

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 or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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NUTRITION MENU

SACRED GROUNDS



COFFEE BAR

The information in this guide is effective as of May 2016 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Healthlink BC using Nutribase 10 and information provided by our suppliers.



HealthyFamiliesBC 

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)
SANDWICHES															
Egg Salad Sandwich	343	810	45	7	0.1	400	1530	68	4	3	25	40	50	8	45
Ham & Swiss Sandwich	248	550	32	13	0.5	105	1450	36	2	2	26	25	6	20	25
Italian Sandwich	307	570	25	8	0.1	80	1430	48	3	3	34	25	40	20	35
Tuna Sandwich	308	770	39	4	0	55	1580	64	4	1	30	10	6	2	35
Turkey & Brie Sandwich	292	610	26	8	0	55	1580	64	9	5	31	15	10	10	35
Vegetable Sandwich	237	430	15	6	0	25	890	58	8	2	18	20	35	20	30

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BAKED GOODS															
Banana Bread	213	740	36	10	5	35	620	102	3	74	8	30	8	8	20
Banana Bread, Wheat Free	213	720	37	10	5	35	610	100	5	73	7	30	8	8	8
Granola Bar	153	670	32	16	0.5	30	125	92	8	58	13	10	0	6	25
Scone, Ham and Cheese	184	700	48	24	1	115	1050	48	2	3	17	25	0	30	30
Muffins															
Banana Pecan Muffin	186	660	35	3	0.5	60	330	82	4	43	10	4	8	6	20
Brown Butter Raspberry Muffin	162	430	19	11	1	75	140	56	3	21	9	15	10	15	20
Cranberry Orange Walnut Muffin	161	470	27	2	0.3	0	220	49	5	11	12	2	50	15	25
Cowboy Muffins	222	740	38	5	0.5	0	450	90	6	37	14	25	6	15	30
Fresh Lemon Muffin	148	460	19	11	1	105	230	67	1	36	7	15	30	8	15
Honey Orange Oat Muffin	182	430	14	2	0.3	35	600	66	5	23	12	4	50	20	25
Mountain Muffin	187	550	27	2.5	0.5	30	390	70	6	27	10	4	8	15	30
Power Muffin	189	510	22	2	0.4	0	520	74	7	39	9	2	10	10	20
Pumpkin Paddy Muffin	167	520	19	1.5	0.4	0	150	81	7	45	6	60	4	15	10
Raspberry Cornmeal Muffin	196	480	17	2.5	0.4	65	290	74	5	29	10	6	20	15	20
Sour Cream Muffin	225	750	34	20	1	200	720	96	2	49	15	30	0	15	25

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Cookies															
Chocolate Haystack	99	390	14	7	0.4	20	75	61	6	34	8	8	6	6	15
Double Chocolate Salt Cookie	87	380	19	11	0.5	55	230	50	3	33	4	10	0	4	25
Ginger Cookie	92	370	13	8	0.5	60	160	57	1	29	6	10	0	2	15
Goober Cookie	61	300	19	9	0.5	35	200	30	1	19	6	10	0	2	6
Milk Chocolate Chip Cookie	108	480	22	9	0.5	50	200	66	2	40	7	8	0	6	15
Oatmeal Health Cookie	88	390	20	9	0.5	45	110	49	4	26	7	10	0	4	15

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HOT BEVERAGES															
Coffee															
Drip Coffee 12 oz	360	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0
Drip Coffee 16 oz	480	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Drip Coffee 20 oz	600	0	0.1	0	0	0	10	0	0	0	1	0	0	2	0
Shorts															
Single Espresso	30	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Double Espresso	60	0	0.1	0	0	0	10	0	0	0	0.1	0	0	0	0
Espresso Macchiato (1% Milk)	120	30	0.5	0.2	0	5	35	4	0	4	2	4	0	8	0
Espresso Macchiato (Almond Milk)	120	10	1	0	0	0	50	1	0	0	0.3	0	0	0	0
Espresso Macchiato (Soy Milk)	120	25	1	0	0	0	70	3	0	2	1	0	0	0	2
Espresso Macchiato (Whole Milk)	120	45	2.5	1.5	0.1	5	35	3	0	4	2	4	0	8	0
Latte & Cappuccino															
Cappuccino 12 oz (1% Milk)	360	80	2	0.5	0	10	85	9	0	9	6	10	0	20	0
Cappuccino 16 oz (1% Milk)	480	90	2	0.5	0.1	10	105	11	0	11	7	15	0	25	2
Cappuccino 20 oz (1% Milk)	600	110	2.5	1	0.1	15	125	13	0	14	9	15	0	30	2
Latte 12 oz (1% Milk)	360	90	2	0.5	0	10	95	10	0	10	7	15	0	25	0
Latte 16 oz (1% Milk)	480	110	2.5	1	0.1	10	115	12	0	13	8	15	0	30	2

Nutrition information is provided for the standard beverage made with 1% milk. For other milk and milk alternatives, please refer to page 6 where information for steamed milk and milk alternatives are available.

