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# NUTRITION MENU

**SECOND CUP  
COFFEE CO.™**

The information in this guide is effective as of April 30, 2018 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by NutriCoster 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 ITEMS	DESCRIPTION	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>ESPRESSO BAR</b>																
Flat White	2% milk	8 oz	90	3.5	2	0.1	15	85	9	0	9	6	8%	0%	20%	0%
	skim	8 oz	70	0	0	0	5	90	9	0	9	6	8%	0%	20%	0%
	soy	8 oz	80	3	0.4	0	0	90	6	1	5	5	8%	0%	25%	8%
Caffè Latte	2% milk	12 oz	120	4.5	2.5	0.2	20	95	12	0	11	8	15%	0%	25%	2%
	2% milk	16 oz	160	6	3.5	0.2	25	125	15	0	14	10	15%	0%	35%	4%
	2% milk	20 oz	200	7	4	0.3	30	160	19	0	17	13	20%	0%	40%	4%
	skim	12 oz	90	0	0	0	5	100	13	0	11	8	15%	0%	25%	0%
	skim	16 oz	110	0	0	0	5	130	16	0	15	10	15%	0%	35%	0%
	skim	20 oz	140	0	0	0	5	160	20	0	18	13	20%	0%	40%	2%
	soy	12 oz	80	3	0	0	0	180	9	1	6	4	0%	0%	2%	4%
	soy	16 oz	100	3.5	0.5	4	0	230	12	1	8	6	0%	0%	2%	6%
	soy	20 oz	130	4.5	0.5	0	0	280	15	1	10	7	0%	0%	2%	6%
Vanilla Bean Latte	2% milk	12 oz	190	6	4.5	0.1	15	160	28	0	23	7	8%	0%	25%	0%
	2% milk	16 oz	280	8	6	0.1	20	230	41	0	33	9	10%	0%	40%	2%
	2% milk	20 oz	360	11	8	0.1	25	300	54	0	43	11	10%	0%	50%	2%
	skim	12 oz	170	2.5	2	0	5	170	29	0	24	7	8%	0%	25%	0%
	skim	16 oz	240	3.5	3	0	5	240	42	0	34	9	10%	0%	40%	2%
	skim	20 oz	310	5	4.5	0	5	310	55	0	44	11	10%	0%	50%	2%
	soy	12 oz	160	4.5	0	0	0	210	26	0	19	4	0%	0%	8%	2%
	soy	16 oz	230	6	3.5	0	0	300	38	0	28	5	0%	0%	10%	4%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	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>ESPRESSO BAR</b>																
Caramel Coretto®	2% milk	12 oz	260	8	6	0.1	15	210	41	0	33	7	8%	0%	30%	2%
	2% milk	16 oz	340	10	8	0.1	20	280	54	0	44	9	10%	0%	40%	2%
	2% milk	20 oz	470	14	10	0.2	25	390	76	0	61	11	10%	0%	50%	2%
	skim	12 oz	230	4	3.5	0	5	210	41	0	34	7	8%	0%	30%	0%
	skim	16 oz	300	5	4.5	0	5	280	55	0	44	9	10%	0%	40%	2%
	skim	20 oz	430	8	7	0	5	390	77	0	63	11	10%	0%	50%	2%
	soy	12 oz	220	6	4	0	0	260	39	0	30	4	0%	0%	10%	2%
	soy	16 oz	290	8	5	0	0	350	51	0	39	5	0%	0%	15%	4%
	soy	20 oz	420	11	7	0	0	470	73	0	55	7	0%	0%	20%	4%
Moccacino*	2% milk	12 oz	330	17	12	0.4	45	260	38	1	32	8	20%	0%	35%	8%
	2% milk	16 oz	410	20	14	0.4	50	350	49	1	42	11	20%	0%	45%	10%
	2% milk	20 oz	490	22	15	0.5	55	440	61	2	51	13	25%	0%	50%	15%
	skim	12 oz	300	13	10	0.3	35	270	38	1	33	8	20%	0%	35%	8%
	skim	16 oz	370	15	11	0.3	35	350	50	1	43	11	20%	0%	45%	10%
	skim	20 oz	440	16	12	0.4	35	440	63	2	52	13	25%	0%	50%	15%
	soy	12 oz	290	16	10	0.3	30	310	35	1	28	6	10%	0%	15%	10%
	soy	16 oz	360	18	11	0.3	30	420	46	1	37	7	10%	0%	20%	15%
	soy	20 oz	430	20	12	0.4	30	520	58	2	45	9	10%	0%	20%	20%
