.5 | 0 | 15 | 85 | 22 | 0 | 22 | 5 | 9 | 0 | 18 | 0 |
| Macchiato (double short) (2% milk) | 91 | 15 | 0.5 | 0 | 0 | 0 | 25 | 1 | 0 | 1 | 1 | 2 | 0 | 3 | 1 |
| Macchiato (double long) (2% milk) | 121 | 15 | 1 | 0 | 0 | 0 | 25 | 1 | 0 | 1 | 1 | 2 | 0 | 3 | 1 |
| Milk steamed (8 oz) (2% milk) | 162 | 80 | 3 | 1.5 | 0 | 15 | 75 | 8 | 0 | 8 | 5 | 9 | 0 | 18 | 0 |
| Milk steamed (12oz) (2% milk) | 244 | 120 | 5 | 2.5 | 0 | 20 | 115 | 12 | 0 | 12 | 8 | 14 | 0 | 27 | 0 |
| Milk steamed (16 oz) (2% milk) | 326 | 160 | 6 | 3.5 | 0 | 25 | 150 | 16 | 0 | 16 | 11 | 18 | 0 | 36 | 0 |
| Milk steamed (20 oz) (2% milk) | 406 | 200 | 8 | 4 | 0 | 30 | 190 | 19 | 0 | 19 | 13 | 23 | 0 | 44 | 1 |
| Milk steamed (8 oz) (skim) | 162 | 60 | 0 | 0 | 0 | 5 | 70 | 8 | 0 | 8 | 5 | 10 | 0 | 18 | 0 |
| Milk steamed (12oz) (skim) | 244 | 80 | 0 | 0 | 0 | 5 | 105 | 12 | 0 | 12 | 8 | 15 | 0 | 27 | 0 |
| Milk steamed (16 oz) (skim) | 326 | 110 | 0 | 0 | 0 | 5 | 140 | 16 | 0 | 16 | 11 | 20 | 0 | 36 | 1 |
| Milk steamed (20 oz) (skim) | 406 | 140 | 0 | 0 | 0 | 10 | 170 | 20 | 0 | 20 | 14 | 25 | 0 | 45 | 1 |
| Milk steamed (8 oz) (almond milk) | 162 | 40 | 2 | 0 | 0 | 0 | 70 | 5 | 1 | 5 | 1 | 0 | 0 | 18 | 5 |
| Milk steamed (12oz) (almond milk) | 244 | 60 | 3 | 0 | 0 | 0 | 100 | 8 | 1 | 7 | 1 | 0 | 0 | 27 | 8 |
| Milk steamed (16 oz) (almond milk) | 326 | 80 | 4 | 0 | 0 | 0 | 135 | 10 | 1 | 9 | 1 | 0 | 0 | 36 | 10 |
| Milk steamed (20 oz) (almond milk) | 406 | 100 | 5 | 0 | 0 | 0 | 170 | 13 | 2 | 11 | 2 | 0 | 0 | 44 | 13 |
| Milk steamed (8 oz) (soy milk) | 162 | 60 | 2.5 | 0 | 0 | 0 | 60 | 5 | 1 | 5 | 4 | 0 | 0 | 18 | 8 |
| Milk steamed (12oz) (soy milk) | 244 | 100 | 4 | 0 | 0 | 0 | 90 | 8 | 1 | 7 | 6 | 0 | 0 | 27 | 13 |
| Milk steamed (16 oz) (soy milk) | 326 | 130 | 5 | 0.5 | 0 | 0 | 115 | 10 | 1 | 9 | 8 | 0 | 0 | 36 | 17 |
| Milk steamed (20 oz) (soy milk) | 406 | 160 | 6 | 1 | 0 | 0 | 150 | 13 | 2 | 11 | 10 | 0 | 0 | 44 | 21 |

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) |
|--------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| HOT BEVERAGES | | | | | | | | | | | | | | | |
| Coffee Misto (12 oz) (2% milk) | 300 | 60 | 2.5 | 1 | 0 | 10 | 60 | 6 | 0 | 6 | 4 | 7 | 0 | 14 | 0 |
| Coffee Misto (16 oz) (2% milk) | 399 | 80 | 3 | 1.5 | 0 | 15 | 80 | 8 | 0 | 8 | 6 | 9 | 0 | 18 | 0 |
| Coffee Misto (20 oz) (2% milk) | 500 | 110 | 4 | 2 | 0 | 15 | 100 | 10 | 0 | 10 | 7 | 11 | 0 | 23 | 0 |
| Mocha (12 oz) (2% milk) | 303 | 200 | 6 | 3 | 0 | 15 | 290 | 29 | 1 | 28 | 7 | 8 | 0 | 20 | 8 |
| Mocha (16 oz) (2% milk) | 425 | 300 | 10 | 5 | 0 | 20 | 440 | 44 | 1 | 42 | 10 | 14 | 2 | 31 | 11 |
| Mocha (20 oz) (2% milk) | 531 | 390 | 13 | 6 | 0 | 25 | 570 | 58 | 2 | 55 | 13 | 17 | 2 | 39 | 15 |
| White Mocha (12 oz) (2% milk) | 306 | 210 | 4.5 | 1.5 | 0 | 20 | 180 | 36 | 0 | 33 | 6 | 8 | 0 | 21 | 14 |
| White Mocha (16 oz) (2% milk) | 424 | 300 | 7 | 2.5 | 0 | 25 | 240 | 51 | 0 | 46 | 10 | 14 | 2 | 32 | 19 |
| White Mocha (20 oz) (2% milk) | 536 | 420 | 9 | 3 | 0 | 35 | 340 | 72 | 0 | 65 | 12 | 17 | 2 | 42 | 27 |
| Tea, herbal (12 oz) | 355 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Add-Ons | | | | | | | | | | | | | | | |
| Almond Syrup | 6 | 14 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Caramel Syrup (classic) | 6 | 16 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Caramel Syrup (sugar free) | 6 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Coconut Syrup | 6 | 16 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Hazelnut Syrup (classic) | 6 | 16 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Hazelnut Syrup (sugar free) | 6 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

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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) |
|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Add-Ons | | | | | | | | | | | | | | | |
| Irish Cream Syrup (classic) | 6 | 14 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Irish Cream Syrup (sugar free) | 6 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Peppermint Syrup | 6 | 14 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Vanilla Syrup (classic) | 6 | 14 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Vanilla Syrup (sugar free) | 6 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Whipped cream (8 or 12 oz drinks) | 22 | 80 | 8 | 5 | 0 | 30 | 10 | 0 | 0 | 0 | 0 | 9 | 0 | 1 | 0 |
| Whipped cream (16 and 20 oz drinks) | 37 | 130 | 14 | 9 | 0 | 50 | 15 | 1 | 0 | 0 | 1 | 16 | 0 | 2 | 0 |
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Daily Calorie and Sodium Requirements

