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NUTRITION MENU

**SECOND CUP
COFFEE CO.™**

The information in this guide is effective as of March 1, 2017 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis using Genesis, Global Bake, Computrition Groups' 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)

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)
ESPRESSO BAR																
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	140	6	3.5	0.2	20	120	13	0	13	9	15	2	30	2
	2% milk	16 oz	180	7	4.5	0.2	30	160	17	0	17	12	20	2	40	2
	2% milk	20 oz	220	9	5	0.3	35	190	20	0	20	14	25	2	45	2
	skim	12 oz	100	1	0	0	5	155	15	0	14	10	10	4	25	2
	skim	16 oz	140	1	0	0	5	210	20	0	18	14	15	4	35	2
	skim	20 oz	170	1	0	0	5	240	23	0	21	16	20	4	40	2
	soy	12 oz	100	5.5	0.5	0	0	135	9	1	6	7	10	2	30	8
	soy	16 oz	130	6	1	0	0	180	12	1	9	9	15	0	40	10
	soy	20 oz	160	8	1	0	0	210	13	2	10	11	15	0	50	12
Vanilla Bean Latte	2% milk	12 oz	190	7	5	0.1	15	160	27	0	23	7	8	0	25	0
	2% milk	16 oz	270	9	7	0.1	20	220	39	0	33	9	10	0	35	2
	2% milk	20 oz	350	11	8	0.2	25	280	51	0	44	11	10	0	45	2
	skim	12 oz	160	3	3	0	5	170	27	0	23	7	8	0	25	0
	skim	16 oz	230	4	3.5	0	5	220	40	0	34	9	10	0	35	2
	skim	20 oz	300	5	4.5	0	5	280	52	0	45	11	10	0	45	2
	soy	12 oz	180	6	3	0	0	170	24	1	18	6	8	0	25	8
	soy	16 oz	250	8	4	0	0	220	35	1	28	8	10	0	35	10
	soy	20 oz	320	10	5	0	0	280	47	1	37	9	15	0	45	15

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)
ESPRESSO BAR																
Caramel Coretto®	2% milk	12 oz	240	7	5	0.1	15	180	36	0	31	7	8	0	25	0
	2% milk	16 oz	340	10	8	0.1	20	260	53	0	46	9	10	0	35	2
	2% milk	20 oz	470	14	11	0.2	25	360	74	0	63	12	10	0	50	2
	skim	12 oz	210	3.5	3.5	0	5	190	37	0	32	7	8	0	25	0
	skim	16 oz	300	5	5	0	5	260	54	0	47	9	10	0	35	2
	skim	20 oz	420	8	7	0.1	5	370	75	1	54	12	10	0	50	2
	soy	12 oz	220	7	3.5	0	0	190	33	1	27	6	8	0	30	8
	soy	16 oz	320	9	5	0	0	270	49	1	40	8	10	0	40	10
	soy	20 oz	440	13	8	0.1	0	370	69	1	57	10	15	0	50	15
Moccacino*	2% milk	12 oz	330	17	12	0.4	50	290	38	1	31	8	20	0	35	8
	2% milk	16 oz	410	20	13	0.4	55	390	50	1	41	11	20	0	45	10
	2% milk	20 oz	490	22	15	0.4	60	480	62	2	50	13	25	0	50	15
	skim	12 oz	300	13	9	0.3	40	300	38	1	32	8	20	0	35	8
	skim	16 oz	370	15	11	0.3	40	390	50	1	42	11	20	0	45	10
	skim	20 oz	440	16	12	0.3	40	490	63	2	51	13	25	0	50	15
	soy	12 oz	310	16	10	0.3	35	300	35	2	27	7	20	0	35	15
	soy	16 oz	390	19	11	0.3	35	390	46	2	35	9	20	0	45	20
	soy	20 oz	460	21	12	0.3	35	490	57	3	44	11	25	0	60	25
White Mocca**	2% milk	12 oz	340	19	13	0.4	50	260	37	0	31	8	20	0	30	2
	2% milk	16 oz	430	22	16	0.4	55	340	49	0	40	10	20	0	40	2
	2% milk	20 oz	510	25	18	0.5	60	430	61	0	50	12	25	0	50	2
	skim	12 oz	310	15	11	0.3	40	260	38	0	32	8	20	0	30	2
	skim	16 oz	390	17	12	0.3	40	350	50	0	41	10	20	0	40	2
