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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															
Bun, Cinnamon	143	650	34	15	1	75	75	79	18	24	10	0	6	5	32
Cookie, Peanut Butter	75	320	16	5	0	35	230	41	2	27	8	4	0	0	14
Cookie, Health	73	310	14	9	0	50	160	44	3	30	4	9	0	1	9
Cookie, Chocolate Chip	76	340	19	11	0	55	200	44	2	30	3	11	0	1	13
Cookie, Chocolate Pecan	81	380	23	12	0	65	200	42	1	29	4	11	0	3	10
Cookie, White Chocolate Macadamia	82	400	25	12	0	65	110	43	1	30	4	11	0	3	10
Cookie, Ginger	71	290	12	8	0	55	490	42	1	23	3	11	0	2	11
Cookie, Gluten Free Chocolate	74	290	11	7	0	45	210	46	2	26	4	7	0	1	4
Cookie, Gluten Free Ginger	56	230	10	6	0	45	450	34	1	17	2	8	0	2	4
Cookie, Gluten Free Protein	125	274	10	3	0	73	93	32	8	13	14	0	0	8	10
Croissant, Almond	135	560	34	18	1	120	1060	55	3	19	9	25	0	6	19
Croissant, Apricot	139	370	19	12	1	50	400	45	2	15	6	25	2	4	20
Croissant, Chocolate Almond	120	510	31	16	1	85	410	49	3	20	9	20	0	6	20
Croissant, Plain	80	330	18	11	0.5	45		38	1	6	5	15	0	2	14
Donut, Gluten Free Protein	170	205	10	0	0	190	240	27	12	9	14	0	0	20	19
Loaf, Banana Bread	205	410	10	5	0	85	250	75	6	26	9	11	15	7	20

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BAKED GOODS															
Loaf, Chocolate	135	400	17	10	0	95	340	59	3	32	7	15	0	12	16
Loaf, Lemon	134	440	20	10	0	95	390	58	3	32	8	15	2	20	17
Muffin, Banana Chocolate Chip	155	420	18	11	0	75	340	61	4	30	8	11	6	6	17
Muffin, Blueberry	122	310	12	7	0	75	260	44	2	16	7	11	2	5	13
Muffin, Kickstart	133	410	15	4	0	55	330	65	6	33	9	9	4	6	24
Muffin, Lemon Cranberry	128	340	12	7	0	75	360	54	3	24	7	11	4	5	13
Scone, White Chocolate Blueberry	220	570	19	11	0	80	600	91	5	37	12	9	2	13	24
Scone, Aged Cheddar	187	550	21	12	0	105	770	72	4	19	17	16	2	29	23
Scone, Cranberry Mandarin	227	490	10	6	0	70	580	90	6	33	11	9	15	10	25
Scone, Apple Cinnamon	186	440	10	6	0	70	580	76	5	22	11	9	4	10	24
Square, Brownie	88	360	17	11	0	85	200	49	3	27	5	15	0	2	15
Square, Date	114	390	17	10	0	40	240	57	5	29	5	13	2	3	15
Square, Peanut Butter Oat Bar	125	394	18	5	0	95	120	45	15	14	13	0	0	6	21
Square, Rice Krispie	81	310	7	4	0	15	360	60	0	27	3	23	15	0	76
Tart, Butter	63	250	15	7	0	45	125	25	1	13	3	5	0	2	6

