

NUTRITION MENU

LANGLEY MEMORIAL HOSPITAL COFFEE KIOSK



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



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]

<i>Menu Item</i>	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)
Hot Beverages															
Latte 2% M.F. (Small)	300	120	5	2	0.1	20	115	11	0	12	8	15	0	25	0
Latte 2% M.F. (Tall)	480	200	8	3	0.2	30	190	19	0	20	13	25	2	40	2
Latte 2% M.F. (Grande)	600	230	9	4	0.2	35	240	22	0	23	15	30	2	50	2
Flavoured Latte 2% M.F. (Small)	300	160	5	2	0.1	20	115	21	0	22	8	15	0	25	0
Flavoured Latte 2% M.F. (Tall)	480	280	8	3	0.2	30	190	39	0	40	13	25	2	40	2
Flavoured Latte 2% M.F. (Grande)	600	360	9	4	0.2	35	240	53	0	54	15	30	2	50	2
Chai Latte 2% M.F. (Small)	300	160	4	2	0.1	15	100	24	0	24	7	15	6	25	2
Chai Latte 2% M.F. (Tall)	480	250	7	3	0.2	25	160	35	0	36	11	20	8	35	2
Chai Latte 2% M.F. (Grande)	600	320	8	3	0.2	35	200	48	0	49	14	25	10	45	4
Matcha Latte 2% M.F. (Small)	300	160	5	2	0.1	20	110	22	0	22	8	15	0	25	0
Matcha Latte 2% M.F. (Tall)	480	280	8	3	0.2	30	180	39	0	40	13	25	2	40	0
Matcha Latte 2% M.F. (Grande)	600	360	9	3	0.2	35	220	54	0	54	15	30	2	50	0
Mocha Original 2% M.F. (Small)	300	140	4	2	0.1	15	100	21	1	21	7	10	0	20	6
Mocha Original 2% M.F. (Tall)	480	230	6	2	0.1	20	150	37	1	36	10	15	2	30	10
Mocha Original 2% M.F. (Grande)	600	300	7	3	0.2	25	190	52	1	49	12	20	2	35	15
Mocha White Chocolate 2% M.F. (Small)	300	140	4	2	0.1	15	130	21	0	21	7	10	0	20	0
Mocha White Chocolate 2% M.F. (Tall)	480	230	6	2	0.1	20	210	36	0	37	10	15	2	35	2
Mocha White Chocolate 2% M.F. (Grande)	600	300	7	3	0.2	25	270	50	0	51	12	20	2	40	2
Hot Chocolate 2% M.F. (Small)	300	220	5	2	0.1	20	125	36	1	35	9	15	0	25	10
Hot Chocolate 2% M.F. (Tall)	480	340	9	3	0.2	30	200	55	1	53	14	25	2	40	15
Hot Chocolate 2% M.F. (Grande)	600	430	10	3	0.2	35	250	71	2	69	17	30	2	50	20
Steamed Milk 2% M.F. (Small)	300	160	5	2	0.1	20	110	21	0	22	8	15	0	25	0
Steamed Milk 2% M.F. (Tall)	480	270	8	3	0.2	30	180	39	0	40	13	25	2	40	0
Steamed Milk 2% M.F. (Grande)	600	350	9	3	0.2	35	220	53	0	54	15	30	2	50	0

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Cold Beverages															
Iced Mocha White Chocolate 2% M.F. (Tall)	480	280	6	2	0.1	20	240	48	0	48	10	15	2	35	0
Iced Mocha White Chocolate 2% M.F. (Grande)	600	350	8	2	0.2	25	310	62	0	63	12	20	2	45	2
Italian Soda (Tall)	480	120	0	0	0.0	0	70	28	0	28	0	0	0	2	0
Italian Soda (Grande)	600	160	0	0	0.0	0	85	37	0	37	0	0	0	2	0
Iced Chai Latte 2% M.F. (Tall)	480	250	5	2	0.1	20	125	40	0	41	9	15	10	30	4
Iced Chai Latte 2% M.F. (Grande)	600	300	6	2	0.2	25	150	50	0	51	10	20	10	35	4
Iced Flavoured Latte 2% M.F. (Tall)	480	250	5	2	0.1	20	130	42	0	43	9	15	2	30	0
Iced Flavoured Latte 2% M.F. (Grande)	600	320	6	2	0.2	25	160	55	0	56	10	20	2	35	2
Iced Latte 2% M.F. (Tall)	480	130	5	2	0.1	20	135	12	0	13	9	15	2	30	0
Iced Latte 2% M.F. (Grande)	600	160	6	3	0.2	25	170	15	0	16	11	20	2	35	2
Iced Matcha Latte 2% M.F. (Tall)	480	250	5	2	0.1	20	125	43	0	43	9	15	0	30	0
Iced Matcha Latte 2% M.F. (Grande)	600	320	6	2	0.2	25	150	55	0	56	10	20	2	35	0
Iced Mocha Original 2% M.F. (Tall)	480	280	6	2	0.1	20	150	49	1	47	10	15	2	30	15
Iced Mocha Original 2% M.F. (Grande)	600	350	8	2	0.2	25	190	64	2	61	12	20	2	35	20

