

# NUTRITION MENU

## SURREY MEMORIAL 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]

<b>Menu Item</b>	<b>Serving Size (g)</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>Culinary Items</b>															
Showtime Pasta Station-Shrimp	456	413	7.7	1.1	0	159	1009	61	7	9	25	4	163	11	25
Showtime Perogy Station-All Proteins	480	729	17	2.5	0	47	2002	110	5	39	32	4	154	5	87
Chicken Stir-Fry	173	182	5.2	0.7	0	35	424	20	2	15	15	3	51	3	6
Hoisin Chicken Stir-Fry	280	437	7.4	2.1	0	116	2688	69	3	52	26	5	72	4	11
Szechuan Chicken Stir-Fry	294	341	8.4	2.3	0	116	1464	40	3	32	26	5	72	4	11
Szechuan Beef Stir-Fry	278	355	8.5	3	0	64	1404	40	3	32	29	5	72	4	19
Teriyaki Chicken Stir-Fry	296	365	7.4	2.1	0	116	1584	45	3	30	26	5	76	4	16
Beef Stir-Fry	174	211	8.7	1.9	0	37	420	20	2	15	14	3	51	3	9
Honey Garlic Beef Stir-Fry	278	355	7.5	2.8	0	64	468	47	3	37	27	5	72	4	19
Teriyaki Beef Stir-Fry	280	379	7.5	2.8	0	64	1524	45	3	30	29	5	76	4	26
Showtime Asian Noodle Bowl Station-All Proteins	806	363	4.6	0.8	0	157	1643	57	6	11	23	4	146	8	22
Showtime Asian Noodle Bowl Station-Chicken	793	403	6.1	1.2	0	49	1653	59	7	11	28	4	146	5	22
Showtime Asian Noodle Bowl Station-Shrimp	793	361	4.5	0.8	0	157	1616	56	6	11	23	4	146	8	21
Showtime Asian Noodle Bowl Station-Beef	793	472	13.4	2.8	0	47	1684	59	6	12	29	4	149	5	82
Showtime Asian Noodle Bowl Station-Tofu	793	361	7.6	1.4	0	0	1142	58	7	12	17	4	147	20	29
Hakka Chinese Noodle-V	263	382	4.4	0.4	0	18	479	73	5	7	3	4	80	6	6
Classic Beef Bourguignonne	361	337	11.3	4.9	0.5	113	419	17	2	5	38	1	14	5	31
Classic Beef Stroganoff	229	249	12.5	5.7	0.1	76	233	7	1	3	26	1	6	3	19

V - denotes Vegetarian

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<b>Culinary Items</b>															
Tofu Stroganoff	348	414	14	2.7	0.1	51	427	48	5	4	27	0	5	59	35
Chicken and Spinach Madras	217	168	7.9	1.4	0	78	507	9	3	2	17	4	25	6	21
Vegetable Biryani w/ Chickpeas	292	326	5	0.5	0	0	863	62	8	8	9	12	22	9	28
Curry Tofu Vegetables with Rice	263	252	9.1	0.9	0	0	446	33	4	2	13	2	37	39	31
Red Curry Tofu and Vegetables	140	141	9.6	3.8	0	0	215	8	2	4	6	2	31	12	9
Chicken Curry Bowl	682	700	20.5	4.1	0	137	823	90	4	2	34	1	12	6	43
Butter Chicken - Thigh Meat	156	166	9.1	3.3	0.1	99	204	4	1	2	18	0	4	3	12
Pasta Primavera with Roasted Vegetable	280	332	2	0.7	0.2	2	252	65	5	6	14	3	80	12	22
Pasta with Kale, Italian Sausage & Tomatoes	300	550	24.7	7.1	0.2	33	473	58	5	2	21	3	64	7	23
Fettuccine Salmon Diablo	269	425	7.8	1.1	0	31	528	66	5	10	23	0	28	4	27
Roasted Root Vegetable Lasagna	509	458	14.1	6.2	0.3	64	961	67	10	20	19	17	73	32	23
Vegetarian Lasagna-V	342	323	7.9	3.7	0.2	67	541	44	5	10	21	5	39	31	28
Lasagna (Purchased Sauce)-Beef	388	470	15.1	6.3	0.7	78	711	55	5	8	32	1	25	23	32
Spinach Spanakopita	163	270	14	8	0.2	70	1260	22	2	2	11		2	18	26
Argentinian Chicken (Thigh)	232	405	33.5	17.5	1	155	425	9	0	7	17	4	32	2	6
Fish Tacos	162	269	5.9	2.5	0	27	407	38	2	2	12	1	15	11	16
Roast Beef-B (MWG)	85	204	8.6	3.2	0	76	38	0	0	0	29	0	0	1	20

