

NUTRITION MENU

EAGLE RIDGE HOSPITAL CAFÉ

morrison
healthcare



The information in this guide is effective as of March 2021 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Compass Group Canada WEBTRITION and information provided by our suppliers



BRITISH
COLUMBIA

NUTRITION INFORMATION

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 Item	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Culinary Items															
Chicken Stir-Fry	173	182	5	0.7	0	35	424	20	2	15	15	3	51	3	6
Szechuan Chicken Stir-Fry	294	341	8	2	0	116	1464	40	3	32	26	5	72	4	11
Butter Chicken - Thigh Meat	156	166	9	3	0.1	99	204	4	1	2	18	0	4	3	12
Tandoori Chicken with Mango Slaw	151	230	8	2	0	73	358	22	2	6	16	1	38	4	14
Argentinian Chicken (Thigh)	232	405	34	18	1	155	425	9	0	7	17	4	32	2	6
Fettuccine Salmon Diablo	269	425	8	1	0	31	528	66	5	10	23	0	28	4	27
Asian Salmon	147	241	10	2	0	63	301	12	1	11	24	0	0	2	9
Classic Beef Stroganoff	229	249	13	6	0.1	76	233	7	1	3	26	1	6	3	19
Roast Beef- (MWG)	85	204	9	3	0	76	38	0	0	0	29	0	0	1	20
Pasta Primavera with Roasted Vegetable	280	332	2	0.7	0.2	2	252	65	5	6	14	3	80	12	22
Red Curry Tofu and Vegetables	140	141	10	4	0	0	215	8	2	4	6	2	31	12	9
Curry Tofu Vegetables with Rice	263	252	9	0.9	0	0	446	33	4	2	13	2	37	39	31
Mushroom and Swiss Quiche Individual	224	458	30	10	0.3	257	717	30	1	6	17	1	2	22	22
Spinach Spanakopita	163	270	14	8	0.2	70	1260	22	2	2	11	0	2	18	26
Italian Style Meat Lasagna	225	260	8	4	0.3	20	560	33	2	7	13	0	9	17	10
Meat Lasagna	225	300	12	6	0.5	15	730	32	2	8	17	17	19	22	16
Vegetable Lasagna	167	211	49	1	5	10	430	28	2	6	13	19	0	17	24
V - denotes Vegetarian		MWG - denotes Made without Gluten					WW - denotes whole wheat								

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Culinary Items															
Grilled Cheese Sandwich (WW)	102	289	14	3	0.1	13	716	31	3	4	6	0	0	12	8
Club House Sandwich	271	531	25	6	0.1	64	892	47	6	6	31	1	15	9	17
Sides															
Basmati Rice-V	117	139	1	0.2	0	0	14	28	1	0	3	0	0	1	11
Brown Rice-V	88	120	2	0.3	0	0	14	23	1	0	2	0	0	1	3
Dainty Jasmine Rice	146	183	1	0.2	0	0	13	38	1	0	3	0	0	0	14
Egg Noodles	113	156	2	0.5	0	33	6	28	1	1	5	0	0	1	5
Steamed Vegetable Medley-V	132	35	0.4	0.1	0	0	28	7	2	4	2	3	110	3	4
Herbed Roasted Potatoes-V	120	147	5	0.7	0	0	159	25	2	2	2	0	25	1	4
Oven Roasted Potatoes-V	152	183	7	0.5	0	0	487	29	3	1	3	0	19	1	5
Garden Salad (Side)	116	14	0.2	0	0	0	11	3	1	1	1	5	7	2	4
Caesar Salad w/ Light Dressing (Side)	81	80	4	0.7	0.1	3	314	10	1	1	2	5	4	3	6
Premium Greek Salad-OTG (MWG)	233	430	41	9	0.6	29	956	9	2	3	6	1	30	9	7
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Soups & Chili															
Autumn Butternut Squash Soup	240 mL	207	11	7	0	33	1068	26	2	2	10	0	2	6	9
Autumn Vegetable Soup	240 mL	36	0.9	0.1	0	0	858	7	1	3	1	2	2	2	3
Chicken Coconut Curry Soup	240 mL	221	14	7	0.3	43	817	17	2	6	7	0	29	5	7
Chicken Noodle Classic Soup	240 mL	169	4	2	0.3	37	921	23	1	2	10	0	3	2	11
Clam Chowder Soup	240 mL	202	12	5	0.3	28	698	18	1	5	7	0	8	13	17
Cream of Mushroom Soup	240 mL	96	6	1	0.1	0	945	9	0	0	2	0	0	1	1
Cream of Potato Cream Cheese Soup	240 mL	167	10	7	0.5	32	852	15	1	2	5	0	6	7	2
Creamy Broccoli Cheddar Soup	240 mL	199	13	6	0.4	34	459	14	2	5	7	0	38	15	4
Creamy Old Fashioned Tomato Soup	240 mL	130	6	2	0.5	9	982	17	0	9	3	0	19	7	5
Creole Chicken Gumbo Soup	240 mL	171	8	3	0.2	34	1751	19	3	3	7	0	3	6	7
Garden Vegetable Soup	240 mL	53	1	0.2	0	0	717	9	2	3	2	0	23	3	4
Minestrone Soup	240 mL	90	1	0.2	0	0	810	16	3	2	4	0	10	4	10
Roasted Red Pepper Soup	240 mL	269	20	13	1	72	904	18	3	8	4	0	106	7	7
Roasted Tomato Garlic Soup	240 mL	213	16	8	0	42	593	15	2	4	4	4	9	8	5
Santa Fe Tortilla Soup (MWVG)	240 mL	130	7	2	0.5	9	1111	15	3	3	3	0	14	3	7
Split Pea with Ham Soup	240 mL	257	3	0.9	0	9	1822	43	5	7	15	0	3	3	14
Tomato Florentine Soup	240 mL	42	0.5	0	0	0	489	8	1	3	1	0	4	3	2