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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)
BOWLS & SALADS															
Baja Bowl	242	280	10	4.5	0	50	460	29	4	4	20	10	60	15	10
Morning Booster Bowl	184	330	20	5	0	200	740	26	3	8	17	40	60	10	20
Greek Salad	372	270	20	5	0	15	750	19	4	10	5	13	130	11	7
CROISSANT, SANDWICHES & WRAPS															
Croissant, Ham and Swiss	208	660	37	17	0	105	1380	55	2	4	25	19	15	16	33
English Muffin, Egg	172	380	19	8	0	260	850	28	2	1	23	7	0	5	17
Sandwich, Chipotle Turkey	265	640	20	6	0	65	1330	82	7	5	33	11	6	3	48
Sandwich, Egg Salad	200	540	22	5	0	430	790	61	6	2	22	15	4	8	37
Sandwich, Tangy Beef	281	810	26	8	0	55	1130	108	10	2	37	8	4	3	50
Sandwich, Vegi	205	410	17	5	0	20	580	56	9	3	11	9	15	5	28
Wrap, Chicken Salad	225	510	29	5	0	75	550	31	5	2	32	13	43	8	16
Wrap, Egg	282	550	27	10	0	540	610	44	4	4	30	21	25	6	24
Wrap, Tuna	259	700	48	7	0	50	1070	31	5	3	35	12	12	7	14

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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)
SNACKS															
Ba-ZING-a Mix	120	1344	89	14	4	0	1200	98	12	29	41	5	0	24	36
Oriental Mix	80	304	1	0	0	0	370	67	1	2	7	0	0	2	0
Trail Mix	150	825	59	12	2	0	255	53	8	35	27	3	0	12	23
Chocolate Almonds	136	750	51	20	0	15	120	68	7	58	14	0	0	12	22
Yogurt Raisins	150	675	30	26	0	0	94	105	4	101	4	0	0	8	8
Yogurt Parfait	233	340	5	2	0	10	300	64	3	39	11	0	8	18	11
SUSHI															
California Roll	180	180	0	0	0	5	470	73	0	6	6	2	1	1	12
Spicy California Roll	180	180	0	0	0	5	470	73	0	4	6	2	1	1	12
Dynamite Roll	270	340	4.5	0	0	30	660	108	0	8	22	2	0	2	20

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COFFEE DRINKS															
Americano (12 oz.)	360	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Americano (16 oz.)	480	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Americano Misto (12 oz.)	360	30	1	0	0	5	50	3	0	3	2	2	0	7	1
Americano Misto (16 oz.)	480	30	1	0	0	5	60	3	0	3	2	2	0	7	1
Single Shot Espresso (1.5 oz.)	360	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Double Espresso (3 oz.)	480	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Shot in the Dark (12 oz.)	360	5	0	0	0	0	15	0	0	0	0	0	0	0	0
Shot in the Dark (16 oz.)	480	5	0	0	0	0	15	0	0	0	0	0	0	0	0
Cappuccino (12 oz.)	360	80	2	1	0	10	110	10	0	9	7	8	2	21	1
Cappuccino (16 oz.)	480	110	3	2	0	15	150	13	0	12	9	10	2	28	1
Latte (12 oz.)	360	100	3	2	0	15	130	12	0	11	8	9	2	25	1
Latte (16 oz.)	480	140	3	2	0	20	170	16	0	15	11	12	2	33	1
Breve Latte (12 oz.)	360	270	23	14	0	70	100	11	0	0	7	20	4	22	2
Breve Latte (16 oz.)	480	360	30	18	0	90	135	14	0	0	9	27	4	29	2
Almond Latte (12 oz.)	360	160	3	2	0	15	130	27	0	26	8	9	2	25	1
Almond Latte (16 oz.)	480	230	3	2	0	20	170	39	0	38	11	12	2	33	1
Blackberry Latte (12 oz.)	360	170	3	2	0	15	130	28	0	26	8	9	2	25	1
Blackberry Latte (16 oz.)	480	240	3	2	0	20	170	40	0	38	11	12	2	33	1

