

# NUTRITION MENU

## SURREY MEMORIAL NORTH LOBBY 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.

# 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]

<b>MENU ITEMS</b>	<b>Serving Size (oz.)</b>	<b>Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fibre (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vitamin A (%DV)</b>	<b>Vitamin C (%DV)</b>	<b>Calcium (%DV)</b>	<b>Iron (%DV)</b>
<b>COFFEE</b>															
Brewed Coffee (Regular/Decaf)	12	5	0	0	0	0	5	0	0	0	0	0	0	0	0
Brewed Coffee (Regular/Decaf)	16	5	0	0	0	0	10	0	0	0	1	0	0	0	0
Brewed Coffee (Regular/Decaf)	20	5	0	0	0	0	10	0	0	0	1	0	0	2	0
Iced Brewed Coffee (with Milk + Classic Syrup)	12	90	1	0	0	5	25	18	0	18	2	2	0	6	0
Iced Brewed Coffee (with Milk + Classic Syrup)	16	120	1.5	0.5	0	5	35	25	0	24	2	2	0	8	0
Iced Brewed Coffee (with Milk + Classic Syrup)	24	180	2	1	0	10	55	36	0	36	4	4	0	15	0
<b>TEA</b>															
Brewed Tazo Tea	12	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tazo Tea	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tazo Tea	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Iced Brewed Tazo Tea (with Classic Syrup)	12	60	0	0	0	0	0	15	0	15	0	0	0	0	0
Iced Brewed Tazo Tea (with Classic Syrup)	16	80	0	0	0	0	0	21	0	21	0	0	0	0	0
Iced Brewed Tazo Tea (with Classic Syrup)	20	120	0	0	0	0	0	31	0	31	0	0	0	0	0
Tazo Full-Leaf Tea Latte	12	140	3	1.5	0	15	75	23	0	23	5	6	0	20	0
Tazo Full-Leaf Tea Latte	16	190	4	2	0	15	95	31	0	30	7	8	0	25	0
Tazo Full-Leaf Tea Latte	20	230	5	2.5	0	20	125	38	0	38	9	10	0	30	0

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Tazo Chai Tea Latte	12	190	3.5	1.5	0	15	90	34	0	32	6	6	0	20	2
Tazo Chai Tea Latte	16	240	4	2.5	0	15	95	44	0	10	7	8	0	25	2
Tazo Chai Tea Latte	20	310	6	3	0	25	150	56	0	53	10	10	2	35	2
<b>ESPRESSO BEVERAGES</b>															
Caffè Americano	12	10	0	0	0	0	10	2	0	0	1	0	0	2	0
Caffè Americano	16	15	0	0	0	0	15	3	0	0	1	0	0	2	0
Caffè Americano	20	25	0	0	0	0	25	4	0	0	1	0	0	2	0
Caffè Latte	12	150	6	3.5	9	25	115	14	0	13	10	10	0	35	0
Caffè Latte	16	190	7	4.5	0	30	150	18	0	17	12	15	0	40	0
Caffè Latte	20	240	9	6	0	35	190	24	0	22	16	15	0	50	0
Cappuccino	12	90	3.5	15	0	15	80	9	0	0	8	6	0	20	0
Cappuccino	16	120	4	2	0	15	85	12	0	10	8	8	0	25	0
Cappuccino	20	150	6	3	0	25	135	16	0	14	10	10	0	35	0
Caramel Macchiato	12	180	5	3	0	20	115	25	0	23	8	10	0	30	0
Caramel Macchiato	16	240	7	3.5	0	25	150	34	0	32	10	10	2	35	0
Caramel Macchiato	20	300	8	4.5	0	35	180	43	0	40	13	15	2	45	0
Caffè Mocha	12	200	6	3.5	0	20	115	32	1	26	10	10	0	30	15