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|------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| COLD BEVERAGES | | | | | | | | | | | | | | | |
| Iced Americano (12 oz) | 357 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Iced Americano (16 oz) | 476 | 5 | 0 | 0 | 0 | 0 | 35 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 1 |
| Iced Americano (20 oz) | 595 | 5 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 2 |
| Iced Cappuccino (12 oz) (2% milk) | 357 | 80 | 3 | 1.5 | 0 | 10 | 80 | 7 | 0 | 7 | 5 | 8 | 0 | 17 | 1 |
| Iced Cappuccino (16 oz) (2% milk) | 476 | 120 | 5 | 2.5 | 0 | 20 | 125 | 12 | 0 | 12 | 8 | 14 | 0 | 27 | 2 |
| Iced Cappuccino (20 oz) (2% milk) | 595 | 140 | 6 | 3 | 0 | 20 | 150 | 13 | 0 | 13 | 9 | 15 | 0 | 30 | 2 |
| Iced Latte (12 oz) (2% milk) | 357 | 80 | 3 | 1.5 | 0 | 10 | 80 | 7 | 0 | 7 | 5 | 8 | 0 | 17 | 1 |
| Iced Latte (16 oz) (2% milk) | 476 | 120 | 5 | 2.5 | 0 | 20 | 125 | 12 | 0 | 12 | 8 | 14 | 0 | 27 | 2 |
| Iced Latte (20 oz) (2% milk) | 595 | 140 | 6 | 3 | 0 | 20 | 150 | 13 | 0 | 13 | 9 | 15 | 0 | 30 | 2 |
| Iced Chai Latte (12 oz) (2% milk) | 357 | 230 | 5 | 3 | 0 | 20 | 130 | 35 | 0 | 35 | 9 | 15 | 8 | 30 | 3 |
| Iced Chai Latte (16 oz) (2% milk) | 476 | 340 | 7 | 3.5 | 0 | 30 | 180 | 54 | 0 | 54 | 12 | 20 | 15 | 40 | 6 |
| Iced Chai Latte (20 oz) (2% milk) | 595 | 380 | 9 | 4.5 | 0 | 35 | 220 | 59 | 0 | 59 | 25 | 25 | 15 | 50 | 6 |
| Iced Mocha (12 oz) (2% milk) | 357 | 200 | 6 | 3 | 0 | 15 | 290 | 29 | 1 | 28 | 7 | 8 | 0 | 20 | 8 |
| Iced Mocha (16 oz) (2% milk) | 496 | 300 | 10 | 5 | 0 | 20 | 440 | 44 | 1 | 42 | 10 | 14 | 2 | 31 | 11 |
| Iced Mocha (20 oz) (2% milk) | 595 | 390 | 13 | 6 | 0 | 25 | 570 | 58 | 2 | 55 | 13 | 17 | 2 | 39 | 15 |
| Iced White Mocha (12 oz) (2% milk) | 357 | 210 | 4.5 | 1.5 | 0 | 20 | 180 | 36 | 0 | 33 | 6 | 8 | 0 | 21 | 14 |
| Iced White Mocha (16 oz) (2% milk) | 496 | 300 | 7 | 2.5 | 0 | 25 | 240 | 51 | 0 | 46 | 10 | 14 | 2 | 32 | 19 |
| Iced White Mocha (20 oz) (2% milk) | 595 | 420 | 9 | 3 | 0 | 35 | 340 | 72 | 0 | 65 | 12 | 17 | 2 | 42 | 27 |

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|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| COFFEE SMOOTHIES | | | | | | | | | | | | | | | |
| Cappuccino (12 oz) (2% milk) | 357 | 320 | 13 | 2 | 0 | 10 | 260 | 44 | 0 | 32 | 6 | 8 | 0 | 19 | 1 |
| Cappuccino (16 oz) (2% milk) | 496 | 500 | 21 | 3.5 | 0 | 20 | 410 | 70 | 0 | 52 | 10 | 14 | 2 | 30 | 1 |
| Cappuccino (20 oz) (2% milk) | 595 | 710 | 30 | 4.5 | 0 | 20 | 570 | 100 | 0 | 73 | 12 | 15 | 2 | 36 | 2 |
| Chocolate Mocha Nut (12 oz) (2%) | 357 | 260 | 7 | 2.5 | 0 | 15 | 220 | 44 | 0 | 40 | 6 | 8 | 0 | 19 | 4 |
| Chocolate Mocha Nut (16 oz) (2%) | 496 | 430 | 11 | 4 | 0 | 20 | 350 | 71 | 1 | 64 | 10 | 14 | 0 | 30 | 6 |
| Chocolate Mocha Nut (20 oz) (2%) | 595 | 560 | 15 | 5 | 0 | 25 | 450 | 95 | 1 | 84 | 11 | 15 | 2 | 34 | 8 |
| Mocha (12 oz) (2% milk) | 357 | 230 | 9 | 2.5 | 0 | 15 | 250 | 33 | 0 | 27 | 6 | 8 | 0 | 19 | 4 |
| Mocha (16 oz) (2% milk) | 496 | 360 | 13 | 4 | 0 | 20 | 390 | 50 | 1 | 42 | 10 | 14 | 0 | 30 | 6 |
| Mocha (20 oz) (2% milk) | 595 | 450 | 17 | 5 | 0 | 25 | 490 | 64 | 1 | 53 | 12 | 15 | 0 | 35 | 8 |
| NON-COFFEE SMOOTHIES | | | | | | | | | | | | | | | |
| Chocolate Coconut (12 oz) (2% milk) | 357 | 300 | 8 | 3 | 0 | 20 | 240 | 48 | 0 | 44 | 8 | 13 | 0 | 27 | 4 |
| Chocolate Coconut (16 oz) (2% milk) | 496 | 470 | 13 | 5 | 0 | 25 | 380 | 75 | 1 | 68 | 13 | 19 | 2 | 40 | 5 |
| Chocolate Coconut (20 oz) (2% milk) | 595 | 620 | 17 | 6 | 0 | 30 | 500 | 100 | 1 | 90 | 15 | 22 | 2 | 47 | 7 |
| Chocolate Frost (12 oz) (2% milk) | 357 | 220 | 8 | 3 | 0 | 20 | 240 | 29 | 0 | 26 | 8 | 13 | 0 | 27 | 4 |
| Chocolate Frost (16 oz) (2% milk) | 496 | 350 | 13 | 5 | 0 | 25 | 380 | 47 | 1 | 41 | 13 | 19 | 2 | 40 | 5 |
| Chocolate Frost (20 oz) (2% milk) | 595 | 460 | 17 | 6 | 0 | 30 | 500 | 62 | 1 | 54 | 15 | 22 | 2 | 47 | 7 |