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Baked Goods															
Carrot Muffins	113	330	15	0	0	25	250	45	3	24	5	0	0	4	6
Blueberry Bran Muffins (Health Smart)	113	300	12	0	0	70	280	46	6	20	8	2	0	2	10
Chocolate Chip Muffin	113	380	32	1	0	30	340	52	2	30	6	0	0	2	8
Cranberry Lemon Muffins (Health Smart)	113	320	12	0	0	60	180	50	2	24	6	2	2	2	6
Blueberry Cranberry Scone	1	410	14	8	1	30	460	63	2	24	8	15	2	8	15
Blueberry Scone	120	400	15	8	1	45	480	57	2	18	8	15	2	8	15
Whole Wheat Raspberry Scone	120	400	15	9	1	45	480	57	4	17	9	15	6	8	10
Everything Bagel	113	297	3	0.6	0	0	594	59	2	4	10	0	0	8	30
Plain Bagel	113	317	5	0.6	0	0	714	60	4	4	10	0	0	4	30
Cinnamon Raisin Bagel	113	317	5	0.6	0	0	714	60	4	4	10	0	0	0	0
Chocolate Chip Cookie	85	360	17	7	0.1	51	270	51	2	31	4	15	0	2	15
Oatmeal Raisin Cookie	85	340	13	5	0.1	25	250	51	3	26	6	15	0	2	10
White Chocolate Macadamia	85	380	19	8	0.1	20	280	49	1	31	5	15	0	4	10
Trail Mix Bar	85	340	17	6	0.0	25	240	44	5	21	8	0	0	4	13
Small Biscotti, Cioccolaito	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 Cho Chunks	53	220	8	3	0	30	200	33	1	16	4	8	0	2	6
Croissant Plain	100	340	17	10	1	60	430	38	2	7	7	15	15	4	10
Chocolate Croissant	70	250	13	7	0.4	30	230	29	2	10	5	6	0	2	8
Hazelnut Croissant	75	260	12	5	0.1	5	180	33	2	12	5	2	50	2	15
Cinnamon Bun	128	430	17	13	1	55	430	63	3	24	9	15	6	6	25
Apple Strudel	75	180	7	3	0.1	0	90	27	1	13	2	0	0	0	0
Date Bar	90	290	13	8	0.3	25	200	42	3	23	2	8	0	2	10
Almond Bear Claw	92	321	17	4	0.0	15	254	35	1	10	5	30	0	2	11

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Savory Pastries															
Cornish Pasty	165	440	30	12	0.2	25	650	30	3	8	13	60	0	2	20
Sausage Roll	100	310	19	8	0.0	15	480	27	2	0	8	0	0	2	9
Tomato Olive Pastry	95	320	19	11	0.5	55	440	32	1	4	6	20	25	2	15
Leek Parm Pastry	95	330	19	11	0.5	60	430	33	1	5	8	15	10	8	15
Chicken Samosa	140	270	8	0.5	0.0	0	500	42	3	1	7	0	0	0	0
Jamaican Pattie	130	340	9	4	0.4	15	660	54	2	4	11	0	0	2	30
Fruit Jelly Low Calorie (Cherry)	125ml	12	0	0	0.0	0	9	1	0	0	2	0	0	0.3	0
Fruit Jelly Low Calorie (Strawberry)	125ml	7	0	0	0.0	0	34	3	0	0	1	0	0	0.4	0
Breakfast Items															
Sausage Breakfast Muffin	172	424	21	9	0.3	213	1044	34	1	5	21	10	0	18	26
Ham Breakfast Muffin	150	295	11	5	0.3	203	949	30	1	4	19	9	0	18	23
Veggie Breakfast Muffin	115	226	8	3	0.2	170	499	28	1	3	11	9	0	10	19
Hard Boiled Egg	1	63	4	1	0.0	164	124	0	0	0	6	1	0	3	6
Oatmeal	273	124	2	0.4	0.0	0	105	22	3	0	4	0	0	2	10
Yogurt Parfait	249	255	4	2	0.1	11	182	50	3	40	35	8	1	12	186
Fruit Cup	170	56	0.2	0	0.0	0	16	14	1	12	1	26	22	11	0.3
Bagel Plain	113	300	3	0	0.0	0	659	60	2	4	10	0	0	5	26
Bagel Cream Cheese	141	365	8	3	0.2	20	802	62	2	5	13	0	0	8	26
Toast, Butter, Jam	57	158	4	3	0.1	10	151	27	2	9	3	0	2	2	4

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Menu Item	Portion Size (g)	Calories (kcal)	FAT (g)	SatFAT (g)	TransFAT (g)	CHOL (mg)	Na (mg)	CHO (g)	DFIB (g)	Sugar (g)	PRO (g)	Vit A (%DV)	Vit C (%DV)	Cal (%DV)	Iron (%DV)
Sandwiches															
Egg Salad on WholeWheat	134	241	8	2	0	129	584	31	4	3	11	2	4	7	12
Shaved Ham and Cheese Sandwich (White)	128	251	7	4	0.2	26	827	33	2	4	14	2	3	17	15
Shaved Ham and Cheese Sandwich WholeWheat	128	251	7	4	0.2	26	830	32	4	4	15	2	3	17	10
Tuna Salad on WholeGrain	200	403	11	2	0	26	943	50	5	7	24	1	4	2	23
Roast Turkey and SwissKaiser	195	371	10	4	0	40	1283	47	3	3	24	2	3	18	4
Egg Salad Wrap-V	230	427	19	3	0	193	1231	50	6	1	16	3	6	9	26
Tuna Salad Wrap	215	401	13	1	0	26	1288	49	6	1	22	4	4	7	25
Classic Turkey Wrap	262	425	12	0.9	0	21	1256	63	7	15	20	3	5	7	25
Chicken Salad Wrap	251	435	15	2	0.1	51	928	50	6	2	26	2	13	7	26
Veggie Cream Cheese Wrap-B,V	211	405	13	6	0.2	23	806	61	4	6	13	8	14	20	26
Grilled Cheese Sandwich	102	289	14	3	0.1	13	716	31	3	4	6	0	0	12	8
Turkey CranberrySandiwch	271	531	25	6	0.1	64	892	47	6	6	31	1	15	9	17