Cappuccino	2% milk	12 oz	110	4	2.5	0.1	15	100	10	0	10	7	10%	2%	25%	2%
	2% milk	16 oz	150	6	4	0.2	25	135	14	0	14	10	15%	2%	35%	2%
	2% milk	20 oz	170	7	4.5	0.2	25	160	16	0	16	11	20%	2%	35%	2%
	skim	12 oz	70	0	0	0	0	110	10	0	9	7	8%	4%	15%	2%
	skim	16 oz	110	0	0	0	5	170	16	0	15	11	15%	2%	35%	2%
	skim	20 oz	120	0	0.5	0	5	200	18	0	17	12	15%	2%	30%	2%
	soy	12 oz	80	3.5	0.5	0	0	110	7	1	5	5	8%	2%	25%	6%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	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>ESPRESSO BAR</b>																
Cappuccino	soy	16 oz	110	5	0.5	0	0	150	10	1	7	8	10%	0%	40%	8%
	soy	20 oz	120	5	1.5	0	0	180	11	1	8	9	15%	0%	40%	10%
Americano		Single	5	0.1	0	0	0	6	1	0	0	0.1	0%	0%	0%	0%
		Double	10	0.2	0.1	0	0	13	2	0	0	0.1	0%	0%	0%	0%
Espresso		Single	5	0.1	0	0	0	6	1	0	0	0.1	0%	0%	0%	0%
		Double	10	0.2	0.1	0	0	13	2	0	0	0.1	0%	0%	0%	0%
Classic Hot Chocolate	2% milk	8 oz	290	16	11	0.4	45	260	34	1	28	6	15%	0%	25%	8%
	2% milk	12 oz	370	18	13	0.4	45	310	45	1	39	9	20%	0%	35%	10%
	2% milk	16 oz	450	21	15	0.4	50	390	56	2	48	11	20%	0%	45%	15%
	2% milk	20oz	520	23	16	0.5	55	470	68	2	58	14	25%	0%	60%	15%
	skim	8 oz	280	12	9	0.3	30	260	37	1	32	8	15%	0%	25%	8%
	skim	12oz	330	15	11	0.3	35	310	46	1	39	9	20%	0%	35%	10%
	skim	16 oz	410	16	12	0.4	35	400	57	2	49	11	20%	0%	45%	15%
	skim	20oz	480	17	13	0.4	35	480	69	2	59	14	25%	0%	60%	15%
	soy	8 oz	280	14	9	0.3	25	300	34	1	28	5	10%	0%	15%	10%
	soy	12oz	340	17	11	0.3	30	360	43	1	35	6	10%	0%	15%	15%
	soy	16 oz	400	19	12	0.4	30	460	53	2	44	7	10%	0%	20%	15%
	soy	20oz	470	21	14	0.4	30	560	64	2	52	9	10%	0%	25%	20%
White Hot Chocolate	2% milk	8 oz	310	17	12	0.4	45	220	34	0	28	5	15%	0%	25%	0%
	2% milk	12oz	390	21	15	0.4	45	310	45	0	38	8	20%	0%	35%	0%
	2% milk	16 oz	480	24	18	0.5	50	390	56	0	48	10	20%	0%	45%	2%
	2% milk	20 oz	560	27	20	0.5	55	480	68	0	57	12	25%	0%	60%	2%
	skim	8 oz	290	15	11	0.3	40	220	34	0	28	5	15%	0%	25%	0%
	skim	12 oz	370	17	13	0.4	35	310	46	0	39	8	20%	0%	35%	2%
	skim	16 oz	440	19	15	0.4	35	400	57	0	49	10	20%	0%	45%	2%
	skim	20 oz	510	21	16	0.4	35	480	69	0	59	12	25%	0%	60%	2%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	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>ESPRESSO BAR</b>																
White Hot Chocolate	soy	8 oz	290	16	11	0.3	25	300	34	1	25	5	10%	0%	10%	2%
	soy	12 oz	360	19	13	0.4	30	360	43	0	35	5	10%	0%	15%	2%
	soy	16 oz	430	22	15	0.4	30	460	54	0	43	6	10%	0%	20%	4%
	soy	20 oz	500	24	17	0.4	30	560	64	0	51	8	10%	0%	20%	4%
Vanilla Bean Hot Chocolate	2% milk	8 oz	290	16	11	0.4	40	230	34	1	28	6	15%	0%	25%	6%
	2% milk	12 oz	380	18	13	0.4	45	270	47	1	39	8	20%	0%	35%	6%
	2% milk	16 oz	450	20	14	0.4	50	350	58	1	49	11	20%	0%	45%	8%
	2% milk	20 oz	530	23	16	0.5	55	420	70	1	59	13	25%	0%	60%	8%
