

# Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca) or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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## NUTRITION MENU



The information in this guide is effective as of April 2017 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Nutritionist Pro 2.0 and information provided by our suppliers.

REVIEWED JUNE 2019

# NUTRITION MENU

## 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 ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>MUFFINS</b>															
Apple Spice	1 item	580	26	3	0.5	63	465	79	3	33	11	5	1	19	25
Banana Blueberry	1 item	587	26	3	0.5	63	464	80	3	34	11	5	6	19	25
Blueberry Lemon	1 item	555	26	3	0.5	63	463	72	2	29	10	5	2	19	25
Blueberry Peach	1 item	551	26	3	0.5	63	464	75	2	32	10	5	3	19	25
Cranberry Orange	1 item	552	26	3	0.5	63	463	72	3	28	10	5	6	19	25
Date Bran	1 item	635	26	3	0.4	53	193	93	12	59	12	5	0	21	42
Raspberry White Chocolate	1 item	601	28	5	0.5	63	473	78	2	36	11	5	8	19	26
Triple Berry	1 item	552	26	3	0.5	63	464	71	2	28	10	5	5	19	25
<b>MUFFINS Gluten Free</b>															
Banana Blueberry GF	1 item	547	26	2	0.5	63	472	76	7	35	9	5	23	21	18
Blueberry Lemon GF	1 item	515	26	2	0.5	63	472	68	6	30	8	5	19	21	18
Blueberry Peach GF	1 item	503	26	2	0.5	63	473	69	5	32	8	5	20	21	18
Triple Berry GF	1 item	512	26	2	0.5	63	473	67	6	30	8	5	22	21	18
<b>SCONES</b>															
Black Forest	1 item	341	11	6	0.0	0	309	56	2	22	6	11	1	13	18
Blueberry Lemon	1 item	275	8	3	0.0	0	299	46	2	12	5	9	2	13	17
Cheddar Onion	1 item	336	14	7	0.2	19	448	43	1	10	9	18	1	24	17
Cranberry Orange	1 item	274	8	3	0.0	0	300	46	2	11	5	9	7	13	17
Raspberry White Chocolate	1 item	344	11	6	0.0	0	309	57	2	21	6	9	6	13	18
<b>SQUARES/ OTHER</b>															
Baked Apple Fritters	1 item	312	6	1	0.1	0	657	59	5	11	8	0	1	4	26
Brownie	1 item	461	15	3	0.2	0	299	80	3	56	4	0	0	1	12
Cinnamon Bun	1 item	624	21	6	0.2	0	1041	102	4	38	11	16	1	7	36
Date Square	1 item	624	22	8	0.1	0	174	102	7	59	9	24	0	6	19
Puffed Wheat Square	1 item	368	16	6	0.1	0	155	57	2	28	3	19	0	3	9

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>COOKIES</b>															
Breakfast	1 item	386	22	5	0.3	11	227	43	2	19	6	9	0	4	12
Cranberry White Chocolate	1 item	281	12	5	0.1	21	177	41	1	24	4	12	0	2	9
Ginger	1 item	311	13	5	0.1	23	192	45	1	22	5	14	0	8	22
Oatmeal Raisin	1 item	266	11	4	0.1	21	173	39	1	20	4	12	0	2	11
Old Fashion Chocolate Chip	1 item	281	13	6	0.1	21	179	39	1	23	4	12	0	2	9
Peanut Butter	1 item	291	17	5	0.1	14	217	31	1	18	6	13	0	2	8
Shortbread Chocolate Chip	1 item	426	24	11	0.1	0	248	51	1	28	4	24	0	0	11
Shortbread Swirl	1 item	340	20	8	0.1	0	235	38	2	14	5	24	0	1	15
Trail mix	1 item	513	18	6	0.1	21	178	83	7	51	9	12	1	8	17
<b>SANDWICH WRAPS AND ROLLS</b>															
Capicoli Swiss Sandwich	1 item	537	25	8	0.0	42	1004	57	6	5	21	5	11	14	32
Chicken Curry Wrap	1 item	749	40	7	0.1	111	1169	49	8	0.8	45	9	18	13	34
Egg Salad Sandwich	1 item	536	23	6	0.1	328	814	57	6	6	25	17	7	17	37
Ham & Cheddar Sandwich	1 item	492	19	5	0.2	40	1190	56	6	5	24	8	11	10	31
Pastrami Swiss Sandwich	1 item	477	18	5	0.0	36	1396	57	6	6	22	5	12	13	30
Roast Beef Sandwich	1 item	537	21	6	0.2	51	703	56	6	6	29	8	13	10	38
Tuna Salad Sandwich	1 item	562	23	5	0.0	43	783	55	6	5	32	3	7	14	36
Turkey Havarti Sandwich	1 item	499	20	6	0.0	42	1238	57	6	6	22	1	11	4	32
Turkey Havarti Wrap	1 item	568	30	7	0.0	52	1640	51	7	1	22	1	18	5	29
Veggie Sandwich	1 item	457	18	5	0.0	22	599	57	6	6	16	5	46	15	31
Sausage Roll	1 item	285	15	6	0.4	13	633	30	1	2	8	0	0	2	157
Vegetarian Roll	1 item	275	12	5	0.1	23	377	35	2	0.7	8	0	3	6	19
<b>PIZZAS</b>															
BBQ Chicken Pizza	1 item	749	26	18	0.6	121	1641	66	4	23	57	25	22	51	26
Greek Pizza	1 item	652	30	18	0.4	60	2045	63	9	11	34	28	36	52	40
Ham & Pineapple Pizza	1 item	626	25	18	0.6	78	1625	56	6	11	41	25	15	53	27
Pepperoni Pizza	1 item	643	32	20	0.6	79	1448	50	5	5	36	25	11	54	29
Roasted Veggie Pizza	1 item	633	30	21	0.6	73	1419	53	6	7	36	34	50	62	28
Tomato Basil Pizza	1 item	630	30	22	0.6	73	1402	52	6	7	36	41	37	64	32
<b>QUICHE</b>															
Ham & Cheese	1 item	565	38	15	0.4	233	1092	30	0.6	4	26	22	1	33	17
Spinach & Feta	1 item	443	28	10	0.1	187	870	34	2	6	15	8	7	19	23
Three Cheese & Onion	1 item	559	38	17	0.4	221	788	30	1	4	23	23	3	39	16