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Caffè Mocha	16	260	8	4.5	0	25	140	42	2	34	13	10	2	35	20
Caffè Mocha	20	340	11	6	0	30	180	53	2	43	17	15	2	50	25
White Chocolate Mocha	12	300	9	6	0	25	190	46	0	44	11	10	2	40	0
White Chocolate Mocha	16	400	11	7	0	30	240	60	0	58	14	10	2	40	20
White Chocolate Mocha	20	500	15	10	0	35	320	76	0	74	18	15	4	60	0
<b>BLENDED BEVERAGES</b>															
<b>Frappuccino® Blended Beverage</b>															
Coffee	16	240	3	2	0	10	220	50	0	50	3	4	0	10	0
Mocha	16	290	4	2.5	0	10	220	61	1	58	4	4	0	10	6
Caramel	16	280	3.5	2	0	10	220	60	0	59	3	4	0	10	0
<b>FONTANA BLEND</b>															
Strawberry Smoothie	12	190	0.5	0.4	0	0	30	44	0	44	1	2	0	4	0
Mango Smoothie	12	170	1	0.5	0	0	30	40	1	35	1	2	30	6	0
Latte Blender	12	250	5	3.5	0.2	20	95	48	0	32	4	2	2	15	2
Mocha Blender	12	230	5	3.5	0.2	20	95	48	0	32	4	2	2	15	2
<b>OTHER FAVOURITES</b>															
Hot Chocolate	12	230	7	3.5	0	20	120	37	1	32	10	10	0	30	15
Hot Chocolate	16	290	9	5	0	25	160	47	2	41	14	15	2	40	20
Hot Chocolate	20	380	11	6	0	35	200	63	2	54	17	15	2	50	25
White Hot Chocolate	12	310	9	6	0	20	200	48	0	48	12	6	0	40	0

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White Hot Chocolate	16	450	14	11	0	40	260	66	0	65	15	8	2	50	0
White Hot Chocolate	20	550	18	13	0	45	330	82	0	81	19	10	2	70	0
<b>ADD-ON'S</b>															
Whipped Cream - Hot Beverages	12	60	6	4	0	20	5	2	0	1	0	4	0	2	0
Whipped Cream - Hot Beverages	16/20	70	7	4.5	0	25	5	2	0	2	0	6	0	2	0
Whipped Cream - Iced Beverages	12	80	8	5	0	30	10	2	0	2	0	6	0	2	0
Whipped Cream - Iced Beverages	16/24	110	11	7	0	40	10	3	0	2	1	8	0	2	0
Flavoured Syrup	1 pump	20	0	0	0	0	0	5	0	5	0	0	0	0	0
Flavoured Sugar-Free Syrup	1 pump	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mocha Sauce	1 pump	25	0.5	0	0	0	0	6	0	4	1	0	0	0	4
Espresso Shot	30mL	15	0	0	0	0	0	3	0	0	1	0	0	2	0

All beverages assume 2% milk in build.

This brochure contains dietary and nutrition information on many of our beverages and most of the options that come with them. Beverages in this brochure reflect nutrition information without whipped cream. For information on beverages with whipped cream, please see nutrition data for whipped cream listed inside, or visit [www.starbucks.ca/menu](http://www.starbucks.ca/menu).