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|---------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| NON-COFFEE SMOOTHIES | | | | | | | | | | | | | | | |
| Vanilla Frost (12 oz) (2% milk) | 357 | 400 | 17 | 3 | 0 | 20 | 320 | 54 | 0 | 41 | 9 | 13 | 0 | 28 | 0 |
| Vanilla Frost (16 oz) (2% milk) | 496 | 550 | 23 | 4.5 | 0 | 25 | 440 | 74 | 0 | 56 | 13 | 19 | 2 | 40 | 0 |
| Vanilla Frost (20 oz) (2% milk) | 595 | 720 | 30 | 5 | 0 | 30 | 570 | 99 | 0 | 74 | 16 | 22 | 2 | 48 | 1 |
| FRUIT SMOOTHIES | | | | | | | | | | | | | | | |
| Banana Blend (12 oz) | 357 | 170 | 0 | 0 | 0 | 0 | 10 | 42 | 1 | 34 | 1 | 0 | 45 | 2 | 3 |
| Banana Blend (16 oz) | 496 | 240 | 0 | 0 | 0 | 0 | 15 | 58 | 1 | 47 | 1 | 0 | 70 | 2 | 5 |
| Banana Blend (20 oz) | 595 | 300 | 0 | 0 | 0 | 0 | 20 | 74 | 1 | 60 | 1 | 0 | 80 | 3 | 6 |
| Mango Tropics (12 oz) | 357 | 180 | 0 | 0 | 0 | 0 | 5 | 43 | 1 | 42 | 0 | 7 | 30 | 0 | 4 |
| Mango Tropics (16 oz) | 496 | 250 | 0 | 0 | 0 | 0 | 10 | 59 | 2 | 58 | 1 | 10 | 40 | 1 | 5 |
| Mango Tropics (20 oz) | 595 | 320 | 0 | 0 | 0 | 0 | 10 | 76 | 2 | 73 | 1 | 12 | 50 | 1 | 6 |
| Strawberry (12 oz) | 357 | 180 | 0 | 0 | 0 | 0 | 5 | 46 | 1 | 45 | 0 | 0 | 60 | 0 | 4 |
| Strawberry (16 oz) | 496 | 250 | 0 | 0 | 0 | 0 | 10 | 63 | 2 | 61 | 0 | 0 | 80 | 1 | 5 |
| Strawberry (20 oz) | 595 | 320 | 0 | 0 | 0 | 0 | 10 | 81 | 2 | 78 | 0 | 0 | 100 | 1 | 6 |

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|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| BOULANGERIE | | | | | | | | | | | | | | | |
| Croissant, Breakfast Ham & Cheese | 142 | 550 | 23 | 5 | 0 | 30 | 310 | 71 | 1 | 6 | 16 | 2 | 0 | 10 | 35 |
| Croissant, Butter | 70 | 250 | 15 | 7 | 0 | 45 | 310 | 28 | 1 | 5 | 5 | 4 | 10 | 0 | 10 |
| Croissant, Butter, Jumbo | 90 | 340 | 18 | 10 | 1 | 65 | 420 | 37 | 1 | 7 | 5 | 4 | 10 | 0 | 15 |
| Croissant, Cheese | 100 | 380 | 22 | 13 | 1 | 65 | 510 | 34 | 1 | 6 | 8 | 6 | 8 | 15 | 15 |
| Croissant, Chocolate | 80 | 100 | 17 | 10 | 0.3 | 30 | 220 | 34 | 2 | 10 | 5 | 0 | 2 | 0 | 15 |
| Crostata, Apple | 100 | 320 | 18 | 11 | 0 | 45 | 80 | 37 | 1 | 12 | 3 | 15 | 0 | 2 | 10 |
| Danish, Maple & Pecan | 82 | 350 | 21 | 5 | 0 | 35 | 300 | 38 | 2 | 21 | 6 | 0 | 2 | 6 | 10 |
| Danish, Raspberry Cream Cheese | 85 | 320 | 18 | 8 | 0 | 40 | 290 | 33 | 2 | 10 | 6 | 4 | 15 | 4 | 10 |
| Muffin, Blueberry | 150 | 490 | 19 | 2 | 0.1 | 35 | 390 | 73 | 2 | 36 | 8 | 2 | 2 | 15 | 20 |
| Muffin, Blueberry Bran | 150 | 350 | 4.5 | 1 | 0 | 40 | 310 | 76 | 10 | 42 | 8 | 0 | 0 | 8 | 25 |
| Muffin, Carrot and Bran | 113 | 320 | 14 | 1.5 | 0 | 35 | 150 | 50 | 6 | 25 | 5 | 20 | 15 | 4 | 20 |
| Muffin, Carrot Zucchini | 155 | 400 | 8 | 0 | 0 | 55 | 260 | 67 | 1 | 34 | 9 | 110 | 4 | 6 | 45 |
| Muffin, Chocolate Chip Banana | 158 | 620 | 28 | 6 | 0 | 40 | 350 | 88 | 3 | 54 | 6 | 4 | 6 | 6 | 30 |
| Muffin - Chocolate Walnut (Vegan) | 140 | 480 | 28 | 3 | 0.1 | 0 | 440 | 56 | 4 | 28 | 8 | 2 | 2 | 4 | 20 |
| Muffin, Cranberry Orange (Red. Fat) | 150 | 560 | 27 | 2 | 0 | 0 | 330 | 71 | 2 | 40 | 8 | 0 | 6 | 2 | 14 |
| Muffin, Early Bird | 142 | 440 | 24 | 3.5 | 0 | 0 | 20 | 57 | 3 | 23 | 7 | 6 | 6 | 4 | 20 |
| Muffin, Fruit & Nut (Gluten Free) | 142 | 430 | 24 | 3.5 | 0 | 0 | 430 | 51 | 3 | 28 | 6 | 15 | 2 | 3 | 7 |