	skim	8 oz	260	13	9	0.3	40	220	30	1	25	6	15%	0%	25%	6%
	skim	12 oz	350	14	10	0.3	35	270	48	1	40	8	20%	0%	35%	6%
	skim	16 oz	410	16	12	0.4	35	360	59	1	50	11	20%	0%	45%	8%
	skim	20 oz	480	17	13	0.4	35	420	72	1	60	13	25%	0%	60%	8%
	soy	8 oz	260	15	9	0.3	35	220	28	1	22	5	15%	0%	25%	10%
	soy	12 oz	340	16	11	0.3	30	320	45	1	36	5	10%	0%	15%	8%
	soy	16 oz	400	18	12	0.4	30	420	55	1	44	7	10%	0%	20%	10%
	soy	20 oz	470	20	13	0.4	30	500	67	1	53	8	10%	0%	25%	10%

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MENU ITEMS	DESCRIPTION	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>BREW BAR</b>																
Coffee		12 oz	5	0.1	0	0	0	5	0	0	0	0	0%	0%	0%	0%
		16 oz	5	0.1	0	0	0	10	0	0	0	1	0%	0%	0%	0%
		20 oz	5	0.1	0	0	0	10	0	0	0	1	0%	0%	2%	0%
Tea		12 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
		16 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
		20 oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
London Fog	2% milk	12 oz	210	6	3.5	0.2	25	160	28	0	13	10	20%	4%	35%	2%
	2% milk	16 oz	290	8	5	0.3	30	210	40	0	20	14	25%	6%	45%	2%
	2% milk	20 oz	370	10	6	0.4	40	260	51	0	27	17	30%	8%	60%	2%
	skim	12 oz	160	0.5	0.3	0	5	160	29	0	27	11	20%	6%	35%	0%
	skim	16 oz	230	0.5	0.5	0	5	210	40	0	38	14	25%	6%	45%	2%
	skim	20 oz	290	1	0.5	0	10	270	52	0	49	18	30%	8%	60%	2%
	soy	12 oz	220	6	0.5	0	0	170	29	4	15	14	20%	0%	10%	25%
	soy	16 oz	300	8	1	0	0	230	41	5	22	19	25%	0%	15%	35%
	soy	20 oz	380	10	1	0	0	280	52	7	29	23	30%	0%	20%	40%
Chai Latte	2% milk	12 oz	190	4	2.5	0.2	15	75	30	0	30	7	10%	0%	25%	2%
	2% milk	16 oz	250	5	3	0.2	20	100	40	0	40	9	15%	0%	30%	2%
	2% milk	20 oz	310	6	4	0.3	25	125	50	0	50	11	20%	0%	40%	2%
	skim	12 oz	160	0	0	0	5	80	31	0	31	7	10%	0%	25%	0%
	skim	16 oz	210	0	0	0	5	105	41	0	41	9	15%	0%	30%	0%
	skim	20 oz	260	0	0	0	5	130	51	0	51	11	20%	0%	40%	0%
	soy	12 oz	150	2.5	0	0	0	140	28	1	26	4	0%	0%	2%	4%
	soy	16 oz	200	3	0	0	0	190	37	1	35	5	0%	0%	2%	4%
	soy	20 oz	250	4	0.5	0	0	240	46	1	44	6	0%	0%	2%	6%
Green Tea Matcha Latte	2% milk	12 oz	240	6	3.5	0.2	25	150	36	0	21	10	15%	4%	35%	2%
	2% milk	16 oz	310	8	5	0.3	30	210	47	0	27	14	25%	6%	45%	2%
	2% milk	20 oz	390	10	6	0.4	40	260	58	0	32	17	30%	8%	60%	2%
	skim	12 oz	190	0.5	0.3	0	5	160	36	0	34	10	20%	4%	35%	2%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	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>BREW BAR</b>																
Green Tea Matcha Latte	skim	16 oz	250	1	0.5	0	5	210	47	0	44	14	25%	6%	45%	2%
	skim	20 oz	310	1	0.5	0	10	270	58	0	55	17	30%	8%	60%	2%
	soy	12 oz	240	6	0.5	0	0	170	36	4	22	14	20%	0%	10%	25%
	soy	16 oz	320	8	1	0	0	230	47	5	29	18	25%	0%	15%	30%
	soy	20 oz	400	10	1	0	0	280	58	7	35	23	30%	0%	20%	40%
<b>COLD BAR</b>																
Espresso Frappé	2% milk	12 oz	170	1.5	1	0	5	180	33	0	28	4	2%	0%	15%	0%