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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><i>Culinary Table - Sides</i></b>												0	0	0	0
Brown Rice-V	88	120	2	0.3	0	0	14	23	1	0	2	0	0	1	3
Basmati Rice-V	117	139	1.4	0.2	0	0	14	28	1	0	3	0	0	1	11
Dainty Jasmine Rice	146	183	1.4	0.2	0	0	13	38	1	0	3	0	0	0	14
Egg Noodles	113	156	2.3	0.5	0	33	6	28	1	1	5	0	0	1	5
Fettuccine Pasta	159	252	1.5	0.3	0	0	2	49	3	1	9	0	0	1	14
Oven Roasted Potatoes-V	152	183	6.6	0.5	0	0	487	29	3	1	3	0	19	1	5
Herbed Roasted Potatoes-V	120	147	4.6	0.7	0	0	159	25	2	2	2	0	25	1	4
Steamed Vegetable Medley-V	132	35	0.4	0.1	0	0	28	7	2	4	2	3	110	3	4
Broccoli Florets	454	154	1.7	0.2	-	0	150	30	12	8	13	3	675	19	24
Caesar Salad (Side)-V	79	86	5.4	1	0.1	6	268	8	2	1	2	5	5	4	6

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<b><i>Napoli</i></b>															
BBQ Chicken Pizza	232	450	10	5	0	40	1084	64	2	10	26	1	27	29	30
Chicken Pesto with Mushroom	207	416	9	4	0	29	894	60	2	4	23	1	2	22	26
Deluxe Pizza	224	457	13	6	0.1	38	1163	60	3	6	25	1	13	29	31
Greek Pizza	242	407	10	4	.2	19	1040	62	4	6	17	0	25	8	33
Hawaiian Pizza	220	412	8	4	0	27	1074	62	3	8	22	1	3	26	36
Pepperoni Pizza	201	429	12	5	0.1	34	1088	59	3	5	22	1	0	29	31
Three Cheese Pizza	207	456	13	7	.2	36	1092	61	2	5	24	2	0	39	30
Tropical Chicken Pizza	235	425	9	5	0	30	1103	63	3	8	23	1	16	29	36

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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 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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<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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<b>Soup/Chili Accompaniment</b>															
Cornmeal Muffins	1 ea	385	17	1	0	0	520	53	2	20	6	0	0	3	11
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
Dinner Roll Sourdough	1 ea	100	0.5	0	0	0	200	20	1	1	4	0	2	2	10
Dinner Roll Wholewheat	1 ea	110	1	0	0	0	210	20	2	1	4	0	4	2	6
Dinner Roll French	1 ea	100	0.5	0	0	0	135	19	1	1	3	0	15	2	6
Dinner Roll Multigrain	1 ea	130	3	0	0	0	250	23	2	1	5	0	4	2	10



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<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><i>Baked Goods</i></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