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HOT BEVERAGES															
Latte 20 oz (1% Milk)	600	130	3	1	0.1	15	140	15	0	16	10	20	0	35	2
Americano															
Americano 12 oz	360	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Americano 16 oz	480	0	0.1	0	0	0	20	0	0	0	0.1	0	0	2	0
Americano 20 oz	600	0	0.2	0	0	0	30	0	0	0	0.1	0	0	2	0
Specialties															
Chai Latte 12 oz (1% Milk)	360	150	1.5	0.5	0	10	70	29	0	29	5	10	0	20	0
Chai Latte 16 oz (1% Milk)	480	200	2	0.5	0	10	90	39	0	39	7	15	0	25	0
Chai Latte 20 oz (1% Milk)	600	250	2.5	0.5	0.1	10	105	47	0	48	8	15	0	25	0
Caramel Macchiato 12 oz (1% Milk)	360	140	2	0.5	0	10	85	26	0	25	6	10	0	20	0
Caramel Macchiato 16 oz (1% Milk)	480	180	2	0.5	0.1	10	105	33	0	33	7	15	0	25	2
Caramel Macchiato 16 oz (1% Milk)	480	180	2	0.5	0.1	10	105	33	0	33	7	15	0	25	2
Mocha 12 oz (1% Milk)	360	190	5	2	0.2	10	290	31	1	30	7	10	0	25	6
Mocha 16 oz (1% Milk)	480	250	6	3	0.3	10	380	40	1	38	9	15	0	30	8
London Fog 12 oz (1% Milk)	360	130	1.5	0.4	0	5	60	25	0	24	5	8	0	15	0
London Fog 16 oz (1% Milk)	480	150	1.5	0.4	0	5	60	30	0	30	5	8	0	15	0
London Fog 20 oz (1% Milk)	600	170	1.5	0.4	0	5	60	35	0	35	5	8	0	15	0
Hot Chocolate 12 oz (1% Milk)	360	200	5	2	0.2	10	290	32	1	31	8	15	0	25	6
Hot Chocolate 16 oz (1% Milk)	480	270	7	3	0.3	15	390	42	1	41	11	15	0	35	8

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HOT BEVERAGES															
Hot Chocolate 20 oz (1% Milk)	600	330	8	3.5	0.3	15	480	51	2	50	13	20	0	40	10
Steamed Milk 12 oz (1% Milk)	360	90	2	0.5	0.1	10	100	11	0	12	8	15	0	25	0
Steamed Milk 12 oz (Almond Milk)	360	35	3	0.3	0	0	150	2	1	0	1	0	0	0	0
Steamed Milk 12 oz (Soy Milk)	360	70	2.5	0	0	0	210	8	0	5	5	0	0	2	4
Steamed Milk 12 oz (Whole Milk)	360	140	7	5	0.4	20	95	11	0	12	7	10	0	25	0
Steamed Milk 16 oz (1% Milk)	480	120	3	1	0.1	15	130	15	0	15	10	20	0	35	0
Steamed Milk 16 oz (Almond Milk)	480	50	4	0.4	0	0	190	2	1	0	1	0	0	0	0
Steamed Milk 16 oz (Soy Milk)	480	100	3.5	0	0	0	270	11	0	7	6	0	0	2	4
Steamed Milk 16 oz (Whole Milk)	480	180	10	7	0.5	30	125	14	0	15	9	15	0	30	0
Steamed Milk 20 oz (1% Milk)	600	150	3.5	1	0.1	15	150	17	0	18	12	20	0	40	0
Steamed Milk 20 oz (Almond Milk)	600	60	4.5	0.4	0	0	230	3	1	0	1	0	0	0	0
Steamed Milk 20 oz (Soy Milk)	600	110	4	0	0	0	320	13	0	8	7	0	0	2	6
Steamed Milk 20 oz (Whole Milk)	600	210	11	8	0.5	35	150	17	0	18	11	15	0	35	0
Tea, All Types 12 oz (No Milk or Sugar)	360	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Tea, All Types 16 oz (No Milk or Sugar)	480	0	0	0	0	0	15	1	0	0	0	0	0	0	0
Tea, All Types 20 oz (No Milk or Sugar)	600	5	0	0	0	0	20	2	0	0	0	0	0	0	0

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COLD BEVERAGES															
Iced Coffee 16 oz (Plain)	480	0	0.1	0	0	0	10	0	0	0	0.3	0	0	2	0
Iced Coffee 20 oz (Plain)	600	0	0.1	0	0	0	15	0	0	0	0.4	0	0	2	0
Smoothie 16 oz	480	210	0	0	0	0	20	50	2	46	2	0	30	4	8
Smoothie 20 oz	600	260	0	0	0	0	25	62	2	58	2	0	40	4	10
Fruit Shake 16 oz	480	420	8	6	0	10	380	83	2	69	2	0	60	4	4
Fruit Shake 20 oz	600	470	8	6	0	10	380	96	2	80	2	0	80	4	6
Iced Tea 16 oz	480	15	0	0	0	0	15	4	0	4	0	0	0	2	0
Iced Tea 20 oz	600	15	0	0	0	0	20	5	0	5	0	0	0	2	0
Italian Soda 16 oz	480	120	0	0	0	0	60	30	0	30	0	0	0	2	0
Italian Soda 20 oz	600	140	0	0	0	0	80	36	0	36	0	0	0	2	0
Chai Chiller 16 oz	480	460	12	10	0	10	570	85	0	70	2	0	10	0	4
Chai Chiller 20 oz	600	610	16	13	0	15	750	113	0	93	3	0	15	0	4
Frappe 16 oz	480	310	12	10	0	10	570	51	0	36	2	0	0	2	0
Frappe 20 oz	600	420	16	13	0	15	750	67	0	48	3	0	0	2	0
Quencher 20 oz	600	260	0	0	0	0	5	64	0	62	0	0	0	0	0