	2% milk	16 oz	180	2.5	1.5	0	10	190	35	0	29	5	4%	0%	20%	0%
	2% milk	22 oz	290	3	2	0.1	10	320	58	0	50	8	4%	0%	25%	2%
	skim	12 oz	160	0.5	0.4	0	5	180	34	0	28	4	2%	0%	15%	0%
	skim	16 oz	170	0.5	0.4	0	5	190	35	0	30	5	4%	0%	20%	0%
	skim	22 oz	270	0.5	0.5	0	5	320	58	0	50	8	4%	0%	25%	2%
	soy	12 oz	160	1.5	0.5	0	0	180	33	0	27	4	2%	0%	15%	4%
	soy	16 oz	170	2	0.5	0	0	190	34	0	27	5	4%	0%	20%	4%
	soy	22 oz	280	2.5	0.5	0	0	320	56	1	47	7	6%	0%	30%	6%
	Mocca Frappé	2% milk	12 oz	180	2	1.5	0	5	140	36	1	29	5	2%	0%	15%
2% milk		16 oz	190	3	2	0	10	150	37	1	31	6	4%	0%	20%	10%
2% milk		22 oz	320	4	2.5	0.1	10	240	63	3	52	10	4%	0%	30%	25%
skim		12 oz	170	1	0.5	0	5	140	36	1	29	5	2%	0%	15%	10%
skim		16 oz	180	1	0.5	0	5	150	38	1	31	6	4%	0%	20%	10%
skim		22 oz	300	1.5	1	0	5	250	63	3	53	10	4%	0%	30%	25%
soy		12 oz	170	2	1	0	0	140	35	2	28	5	2%	0%	15%	15%
soy		16 oz	190	2.5	1	0	0	160	36	2	29	6	4%	0%	20%	15%
Caramel Frappé	2% milk	12 oz	270	6	5	0	5	210	51	0	39	3	2%	0%	20%	2%
	2% milk	16 oz	290	7	6	0.1	10	230	52	0	40	4	4%	0%	25%	2%
	2% milk	22 oz	400	10	8	0.1	10	320	73	0	57	5	4%	0%	35%	2%
	skim	12 oz	260	5	4.5	0	0	220	51	0	39	3	2%	0%	20%	2%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	NUTRITION INFORMATION														
		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>BREW BAR</b>																
	skim	16 oz	270	5	4.5	0	5	230	53	0	41	4	4%	0%	25%	2%
	skim	22 oz	390	8	7	0	5	320	74	0	57	5	4%	0%	35%	2%
	soy	12 oz	260	6	5	0	0	230	50	0	38	2	0%	0%	15%	2%
	soy	16 oz	270	6	5	0	0	250	51	0	39	3	0%	0%	15%	2%
	soy	22 oz	380	9	7	0	0	350	72	0	54	3	0%	0%	25%	2%
Vanilla Frappé	2% milk	12 oz	280	8	7	0.1	5	250	49	0	37	3	2%	0%	20%	2%
	2% milk	16 oz	290	8	7	0.1	10	260	50	0	38	4	4%	0%	25%	2%
	2% milk	22 oz	410	12	10	0.1	10	370	70	0	54	5	4%	0%	35%	2%
	skim	12 oz	270	7	6	0	0	250	49	0	37	3	2%	0%	20%	2%
	skim	16 oz	280	7	6	0	5	260	50	0	39	4	4%	0%	25%	2%
	skim	22 oz	390	10	9	0	5	370	70	0	54	5	4%	0%	35%	2%
	soy	12 oz	260	7	6	0	0	260	48	0	36	2	0%	0%	15%	2%
	soy	16 oz	270	8	6	0	0	290	49	0	36	3	0%	0%	15%	2%
	soy	22 oz	380	11	9	0	0	400	68	0	51	4	0%	0%	20%	4%
Flash Cold Brew, sweetened		12 oz	20	0	0	0	0	2	5	0	5	0.1	0%	0%	0%	0%
		16 oz	40	0	0	0	0	5	10	0	10	0.3	0%	0%	0%	0%
		22 oz	60	0.1	0	0	0	10	14	0	14	1	0%	0%	0%	0%
Flash Cold Brew, unsweetened		12 oz	30	0	0	0	0	2	6	0	6	0.1	0%	0%	0%	0%
		16 oz	50	0	0	0	0	5	13	0	13	0.3	0%	0%	0%	0%
		22 oz	80	0.1	0	0	0	10	20	0	20	1	0%	0%	0%	0%
Flash Cold Brew, Vanilla Bean		12 oz	100	2.5	2	0	0	75	19	0	14	0.4	0%	0%	6%	0%
		16 oz	100	2.5	2	0	0	75	19	0	14	0.4	0%	0%	6%	0%
		22 oz	200	4.5	4	0	0	150	38	0	29	1	0%	0%	15%	0%
Flash Cold Brew, Mocca		12 oz	90	2.5	2.5	0	0	110	17	1	14	1	0%	0%	6%	6%
		16 oz	90	2.5	2.5	0	0	115	17	1	14	1	0%	0%	8%	6%