	skim	20 oz	460	19	14	0.4	40	440	62	0	51	12	25	0	50	2
	soy	12 oz	330	18	11	0.3	35	260	35	1	27	6	20	0	35	8
	soy	16 oz	400	21	13	0.3	35	350	46	1	35	8	20	0	45	10
	soy	20 oz	480	24	15	0.4	35	440	57	1	43	10	25	0	50	15
Cappuccino	2% milk	12 oz	110	4	2.5	0.1	15	100	10	0	10	7	10	2	25	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)
ESPRESSO BAR																
Cappuccino	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	16	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
	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	1	0.1	0	0	0	5	0	0	0	0.1	0	0	0	0
		Double	2	0.2	0.1	0	0	10	0	0	0	0.1	0	0	0	0
Espresso		Single	1	0.1	0	0	0	5	0	0	0	0.1	0	0	0	0
		Double	2	0.2	0.1	0	0	10	0	0	0	0.1	0	0	0	0
Con Panna*		Single	70	16	10	0.3	20	35	6	0	2	2	16	0	4	0
		Double	170	16	10	0.3	20	40	6	0	2	2	16	0	4	0
Espresso Macchiato	2% milk	Single	15	0.5	0.4	0	0	20	1	0	1	1	2	0	4	0
	2% milk	Double	15	1	0.5	0	0	25	1	0	1	1	2	0	4	0
	skim	Single	10	0	0	0	0	20	2	0	2	1	2	0	2	0
	skim	Double	10	0.5	0.1	0	0	25	2	0	2	1	2	0	2	0
	soy	Single	10	0.5	0.1	0	0	20	1	0	1	1	2	0	4	0
	soy	Double	10	1	0.2	0	0	25	1	0	1	1	2	0	4	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	50	350	45	1	38	9	20	0	35	10
	2% milk	16 oz	450	21	15	0.4	55	440	57	2	47	11	20	0	45	15
	2% milk	20 oz	520	23	16	0.4	60	530	68	2	57	14	25	0	60	15
	skim	8 oz	280	13	9	0.3	40	260	34	1	29	6	15	0	25	8
	skim	12 oz	340	15	11	0.3	40	350	46	1	39	9	20	0	35	10
	skim	16 oz	410	16	12	0.3	40	440	57	2	48	11	20	0	45	15
	skim	20 oz	480	17	13	0.3	45	530	69	2	58	14	25	0	60	15

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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)
ESPRESSO BAR																
Classic Hot Chocolate*	soy	8 oz	280	15	10	0.3	35	260	32	1	26	5	15	0	25	15
	soy	12 oz	350	18	11	0.3	35	350	43	2	34	7	20	0	40	20
	soy	16 oz	420	20	12	0.3	35	440	53	3	42	10	20	0	50	25
	soy	20 oz	490	22	13	0.3	35	540	64	3	50	12	25	0	60	30
White Hot Chocolate*	2% milk	8 oz	310	17	12	0.4	45	220	34	0	28	5	15	0	25	0
	2% milk	12 oz	390	20	15	0.4	50	300	45	0	37	8	20	0	35	0
	2% milk	16 oz	470	23	17	0.4	55	380	56	0	47	10	20	0	45	0
	2% milk	20 oz	550	26	20	0.5	60	460	67	0	56	12	25	0	50	2
	skim	8 oz	290	15	11	0.3	40	220	34	0	28	5	15	0	25	0
	skim	12 oz	360	17	13	0.3	40	310	46	0	38	8	20	0	35	0
	skim	16 oz	430	18	14	0.4	40	390	57	0	48	10	20	0	45	0
	skim	20 oz	500	20	16	0.4	40	470	69	0	57	12	25	0	50	2
	soy	8 oz	300	17	11	0.3	35	230	32	1	25	5	15	0	25	6
	soy	12 oz	370	20	13	0.3	35	310	42	1	33	7	20	0	35	8
	soy	16 oz	450	22	15	0.4	35	390	53	1	41	8	20	0	45	10
	soy	20 oz	520	25	17	0.4	35	470	63	1	50	10	25	0	60	15
Vanilla Bean Hot Chocolate*	2% milk	8 oz	270	15	11	0.4	45	220	29	1	25	6	15	0	25	6
	2% milk	12 oz	380	19	13	0.4	50	330	45	1	37	8	20	0	35	8