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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)
COFFEE DRINKS															
Caramel Latte (12 oz.)	360	170	3	2	0	15	130	28	0	27	8	9	2	25	1
Caramel Latte (16 oz.)	480	240	3	2	0	20	170	40	0	39	11	12	2	33	1
Caramel Latte with No Sugar Syrup (12 oz.)	360	100	3	2	0	15	130	15	0	11	8	9	2	25	1
Caramel Latte with No Sugar Syrup (16 oz.)	480	140	3	2	0	20	170	20	0	15	11	12	2	33	1
Cinnamon Latte (12 oz.)	360	170	3	2	0	15	130	28	0	27	8	9	2	25	1
Cinnamon Latte (16 oz.)	480	240	3	2	0	20	170	40	0	39	11	12	2	33	1
Coconut Latte (12 oz.)	360	170	3	2	0	15	130	29	0	28	8	9	2	25	1
Coconut Latte (16 oz.)	480	240	3	2	0	20	170	41	0	40	11	12	2	33	1
Frosted Mint Latte (12 oz.)	360	160	3	2	0	15	130	27	0	26	8	9	2	25	1
Frosted Mint Latte (16 oz.)	480	230	3	2	0	20	170	39	0	38	11	12	2	33	1
Hazelnut Latte (12 oz.)	360	160	3	2	0	15	130	27	0	26	8	9	2	25	1
Hazelnut Latte (16 oz.)	480	230	3	2	0	20	180	38	0	37	11	12	2	33	1
Hazelnut Latte with No Sugar Syrup (12 oz.)	360	100	3	2	0	15	130	15	0	11	8	9	2	25	1
Hazelnut Latte with No Sugar Syrup (16 oz.)	480	140	3	2	0	20	170	20	0	15	11	12	2	33	1
Mocha Latte (12 oz.)	360	180	3	2	0	15	135	30	0	29	9	9	4	25	18

Nutrition information is provided for the standard beverage made with 1% milk. For other milk and milk alternatives, please refer to page 13 where information for steamed milk and milk alternatives are available.

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COFFEE DRINKS															
Mocha Latte (16 oz.)	480	260	4	3	0	20	180	43	0	42	12	12	4	33	27
Toffee Nut Latte (12 oz.)	360	160	3	2	0	15	140	26	0	25	8	9	2	25	1
Toffee Nut Latte (16 oz.)	480	230	3	2	0	20	190	37	0	36	11	12	2	33	1
Vanilla Latte (12 oz.)	360	170	3	2	0	15	130	29	0	28	8	9	2	25	1
Vanilla Latte (16 oz.)	480	240	3	2	0	20	170	41	0	40	11	12	2	33	1
Vanilla Latte with No Sugar Syrup (12 oz.)	360	100	3	2	0	15	130	15	0	11	8	9	2	25	1
Vanilla Latte with No Sugar Syrup (16 oz.)	480	140	3	2	0	20	170	20	0	15	11	12	2	33	1
Almond Dark Chocolate Latte (12 oz.)	360	260	6	4	0	25	140	44	0	41	9	9	4	29	13
Almond White Chocolate Latte (12 oz.)	360	260	6	4	0	25	160	42	0	39	9	9	2	29	1
Almond Dark Chocolate Latte (16 oz.)	480	350	7	4	0	30	190	59	0	56	12	12	4	35	18
Almond White Chocolate Latte (16 oz.)	480	340	7	5	0	30	220	56	0	53	12	12	2	37	1
Hazelnut Latte with No Sugar Syrup (12 oz.)	360	100	3	2	0	15	130	15	0	11	8	9	2	25	1
Hazelnut Latte with No Sugar Syrup (16 oz.)	480	140	3	2	0	20	170	20	0	15	11	12	2	33	1
Blackberry Dark Chocolate Latte (12 oz.)	360	270	6	4	0	25	140	44	0	41	9	9	4	29	13
Blackberry White Chocolate Latte (12 oz.)	480	260	6	4	0	25	160	42	0	39	9	9	2	29	1