		22 oz	190	5	4.5	0	0	220	34	1	28	2	0%	0%	15%	10%



# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	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>COLD BAR</b>																
Iced Caffè Latte	2% milk	12 oz	120	4.5	2.5	0.2	20	95	12	0	11	8	15%	0%	25%	2%
	2% milk	16 oz	140	5	3	0.2	20	115	14	0	12	9	15%	0%	30%	2%
	2% milk	22 oz	180	7	4	0.3	25	150	17	0	15	12	20%	0%	40%	4%
	skim	12 oz	90	0	0	0	5	100	13	0	11	8	15%	0%	25%	0%
	skim	16 oz	100	0	0	0	5	120	15	0	13	9	15%	0%	30%	0%
	skim	22 oz	130	0	0	0	5	150	19	0	16	12	20%	0%	40%	2%
	soy	12 oz	80	3	0	0	0	180	9	1	6	4	0%	0%	2%	4%
	soy	16 oz	90	3	0.5	0	0	200	11	1	7	5	0%	0%	2%	4%
	soy	22 oz	120	4	0.5	0	0	260	14	1	9	6	0%	0%	2%	6%
Iced Vanilla Bean Latte	2% milk	12 oz	180	5	4	0.1	10	150	27	0	21	6	6%	0%	25%	0%
	2% milk	16 oz	240	7	5	0.1	15	200	38	0	30	7	8%	0%	30%	2%
	2% milk	22 oz	320	9	7	0.1	20	270	50	0	39	9	8%	0%	40%	2%
	skim	12 oz	150	2.5	2	0	5	150	27	0	22	6	6%	0%	25%	0%
	skim	16 oz	220	3.5	3	0	5	210	39	0	31	7	8%	0%	30%	2%
	skim	22 oz	280	5	4.5	0	5	270	51	0	40	9	8%	0%	40%	2%
	soy	12 oz	150	4	2.5	0	0	190	25	0	18	3	0%	0%	8%	2%
	soy	16 oz	210	6	3.5	0	0	250	36	0	26	4	0%	0%	10%	2%
	soy	22 oz	280	7	4.5	0	0	330	48	0	35	5	0%	0%	15%	4%
Iced Moccaccino*	2% milk	12 oz	340	19	13	0.5	50	250	37	1	31	8	20%	0%	30%	10%
	2% milk	16 oz	410	21	15	0.5	55	320	47	1	39	9	20%	0%	35%	10%
	2% milk	22 oz	470	23	16	0.5	55	400	58	2	48	11	20%	0%	45%	15%
	skim	12 oz	320	16	11	0.4	40	250	37	1	32	8	20%	0%	30%	10%
	skim	16 oz	380	17	12	0.4	40	330	48	1	40	9	20%	0%	35%	10%
	skim	22 oz	440	19	14	0.4	45	400	59	2	49	11	20%	0%	45%	15%
	soy	12 oz	310	18	12	0.4	40	290	35	1	28	5	15%	0%	15%	10%
	soy	16 oz	370	20	13	0.4	40	370	45	1	36	6	15%	0%	20%	15%
	soy	22 oz	430	21	14	0.4	40	460	55	2	44	7	15%	0%	20%	15%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	NUTRITION INFORMATION														
		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>COLD BAR</b>																
Iced Caramel Corretto®	2% milk	12 oz	370	19	13	0.5	50	210	43	0	35	7	20%	0%	30%	2%
	2% milk	16 oz	430	21	15	0.5	55	260	54	0	44	8	20%	0%	35%	2%
	2% milk	22 oz	550	24	17	0.5	55	350	75	0	60	9	25%	0%	45%	2%
	skim	12 oz	340	16	11	0.4	40	210	43	0	36	7	20%	0%	30%	2%
	skim	16 oz	400	17	12	0.5	45	260	55	0	45	8	20%	0%	35%	2%
	skim	22 oz	520	20	15	0.5	45	360	76	0	61	9	25%	0%	45%	2%
	soy	12 oz	340	18	12	0.4	40	250	41	0	32	4	15%	0%	15%	2%
	soy	16 oz	400	20	13	0.5	40	310	51	0	40	5	15%	0%	15%	4%
	soy	22 oz	510	22	15	0.5	40	410	73	0	56	6	15%	0%	25%	4%
Chai Frappé	2% milk	12 oz	280	1.5	1	0	5	180	61	0	58	4	2%	0%	15%	0%
	2% milk	16 oz	300	2	1.5	0	10	200	62	0	59	5	4%	0%	20%	0%
	2% milk	22 oz	340	2.5	2	0.1	10	210	71	0	68	6	4%	0%	25%	0%
	skim	12 oz	270	0.4	0.3	0	5	190	61	0	58	4	2%	0%	15%	0%