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>SALADS</b>															
Beet & Feta Salad, Large	1 item	238	11	3	0.0	13	979	30	7	23	9	7	17	11	19
Beet & Feta Salad , Small	1 item	169	7	2	0.0	9	694	22	5	16	7	5	12	8	13
Broccoli Grape Salad, Large	1 item	643	41	6	0.1	33	708	61	3	11	11	6	57	5	25
Broccoli Grape Salad, Small	1 item	441	28	4	0.1	22	486	42	2	7	8	4	39	3	17
Chicken Curry Salad, Large	1 item	629	36	5	0.0	56	454	55	3	4	22	1	67	3	25
Chicken Curry Salad, Small	1 item	470	27	4	0.0	42	339	41	3	3	16	1	50	2	18
Quinoa Salad, Large	1 item	390	20	2	0.2	0	497	46	7	12	7	65	89	5	19
Quinoa Salad, Small	1 item	269	14	1	0.2	0	343	32	5	8	5	45	61	4	13
Tortellini Salad, Large	1 item	440	30	3	0.6	17	232	37	3	9	7	18	135	7	9
Tortellini Salad, Small	1 item	298	20	2	0.4	11	157	25	2	6	4	12	91	5	6
<b>SOUPS</b>															
Soup Bun	1 item	125	2	0.5	0.0	0	197	22	2	2	4	0	0	1	10
Broccoli Cheddar, Large	1 svg.	264	19	9	0.3	29	1613	15	2	3	9	30	52	20	8
Broccoli Cheddar, Small	1 svg.	164	12	6	0.2	18	1002	9	1	2	6	19	33	13	5
Cream of Mushroom, Large	1 svg.	207	13	5	0.1	5	996	20	3	5	6	15	13	5	11
Cream of Mushroom, Small	1 svg.	129	8	3	0.0	3	619	13	2	3	3	9	8	3	7
Hamburger Soup, Large	1 svg.	175	6	2	0.2	31	1002	16	3	10	14	95	24	8	20
Hamburger Soup, Small	1 svg.	111	4	1	0.1	19	637	10	2	7	9	60	15	5	13
Potato Leek Soup, Large	1 svg.	195	2	1	0.0	5	702	41	4	4	5	2	69	7	18
Potato Leek Soup, Small	1 svg.	115	1	0.7	0.0	3	414	24	3	2	3	1	41	4	11
Split Pea & Bacon, Large	1 svg.	318	3	0.7	0.0	13	975	51	20	9	24	98	11	7	27
Split Pea & Bacon, Small	1 svg.	199	2	0.5	0.0	8	610	32	13	6	15	61	7	5	17
<b>SLUSHIES</b>															
Peach	16 oz.	345	0.8	0.0	0	0	23	83	2	66	0	0	150	0	0
Mandarin Orange Passionfruit	16 oz.	360	0.8	0.0	0	0	98	89	0	80	0	0	150	0	0
Mango	16 oz.	345	0.8	0.0	0	0	30	83	0	71	0	0	150	0	0
Cherry	16 oz.	330	0.8	0.0	0	0	39	81	2	63	0	0	150	1	0
Wild Berry	16 oz.	315	0.8	0.0	0	0	30	77	2	68	0	0	150	0	0
Iced Cappuccino	16 oz.	492	18	18	0	0	196	75	0	49	5	0	0	10	0
<b>COFFEE</b>															
Americano coffee, Small	12 oz.	0.6	0.1	0	0	0	13	0	0	0	0	0	0	1	0
Canadiano, Small	12 oz.	4	0.1	0	0	0	10	0	0	0	0.4	0	0	1	0
Drip coffee, Small	12.oz.	3	0.1	0	0	0	7	0	0	0	0.4	0	0	1	0
Espresso, Small	1 svg.	0.6	0.1	0	0	0	4	0	0	0	0	0	0	0	0