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<b>Fresh Grille - Breakfast</b>															
Big Breakfast (with sausage)	336	700	35	9	0.2	392	1460	66	5	5	28	3	4	24	41
Light Breakfast	292	455	19	5	0.2	373	737	49	6	5	22	4	16	13	26
Sunrise (bacon)	134	302	13	6	0.3	208	695	29	1	4	17	5	0	18	19
Sunrise (Ham)	150	295	11	5	0.3	203	949	30	1	4	19	9	0	17	23
Sunrise (Cheese)	115	226	8	3	0.2	170	499	28	1	3	11	9	0	10	19
Breakfast Wrap (Western)	264	601	27	11	0	324	1360	58	3	7	29	2	20	32	51
Toast, Butter, and Jam-V (WW)	115	315	9	5	0.3	21	302	55	3	18	6	0	4	5	8
Fried Egg-V	52	90	7	2	0	186	71	0	0	0	6	2	0	3	6
Poached Eggs-V	1	63	4	1	0	164	124	0	0	0	6	1	0	3	6
Omelette-V (MWG)	105	131	9	3	0.1	361	240	2	0	0	11	0	0	3	17
Bacon (Grill) (3 slices)	24	112	8	3	0	24	404	0	0	0	8	0	0	0	1
Sausage Links (3 pcs)	40	131	11	4	0.1	18	327	3	1	1	5	0	0	0	1
Home Fries (Diced)	181	277	11	0.9	0.1	0	428	41	4	0	4	0	12	1	7
Sausage and Egg Sunrise Sandwich	172	424	22	9	0.3	213	1044	34	1	5	21	10	0	18	26
Egg and Cheddar Sunrise Sandwich	115	226	8	3	0.2	170	499	28	1	3	11	9	0	10	19
Egg Sunrise Sandwich	122	264	10	5	0.3	193	615	29	1	4	14	9	0	17	21
Bacon and Egg Sunrise Sandwich	134	302	13	6	0.3	208	695	29	1	4	17	5	0	18	19
Ham and Egg Sunrise Sandwich	150	295	11	5	0.3	203	949	30	1	4	19	9	0	17	23
Bacon and Egg Sunrise Sandwich (WW)	136	304	14	6	0.2	186	686	28	3	4	17	2	0	28	14
Sausage and Egg Sunrise Sandwich (WW)	180	434	23	9	0.2	213	1044	33	3	5	21	1	0	28	21
Sunrise Bagel, Light Cheese-V	184	451	15	6	0.2	206	870	61	2	4	21	13	0	22	32
Sunrise Cheese Bagel-V	155	441	13	6	0.3	32	1307	65	2	7	18	0	1	30	26
Cheddar and Ham Sunrise Bagel	184	364	14	6	0.2	217	951	40	2	3	22	14	0	16	18
Egg and Bacon Sunrise Bagel	265	528	20	6	0.2	211	1287	66	3	7	21	23	14	16	34
Cheddar and Bacon Sunrise Bagel	193	435	13	4	0.1	25	1215	65	3	7	14	15	9	13	27
Sausage Sunrise Bagel	184	531	20	7	0.2	36	1418	67	2	6	21	1	0	18	30
Cheddar and Sausage Sunrise Bagel	231	534	20	6	0.1	34	1510	69	3	7	17	16	9	14	31
Pancakes with Syrup	81	193	3	0.5	0	3	232	41	0	13	2	0	0	3	11
French Toast-V	153	289	8	2	0.1	196	511	41	2	9	13	0	0	22	28
Oatmeal-V	273	124	2	0.4	0	0	105	22	3	0	4	0	0	2	10

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]

<b>Menu Item</b>	<b>Serving Size (g)</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>Fresh Grille - Breakfast</b>															
Sunrise Bagel Light Cheese-V	184	451	15	6	0.2	206	870	61	2	4	21	13	0	22	32
Sunrise Cheese Bagel-V	155	441	13	6	0.3	32	1307	65	2	7	18	0	1	30	26
Cheddar and Ham Sunrise Bagel	184	364	14	6	0.2	217	951	40	2	3	22	14	0	16	18
Egg and Bacon Sunrise Bagel	265	528	20	6	0.2	211	1287	66	3	7	21	23	14	16	34
Cheddar and Bacon Sunrise Bagel	193	435	13	4	0.1	25	1215	65	3	7	14	15	9	13	27
Sausage Sunrise Bagel	184	531	20	7	0.2	36	1418	67	2	6	21	1	0	18	30
Cheddar and Sausage Sunrise Bagel	231	534	20	6	0.1	34	1510	69	3	7	17	16	9	14	31
Pancakes with Syrup	81	193	3	0.5	0	3	232	41	0	13	2	0	0	3	11
French Toast - V	153	289	8	2	0.1	196	511	41	2	9	13	0	0	22	28
Oatmeal - V	273	124	2	0.4	0	0	105	22	3	0	4	0	0	2	10