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COFFEE DRINKS															
Blackberry Dark Chocolate Latte (16 oz.)	480	360	7	4	0	30	180	61	0	57	12	12	4	35	18
Blackberry White Chocolate Latte (16 oz.)	480	350	7	5	0	30	220	58	0	54	12	12	2	37	1
Caramel Dark Chocolate Latte (12 oz.)	360	270	6	4	0	25	140	44	0	41	9	9	4	26	13
Caramel White Chocolate Latte (12 oz.)	360	260	6	4	0	25	160	42	0	39	9	9	2	29	1
Caramel Dark Chocolate Latte (16 oz.)	480	360	7	4	0	30	180	61	0	58	12	12	4	35	18
Caramel White Chocolate Latte (16 oz.)	480	350	7	5	0	30	220	58	0	55	12	12	2	37	1
Cinnamon Dark Chocolate Latte (12 oz.)	360	270	6	4	0	25	140	44	0	41	9	9	4	29	13
Cinnamon White Chocolate Latte (12 oz.)	360	260	6	4	0	25	160	42	0	39	9	9	2	29	1
Cinnamon Dark Chocolate Latte (16 oz.)	480	360	7	4	0	30	180	62	0	59	12	12	4	35	18
Cinnamon White Chocolate Latte (16 oz.)	480	350	7	5	0	30	220	59	0	56	12	12	2	37	1
Coconut Dark Chocolate Latte (12 oz.)	360	270	6	4	0	25	140	45	0	42	9	9	4	29	13
Coconut White Chocolate Latte (12 oz.)	360	260	6	4	0	25	160	43	0	40	9	9	2	29	1
Coconut Dark Chocolate Latte (16 oz.)	480	360	7	4	0	30	180	62	0	59	12	12	4	35	18

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COFFEE DRINKS															
Coconut White Chocolate Latte (16 oz.)	480	350	7	5	0	30	220	59	0	56	12	12	2	37	1
Frosted Mint Dark Chocolate Latte (12 oz.)	360	260	6	4	0	25	140	44	0	41	9	9	4	29	13
Frosted Mint White Chocolate Latte (12 oz.)	360	260	6	4	0	25	160	42	0	39	9	9	2	29	1
Frosted Mint Dark Chocolate Latte (16 oz.)	480	350	7	4	0	30	180	60	0	57	12	12	4	35	18
Frosted Mint White Chocolate Latte (16 oz.)	480	340	7	5	0	30	220	57	0	54	12	12	2	37	1
Hazelnut Dark Chocolate Latte (12 oz.)	360	260	6	4	0	25	140	43	0	40	9	9	4	29	13
Hazelnut White Chocolate Latte (12 oz.)	360	260	6	4	0	25	170	41	0	38	9	9	2	29	1
Hazelnut Dark Chocolate Latte (16 oz.)	480	350	7	4	0	30	190	59	0	56	12	12	4	35	18
Hazelnut White Chocolate Latte (16 oz.)	480	340	7	5	0	30	220	56	0	53	12	12	2	37	1
Toffee Nut Dark Chocolate Latte (12 oz.)	360	260	6	4	0	25	150	42	0	39	9	9	4	29	13
Toffee Nut White Chocolate Latte (12 oz.)	360	260	6	4	0	25	170	40	0	37	9	9	2	29	1
Toffee Nut Dark Chocolate Latte (16 oz.)	480	350	7	4	0	30	200	58	0	55	12	12	4	35	18

