

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

SIMPLY PUUR CAFÉ

Victoria General Hospital



The information in this guide is effective as of March 2020 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by CBORD 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	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)	
Breakfast																
Sausage Links	27	130	11	17	3.5	0.1	330	3	1	1	5	0	0	0	2	
Bacon	8	35	3	1	0	10	135	0	0	0	3	0	0	0	0	
Bacon	16	70	6	2	0	20	270	0	0	0	6	0	0	0	0	
Hash Brown Potatoes	95	350	19	1.5	0.3	0	430	40	3	0	3	0	10	0	6	
Hard or Soft Cooked Eggs	44	60	4	1.5	0	165	60	0	0	0	6	4	0	2	6	
Toast-Whole Wheat with Butter	36	110	4	2.5	0.1	10	150	14	2	1	3	0	0	2	4	
Cheddar Scone	280	760	33	13	0.5	30	1930	95	3	13	20	8	0	25	45	
Fruit (Fresh)																
Fresh Apple	Each	80	0.2	0	0	0	1	20	3	15	0.4	2	10	0	2	
Fresh Banana	Each	110	0.4	0.1	0	0	1	27	3	14	1	2	15	0	2	
Fresh Orange	Each	60	0.1	0	0	0	0	14	3	11	1	6	100	4	0	
Muffins/Rolls																
Blueberry Muffin	112	350	17	4	0	100	600	44	1	21	6	20	0	2	20	
Carrot Raisin Muffin	130	360	14	5	0	70	490	51	4	26	9	35	6	6	20	
Lemon Poppyseed Muffin	112	350	17	4	0	100	600	44	1	21	6	20	0	2	20	
Cranberry Orange Muffin	112	350	17	4	0	100	600	44	1	21	6	20	0	2	20	
Whole Grain Dinner Roll	40	90	1	0	0	0	220	18	1	0	3	0	0	0	10	

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Item: Greek Street	Portion	Weight (g)	Calories	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Saturated Fat + Trans Fat (g)
Greek Salad	1 ea	167g	60	4	0	5	240	5	2	2	2	100%	35%	6%	6%	1
Shredded Lettuce	30 mL	9g	0	0	0	0	1	0	0	0	0.1	0%	0%	0%	0%	0
Tzatziki	30 mL	30g	50	4.5	0	0	80	2	0	1	1	0%	0%	4%	0%	4
Pickled Red Onion	30 mL	50g	30	0	0	0	1	7	0	6	0.2	0%	2%	0%	0%	0
Chicken Souvlaki	1 ea	96g	210	13	0.1	115	170	0	0	0	22	0%	0%	0%	8%	3
Brown Rice Pilaf	240 mL	234g	290	7	0	0	10	51	3	1	5	0%	2%	2%	6%	1
Lemon Chicken	180 mL	186g	170	4	0	75	780	7	1	2	27	2%	8%	6%	8%	1
Beef Shawarma	180 mL	229g	280	7	0.3	100	490	7	1	4	44	6%	6%	10%	20%	3
Greek Garlic Sauce	30 mL	39g	70	6	0	0	200	6	1	0	1	0%	4%	0%	0%	0
Greek Tabbouleh (Side)	180 mL	192g	260	20	0.1	0	550	20	4	2	4	40%	50%	4%	15%	2
Fattoush Salad (Side)	1 ea	136g	220	19	0.1	0	520	11	2	3	2	60%	15%	4%	10%	2
Falafel Balls	4 ea	76g	200	11	0	0	430	23	5	3	7	0%	2%	10%	25%	1
Hummus	30 mL	32g	50	3	0	0	150	5	1	0	2	0%	0%	2%	6%	0
Kalamata Olives	30 mL	17g	45	4	0	0	310	1	0	0	0	0%	0%	0%	2%	1
Feta Cheese, Crumbled	30 mL	30000g	50	4	0	15	210	1	0	0	3	2%	0%	8%	0%	2
Diced Tomatoes	30 mL	30000g	0	0	0	0	1	1	0	1	0.2	4%	6%	0%	0%	0