MWVG - denotes Made without Gluten

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Soups & Chili															
Vegetarian Vegetable Soup	240 mL	74	0.4	0	0	0	931	16	3	3	4	0	23	4	6
Fireside Chili	240 mL	210	10	4	0.5	30	800	19	4	6	10	0	57	5	16
Vegetarian Chili	240 mL	135	0.4	0	0	0	548	26	8	7	7	1	5	7	17
Soup/Chili Accompaniment															
Dinner Roll	35	80	0.5	0.2	0	0	170	15	1	1	3	0	0	2	6
Cracker, Melba, Toast - 1 package	1 ea	40	0.5	0	0	0	95	9	1	1	2	0	0	0	4
Crackers, Saltine - 1 package	1 ea	24	0.5	0.1	0	0	54	4	0	0	1	0	0	0	2

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Baked Goods															
Carrot Muffins	113	354	13	1	0	0	262	54	3	28	5	20	3	3	12
Banana Muffins	113	375	15	1	0	0	355	55	2	31	5	0	0	1	11
Blueberry Muffins	113	350	14	0	0	0	302	52	2	25	5	0	0	1	12
Cornmeal Muffins	113	385	17	1	0	0	520	53	2	20	6	0	0	3	11
Apple Bran Muffins	135	377	10	1	0	29	567	63	7	30	8	0	1	9	19
Banana Chocolate Chunk Muffins	113	359	12	2	0	0	422	58	3	32	5	0	0	2	14
Caramel Coffee Cake Swirl Muffins	113	363	13	1	0	1	281	57	2	28	5	0	0	2	12
Cranberry Lemon Muffins	113	345	14	2	0.1	0	246	48	2	21	6	0	0	0	0
Morning Glory Muffins	118	373	15	2	0	0	373	55	3	31	5	0	3	3	14
Oatmeal 'N' Apple Muffins	113	330	6	0.9	0	0	333	63	3	33	6	0	0	3	13
Raisin Bran Muffins	113	334	13	1	0	1	279	49	8	25	6	0	1	4	18
Summer Berry Muffins	113	370	14	2	0	0	368	57	2	29	5	0	1	2	12
Raspberry Yogurt Muffins	113	356	12	2	0	1	298	56	2	27	6	0	1	0	13
Cranberry Scone	82	214	8	3	0.1	0	571	31	1	4	5	0	1	3	14
Dried Cranberry Scone	82	227	8	3	0.1	0	571	35	1	8	5	0	0	3	14
Blueberry Scone	82	214	8	3	0.1	0.1	571	31	1	5	5	0	0	3	14
Raspberry Scone	82	217	8	3	0.1	0	571	32	1	5	5	0	1	3	14