	skim	16 oz	280	0.4	0.3	0	5	200	63	0	60	5	4%	0%	20%	0%
	skim	22 oz	320	0.4	0.3	0	5	220	71	0	68	6	4%	0%	25%	0%
	soy	12 oz	280	1.5	0.5	0	0	190	60	0	57	4	2%	0%	15%	2%
	soy	16 oz	290	2	0.5	0	0	200	61	0	57	5	4%	0%	20%	4%
	soy	22 oz	330	2.5	0.5	0	0	220	69	1	65	6	6%	0%	25%	6%
Matcha Tea Frappé	2% milk	12 oz	210	3	1.5	0.1	10	60	39	0	39	6	8%	0%	15%	4%
	2% milk	16 oz	240	4.5	2.5	0.2	15	85	41	0	41	8	10%	0%	25%	4%
	2% milk	22 oz	340	6	3	0.2	20	110	60	0	59	11	15%	0%	30%	6%
	skim	12 oz	180	0	0	0	5	60	40	0	39	6	8%	0%	15%	2%
	skim	16 oz	200	0	0	0	5	90	42	0	42	8	10%	0%	25%	2%
	skim	22 oz	290	0	0	0	5	115	61	0	60	11	15%	0%	30%	4%
	soy	12 oz	180	2	0	0	0	110	37	1	36	3	0%	0%	2%	4%
	soy	16 oz	200	2.5	0	0	0	160	39	1	37	5	0%	0%	2%	6%
	soy	22 oz	280	3.5	0.5	0	0	210	57	1	54	6	0%	0%	2%	8%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	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>COLD BAR</b>																
Brewed Iced Tea, sweetened	none	12 oz	25	0	0	0	0	4	6	0	6	0	0%	0%	2%	0%
	none	16 oz	50	0	0	0	0	7	13	0	13	0	0%	0%	2%	0%
	none	22 oz	80	0	0	0	0	14	20	0	20	0	0%	0%	2%	0%
Sparkling Green Tea Lemonade	none	12 oz	90	0.1	0	0	0	2	24	2	23	0	0%	0%	0%	0%
	none	16 oz	110	0.2	0	0	0	4	26	4	25	0	0%	0%	0%	0%
	none	22 oz	170	0.3	0	0	0	7	42	7	40	0	0%	0%	0%	0%
FroCho**	2% milk	12 oz	370	13	8	0.3	45	210	55	3	51	11	15%	0%	30%	20%
	2% milk	16 oz	510	15	9	0.4	55	310	82	4	75	16	20%	0%	45%	35%
	2% milk	22 oz	700	23	14	0.5	85	410	108	5	100	21	30%	0%	60%	45%
	skim	12 oz	350	11	7	0.3	40	210	56	3	51	11	15%	0%	30%	20%
	skim	16 oz	480	11	7	0.3	45	310	82	4	76	16	20%	0%	45%	35%
	skim	22 oz	670	19	12	0.5	70	420	109	5	100	21	30%	0%	60%	45%
	soy	12 oz	360	13	7	0.3	40	220	54	3	46	9	15%	0%	30%	30%
	soy	16 oz	490	14	7	0.3	40	310	79	5	71	15	20%	0%	45%	40%
	soy	22 oz	680	23	12	0.5	65	420	105	6	94	19	30%	0%	60%	50%
Italian Soda	none	12 oz	110	0	0	0	0	0	27	0	27	0	0%	0%	0%	0%
	none	16 oz	140	0	0	0	0	0	36	0	36	0	0%	0%	0%	0%
	none	22 oz	210	0	0	0	0	0	54	0	54	0	0%	0%	0%	0%
Stawberry Banana Glow Smoothie	none	16 oz	350	6	1.5	0.1	5	30	75	7	54	6	2%	70%	10%	6%
Green Mango Boost Smoothie	none	16 oz	340	1	0	0	15	75	79	5	59	11	110%	90%	8%	8%
<b>TOPPINGS</b>																
Whipped Cream Topping (* included)		none	100	10	6	0.3	35	10	3	0	3	1	10%	0%	2%	0%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	NUTRITION INFORMATION														
		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>CAFFE DE MEDICI</b>																
<b>BAKERY</b>																
Morning Glory Muffin	1 item	150	470	25	4.5	0.1	55	270	58	3	28	5	20%	2%	2%	8%
Apple Raisin Muffin	1 item	150	470	25	3	0.1	80	350	58	1	33	5	4%	0%	4%	10%
Blueberry Muffin	1 item	150	420	16	2	0	30	340	63	1	31	7	2%	2%	10%	15%
Banana Chocolate Muffin	1 item	150	490	21	3	0.1	30	310	70	2	41	6	2%	4%	4%	15%