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) |
|---|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| BOULANGERIE | | | | | | | | | | | | | | | |
| Muffin, Lemon Poppy Seed | 150 | 420 | 1.1 | 0.5 | 0 | 100 | 650 | 76 | 2 | 43 | 7 | 6 | 0 | 10 | 15 |
| Muffin, Lemon Triple Berry | 150 | 450 | 18 | 3 | 0 | 35 | 370 | 67 | 2 | 28 | 7 | 2 | 10 | 10 | 20 |
| Muffin, Morning Glory | 150 | 540 | 29 | 5 | 0.1 | 60 | 320 | 67 | 3 | 33 | 6 | 20 | 4 | 2 | 10 |
| Muffin, Oat Bran | 150 | 420 | 15 | 2.5 | 0.1 | 30 | 520 | 70 | 7 | 35 | 7 | 2 | 4 | 8 | 25 |
| Muffin, Oatmeal Blueberry | 113 | 300 | 14 | 1.5 | 0 | 0 | 10 | 42 | 3 | 17 | 4 | 0 | 4 | 2 | 15 |
| Muffin, Pumpkin (seasonal) | 125 | 410 | 22 | 4 | 0 | 40 | 90 | 52 | 2 | 29 | 6 | 25 | 2 | 6 | 20 |
| Muffin, Chocolate Zucchini Nut (Vegan) | 140 | 460 | 27 | 3 | 0.1 | 0 | 430 | 53 | 4 | 26 | 7 | 0 | 6 | 4 | 20 |
| Scone, Cheese | 142 | 470 | 15 | 6 | 0.1 | 15 | 930 | 73 | 3 | 26 | 11 | 15 | 25 | 10 | 25 |
| Scone, Cranberry & Lemon | 150 | 490 | 26 | 16 | 0 | 65 | 610 | 57 | 2 | 13 | 8 | 20 | 2 | 25 | 20 |
| Scone, Cranberry w/Orange Glaze | 170 | 510 | 13 | 5 | 0.1 | 10 | 760 | 92 | 3 | 49 | 7 | 15 | 30 | 4 | 20 |
| Scone, Ginger w/blackcurrant | 150 | 540 | 30 | 19 | 0 | 80 | 170 | 60 | 2 | 13 | 7 | 25 | 10 | 30 | 25 |
| Scone, Maple | 150 | 530 | 28 | 16 | 0 | 150 | 270 | 61 | 2 | 13 | 9 | 25 | 2 | 15 | 25 |
| Scone, Savoury (jalapeno/red pepper/corn) | 100 | 210 | 9 | 5 | 0 | 25 | 340 | 27 | 1 | 5 | 5 | 10 | 4 | 10 | 15 |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

Daily Calorie and Sodium Requirements

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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) |
|--|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| OTHER | | | | | | | | | | | | | | | |
| Yogurt Parfait | 100 | 130 | 2 | 1 | 0 | 5 | 95 | 24 | 1 | 18 | 5 | 2 | 15 | 2 | 6 |
| Condiments | | | | | | | | | | | | | | | |
| Cream Cheese | 17 | 50 | 5 | 2.5 | 0 | 20 | 70 | 1 | 0 | 1 | 1 | 0 | 0 | 1 | 0 |
| Orange Jam | 10 | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 9 | 0 | 0 | 2 | 0 | 0 |
| Peanut Butter | 18 | 110 | 14 | 1.5 | 0 | 0 | 75 | 5 | 1 | 1 | 3 | 0 | 0 | 0 | 2 |
| Raspberry Jam | 10 | 35 | 0 | 0 | 0 | 0 | 3 | 9 | 0 | 8 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Jam | 10 | 35 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 8 | 0 | 0 | 2 | 0 | 0 |
| BREAKFAST WRAP | | | | | | | | | | | | | | | |
| Breakfast Wrap, Egg White w/Turkey & Cheddar | 270 | 460 | 13 | 5 | 0 | 40 | 1000 | 53 | 2 | 3 | 35 | 2 | 2 | 30 | 28 |
| Breakfast Wrap, Ham and Cheddar | 250 | 530 | 22 | 8 | 0 | 450 | 1170 | 55 | 2 | 3 | 28 | 20 | 8 | 33 | 38 |
| Breakfast Wrap, Vegetarian | 307 | 520 | 21 | 8 | 0 | 445 | 770 | 59 | 3 | 4 | 26 | 33 | 89 | 36 | 37 |

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) |
|--|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| PATISSERIE | | | | | | | | | | | | | | | |
| Biscotti, Amaretto | 105 | 490 | 21 | 10 | 0 | 45 | 320 | 68 | 3 | 33 | 8 | 6 | 0 | 6 | 15 |
| Biscotti, Lemon Cranberry | 68 | 300 | 10 | 3.5 | 0 | 45 | 280 | 47 | 3 | 24 | 5 | 10 | - | 2 | 10 |
| Cookie - Chocolate Chip (Gluten Free) | 100 | 460 | 26 | 16 | 0 | 90 | 320 | 54 | 4 | 28 | 4 | 16 | 4 | 4 | 12 |
| Cookie, Ginger Molasses | 100 | 430 | 20 | 11 | 0 | 70 | 340 | 57 | 1 | 26 | 5 | 15 | 0 | 6 | 20 |
| Cookie, Haystack | 85 | 340 | 14 | 6 | 0 | 0 | 30 | 50 | 5 | 30 | 6 | 8 | 0 | 4 | 15 |
| Cookie, Macadamia White Chocolate Chip | 114 | 520 | 26 | 10 | 0 | 30 | 380 | 64 | 2 | 42 | 6 | 20 | 0 | 4 | 12 |
| Cookie, Oatmeal Raisin | 113 | 470 | 20 | 7 | 0.1 | 0 | 0 | 69 | 4 | 31 | 7 | 20 | 0 | 2 | 20 |
| Cookie, Peanut Butter Chocolate | 96 | 440 | 23 | 12 | 0 | 65 | 360 | 50 | 2 | 33 | 8 | 15 | 0 | 7 | 15 |
| Cookie, Peanut Butter (Chocolate Dipped) | 120 | 600 | 34 | 3 | 0 | 30 | 270 | 63 | 4 | 36 | 12 | 6 | 0 | 2 | 15 |
| Cookie, White Chocolate Macadamia & Toffee | 100 | 470 | 26 | 14 | 0 | 70 | 230 | 55 | 2 | 27 | 5 | 15 | 4 | 0 | 20 |
| Energy Ball, Chocolate & Date | 50 | 208 | 10 | 4 | 0 | 0 | 65 | 26 | 4 | 23 | 4 | 8 | 2 | 3 | 11 |
| Energy Ball, PB & J | 49 | 212 | 10 | 1.7 | 0 | 0 | 36 | 26 | 3 | 21 | 6 | 5 | 1 | 3 | 7 |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
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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)