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Menu Item	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>OnTheGo Items</b>															
Yogurt (Vanilla) and Frozen Berries (MWG)	227	172	3	2	0.1	11	86	32	1.4	28	6	5	2	16	2
Yogurt (Vanilla) and Fresh Berries	227	173	3	2	0.1	11	86	32	1.2	28	6	5	4	16	1
Yogurt (Strawberry) and Fresh Berries (0% fat yogurt)	227	85	0.2	0	0	0	86	15	1.2	11	6	7	4	16	1
Spiced Pumpkin & Quinoa Yogurt Parfait (MWG)	301	322	7	2	0.1	8	222	59	4.7	34	9	205	1	15	18
Breakfast Yogurt Parfait-B,OTG	249	256	4	2	0.1	11	182	50	2.6	35	8	5	2	17	4
Bugs Bunny Parfait-B,V,OTG (MWG)	120	98	5	0.9	0.1	3	341	12	2.8	6	1	248	1	4	6
Chicken Salad on Whole Wheat-B	137	244	6	1	0	34	380	30	3.6	3	17	23	0	6	12
Chunky Chicken Salad Sandwich-OTG,B	177	341	8	1	0	34	601	49	4.7	0	19	27	2	1	31
Ham and Swiss on Whole Wheat	108	232	6	3	0	24	721	30	3.1	3	15	2	0	16	10
Shaved Ham and Cheese Sandwich (WW)	128	251	7	4	0.2	26	830	32	3.5	4	15	22	0	17	10
Fruit Cup-B,V,OTG (MWG) (cantaloupe,strawberries,pineapple,grapes)	326	153	0.6	0.1	0	0	17	39	4.2	32	2	60	22	4	7
Fruit Jelly Low Calorie (Cherry)	125ml	12	0	0	0	0	9	1	0	0	2	0	0	0	0
Fruit Jelly Low Calorie (Strawberry)	125ml	7	0	0	0	0	34	3	0	0	0.5	0	0	0	0
Country Garden Salad (Small)-V	161	183	15	2	0.2	0.1	281	11	2.1	7	2	116	2	4	6
Julienne Salad (Big Salad)-OTG	479	332	20	6	0.2	131	1280	18	4.3	9	23	129	3	28	25

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Product	Serving Size (ml)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Hot Bowls</b>															
Chili	284 ml	290	16	7	0	60	1180	20	5	5	18	4	10	8	25
Bistro French Onion Soup	284 ml	230	9	4.5	0.2	20	960	26	1	6	10	6	2	20	8
Cauliflower Cheese Soup	284 ml	170	12	7	0.5	40	850	12	1	2	6	20	20	15	4
Classic Chicken Noodle Soup	284 ml	110	1.5	0.5	0	10	650	19	1	5	5	6	8	2	4
Cream of Broccoli Soup	284 ml	150	3	2	0	0	680	16	2	6	6	25	25	15	4
Creamy Field Mushroom Soup	284 ml	150	3	2	0	0	650	29	1	3	2	0	0	2	4
Creamy Sundried Tomato Soup	284 ml	210	13	7	0.5	40	740	19	1	8	5	8	10	15	10
East Coast Clam Chowder	284 ml	190	7	2	0.2	20	680	23	1	6	9	4	25	15	15
Harvest Vegetable Soup	284 ml	80	0.5	0.1	0	0	590	14	2	3	4	25	20	4	6
Hearty Potato Bacon Soup	284 ml	230	13	6	0.2	30	760	22	1	5	6	15	2	10	4
Italian Wedding Soup	284 ml	160	3	1.5	0.1	5	650	28	1	7	4	4	2	2	8
Turkey and Wild Rice Soup	284 ml	120	1	0.3	0	5	650	23	1	4	5	2	10	2	2
Chili	426 ml	435	24	10.5	0	90	1770	30	7.5	7.5	27	6	15	12	37.5
Bistro French Onion Soup	426 ml	345	13.5	6.75	0.3	30	1440	39	1.5	9	15	9	3	30	12
Cauliflower Cheese Soup	426 ml	255	18	10.5	0.75	60	1275	18	1.5	3	9	30	30	22.5	6
Classic Chicken Noodle Soup	426 ml	165	2.25	0.75	0	15	975	28.5	1.5	7.5	7.5	9	12	3	6
Cream of Broccoli Soup	426 ml	225	4.5	3	0	0	1020	24	3	9	9	38	37.5	22.5	6