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Item: Earth Bowl	Portion	Weight (g)	Calories	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Saturated Fat + Trans Fat (g)
Balsamic Salad Dressing	45 mL	45g	130	12	0.1	0	360	5	0	0	0.2	0%	0%	0%	0%	1
Cranberries	15 mL	10g	30	0.1	0	0	0	8	1	7	0	0%	0%	0%	0%	0
Cranberries	60 mL	40g	120	0.4	0	0	2	33	2	29	0.1	0%	0%	0%	2%	0
Unsalted Sunflower Seeds	15 mL	8g	45	4	0	0	0	2	1	0	2	0%	0%	0%	2%	0
Balsamic Drizzled Roasted Beets	240 mL	245g	210	12	0.1	0	680	24	5	18	4	2%	15%	4%	15%	1
Roasted Parsnips	240 mL	213g	210	8	0	0	460	35	7	10	3	0%	45%	6%	8%	1
Brown Rice	180 mL	155g	140	1	0	0	5	29	1	0	3	0%	0%	0%	4%	0
Barley	180 mL	206g	150	0.5	0	0	10	34	7	0	4	0%	0%	2%	8%	0
Cooked Quinoa	180 mL	133g	100	4.5	0	0	230	14	1	0	3	0%	0%	2%	6%	0
Sesame Chili Edamame	80 mL	57g	80	3	0	0	130	7	3	3	6	4%	6%	4%	8%	0
Paprika Roasted Chickpeas	240 mL	192g	330	12	0	0	540	44	13	8	13	45%	0%	8%	20%	1
Spiced Sweet Potato	240 mL	204g	340	21	0.1	0	80	38	6	12	4	710%	60%	6%	10%	2
Roma Tomato Wedges	240 mL	114g	20	0.2	0	0	5	4	1	3	1	20%	25%	2%	2%	0
Broccoli Florets	240 mL	71g	25	0.3	0	0	25	5	2	1	2	8%	110%	4%	4%	0
Shredded Purple Cabbage	240 mL	49g	15	0.1	0	0	15	4	1	2	1	10%	45%	2%	2%	0
Sliced Carrots	240 mL	100g	40	0.2	0	0	70	10	3	5	1	330%	10%	2%	2%	0
Asian Glazed Salmon	80 mL	60g	100	4	0	30	105	2	0	2	13	2%	0%	0%	2%	1
Sesame Infused Baby Bok Choy	240 mL	164g	110	10	0	0	780	4	2	2	2	140%	110%	15%	10%	1

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Item: Sagra D'Italia	Portion	Weight (g)	Calories	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Saturated Fat + Trans Fat (g)
Cooked Bulgur Wheat	120 mL	189g	160	0.5	0	0	280	36	6	0	6	0%	0%	2%	8%	0
Arrabiatta Pasta Sauce	180 mL	262g	130	6	0	0	680	20	4	11	4	10%	80%	2%	10%	0
Carbonara Pasta Sauce	180 mL	144g	430	40	1	295	310	7	0	3	12	30%	4%	20%	6%	25
Fusilli Pasta	170 g	170g	270	1.5	0	0	2	52	3	1	10	0%	0%	2%	15%	0
Linguini Pasta	170 g	170g	270	1.5	0	0	2	52	3	1	10	0%	0%	2%	15%	0
Whole Wheat Spaghetti Pasta	1 serving	130g	190	2	0	0	5	39	5	1	8	0%	0%	2%	15%	0
Farfalle Pasta	170 g	170g	270	1.5	0	0	2	52	3	1	10	0%	0%	2%	15%	0
Porchetta Sandwich	1 ea	317g	720	25	0.1	95	1370	77	4	3	46	20%	15%	20%	50%	6
Arancini	1 serving	903g	1300	76	1.5	205	3420	127	8	15	31	25%	70%	35%	50%	12
Eggplant Parmigiana	1 piece	271g	240	17	0.2	30	780	16	5	9	10	10%	30%	20%	6%	6
Fattoush Salad (Side)	1 ea	136g	220	19	0.1	0	520	11	2	3	2	60%	15%	4%	10%	2
Penne Pasta	170 g	170g	270	1.5	0	0	2	52	3	1	10	0%	0%	2%	15%	0
Italian Sausage	71 g	71g	240	20	0.1	30	500	2	0	1	10	0%	0%	0%	4%	7
Grilled Chicken Strips	80 mL	71g	80	1.5	0	40	440	2	0	0	14	0%	0%	0%	2%	0
Falafel Balls	4 ea	76g	200	11	0	0	430	23	5	3	7	0%	2%	10%	25%	1