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<b>Menu Item</b>	<b>Serving Size (g)</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>Fresh Grille - Lunch</b>															
Cooked 4 oz Premium Burger (Patty Only)	113	321	25	10	0.4	70	462	0	1	0	18	0	0	2	19
Cheeseburger	190	637	40	17	0.1	86	1020	41	2	8	24	0	8	8	19
Club House Sandwich	271	531	25	6	0.1	64	892	47	6	6	31	1	15	9	17
Classic Grilled Cheese with Bacon	279	583	32	12	0	56	1043	47	5	6	25	3	21	29	4
Grilled Cheese Sandwich (WW)	102	289	14	3	0.1	13	716	31	3	4	6	0	0	12	8
Grilled Ham and Cheese Sandwich	125	335	17	5	0.2	26	976	32	3	4	15	1	0	17	9
Thai Chicken Wrap	292	505	11	3	0.1	49	1220	76	4	23	27	5	59	14	37
Baked Potato Wedges (Small)	170	235	7	0.6	0.1	0	62	41	3	0	3	0	10	1	6
Baked Potato Wedges (Large)	227	314	9	0.7	0.1	0	83	55	4	0	4	0	14	2	8
Garden Salad (Side)	116	14	0.2	0	0	0	11	3	1	1	1	5	7	2	4
Caesar Salad (Side), V	79	86	5	1	0.1	6	268	8	2	1	2	5	5	4	6
Beef Gravy	34	20	1	0.2	0	0	63	2	0	0	0	0	0	0	1
Chicken Fingers and Dipping Sauce	142	285	10.5	0.8	0	37	744	32	0	18	15	0	0	0	90

# NUTRITION INFORMATION

## Daily Calorie and Sodium Requirements

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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>Superfoods</b>															
Salad Dressing, Oriental	15	20	5	1	0	0	190	2	0	1	0	0	0	0	0
Salad Dressing, Sundried Tomato	15	40	4	0	0	0	6	1	0	0	1	0	0	0	0
Salad Dressing, Italian, Light	100ml	238	24	4	0	0	1029	6	0	3	0	0	0	0	0
Sesame Thai Salad Dressing	44 ml	103	8	1	0.1	0	423	8	0.3	6	0.4	0	0	0	0
Salad Dressing, Balsamic Vinaigrette	100ml	289	26	3	0	0	731	12	1	10	0	1	0	23	1
Salad Dressing, Caesar, Light	44 ml	103	7	1	0	9	517	9	0	1	1	0	0	0	0
Salad Dressing, Ranch, Fat Free	15ml	35	2	0	0	5	140	3	0	1	0	0	0	0	0
Sicilian Pasta Salad	100	200	12	2	0	20	860	19	2	5	4	4	10	4	10
Tricolour Chickpea Salad	100	110	4	0	0	0	630	18	2	5	3	4	45	2	6
Bell Pepper	148	30	0	0	0	0	0	7	2	4	1	8	190	2	2
Broccoli	148	45	0	0.5	0	0	55	8	5	3	5	15	220	6	6
Carrot	78	35	0	0	0	0	40	8	2	5	1	270	10	2	0
Celery	110	20	0	0	0	0	100	5	2	0	1	2	15	4	2
Cucumber	99	15	0	0	0	3	0	3	1	2	1	4	10	2	2
Green Onion	25	10	0	0	0	0	5	2	1	1	0	2	8	0	0
Spring Mix	85	20	0	0	0	0	95	3	2	0	2	80	8	4	4
Mushroom	84	20	0	0	0	0	0	3	1	0	3	0	2	0	2
Onion	148	60	0	0	0	0	5	14	3	9	2	0	20	4	2
Spinach	85	4	0	0	0	0	160	10	5	0	2	70	25	6	20
Tomato	148	35	0.5	0	0	0	5	7	1	4	1	20	40	2	2

# NUTRITION INFORMATION

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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>Superfoods</b>															
shredded cheddar	28	110	9	5	0	0	170	2	0	0	7	0	0	20	0
shredded mozzarella	28	80	6	3.5	0	15	170	1	0	0	8	5	0	20	0
shredded monterey jack	28	110	9	5	0	25	170	0.5	0	0	7	6	0	20	0
chicken breast	113	110	2.5	0.5	0	65	20	0	0	0	23	0	0	0	4
salmon fillet	124	185	5.5	0.9	4.6	83	107	0	0	0	31.7	3	0	2	7



# NUTRITION MENU

— WE'RE SERVING • NOUS SERVONS —




At SURREY MEMORIAL 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

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 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%