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Product	Serving Size (ml)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% of DV)	Vitamin C (% of DV)	Calcium (% of DV)	Iron (% of DV)
<b>Hot Bowls</b>															
Creamy Field Mushroom Soup	426 ml	225	4.5	3	0	0	975	43.5	1.5	4.5	3	0	0	3	6
Creamy Sundried Tomato Soup	426 ml	315	19.5	10.5	0.75	60	1110	28.5	1.5	12	7.5	12	15	22.5	15
East Coast Clam Chowder	426 ml	285	10.5	3	0.3	30	1020	34.5	1.5	9	13.5	6	37.5	22.5	22.5
Harvest Vegetable Soup	426 ml	120	0.75	0.15	0	0	885	21	3	4.5	6	38	30	6	9
Hearty Potato Bacon Soup	426 ml	345	19.5	9	0.3	45	1140	33	1.5	7.5	9	23	3	15	6
Italian Wedding Soup	426 ml	240	4.5	2.25	0.15	7.5	975	42	1.5	10.5	6	6	3	3	12
Turkey and Wild Rice Soup	426 ml	120	1.5	0.45	0	7.5	975	34.5	1.5	6	7.5	3	15	3	3
Chili	568 ml	580	32	14	0	120	2360	40	10	10	36	8	20	16	50
Bistro French Onion Soup	568 ml	460	18	9	0.04	40	1920	52	2	12	120	12	4	40	16
Cauliflower Cheese Soup	568 ml	340	24	14	1	80	1700	24	2	4	12	40	40	30	8
Classic Chicken Noodle Soup	568 ml	220	3	1	0	20	1300	38	2	10	10	12	16	4	8
Cream of Broccoli Soup	568 ml	300	6	8	0	0	1360	32	4	12	12	50	50	30	8
Creamy Field Mushroom Soup	568 ml	300	6	8	0	0	1300	58	2	6	4	0	0	4	8
Creamy Sundried Tomato Soup	568 ml	420	26	28	1	80	1480	38	2	16	10	16	20	30	20
East Coast Clam Chowder	568 ml	380	14	8	0.04	40	1360	46	2	12	18	8	50	30	30
Harvest Vegetable Soup	568 ml	160	1	0.02	0	0	1180	28	4	6	8	50	40	8	12
Hearty Potato Bacon Soup	568 ml	460	26	24	0.4	60	1520	44	2	10	12	30	4	20	8
Italian Wedding Soup	568 ml	320	6	6	0.2	10	1300	56	2	14	8	8	4	4	16
Turkey and Wild Rice Soup	568 ml	240	2	0.12	0	10	1300	46	2	8	10	4	20	4	4



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<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)
<b>Baked Goods</b>															
Carrot Muffins	113	354	13	1	0	0	262	54	3	28	5	20	3	3	12
Carrot Nut Muffin	98	310	14	2	0	30	270	44	2	24	4	25	2	8	10
Banana Muffins	113	375	15	1	0	0	355	55	2	31	5	0	0	1	11
Blueberry Muffins	98	350	17	3	0	45	300	45	1	23	5	2	0	6	15
Cornmeal Muffins	113	385	17	1	0	0	520	53	2	20	6	0	0	3	11
Chocolate Chip Muffin	98	390	19	4	.1	25	290	51	1	28	5	2	0	6	15
Apple & Spice Muffin	98	360	16	3	0	60	420	50	1	27	5	2	0	4	15
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
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
Cheddar Scone	280	760	33	14	0.3	30	1921	95	3	13	21	2	0	26	45
Cranberry Scone (W-wise)	82	201	7	0.8	0.2	0	455	32	3	5	5	0	1	26	16
Raisin Scone (W-wise)	82	214	7	0.8	0.2	0	455	36	3	8	5	0	0	27	16
Plain Scone (W-wise)	77	199	7	0.8	0.2	0	455	31	3	5	5	0	0	26	16
Blueberry Scone (W-wise)	82	201	7	0.8	0.2	0	455	32	3	5	5	0	0	26	16

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<b>Baked Goods</b>															
Sesame Bagel	113	317	3	0.6	0.2	0	654	59	2	4	10	0	0	0.0	0.3
Plain Bagel	113	300	3	0	0	0	659	60	2	4	10	0	0	0.1	0.3
Blueberry Bagel	113	317	4	0.8	0.2	0	515	58	2	4	10	0	0	4	20
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
Chocolate Chip Cookie	28	128	6	3	0	6	95	17	0.5	10	1	0	0	0	0
Oatmeal Raisin Cookies	28	117	5	2	0	6	118	18	0.9	9	2	0	0	0	0
Trail Mix Bar	85	340	17	6	0	25	240	44	5	21	8	0	0	4	13
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