

NUTRITION MENU

PEACE ARCH HOSPITAL CAFÉ



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]

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								

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															
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
V - denotes Vegetarian		MWG - denotes Made without Gluten					WW - denotes whole wheat								

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]

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)
Hot Bowls															
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

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)

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)
Hot Bowls															
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

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)
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

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)
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

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)
<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
<i>Soup/Chili Accompaniment</i>															
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

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 PEACE ARCH 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.

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)

 Product Name	Serving Size	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Brewed Coffee	12 fl. oz.	5	0.0	0.0	0.0	0	5	0	0	0	0	0%	0%	0%	0%
Brewed Coffee	16 fl. oz.	5	0.0	0.0	0.0	0	10	0	0	0	1	0%	0%	0%	0%
Brewed Coffee	20 fl. oz.	5	0.0	0.0	0.0	0	10	0	0	0	1	0%	0%	2%	0%