Bran Muffin	1 item	150	360	13	2.5	0.1	25	450	61	6	30	6	2%	4%	6%	25%
Tripple Berry Muffin	1 item	150	380	15	2	0	30	320	57	2	24	6	2%	10%	10%	15%
Orange Cranberry Muffin	1 item	150	350	13	1.5	0	25	270	53	2	26	6	2%	20%	10%	15%
Lemon Cranberry Scone	1 item	150	490	26	16	0	65	610	57	2	13	8	20%	2%	25%	20%
Mixed Berry Scone	1 item	150	480	25	16	0	65	620	58	2	13	8	20%	2%	25%	20%
Cheese and Chive Scone	1 item	150	500	28	18	0	75	690	53	2	9	10	25%	10%	30%	20%
Butter Croissant	1 item	70	240	13	8	0.1	40	310	27	1	4	5	10%	0%	2%	10%
Chocolate Croissant	1 item	80	300	17	10	0.3	30	300	34	2	10	5	2%	2%	0%	10%
Almond Croissant	1 item	85	330	20	9	0	75	330	33	2	13	8	10%	0%	4%	8%
Ham & Cheese Croissant	1 item	135	390	20	11	0	70	630	38	1	6	16	8%	6%	10%	6%
Pizza Pretzel	1 item	140	320	7	2	0	5	520	52	1	1	11	0%	2%	8%	10%
Plain Bagel	1 item	100	250	2	0.4	0	0	510	50	2	2	9	0%	0%	2%	25%
Blueberry Bagel	1 item	100	260	2.5	0.4	0	0	460	50	2	5	9	0%	0%	2%	25%
Sesame Bagel	1 item	100	270	3.5	1	0	0	490	49	2	2	9	0%	0%	6%	30%
Multigrain Bagel	1 item	100	270	1.5	0	0	0	520	55	0	3	12	0%	0%	4%	25%
Everything Bagel	1 item	100	280	1.5	0.2	0	0	520	54	3	1	10	0%	4%	2%	10%
Oatmeal Raisin Cookie	1 item	100	400	16	6	0	25	300	60	4	32	7	15%	0%	4%	20%
Peanut Butter Cookie	1 item	100	450	25	12	0	75	390	52	2	34	8	15%	0%	6%	10%
Chocolate Chip Cookie	1 item	100	440	21	11	0.1	25	320	58	2	35	5	10%	0%	4%	25%
Macadamia Cookie	1 item	100	460	23	9	0.1	25	330	56	2	37	5	15%	0%	4%	15%
Double Chocolate Cookie	1 item	100	440	21	11	0.1	25	320	58	2	37	5	10%	0%	4%	25%
Breakfast Cookie	1 item	95	400	20	11	0	40	135	54	6	28	7	8%	0%	4%	20%
Addiction Bar	1 item	90	430	24	11	0	65	210	51	3	33	5	15%	0%	4%	20%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION	NUTRITION INFORMATION														
		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>BAKERY</b>																
Cream Cheese Brownie	1 item	90	420	27	16	0	125	115	41	2	30	5	20%	0%	4%	20%
Rockey Road Bar	1 item	85	420	32	13	0	0	10	34	7	21	10	0%	0%	4%	35%
Lemon Bar	1 item	90	330	17	8	0	90	75	42	1	25	4	10%	4%	2%	10%
Date Bar	1 item	75	260	5.5	0.8	0	0	263	53	3	35	3	1%	0%	4%	12%
Nature Bar	1 item	85	330	10	1	0	0	210	61	3	27	4	10%	10%	2%	60%
Carrot Cake	1 item	140	540	33	8	0.1	100	380	59	2	41	6	30%	2%	4%	10%
Cinnamon Twist	1 item	25	130	8	1	0	0	55	13	1	2	2	0%	0%	2%	6%
Raspberry Danish	1 item	100	350	22	9	0.2	25	210	34	1	14	4	0%	20%	6%	2%
Maple Pecan Danish	1 item	100	430	25	6	0	45	360	46	2	26	7	0%	2%	8%	15%
Energy Loaf	1 item	120	380	14	1.5	0	25	510	62	6	25	7	0%	2%	4%	15%
Cinnamon Bun	1 item	229	678	20	3	0	5	390	113	3	42	12	2%	0%	6%	30%
Banana Loaf	1 item	120	420	18	2	0	30	290	61	2	35	5	2%	4%	4%	15%
Mocha Coffee Cake	1 item	150	650	41	8	0.1	95	540	70	5	42	8	4%	0%	6%	30%