| 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) |
|------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| BARS & SQUARES | | | | | | | | | | | | | | | |
| Bar, Addiction | 88 | 420 | 23 | 11 | 0 | 60 | 210 | 49 | 4 | 32 | 5 | 15 | 0 | 4 | 20 |
| Bar, Granola (Flour Free) | 110 | 470 | 23 | 7 | 0.1 | 0 | 10 | 61 | 6 | 30 | 9 | 20 | 2 | 8 | 25 |
| Bar, Granola Nature | 115 | 370 | 17 | 9 | 0 | 40 | 280 | 58 | 3 | 24 | 3 | 25 | 30 | 4 | 50 |
| Bar, Lemon Coconut | 105 | 330 | 14 | 7 | 0.1 | 95 | 35 | 46 | 1 | 28 | 5 | 15 | 4 | 2 | 10 |
| Bar, Nanaimo | 90 | 410 | 26 | 10 | 0.1 | 5 | 115 | 48 | 3 | 34 | 3 | 20 | 0 | 2 | 15 |
| Bar, Peanut Butter Chia Oat | 104 | 490 | 23 | 6 | 0 | 0 | 190 | 57 | 15 | 24 | 13 | 10 | 6 | 0 | 15 |
| Bar, Oat Fudge | 85 | 380 | 24 | 13 | 0 | 50 | 85 | 41 | 5 | 16 | 7 | 10 | 0 | 6 | 30 |
| Bar, Quinoa (Flour Free) | 49 | 201 | 12 | 3 | 0 | 18 | 15 | 19 | 2 | 6 | 4 | 1 | 3 | 3 | 25 |
| Brownie, Chocolate | 100 | 380 | 16 | 5 | 0 | 35 | 330 | 56 | 2 | 39 | 5 | 6 | 0 | 2 | 15 |
| Brownie, Cream Cheese | 112 | 509 | 34 | 20 | 0 | 150 | 140 | 50 | 2 | 36 | 6 | 20 | 0 | 4 | 30 |
| Square, Blueberry Apple | 135 | 330 | 10 | 4.5 | 0 | 10 | 35 | 57 | 4 | 22 | 6 | 8 | 2 | 2 | 15 |
| Square, Cinnamon Apple Pie | 125 | 360 | 15 | 6 | 0.1 | 35 | 20 | 53 | 2 | 23 | 5 | 20 | 0 | 2 | 15 |
| Square, Cranberry Crumble | 90 | 320 | 13 | 5 | 0.1 | 15 | 10 | 47 | 3 | 17 | 5 | 15 | 4 | 2 | 15 |
| Square, Date | 70 | 270 | 9 | 3.5 | 0 | 0 | 190 | 42 | 2 | 24 | 3 | 10 | - | 2 | 20 |
| Square, Peanut Butter Toffee | 100 | 470 | 24 | 7 | 0.1 | 0 | 230 | 61 | 2 | 45 | 6 | 25 | 6 | 2 | 30 |
| Square, Pecan Chocolate | 120 | 500 | 24 | 8 | 0.1 | 5 | 50 | 71 | 2 | 48 | 5 | 20 | 0 | 4 | 15 |

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) |
|----------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| BARS & SQUARES | | | | | | | | | | | | | | | |
| Square, Rice Krispies | 90 | 330 | 11 | 5 | 0.5 | 20 | 390 | 62 | 0 | 26 | 4 | 0 | 35 | 0 | 91 |
| Square, Rocky Road | 92 | 460 | 40 | 17 | 0 | 0 | 20 | 31 | 9 | 13 | 13 | 0 | 0 | 7 | 71 |
| CAKES & LOAVES | | | | | | | | | | | | | | | |
| Cake, Carrot | 170 | 660 | 40 | 10 | 0.1 | 120 | 570 | 72 | 2 | 50 | 7 | 35 | 2 | 6 | 15 |
| Cake, Mocha Coffee | 150 | 660 | 41 | 8 | 0 | 90 | 540 | 71 | 5 | 42 | 8 | 3 | 0 | 6 | 30 |
| Loaf, Banana | 124 | 430 | 6 | 2 | 0 | 30 | 300 | 63 | 1 | 36 | 5 | 2 | 4 | 5 | 16 |
| Loaf, Banana Chocolate Chip | 120 | 440 | 19 | 4 | 0 | 30 | 260 | 64 | 2 | 40 | 5 | 2 | 4 | 4 | 15 |
| Loaf, Gluten Friendly Energy | 110 | 380 | 23 | 2.5 | 0.1 | 100 | 360 | 40 | 2 | 21 | 5 | 4 | 2 | 6 | 8 |
| Loaf, Carrot Walnut | 115 | 330 | 15 | 1.5 | 0 | 80 | 50 | 46 | 2 | 26 | 6 | 20 | 2 | 4 | 15 |
| Loaf, Chocolate Marble | 140 | 480 | 26 | 2.5 | 0 | 0 | 270 | 65 | 2 | 21 | 5 | 0 | 25 | 0 | 4 |
| Loaf, Cranberry Pineapple Orange | 140 | 450 | 26 | 3.5 | 0 | 100 | 560 | 53 | 1 | 2 | 7 | 4 | 40 | 2 | 4 |
| Loaf, Lemon | 142 | 600 | 34 | 20 | 0 | 215 | 240 | 67 | 1 | 37 | 7 | 30 | 6 | 10 | 18 |
| Loaf, Lemon Poppy Seed | 140 | 480 | 29 | 3.5 | 0 | 0 | 580 | 57 | 2 | 1 | 6 | 0 | 35 | 2 | 4 |
| Loaf, Omega | 100 | 350 | 21 | 2.5 | 0 | 75 | 330 | 38 | 4 | 18 | 6 | 2 | 20 | 2 | 10 |
| Loaf, Pumpkin | 100 | 330 | 17 | 2.5 | 0 | 30 | 55 | 43 | 1 | 23 | 5 | 20 | 2 | 6 | 15 |