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COFFEE DRINKS															
Toffee Nut White Chocolate Latte (16 oz.)	480	340	7	5	0	30	230	55	0	52	12	12	2	37	1
Vanilla Dark Chocolate Latte (12 oz.)	360	270	6	4	0	25	140	45	0	42	9	9	4	29	13
Vanilla White Chocolate Latte (12 oz.)	360	260	6	4	0	25	160	43	0	40	9	9	2	29	1
Vanilla Dark Chocolate Latte (16 oz.)	480	360	7	4	0	30	180	62	0	59	12	12	4	35	18
Vanilla White Chocolate Latte (16 oz.)	480	350	7	5	0	30	220	59	0	56	12	12	2	37	1
No Sugar Caramel Dark Chocolate Latte (12 oz.)	360	200	6	4	0	25	140	31	0	25	9	9	4	27	13
No Sugar Caramel White Chocolate Latte (12 oz.)	360	200	6	4	0	25	160	29	0	23	9	9	2	29	1
No Sugar Caramel Dark Chocolate Latte (16 oz.)	480	260	7	4	0	30	180	41	0	34	12	12	4	35	18
No Sugar Caramel White Chocolate Latte (16 oz.)	480	250	7	5	0	30	220	38	0	31	12	12	2	38	1
No Sugar Hazelnut Dark Chocolate Latte (12 oz.)	360	200	6	4	0	25	140	31	0	25	9	9	4	27	13
No Sugar Hazelnut White Chocolate Latte (12 oz.)	360	200	6	4	0	25	160	29	0	23	9	9	2	29	1
No Sugar Hazelnut Dark Chocolate Latte (16 oz.)	480	260	7	4	0	30	180	41	0	34	12	12	4	35	18
No Sugar Hazelnut White Chocolate Latte (16 oz.)	480	250	7	5	0	30	220	38	0	31	12	12	2	38	1

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COFFEE DRINKS															
No Sugar Vanilla Dark Chocolate Latte (12 oz.)	360	200	6	4	0	25	140	31	0	25	9	9	4	27	13
No Sugar Vanilla White Chocolate Latte (12 oz.)	360	200	6	4	0	25	160	29	0	23	9	9	2	29	1
No Sugar Vanilla Dark Chocolate Latte (16 oz.)	480	260	7	4	0	30	180	41	0	34	12	12	4	35	18
No Sugar Vanilla White Chocolate Latte (16 oz.)	480	250	7	5	0	30	220	38	0	31	12	12	2	38	1
Mr. Ed Latte (12 oz.)	360	270	6	4	0	25	135	44	0	41	9	9	2	29	9
Mr. Ed Latte (16 oz.)	480	350	7	4	0	30	180	60	0	57	12	12	4	35	14
Macaroon Latte (12 oz.)	360	270	6	4	0	25	135	45	0	42	9	9	2	27	9
Macaroon Latte (16 oz.)	480	350	7	4	0	30	180	62	0	58	12	12	4	35	14
Peppermint Pattie (12 oz.)	360	260	6	4	0	25	135	43	0	40	9	9	2	27	9
Peppermint Pattie (16 oz.)	480	340	7	4	0	30	180	59	0	56	12	12	4	35	14
Nurse Nancy (12 oz.)	360	260	6	4	0	25	135	43	0	40	9	9	2	27	9
Nurse Nancy (16 oz.)	480	340	7	4	0	30	180	59	0	56	12	14	4	35	14
Frosted Kiss Latte (12 oz.)	360	290	5	4	0	25	135	50	0	47	9	9	2	27	1
Frosted Kiss Latte (16 oz.)	480	380	6	4	0	30	180	70	0	67	11	12	2	35	1
Dr. Nutty Latte (12 oz.)	360	290	5	4	0	25	135	50	0	47	9	9	2	27	1
Dr. Nutty Latte (16 oz.)	480	380	6	4	0	30	180	69	0	66	11	12	2	35	1