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<b>SPECIALTY BEVERAGE</b>															
Apple Cider, Small	12 oz.	151	0	0	0	0	11	39	0	25	0	0	0	1	0
Apple Cider, Large	16 oz.	220	0	0	0	0	16	56	0	36	0	0	0	1	0
Cappuccino 2%, Small	4 oz.	43	2	0.6	0	7	44	4	0	4	3	5	0	9	0
Cappuccino 2%, Large	6 oz.	77	3	1	0.1	12	80	7	0	8	5	9	1	17	1
Cappuccino Almond, Small	4 oz.	23	1	0	0	0	60	3	0.4	3	0.4	4	0	7	1
Cappuccino Almond, Large	6 oz.	35	1	0	0	0	91	4	0.6	4	0.6	6	0	10	2
Cappuccino Skim, Small	4 oz.	30	0.1	0.1	0	2	40	4	0	4	3	5	0	10	0
Cappuccino Skim, Large	16 oz.	44	0.2	0.1	0	3	60	6	0	7	4	8	0	14	1
Cappuccino Soy, Small	4 oz.	38	2	0.2	0	0	49	3	0.4	2	3	2	0	10	5
Cappuccino Soy, Large	6 oz.	57	2	0.3	0	0	74	5	0.6	3	4	3	0	15	8
London Fog Soy, Small	12 oz.	158	4	0.5	0	0	119	22	1	20	7	5	0	27	13
London Fog Soy, Large	16 oz.	211	5	0.7	0	0	158	30	1	27	9	6	0	35	17
London Fog 2%, Large	16 oz.	188	0.3	0.2	0	6	134	35	0	35	11	19	0	35	1
London Fog 2%, Small	12 oz.	180	5	2	0.1	19	113	26	0	26	8	14	1	26	0
London Fog Skim, Small	12 oz.	141	0.2	0.1	0	5	101	26	0	26	8	14	0	26	1
London Fog Skim, Large	16 oz.	188	0.3	0.2	0	6	134	35	0	35	11	19	0	35	1
London Fog Almond, Small	12 oz.	119	2	0.0	0	0	148	22	1	21	1	10	0	18	3
London Fog Almond, Large	16 oz.	159	3	0.0	0	0	197	30	1	28	1	13	0	24	3
Hot Chocolate 2%, Small	12 oz.	302	10	4	0.1	24	305	41	1	39	11	17	1	37	0
Hot Chocolate 2%, Large	16 oz.	402	13	5	0.2	32	407	55	2	52	15	23	1	50	1
Hot Chocolate Almond, Sm	12 oz.	226	7	2	0	0	349	36	2	33	2	12	0	27	3
Hot Chocolate Almond, Lrge	16 oz.	301	9	3	0	0	465	49	3	44	3	16	0	36	4
Hot Chocolate Skim, Small	12 oz.	253	4	2	0	6	289	41	1	39	11	18	0	37	1
Hot Chocolate Skim, Large	16 oz.	337	5	3	0	8	385	55	2	52	15	24	0	50	1
Hot Chocolate Soy , Small	12 oz.	275	9	3	0	0	312	36	2	31	10	6	0	38	16
Hot Chocolate Soy, Large	16 oz.	366	12	3	0	0	416	49	3	42	13	8	0	51	21
Latte 2%, Small	12 oz.	153	6	2	0.1	24	147	15	0	15	10	17	1	33	1
Latte 2%, Large	16 oz.	204	8	3	0.2	33	197	20	0	21	13	23	1	44	1
Latte Almond, Small	12 oz.	76	3	0	0	0	192	10	1	9	1	12	0	23	3
Latte Almond, Large	16 oz.	101	4	0	0	0	255	13	2	12	2	17	0	30	5
Latte Skim, Small	12 oz.	103	0.3	0.2	0	6	131	15	0	15	10	18	0	34	1
Latte Skim, Large	16 oz.	138	0.4	0.3	0	8	175	20	0	20	14	25	0	45	1
Latte Soy, Small	12 oz.	126	5	0.7	0	0	154	10	1	7	9	6	0	34	16
Latte Soy, Large	16 oz.	167	7	0.9	0	0	205	13	2	10	12	8	0	46	22