	2% milk	16 oz	480	22	16	0.4	55	440	60	1	50	11	20	0	50	10
	2% milk	20 oz	560	25	18	0.5	60	530	72	1	59	13	25	0	60	15
	skim	8 oz	470	14	7.5	0.3	5	225	32	1	27	8	16	2	27	4
	skim	12 oz	350	15	11	0.3	40	330	46	1	38	8	20	0	35	8
	skim	16 oz	440	17	13	0.3	40	450	61	1	51	11	20	0	50	10
	skim	20 oz	510	19	15	0.3	45	530	73	1	60	13	25	0	60	15
	soy	8 oz	260	15	9	0.3	35	220	28	1	22	5	15	0	25	10
	soy	12 oz	360	18	12	0.3	35	330	42	2	33	7	20	0	35	15
	soy	16 oz	450	21	14	0.3	35	450	57	2	45	9	20	0	50	20
	soy	20 oz	530	24	15	0.3	35	530	67	3	53	12	25	0	60	25

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)
BREW BAR																
Coffee		12 oz	4	0.1	0	0	0	5	0	0	0	0.4	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	290	9	6	0.1	20	170	44	0	31	10	10	0	45	2
	2% milk	16 oz	420	12	9	0.1	30	240	64	0	44	14	15	0	60	2
	2% milk	20 oz	530	15	11	0.2	35	290	82	1	56	16	15	0	70	2
	skim	12 oz	250	3	3	0	5	180	45	0	32	10	10	0	45	2
	skim	16 oz	360	5	4.5	0	10	250	65	0	45	14	15	0	60	2
	skim	20 oz	460	6	6	0	10	300	84	1	57	16	15	0	70	2
	soy	12 oz	270	8	3.5	0	0	180	40	1	25	9	10	0	45	15
	soy	16 oz	380	11	5	0	0	250	59	2	36	12	15	0	60	15
	soy	20 oz	490	13	7	0	0	300	76	2	46	14	20	0	80	20
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)
BREW BAR																
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
COLD BAR																
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	170	1.5	1	0	5	180	33	0	28	4	2	0	15	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	160	0.5	0.4	0	5	180	34	0	28	4	2	0	15	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	160	1.5	0.5	0	0	180	33	0	27	4	2	0	15	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	10
	2% milk	16 oz	180	2	1.5	0	5	140	36	1	29	5	2	0	15	10
	2% milk	22 oz	320	4	2.5	0	10	240	63	3	52	10	4	0	30	25
	skim	12 oz	170	1	0.5	0.1	5	140	36	1	29	5	2	0	15	10
	skim	16 oz	170	1	0.5	0	5	140	36	1	29	5	2	0	15	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	170	2	1	0	0	140	35	2	28	5	2	0	15	15
	soy	22 oz	310	3.5	1.5	0	0	250	61	3	49	9	6	0	30	30
Caramel Frappé	2% milk	12 oz	270	8	8	0.1	5	240	47	0	36	3	2	0	20	2
	2% milk	16 oz	270	8	8	0.1	5	240	47	0	36	3	2	0	20	2
	2% milk	22 oz	410	13	12	0.1	10	370	67	0	52	6	4	0	35	2
	skim	12 oz	270	7	7	0.1	0	250	47	0	36	3	2	0	20	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)
BREW BAR																
	skim	16 oz	270	7	7	0.1	0	250	47	0	36	3	2	0	20	2
	skim	22 oz	390	11	10	0.1	5	370	68	0	52	6	4	0	35	2
	soy	12 oz	270	8	7	0.1	0	250	46	0	34	3	2	0	20	4
	soy	16 oz	270	8	7	0.1	0	250	46	0	34	3	2	0	20	4
	soy	22 oz	400	13	10	0.1	0	370	65	1	49	5	6	0	35	6
Vanilla Frappé	2% milk	12 oz	280	9	8	0.1	5	260	46	0	34	3	2	0	20	2
	2% milk	16 oz	280	9	8	0.1	5	260	46	0	34	3	2	0	20	2
	2% milk	22 oz	410	14	12	0.1	10	390	66	0	50	6	4	0	35	2