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)
TEA DRINKS															
Chai Tea Latte (12 oz.)	360	230	6	3	0	15	150	34	0	31	10	10	2	33	0
Chai Tea Latte (16 oz.)	480	340	9	5	0	20	230	50	0	46	15	15	2	48	0
Decaf Chai Tea Latte (12 oz.)	360	200	5	3	0	15	150	30	0	27	10	10	2	32	0
Decaf Chai Tea Latte (16 oz.)	480	280	7	4	0	25	220	40	0	37	14	15	4	46	0
Sugar Free Chai Tea Latte (12 oz.)	360	190	8	5	0	15	170	19	0	12	10	10	2	36	0
Sugar Free Chai Tea Latte (16 oz.)	480	280	11	8	0	20	250	29	0	18	15	15	2	54	0
Soy Milk Chai Tea Latte (12 oz.)	360	170	6	2	0	0	250	26	1	21	6	0	0	6	5
Soy Milk Chai Tea Latte (16 oz.)	480	240	8	2	0	0	370	34	2	28	8	0	0	8	8
Almond Milk Chai Tea Latte (12 oz.)	360	130	6	2	0	0	200	19	1	15	2	0	0	32	5
Almond Milk Chai Tea Latte (16 oz.)	480	180	9	2	0	0	300	24	2	19	2	0	0	46	8
London Fog (12 oz.)	360	170	3	2	0	15	125	29	0	28	8	9	2	26	0
London Fog (16 oz.)	480	240	4	2	0	20	170	42	0	41	12	13	2	36	0
Green Tea Misto (12 oz.)	360	170	3	2	0	15	125	29	0	28	8	9	2	26	0
Green Tea Misto (16 oz.)	480	240	4	2	0	20	170	42	0	41	12	13	2	36	0
Morning Misto (12 oz.)	360	160	3	2	0	15	125	28	0	27	8	9	2	26	0
Morning Misto (16 oz.)	480	230	4	2	0	20	170	40	0	39	12	13	2	36	0
Peach Iced Tea (16 oz.)	480	135	0	0	0	0	9	33	0	33	0	0	0	0	0

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
STEAMERS / HOT CHOCOLATE															
Skim Milk Steamer (12 oz.)	360	120	3	2	0	15	150	15	0	14	10	11	2	31	0
Skim Milk Steamer (16 oz.)	480	170	4	3	0	25	200	20	0	18	14	15	4	41	0
2% Milk Steamer (12 oz.)	360	120	5	2.5	0	20	115	12	0	12	8	14	0	27	0
2% Milk Steamer (16 oz.)	480	160	6	3.5	0	25	150	16	0	16	11	18	0	36	0
Soy Milk Steamer (12 oz.)	360	90	4	0	0	0	260	10	1	7	6	0	0	2	6
Soy Milk Steamer (16 oz.)	480	120	5	0	0	0	350	14	2	9	8	0	0	3	8
Almond Milk Steamer (12 oz.)	360	45	4	0	0	0	200	2	1	0	1	0	0	31	6
Almond Milk Steamer (16 oz.)	480	60	5	0	0	0	270	3	2	0	2	0	0	41	8
Hot Chocolate (12 oz.)	360	260	7	4	0	25	160	40	0	37	11	11	4	32	21
Hot Chocolate (16 oz.)	480	350	8	5	0	35	210	54	0	51	15	15	6	43	30
Soy Milk Hot Chocolate (12 oz.)	360	230	7	3	0	10	270	36	1	30	7	0	2	4	28
Soy Milk Hot Chocolate (16 oz.)	480	300	9	3	0	10	360	48	2	42	9	0	2	5	38
Almond Milk Hot Chocolate (12 oz.)	360	190	8	3	0	10	220	28	1	24	2	0	2	32	27
Almond Milk Hot Chocolate (16 oz.)	480	240	9	3	0	10	290	38	2	33	3	0	2	43	38

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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)
BLENDING COLD BEVERAGES															
Mango Fruit Smoothie	360	230	0	0	0	0	15	60	1	56	0	0	40	3	0
Peach Fruit Smoothie	360	210	0	0	0	0	10	55	1	51	0	0	30	1	0
Strawberry Fruit Smoothie	360	260	0	0	0	0	10	69	0	68	0	0	20	3	3
Wild berry Fruit Smoothie	360	240	0	0	0	0	10	64	0	61	0	0	20	3	3
Iced Latte/Cappuccino (no whip)	360	220	7	4	0	25	85	38	0	38	3	0	0	11	3
Iced Mocha Latte	360	180	5	3	0	15	75	30	0	28	5	4	2	12	22
Iced Caramel Latte	360	230	4	3	0	15	70	44	0	42	4	4	2	13	1
Iced Chai Smoothie	360	230	6	3	0	15	160	34	0	31	10	10	2	33	0
Chocolate Smoothie	360	360	11	6	0	35	85	64	0	61	4	0	2	12	23