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<b>SPECIALTY BEVERAGE</b>															
Mocha 2%, Small	12 oz.	348	9	4	0.1	21	295	54	1	52	10	15	1	34	1
Mocha 2%, Large	16 oz.	463	12	5	0.2	29	393	72	2	69	14	20	1	45	1
Mocha Almond, Small	12 oz.	279	7	2	0	0	334	50	2	46	2	11	0	25	3
Mocha Almond, Large	16 oz.	373	9	3	0	0	445	66	3	62	3	15	0	33	4
Mocha Skim, Small	12 oz.	304	4	2	0	5	280	54	1	52	10	16	0	34	1
Mocha Skim, Large	16 oz.	405	5	3	0	7	374	72	2	69	14	22	0	46	1
Mocha Soy, Small	12 oz.	323	8	2	0	0	301	50	2	45	9	6	0	35	14
Mocha Soy, Large	16 oz.	431	11	3	0	0	401	66	3	60	12	7	0	46	19
Steamer 2% , Small	12 oz.	213	6	2	0.1	24	143	29	0	30	10	17	1	33	0
Steamer 2% , Large	16 oz.	284	8	3	0.2	33	191	39	0	40	13	23	1	44	1
Steamer Almond, Small	12 oz.	136	3	0	0	0	188	24	1	23	1	13	0	23	3
Steamer Almond, Large	16 oz.	181	4	0	0	0	250	33	2	31	2	17	0	30	4
Steamer Skim, Small	12 oz.	163	0.2	0.2	0	6	127	29	0	30	10	18	0	33	1
Steamer Skim, Large	16 oz.	218	0.3	0.2	0	8	169	39	0	40	14	25	0	45	1
Steamer Soy, Small	12 oz.	186	5	0.6	0	0	150	24	1	22	9	6	0	34	16
Steamer Soy, Large	16 oz.	248	7	0.8	0	0	200	33	2	29	12	8	0	45	21
<b>CHAI</b>															
Oregon Chai 2%, Small	12 oz.	239	5	2	0.1	21	126	40	0	40	9	15	1	29	0
Oregon Chai 2%, Large	16 oz.	318	7	2	0.2	29	168	53	0	54	12	20	1	39	1
Oregon Chai Almond, Small	12 oz.	170	3	0	0	0	165	36	1	35	1	11	0	20	3
Oregon Chai Almond, Large	16 oz.	256	4	0	0	0	248	54	2	52	2	17	0	30	4
Oregon Chai Skim, Small	12 oz.	195	0.2	0.2	0	5	112	40	0	40	9	16	0	29	1
Oregon Chai Skim, Large	16 oz.	260	0.3	0.2	0	7	149	53	0	54	12	22	0	39	1
Oregon Chai Soy, Small	12 oz.	214	4	0.6	0	0	132	36	1	33	8	6	0	30	14
Oregon Chai Soy, Large	16 oz.	286	6	0.7	0	0	176	48	1	45	10	7	0	40	19
Tiger Spice Chai 2%, Small	12 oz.	208	7	3	0.1	21	142	26	0	26	9	15	1	33	0
Tiger Spice Chai 2%, Large	16 oz.	277	10	4	0.2	29	189	35	0	34	13	20	1	43	1
Tiger Spice Almond, Small	12 oz.	140	5	1	0	0	181	22	1	20	2	11	0	23	3
Tiger Spice Almond, Large	16 oz.	186	6	1	0	0	241	29	1	26	2	15	0	31	4
Tiger Spice Chai Skim, Small	12 oz.	164	2	1	0	5	127	26	0	26	9	16	0	33	1
Tiger Spice Chai Skim, Large	16 oz.	219	3	2	0	7	170	35	0	34	13	22	0	44	1
Tiger Spice Chai Soy, Small	12 oz.	184	7	2	0	0	148	22	1	19	8	6	0	33	14
Tiger Spice Chai Soy, Large	16 oz.	245	9	2	0	0	197	29	1	25	11	7	0	44	19

### 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)