	skim	12 oz	270	8	7	0.1	0	260	46	0	35	3	2	0	20	2
	skim	16 oz	270	8	7	0.1	0	260	46	0	35	3	2	0	20	2
	skim	22 oz	390	11	11	0.1	5	400	67	0	50	6	4	0	35	2
	soy	12 oz	270	9	7	0.1	0	270	45	0	33	3	2	0	20	4
	soy	16 oz	270	9	7	0.1	0	270	45	0	33	3	2	0	20	4
	soy	22 oz	400	13	11	0.1	0	400	64	1	47	5	6	0	35	6
Iced Coffee		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
Iced Caffè Latte	2% milk	12 oz	90	3.5	2	0.1	15	90	9	0	9	6	8	0	20	0
	2% milk	16 oz	140	5	3	0.1	20	135	13	0	13	10	10	0	30	0
	2% milk	22 oz	220	9	5	0.3	35	190	20	0	20	14	25	2	45	2
	skim	12 oz	60	0.1	0	0	5	95	9	0	9	6	8	0	20	0
	skim	16 oz	100	0.1	0.1	0	5	140	14	0	14	10	10	0	30	0
	skim	22 oz	150	0.2	0.1	0	10	230	22	0	22	15	15	0	50	2
	soy	12 oz	80	3	0.4	0	0	95	6	1	5	5	8	0	25	8
	soy	16 oz	110	4.5	0.5	0	0	140	9	1	7	8	10	0	35	10
	soy	22 oz	180	7	1	0	0	230	14	2	11	12	20	0	50	20
Iced Vanilla Bean Latte	2% milk	12 oz	200	4.5	3	0.1	15	115	32	0	31	7	8	0	25	0
	2% milk	16 oz	280	8	6	0.1	20	190	44	0	40	9	10	0	35	0

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)
COLD BAR																
Iced Vanilla Bean Latte	2% milk	22 oz	580	13	9	0.2	30	320	98	0	91	15	15	0	50	2
	skim	12 oz	170	1	1	0	5	120	33	0	31	7	8	0	25	0
	skim	16 oz	250	3	3	0	5	200	45	0	41	9	10	0	35	0
	skim	22 oz	520	5	4.5	0	10	330	100	0	92	15	15	0	50	2
	soy	12 oz	180	4	1.5	0	0	120	30	1	27	5	8	0	25	8
	soy	16 oz	260	7	3.5	0	0	200	40	1	34	7	10	0	35	10
	soy	22 oz	540	12	5	0	0	330	93	2	82	12	15	0	60	20
Iced Moccaccino**	2% milk	12 oz	250	15	10	0.4	45	200	26	1	22	6	15	0	25	6
	2% milk	16 oz	330	17	12	0.4	50	290	38	1	31	8	20	0	35	8
	2% milk	22 oz	490	22	15	0.4	60	480	62	2	50	13	25	0	50	15
	skim	12 oz	230	12	8	0.3	40	200	27	1	22	6	15	0	25	6
	skim	16 oz	300	13	9	0.3	40	300	38	1	32	8	20	0	35	8
	skim	22 oz	440	16	12	0.3	40	490	63	2	51	13	25	0	50	15
	soy	12 oz	250	15	10	0.3	35	180	24	1	19	4	15	0	25	6
	soy	16 oz	330	18	11	0.3	35	260	35	1	27	6	20	0	35	8
	soy	22 oz	480	24	15	0.4	35	440	57	1	43	10	25	0	50	15
Iced Caramel Corretto®	2% milk	12 oz	220	5	4	0	10	130	37	0	35	5	4	0	20	2
	2% milk	16 oz	350	7	5	0.1	15	180	63	0	60	7	8	0	25	2
	2% milk	22 oz	700	14	11	0.1	25	360	128	0	120	12	10	0	50	4
	skim	12 oz	200	3	2.5	0	0	135	38	0	35	5	4	0	20	2
	skim	16 oz	330	3.5	3.5	0	5	190	64	0	61	7	8	0	25	2
	skim	22 oz	660	8	8	0	5	370	129	0	121	12	10	0	50	4
	soy	12 oz	210	5	3	0	0	135	36	1	32	4	6	0	20	6
	soy	16 oz	340	7	3.5	0	0	190	61	1	56	6	8	0	30	8
	soy	22 oz	670	13	8	0	0	370	124	1	114	10	15	0	50	15
Iced Americano		12 oz	1	0.1	0.1	0	0	5	0	0	0	0.1	0	0	0	0
		16 oz	5	0.1	0.1	0	0	20	1	0	1	0	0	0	2	0
		22 oz	10	0.2	0.1	0	0	35	1	0	2	0	0	0	2	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)
COLD BAR																
Chai Frappé	2% milk	12 oz	190	6	4.5	0.1	10	130	30	0	21	5	4	0	25	0