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MENU ITEMS	Serving Size (ml)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
ICED BEVERAGES															
Chai Latte over Ice	360	230	6	3	0	15	160	34	0	31	10	10	2	33	0
Iced Americano	480	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Iced Latte/Cappuccino	360	220	7	4	0	25	85	38	0	38	3	0	0	11	3
Iced Latte/Cappuccino w/ Liquid Sugar	480	300	7	4	0	25	95	59	0	57	3	0	0	12	6
Iced Mocha Latte/Cappuccino	480	300	8	4	0	25	90	56	0	56	4	0	2	11	20
Iced Caramel Latte/Cappuccino	480	320	7	4	0	25	85	62	0	62	3	0	0	11	3
Iced Almond Latte/Cappuccino	480	310	7	4	0	25	85	61	0	61	3	0	0	11	3
Iced Hazelnut Latte/Cappuccino	480	310	7	4	0	25	85	60	0	60	3	0	0	11	3
Iced Cinnamon Latte/Cappuccino	480	320	7	4	0	25	85	62	0	62	3	0	0	11	3
Iced Coconut Latte/Cappuccino	480	320	7	4	0	25	85	63	0	63	3	0	0	11	3
Iced Blackberry Latte/Cappuccino	480	320	7	4	0	25	85	62	0	61	3	0	0	11	3
Iced Frosted Mint Latte/Cappuccino	480	310	7	4	0	25	85	61	0	61	3	0	0	11	3
Iced Toffee Nut Latte/Cappuccino	480	310	7	4	0	25	100	59	0	59	3	0	0	11	3
Iced Vanilla Latte/Cappuccino	480	320	7	4	0	25	85	63	0	63	3	0	0	11	3
Iced Sugar Free Caramel Latte/Cappuccino	480	80	2	1	0	10	105	13	0	8	6	7	2	19	1
Iced Sugar Free Hazelnut Latte/Cappuccino	480	80	2	1	0	10	105	13	0	8	6	7	2	19	1

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ICED BEVERAGES															
Iced Sugar Free Vanilla Latte/ Cappuccino	480	80	2	1	0	10	105	13	0	8	6	7	2	19	1
Iced Coffee	480	80	7	5	0	20	35	3	0	0	2	6	0	6	0
Mocha Iced Coffee	480	240	8	5	0	20	50	39	0	36	3	6	4	6	35
Caramel Iced Coffee	480	210	7	5	0	20	35	35	0	32	2	6	0	6	0
Almond Iced Coffee	480	200	7	5	0	20	35	33	0	31	2	6	0	6	0
Hazelnut Iced Coffee	480	200	7	5	0	20	40	32	0	29	2	6	0	6	0
Cinnamon Iced Coffee	480	210	7	5	0	20	35	35	0	32	2	6	0	6	0
Coconut Iced Coffee	480	210	7	5	0	20	35	36	0	33	2	6	0	6	0
Blackberry Iced Coffee	480	210	7	5	0	20	35	35	0	31	2	6	0	6	0
Frosted Mint Iced Coffee	480	200	7	5	0	20	35	33	0	31	2	6	0	6	0
Toffee Nut Iced Coffee	480	200	7	5	0	20	55	31	0	28	2	6	0	6	0
Vanilla Iced Coffee	480	210	7	5	0	20	35	36	0	33	2	6	0	6	0
No Sugar Caramel Iced Coffee	480	80	7	5	0	20	35	8	0	0	2	6	0	6	0
No Sugar Hazelnut Iced Coffee	480	80	7	5	0	20	35	8	0	0	2	6	0	6	0
No Sugar Vanilla Iced Coffee	480	80	7	5	0	20	35	8	0	0	2	6	0	6	0