Daily Calorie and Sodium Requirements

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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) |
|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SALADS | | | | | | | | | | | | | | | |
| Bean | 240 | 310 | 17 | 2.5 | 0 | 0 | 260 | 34 | 7 | 7 | 10 | 10 | 20 | 10 | 25 |
| Bean Salad Cup | 100 | 130 | 7 | 1 | 0 | 0 | 110 | 14 | 3 | 3 | 4 | 4 | 4 | 8 | 10 |
| Carrot & Hummus | 170 | 210 | 15 | 3 | 0 | 0 | 390 | 17 | 5 | 7 | 4 | 134 | 8 | 2 | 9 |
| Carrot & Ranch Dip | 122 | 210 | 20 | 1.5 | 0 | 5 | 380 | 10 | 2 | 7 | 2 | 134 | 8 | 2 | 2 |
| Carrot/Celery & Hummus | 185 | 210 | 15 | 3 | 0 | 0 | 400 | 15 | 5 | 6 | 4 | 77 | 8 | 3 | 9 |
| Carrot/Celery & Ranch Dip | 137 | 210 | 20 | 1.5 | 0 | 5 | 390 | 9 | 2 | 6 | 2 | 77 | 8 | 3 | 2 |
| Fresh Fruit Salad | 300 | 140 | 0 | 0 | 0 | 0 | 15 | 35 | 4 | 29 | 2 | 19 | 130 | 4 | 5 |
| Greek Salad Cup | 263 | 320 | 27 | 8 | 0 | 30 | 1520 | 23 | 2 | 5 | 7 | 10 | 80 | 20 | 0 |
| Protein Cup | 170 | 290 | 24 | 4 | 0.1 | 370 | 390 | 7 | 1 | 4 | 13 | 60 | 20 | 8 | 20 |
| Tomato, Cucumber, Boconcini & Basil | 189 | 210 | 13 | 8 | 0 | 30 | 440 | 4 | 1 | 3 | 18 | 8 | 20 | 39 | 3 |
| SANDWICHES/WRAPS | | | | | | | | | | | | | | | |
| Bagel, Multigrain | 113 | 320 | 3.5 | 0.5 | 0 | 0 | 410 | 56 | 4 | 5 | 12 | 0 | 0 | 5 | 26 |
| Bagel, Onion | 112 | 310 | 2 | 0 | 0 | 0 | 580 | 60 | 2 | 2 | 11 | 0 | 4 | 4 | 12 |
| Bagel, Plain | 96 | 270 | 2 | 0 | 0 | 0 | 520 | 52 | 2 | 0 | 10 | 0 | 0 | 0 | 10 |
| Bagel, Multigrain with Cream Cheese | 138 | 410 | 11 | 6 | 0 | 35 | 480 | 58 | 4 | 7 | 14 | 2 | 0 | 8 | 26 |
| Bagel, Onion with Cream Cheese | 137 | 410 | 10 | 6 | 0 | 35 | 650 | 62 | 2 | 4 | 13 | 0 | 4 | 7 | 12 |
| Bagel, Plain with Cream Cheese | 121 | 360 | 9 | 6 | 0 | 35 | 590 | 54 | 2 | 2 | 11 | 0 | 0 | 3 | 10 |

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|---|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SANDWICHES/WRAPS | | | | | | | | | | | | | | | |
| Bagel, Multigrain w/ Smoked Salmon & Cream Cheese | 178 | 450 | 12 | 7 | 0 | 40 | 710 | 59 | 4 | 7 | 19 | 3 | 2 | 9 | 28 |
| Bagel, Plain with Smoked Salmon & Cream Cheese | 161 | 400 | 11 | 6 | 0 | 40 | 820 | 54 | 2 | 2 | 17 | 1 | 2 | 4 | 12 |
| Bagel, Multigrain, Vegetarian | 258 | 430 | 11 | 6 | 0 | 35 | 480 | 62 | 5 | 8 | 15 | 1 | 25 | 9 | 28 |
| Baguette, Roast Beef | 249 | 780 | 35 | 9 | 0 | 45 | 2080 | 77 | 5 | 3 | 39 | 12 | 4 | 36 | 58 |
| Baguette, Tomato Swiss Cheese | 216 | 620 | 24 | 7 | 0 | 30 | 850 | 80 | 4 | 3 | 23 | 11 | 6 | 28 | 46 |
| Bunwich, Black Forest Ham | 181 | 410 | 18 | 4.5 | 0 | 30 | 970 | 46 | 2 | 2 | 15 | 4 | 15 | 10 | 22 |
| Bunwich, Gypsy Salami | 182 | 480 | 25 | 6 | 0 | 45 | 1110 | 45 | 2 | 2 | 17 | 4 | 15 | 11 | 24 |
| Bunwich, Roast Beef | 176 | 360 | 13 | 1.5 | 0 | 20 | 800 | 46 | 2 | 1 | 12 | 0 | 16 | 1 | 24 |
| Croissant, Chicken Salad | 205 | 510 | 28 | 11 | 1 | 120 | 580 | 39 | 2 | 8 | 24 | 6 | 30 | 5 | 25 |
| Croissant, Ham & Cheese | 156 | 480 | 28 | 16 | 1 | 105 | 940 | 39 | 1 | 9 | 14 | 10 | 10 | 12 | 22 |
| Melt, Tuna | 230 | 580 | 27 | 6 | 0 | 35 | 860 | 32 | 3 | 4 | 22 | 9 | 50 | 10 | 39 |
| Melt, Vegetarian | 222 | 460 | 20 | 5 | 0 | 15 | 1060 | 57 | 5 | 10 | 15 | 27 | 80 | 14 | 45 |
| Panini, Avocado Grilled Cheese | 250 | 590 | 27 | 10 | 0 | 35 | 1150 | 35 | 6 | 3 | 22 | 12 | 24 | 34 | 42 |
| Panini, Chicken BBQ Ranch | 225 | 500 | 15 | 4 | 0 | 55 | 1030 | 34 | 2 | 5 | 27 | 1 | 4 | 12 | 33 |
| Panini, Greek Feta | 228 | 510 | 27 | 10 | 0 | 30 | 1050 | 49 | 3 | 4 | 18 | 21 | 60 | 19 | 36 |
| Panini, Italiano | 251 | 570 | 30 | 10 | 0 | 55 | 1350 | 49 | 2 | 4 | 27 | 27 | 15 | 35 | 33 |