Lemon Loaf	1 item	120	390	3.5	1	0	120	400	82	2	46	8	4%	8%	15%	20%
Cranberry White Chocolate Biscotti	1 item	75	320	19	9	0	70	150	41	8	17	9	8%	0%	10%	35%
Chocolate Almond Biscotti	1 item	75	320	19	9	0	70	150	41	8	17	9	8%	0%	10%	35%
<b>SAVOURY</b>																
Bacon & Provolone Breakfast Sandwich	1 item	150	400	23	8	0.3	185	910	26	4	5	23	10%	0%	30%	20%
Ham & Cheddar Breakfast Sandwich	1 item	150	320	15	6	0.3	170	650	27	4	5	19	10%	0%	30%	15%
Egg White & Cheddar Breakfast Sandwich	1 item	120	260	13	6	0	25	490	22	4	4	15	6%	0%	30%	10%
Breakfast Egg & Bacon Wrap	1 item	250	560	36	13	0.5	385	880	38	3	4	22	20%	10%	30%	30%
Breakfast Mexican Wrap	1 item	250	530	27	10	0.5	415	1010	45	4	4	26	25%	8%	30%	30%
Breakfast Vegetarian Wrap	1 item	240	490	25	10	0.5	350	950	44	3	5	23	30%	20%	30%	35%
Fruit Cup	1 item	280	110	0.4	0	0	0	20	28	3	24	2	10%	130%	4%	4%
Yogurt Cup	1 item	240	290	9	2.5	0.1	15	125	25	1	25	10	0%	6%	25%	2%
Quinoa Salad Cup	1 item	216	160	5	0.5	0	0	300	27	3	8	5	10%	100%	4%	15%
Vegetable Cup	1 item	190	60	1	0.4	0	0	105	11	4	6	3	50%	60%	8%	4%

# NUTRITION INFORMATION

MENU ITEMS	DESCRIPTION															
		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>SAVOURY</b>																
Chicken Caesar Salad	1 item	230	220	8	2.5	0	65	690	12	2	9	26	45%	40%	15%	15%
Chicken Spinach Salad	1 item	220	280	14	4	0	75	580	15	2	3	24	45%	45%	15%	25%
Garden Salad	1 item	150	110	9	1.5	0	20	280	7	1	4	2	35%	15%	4%	10%
Chicken Pesto Sandwich	1 item	210	450	11	5	0	40	1140	60	1	3	28	10%	10%	30%	35%
Old Fashioned Ham Sandwich	1 item	210	510	18	6	0	60	940	54	2	1	31	6%	0%	30%	30%
All Cheese Melt	1 item	170	490	20	11	0	50	1280	53	6	7	24	15%	4%	45%	25%
Ham & Cheese Melt	1 item	185	470	19	10	0	55	1240	47	5	5	27	10%	2%	35%	20%
Bacon Cheese Melt	1 item	180	510	23	11	0	60	1110	50	6	5	24	10%	6%	35%	25%
Turkey & Cranberry	1 item	230	490	14	5	0	60	850	66	3	10	26	8%	10%	35%	35%
Italian Sandwich	1 item	210	570	25	9	0	55	1750	57	4	1	26	8%	15%	25%	30%
Roast Beef Sandwich	1 item	220	500	15	6	0	75	730	57	3	3	32	6%	2%	15%	45%
Roast Vegetable Sandwich	1 item	230	500	14	6	0	25	760	76	5	5	19	25%	40%	25%	40%
Chicken Chorizo Wrap	1 item	310	690	28	12	0	80	960	79	9	2	32	10%	10%	35%	25%
Chicken Fajita Wrap	1 item	250	540	20	7	0	75	880	54	4	3	33	25%	30%	25%	35%
Pulled Pork Wrap	1 item	310	740	30	13	0.1	100	910	78	6	3	37	10%	20%	35%	50%
Quinoa & Roast Veggie Wrap	1 item	250	450	10	2.5	0	0	960	77	7	6	13	20%	60%	15%	40%
Turkey & Brie Wrap	1 item	250	540	21	7	0	55	970	61	5	13	28	15%	15%	15%	30%
<b>TOPPINGS</b>																
Butter	1 item	24	180	20	13	0.8	57	3	0	0	0	0	13	0	1	0
Cheddar Cheese	1 item	40	155	13	8	0	42	254	1	0	0	10	8	0	28	0
Cream Cheese	1 item	50	167	10	10	0.6	67	167	3	0	3	3	0	0	7	0