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Item: Taco Cantina	Portion	Weight (g)	Calories	Total Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Saturated Fat + Trans Fat (g)
Guacamole	30 mL	30g	40	4	0	0	115	2	2	0	1	0%	6%	0%	0%	1
Sour Cream	30 mL	29g	40	3.5	0	10	25	1	0	0	1	2%	0%	2%	0%	2
Tomato Salsa	15 mL	13g	5	0.3	0	0	15	1	0	0	0.1	2%	4%	0%	0%	0
Spiced Sweet Potato	60 mL	54g	90	5	0	0	20	10	2	3	1	180%	15%	2%	4%	0
Citrus Braised Pork	60 mL	56g	110	7	0	40	360	1	0	0	11	2%	2%	2%	6%	3
Barbacoa Beef	60 mL	61g	70	3	0	20	200	2	1	1	9	8%	15%	2%	10%	1
Chicken Tinga	60 mL	83g	100	5	0	50	85	3	1	1	9	4%	8%	2%	4%	1
Cilantro Rice	180 mL	157g	200	8	0	0	460	31	2	1	3	15%	8%	2%	6%	1
Refried Black Beans	120 mL	165g	190	6	0	0	490	27	9	3	8	4%	10%	6%	25%	1
Corn and Black Bean Salad (Side)	160 mL	63g	70	2	0	0	115	10	3	1	3	6%	25%	2%	6%	0
Creamy Coleslaw	15 mL	11g	15	1	0	0	30	1	0	1	0.1	6%	4%	0%	0%	0
Panko Breaded Haddock	1 ea	73g	150	7	0.1	80	340	11	1	1	10	2%	0%	4%	8%	1
Shredded Cheddar Cheese	30 mL	14g	60	4.5	0	15	90	0	0	0	3	4%	0%	10%	0%	3
Diced Fresh Red Onions	30 mL	20g	10	0	0	0	1	2	0	1	0.2	0%	2%	0%	0%	0
Flour Tortilla Wrap, 6"	1 ea	28g	90	2	0	0	210	14	1	1	2	0%	0%	4%	8%	1

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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)
Salads															
Garden Salad	79	15	0.2	0	0	0	10	3	1	1	1	90	6	2	4
Caesar Salad	79	90	5	1	.1	5	270	7	1	1	2	100	4	4	6
Macaroni Salad	190	230	7	0.6	0	7	292	35	3	1	6	30	3	2	11
Potato Salad	114	108	2	0.2	0	2	213	21	2	2	2	3	35	1	3
Soups (Small & Large)															
Loaded Baked Potato Soup	340	220	14	6	0.4	35	670	18	2	4	6	4	8	8	4%
Loaded Baked Potato Soup	454	220	14	6	0.4	35	670	18	2	4	6	4	8	8	8
Roasted Tomato Garlic Soup	340	250	19	10	0.5	50	700	17	2	4	4	10	10	10	8
Roasted Tomato Garlic Soup	454	250	19	10	0.5	50	700	17	2	4	4	10	10	10	4
Cream of Mushroom Soup	340	110	6	3.5	0.2	20	910	12	2	3	4	2	6	4	4
Cream of Mushroom Soup	454	110	6	3.5	0.2	20	910	12	2	3	4	2	6	4	4
Creamy Broccoli Cheddar Soup	340	210	15	8	0.4	45	890	11	1	4	7	15	20	15	4
Creamy Broccoli Cheddar Soup	454	210	15	8	0.4	45	890	11	1	4	7	15	20	15	40
Clam Chowder Soup	340	190	11	6	0.4	40	870	17	1	2	7	6	15	4	40
Clam Chowder Soup	454	190	11	6	0.4	40	870	17	1	2	7	6	15	4	10
Chicken Noodle Classic Soup	358	170	4	1.5	0.3	35	920	23	1	2	9	15	4	2	10
Chicken Noodle Classic Soup	477	170	4	1.5	0.3	35	920	23	1	2	9	15	4	2	10
Italian Style Wedding Soup	358	190	7	3.5	0.2	15	1840	22	2	2	10	6	6	4	10
Italian Style Wedding Soup	477	190	7	3.5	0.2	15	1840	22	2	2	10	6	6	4	8
Chicken Gumbo Soup	358	170	8	2.5	0.2	35	1750	19	3	3	7	6	2	6	8
Chicken Gumbo Soup	477	170	8	2.5	0.2	35	1750	19	3	3	7	6	2	6	9