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|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SANDWICHES/WRAPS | | | | | | | | | | | | | | | |
| Panini, Chipotle Chicken | 222 | 550 | 22 | 3 | 0 | 55 | 0 | 33 | 1 | 3 | 25 | 28 | 12 | 3 | 34 |
| Panini, Ham & Artichoke Toastie | 216 | 480 | 15 | 3.5 | 0 | 20 | 0 | 61 | 1 | 3 | 24 | 28 | 7 | 12 | 32 |
| Panini, Hummus & Artichoke | 230 | 380 | 13 | 3 | 0 | 0 | 0 | 55 | 1 | 5 | 11 | 28 | 12 | 4 | 36 |
| Panini, Sweet Corn Tuna Melt | 215 | 520 | 19 | 4 | 0 | 50 | 0 | 30 | 0 | 2 | 26 | 11 | 19 | 9 | 43 |
| Panini, Tuscan Chicken | 235 | 500 | 21 | 6 | 0 | 55 | 880 | 50 | 2 | 2 | 26 | 11 | 6 | 15 | 33 |
| Sandwich, Brie & Fig with Arugula | 248 | 620 | 25 | 11 | 0 | 60 | 940 | 62 | 4 | 22 | 23 | 18 | 15 | 12 | 31 |
| Sandwich, Egg Salad on Whole Wheat | 256 | 540 | 22 | 4 | 0 | 430 | 820 | 56 | 0 | 4 | 27 | 20 | 25 | 5 | 34 |
| Sandwich, Grilled Cheese | 211 | 740 | 43 | 16 | 0.5 | 70 | 1260 | 55 | 0 | 2 | 32 | 0 | 5 | 47 | 25 |
| Sandwich, Tuna Salad on Whole Wheat | 232 | 450 | 12 | 1 | 0 | 35 | 1090 | 56 | 0 | 3 | 29 | 1 | 10 | 0 | 31 |
| Sandwich, Turkey Granny Gobbler | 268 | 530 | 16 | 4.5 | 0 | 55 | 730 | 52 | 4 | 17 | 33 | 38 | 20 | 14 | 39 |
| Wrap, Avocado Chicken | 301 | 700 | 37 | 7 | 0 | 85 | 980 | 59 | 7 | 3 | 37 | 7 | 41 | 28 | 32 |
| Wrap, Chicken Satay | 250 | 510 | 15 | 5 | 0 | 65 | 0 | 62 | 0 | 9 | 34 | 56 | 55 | 24 | 33 |
| Wrap, Curried Chickpea (Vegan) | 289 | 480 | 14 | 2.5 | 0 | 0 | 770 | 74 | 7 | 4 | 16 | 28 | 69 | 26 | 44 |
| Wrap, Loaded Hummus | 230 | 450 | 19 | 4.5 | 0 | 0 | 0 | 62 | 1 | 5 | 13 | 89 | 80 | 23 | 39 |
| Wrap, Turkey | 285 | 420 | 8 | 2 | 0 | 35 | 1250 | 58 | 3 | 5 | 27 | 27 | 44 | 22 | 31 |
| Wrap, Veggie-Mexi | 360 | 560 | 19 | 6 | 0 | 15 | 0 | 84 | 3 | 10 | 20 | 17 | 60 | 36 | 43 |

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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) |
|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SOUPS | | | | | | | | | | | | | | | |
| Azteca Chicken & Rice (12 oz) | 360 | 100 | 1 | 0.3 | 0 | 25 | 440 | 13 | 1 | 2 | 9 | 2 | 20 | 2 | 4 |
| Azteca Chicken & Rice (16 oz) | 480 | 130 | 1.5 | 0.5 | 0 | 35 | 570 | 17 | 1 | 2 | 12 | 4 | 30 | 4 | 4 |
| Beef Chili (12 oz) | 360 | 270 | 8 | 2 | 0.2 | 15 | 1320 | 36 | 10 | 10 | 15 | 15 | 60 | 10 | 30 |
| Beef Chili (16 oz) | 480 | 360 | 11 | 2.5 | 0.3 | 20 | 1740 | 48 | 13 | 13 | 19 | 20 | 80 | 15 | 40 |
| Broccoli & Cheese (12 oz) | 360 | 320 | 24 | 12 | 0.4 | 60 | 1280 | 18 | 3 | 3 | 7 | 25 | 45 | 15 | 8 |
| Broccoli & Cheese (16 oz) | 480 | 430 | 33 | 17 | 0.5 | 80 | 1720 | 24 | 3 | 4 | 10 | 30 | 60 | 20 | 10 |
| Butternut Squash Apple Soup (12 oz) | 360 | 160 | 4 | 0.4 | 0 | 0 | 520 | 28 | 4 | 7 | 3 | 0 | 80 | 4 | 8 |
| Butternut Squash Apple Soup (16 oz) | 480 | 210 | 5 | 0.5 | 0 | 0 | 700 | 38 | 5 | 9 | 3 | 0 | 100 | 6 | 10 |
| Carrot Coconut Ginger Soup (12 oz) | 360 | 220 | 13 | 8 | 0 | 0 | 580 | 24 | 5 | 6 | 3 | 180 | 20 | 6 | 8 |
| Carrot Coconut Ginger Soup (16 oz) | 480 | 290 | 18 | 10 | 0 | 0 | 770 | 32 | 7 | 8 | 4 | 250 | 25 | 8 | 10 |
| Chicken Coconut Curry Soup (12 oz) | 360 | 220 | 15 | 10 | 0.2 | 25 | 760 | 15 | 2 | 5 | 9 | 25 | 25 | 4 | 10 |
| Chicken Coconut Curry Soup (16 oz) | 480 | 290 | 20 | 13 | 0.2 | 30 | 1010 | 20 | 3 | 6 | 12 | 35 | 35 | 4 | 15 |
| Chicken Noodle Soup (12 oz) | 360 | 100 | 1 | 0.3 | 0 | 20 | 320 | 15 | 2 | 3 | 9 | 50 | 15 | 4 | 8 |
| Chicken Noodle Soup (16 oz) | 480 | 140 | 1.5 | 0.4 | 0 | 25 | 430 | 21 | 3 | 5 | 12 | 70 | 20 | 4 | 10 |
| Chipotle Corn Chowder (12 oz) | 360 | 240 | 16 | 7 | 0.3 | 35 | 870 | 25 | 3 | 4 | 4 | 10 | 30 | 4 | 10 |
| Chipotle Corn Chowder (16 oz) | 480 | 320 | 21 | 9 | 0.4 | 45 | 1160 | 34 | 4 | 5 | 5 | 15 | 40 | 6 | 15 |
| Country Chicken Soup (12 oz) | 360 | 230 | 13 | 6 | 0.3 | 40 | 700 | 20 | 3 | 3 | 10 | 40 | 15 | 4 | 10 |
| Country Chicken Soup (16 oz) | 480 | 310 | 17 | 7 | 0.5 | 55 | 940 | 27 | 4 | 4 | 13 | 50 | 20 | 4 | 15 |