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Baked Goods															
Raisin Scone	82	227	8	3	0.1	0	572	35	1	7	5	0	0	3	15
Plain Scone	77	211	8	3	0.1	0	571	31	1	4	5	0	0	3	14
Cheddar Scone	280	760	33	14	0.3	30	1921	95	3	13	21	2	0	26	45
Blueberry Bagel	113	317	4	0.8	0.2	0	515	58	2	4	10	0	0	4	20
Cheese Bagel	113	314	6	2	1	7	628	50	2	3	11	0	0	9	19
Everything Bagel	113	297	3	0.6	0	0	594	59	2	4	10	0	0	8	30
Multigrain Bagel	113	317	5	0.6	0	0	714	60	4	4	10	0	0	4	30
Sugar Cookie	28	123	5	2	0	7	104	18	0	10	1	0	0	0	4
Ranger Cookie	28	116	4	0	0	5	95	16	1	7	1	0	0	0	6
Trail Mix Bar	85	340	17	6	0	25	240	44	5	21	8	0	0	4	13
Small Biscotti, Cioccolaita	24	110	4	2	0.1	20	70	17	0	9	2	0	0	2	6
Small Biscotti, Original	20	90	3	1	0.1	20	65	14	0	7	2	0	0	0	2
Small Biscotti, Decadence	24	100	4	2	0.1	20	70	16	1	9	2	0	0	2	8
Biscotti Amaretto	53	250	11	5	0	30	200	34	1	18	4	6	0	2	6
Biscotti Rasp/Pepper	53	240	10	4	0	30	190	33	1	17	4	6	0	2	6
Biscotti Hazelnut with Chocolate Chunks	53	220	8	3	0	30	200	33	1	16	4	8	0	2	6

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<i>Baked Goods</i>															
Loaf Cranberry Date Multigrain	110	470	27	3	0	90	410	52	4	28	7	0	2	4	10
Loaf Banana	110	390	13	2	0	50	370	60	1	32	7	4	8	2	10
Loaf Lemon	110	460	19	3	0	115	590	65	1	41	6	2	0	6	10

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Boyd's Specialty Beverages															
French Vanilla Cappuccino	28	110	1.5	1.5	0	0	180	24	0	23	0	0	0	2	0
Hot Cocoa Mix	28	110	2.5	2.5	0	0	110	23	1	21	1	0	0	4	2
Salted Caramel Cappuccino	28	110	2	2	0	0	280	24	0	21	1	0	0	2	0
Caramel Macchiato Cappuccino	28	110	2	0	0	0	200	24	1	21	1	0	0	2	0
White Chocolate Caramel Cappuccino	28	110	2	1.5	0	0	190	24	1	22	0	0	0	2	2
Hi Rev Mocha Cappuccino	28	110	1.5	1.5	0	0	170	24	1	22	1	0	0	2	2
Hi Rev French Vanilla Cappuccino	28	110	1.5	1.5	0	0	180	24	0	23	0	0	0	2	0
Hot Cocoa Mix	28	110	2	2	0	0	110	22	1	20	2	0	0	6	4
Coffee House Freezer French Vanilla Cappuccino	35	160	6	6	0	0	55	27	0	22	1	0	0	0	0
English Toffee Cappuccino	28	110	1.5	1.5	0	0	180	25	0	23	0	0	0	2	0
Pumpkin Pie Spice Cappuccino	28	110	1.5	1	0	0	170	25	0	23	0	0	0	2	0

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.

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

NUTRITION MENU



At EAGLE RIDGE HOSPITAL CAFÉ

The information in this guide is effective as of March 2021 and is based on our standard product formulations, variations may occur. Nutritional information for beverages is calculated based on Starbucks standard recipes. Values are calculated using ESHA R&D SQL® software.

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MENU ITEMS	Serving Size (fl. oz.)	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
COFFEE																
Brewed Coffee	12	5	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Brewed Coffee	16	5	0	0	0	0	0	10	0	0	0	1	0	0	0	0
Brewed Coffee	20	5	0	0	0	0	0	10	0	0	0	1	0	0	2%	0