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	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)
Menu Items															
Awesome Thai Style Soup	340	180	9	5	0.2	25	790	19	1	4	6	8	15	10	6
Awesome Thai Style Soup	454	180	9	5	0.2	25	790	19	1	4	6	8	15	10	6
Sandwich/Wraps/Panini's															
BLT Wrap	244	492	19	6	0	34	1436	59	4	8	17	42	21	17	29
Brie with Cranberry Everything Ciabatta	145	301	13	7	0	43	529	35	5	7	13	27	5	10	16
Brie with Cranberry Multigrain Ciabatta	175	411	15	7	0	43	657	51	5	8	20	27	48	10	29
Buffalo Chicken Wrap	312	476	14	3	0	62	1637	58	4	7	29	101	10	13	30
Chicken Mango Salad Wrap	263	436	14	1	0	55	949	54	7	6	26	55	28	6	24
Chicken Ranch Wrap	507	896	45	16	0	60	1797	81	6	14	41	218	24	52	46
Cranberry Turkey Cheddar Everything	165	299	10	2	0	30	1106	40	5	8	11	7	3	8	14
Cranberry Turkey Cheddar Multigrain	195	409	12	2	0	30	1234	56	5	9	18	7	46	8	27
Hot Lunch															
Deluxe Pizza	224	460	13	6	0.1	40	1160	60	3	5	25	6	15	30	30
Vegetarian Pizza	241	410	9	4.5	0	25	940	61	3	6	21	10	20	30	30
Pepperoni Pizza	201	430	11	5	0.1	35	1090	59	2	5	22	6	0	30	30
Hot Dog	175	410	23	7	0.4	65	1130	40	6	2	17	2	10	15	40
French Fries	200	700	41	3.5	0.5	0	1550	76	6	0	6	0	20	2	10
Chicken Fingers and Dipping Sauce	148	300	11	1	0	40	770	32	0	18	16	0	0	0	10
Chicken Burger	258	480	22	4.5	0.1	50	1120	57	7	5	20	35	20	15	40
Italian Style Meat Lasagna	225	260	8	3.5	0.3	20	560	33	2	7	13	6	8	15	10
Beef Dip	164	350	11	3.5	0	70	260	38	6	2	27	0	10	4	40
Au Jus Sauce	31	3	0	0	0	0	90	1	0	0	0	0	0	0	0

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Hot Lunch															
Chicken Ranch Wrap	503	890	46	16	0.5	95	1800	79	7	14	39	220	25	50	50
BBQ Chicken Flat Bread	421	680	33	14	0.5	205	1120	49	4	19	47	50	210	40	20
Roast Chicken Lunch	177	410	27	8	0.2	225	320	1	0	0	39	6	4	2	15
Fish (haddock)	150	230	10	1	0.2	90	500	7	0	0	27	4	4	2	4
Pulled Pork on a Bun	190	380	11	3.5	0.1	50	820	55	6	17	20	4	15	4	35
Butter Chicken w/ Basmati Rice and Naan	602	969	39	17	0	245	914	103	4	15	43	24	12	9	49
Chili Con Carne	283	297	11	4	1	53	438	25	9	6	24	24	37	8	36
Taco Bowl	637	1196	76	27	2	176	1845	73	9	13	57	24	29	63	74

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Desserts															
Butter Tart	60	353	11	4	-	21	155	35	1	25	2	0	0	2	6
Date Square	60	187	5	-	-	-	139	34	2	-	3	0	0	2	13
Double Fudge Brownie	60	231	11	3	0.1	37	182	34	2	25	3	0	0	1	14
Home-style Carrot Cake	65	250	16	4	0.1	14	204	27	0.8	20	3	23	0	4	6
Mixed Berry Crumble	52	191	7	3	0.1	0.1	159	29	1	8	2	0	2	1	6
Cookies															
Milk Chocolate Chunk Supreme	340	1512	71	38	0	105	1344	214	8	126	17	34	0	8	81
Oatmeal Raisin	170	686	30	18	0	45	567	102	6	57	9	24	0	5	23
Peanut Butter	114	520	28	10	0	30	500	60	2	36	10	16	0	4	16
White Chocolate Macadamia Nut	170	776	39	18	0	60	567	99	3	63	9	0	0	6	18