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) |
|--------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| SOUPS | | | | | | | | | | | | | | | |
| Italian Sausage Wedding Soup (12 oz) | 360 | 170 | 8 | 2.5 | 0.1 | 15 | 650 | 16 | 2 | 3 | 8 | 90 | 8 | 6 | 10 |
| Italian Sausage Wedding Soup (16 oz) | 480 | 220 | 10 | 3.5 | 0.1 | 20 | 860 | 21 | 3 | 4 | 10 | 120 | 10 | 6 | 15 |
| Kale Potato and Chorizo (12 oz) | 360 | 130 | 4.5 | 2 | 0.1 | 10 | 430 | 15 | 3 | 4 | 5 | 80 | 30 | 4 | 6 |
| Kale Potato and Chorizo (16 oz) | 480 | 170 | 6 | 2.5 | 0.1 | 15 | 570 | 20 | 4 | 5 | 7 | 110 | 40 | 6 | 8 |
| Loaded Baked Potato Soup (12 oz) | 360 | 280 | 19 | 9 | 0.5 | 45 | 930 | 22 | 3 | 3 | 6 | 10 | 20 | 4 | 8 |
| Loaded Baked Potato Soup (16 oz) | 480 | 370 | 25 | 12 | 0.5 | 65 | 1240 | 30 | 3 | 5 | 8 | 10 | 25 | 6 | 10 |
| Moroccan Chickpea Kale (12 oz) | 360 | 110 | 1.5 | 0 | 0 | 0 | 500 | 18 | 5 | 6 | 5 | 60 | 40 | 8 | 15 |
| Moroccan Chickpea Kale (16 oz) | 480 | 150 | 2 | 0.2 | 0 | 0 | 670 | 25 | 7 | 8 | 6 | 80 | 50 | 10 | 20 |
| Potato Leek (12 oz) | 360 | 240 | 12 | 7.5 | 0 | 40 | 580 | 31 | 3 | 4 | 3 | 15 | 50 | 10 | 12 |
| Potato Leek (16 oz) | 480 | 320 | 16 | 10 | 0 | 50 | 780 | 42 | 4 | 6 | 4 | 20 | 70 | 12 | 15 |
| Roasted Garlic Tomato Soup (12 oz) | 360 | 160 | 9 | 3.5 | 0.2 | 20 | 910 | 15 | 4 | 8 | 4 | 6 | 40 | 8 | 10 |
| Roasted Garlic Tomato Soup (16 oz) | 480 | 210 | 12 | 4.5 | 0.2 | 25 | 1210 | 20 | 5 | 11 | 6 | 8 | 50 | 10 | 10 |
| Smoked Salmon Chowder (12 oz) | 360 | 330 | 21 | 9 | 0 | 50 | 530 | 25 | 1.5 | 4.5 | 7.5 | 40 | 20 | 6 | 10 |
| Smoked Salmon Chowder (16 oz) | 480 | 440 | 28 | 12 | 0 | 70 | 700 | 34 | 2 | 6 | 10 | 60 | 30 | 8 | 12 |
| Tunisian Lentil Stew (12 oz) | 360 | 190 | 6 | 0.5 | 0.1 | 0 | 1260 | 28 | 9 | 6 | 9 | 40 | 45 | 8 | 25 |
| Tunisian Lentil Stew (16 oz) | 480 | 250 | 7 | 0.5 | 0.1 | 0 | 1650 | 37 | 12 | 8 | 12 | 60 | 60 | 10 | 30 |
| Vegetable Chili (12 oz) | 360 | 190 | 5 | 0.5 | 0 | 0 | 1040 | 30 | 7 | 8 | 8 | 35 | 50 | 8 | 15 |
| Vegetable Chili (16 oz) | 480 | 250 | 7 | 0.5 | 0 | 0 | 1390 | 40 | 10 | 10 | 10 | 50 | 70 | 10 | 20 |

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) |
|-----------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| ROLLS & SAMOSAS | | | | | | | | | | | | | | | |
| Beef and Pork Roll | 86 | 310 | 19 | 8 | 0 | 15 | 480 | 27 | 2 | 0 | 8 | 2 | 0 | 2 | 10 |
| Veggie Roll | 96 | 300 | 16 | 7 | 0 | 15 | 910 | 27 | 2 | 0 | 13 | 6 | 2 | 2 | 10 |
| Samosa, Veggie | 140 | 210 | 11 | 4.5 | 0 | 0 | 310 | 22 | 6 | 3 | 6 | 8 | 20 | 2 | 20 |
| Samosa, Chicken | 140 | 200 | 8 | 2.5 | 0 | 0 | 320 | 21 | 5 | 3 | 10 | 2 | 10 | 2 | 15 |
| Samosa, Beef | 140 | 290 | 19 | 7 | 1 | 35 | 210 | 19 | 6 | 3 | 9 | 2 | 10 | 2 | 20 |
| Chutney - Tamarind and Date | 60 | 170 | 0 | 0 | 0 | 0 | 330 | 43 | 2 | 39 | 1 | 0 | 2 | 4 | 8 |
| ENTREES | | | | | | | | | | | | | | | |
| Penne & Meatballs | 400 | 680 | 28 | 8 | 0 | 20 | 800 | 76 | 4 | 4 | 28 | 0 | 16 | 16 | 32 |

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) |
|-------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| CATERING PLATTERS | | | | | | | | | | | | | | | |
| Cheese & Cracker Platter | | | | | | | | | | | | | | | |
| Small (8 servings per platter) | 109 | 430 | 31 | 18 | 0 | 90 | 690 | 12 | 1 | 2 | 25 | 15 | 0 | 63 | 7 |
| Medium (12 servings per platter) | 128 | 500 | 36 | 22 | 0 | 105 | 800 | 13 | 1 | 2 | 30 | 18 | 0 | 75 | 7 |
| Fruit Platter | | | | | | | | | | | | | | | |
| Small (8 servings per platter) | 222 | 100 | 0 | 0 | 0 | 0 | 20 | 25 | 3 | 20 | 1 | 13 | 130 | 2 | 4 |
| Medium (12 servings per platter) | 245 | 110 | 0 | 0 | 0 | 0 | 20 | 28 | 3 | 23 | 2 | 13 | 150 | 3 | 5 |
| Fruit Skewers (each) | 202 | 90 | 0 | 0 | 0 | 0 | 15 | 23 | 3 | 19 | 1 | 17 | 120 | 3 | 3 |
| Veggie Platter (no dip) | | | | | | | | | | | | | | | |
| Small (8 servings per platter) | 125 | 30 | 0 | 0 | 0 | 0 | 40 | 6 | 2 | 4 | 1 | 51 | 70 | 2 | 3 |
| Medium (12 servings per platter) | 117 | 30 | 0 | 0 | 0 | 0 | 35 | 6 | 2 | 3 | 1 | 50 | 70 | 2 | 2 |