	2% milk	16 oz	320	9	8	0.1	10	210	54	0	37	5	4	0	30	2
	2% milk	22 oz	600	17	15	0.1	15	390	104	1	70	9	8	0	60	4
	skim	12 oz	170	3.5	3	0	5	135	30	0	22	5	4	0	25	0
	skim	16 oz	300	7	6	0	5	210	54	0	37	5	4	0	30	2
	skim	22 oz	570	13	13	0	5	390	105	1	71	9	8	0	60	4
	soy	12 oz	180	5	3.5	0	0	135	28	1	18	4	6	0	25	6
	soy	16 oz	300	9	7	0	0	210	52	1	34	5	6	0	35	6
	soy	22 oz	580	16	13	0	0	390	102	1	66	8	8	0	60	10
Matcha Green Tea Frappé	2% milk	12 oz	140	2.5	1.5	0	10	60	26	0	26	4	4	0	15	0
	2% milk	16 oz	190	3.5	2	0.1	15	85	33	0	33	6	8	0	20	0
	2% milk	22 oz	310	6	3.5	0.1	25	140	55	0	54	11	10	0	35	0
	skim	12 oz	120	0	0	0	60	26	0	0	26	6	4	0	15	0
	skim	16 oz	160	0.1	0	0	5	90	34	0	34	6	8	0	20	0
	skim	22 oz	270	0.1	0	0	5	150	56	0	55	11	10	0	35	0
	soy	12 oz	130	2	0.2	0	0	60	24	1	23	4	6	0	15	6
	soy	16 oz	170	3	0.4	0	0	90	31	1	29	5	8	0	25	8
	soy	22 oz	280	5	0.5	0	0	150	50	1	47	9	15	0	40	15
Brewed Iced Tea		12 oz	0	0	0	0	0	10	0	0	0	0	0	0	2	0
		16 oz	0	0	0	0	0	15	0	0	0	0	0	0	2	0
		22 oz	0	0	0	0	0	20	0	0	0	0	0	0	2	0
Sparkling Green Tea Lemonade		12 oz	80	0.1	0	0	0	40	20	0	20	0.1	0	0	0	0
		16 oz	100	0.1	0	0	0	55	25	0	24	0.1	0	0	2	0
		22 oz	150	0.1	0	0	0	90	38	0	38	0.1	0	0	2	0
Frrrozen Hot Chocolate**	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	780	18	11	0.4	65	510	134	7	123	26	25	0	70	60
	skim	12 oz	350	11	7	0.3	40	210	56	3	51	11	15	0	30	20

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)
COLD BAR																
Frozen Hot Chocolate**	skim	16 oz	480	11	7	0.3	45	310	82	4	76	16	20	0	45	35
	skim	22 oz	730	12	8	0.3	45	510	135	7	124	26	25	0	70	60
	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	750	17	8	0.3	40	520	130	8	117	24	25	0	70	70
Italian Soda		12 oz	150	0	0	0	0	70	42	0	40	0	0	0	2	0
		16 oz	190	0	0	0	0	95	52	0	50	0	0	0	2	0
		22 oz	230	0	0	0	0	110	63	0	60	0	0	0	2	0
Strawberry Real Fruit Smoothie		12 oz	290	0	0	0	0	0	71	3	68	0	0	100	0	0
		16 oz	380	0	0	0	0	5	94	4	90	0	0	100	0	0
		22 oz	570	0	0	0	0	10	141	6	135	0	0	100	0	0
Mango Real Fruit Smoothie		12 oz	240	0	0	0	0	10	63	3	59	0	10	100	0	0
		16 oz	320	0	0	0	0	10	85	4	78	0	10	100	0	0
		22 oz	480	0	0	0	0	20	127	6	117	0	10	100	0	0
Frozen Lemonade		12 oz	270	0	0	0	0	25	66	0	65	0	0	2	0	0
		16 oz	360	0	0	0	0	30	89	0	87	0	0	2	0	0
		22 oz	540	0	0	0	0	45	133	0	131	0.1	0	2	2	0
TOPPINGS																
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	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)
MONTE CRISTO BAKERY																
BAGELS																
Plain	1 item	113	300	1.5	0.2	0	0	470	57	2	5	11	0	0	8	25
Cinnamon Raisin	1 item	113	330	2.5	0.3	0	0	430	62	3	12	11	0	0	8	25
Whole Grain	1 item	113	280	2.5	0.5	0	0	440	54	10	4	12	0	0	8	15
Sesame Seed	1 item	100	390	20	9	0	35	230	44	2	17	7	8	6	4	10
16 Grain	1 item	113	320	3.5	0.5	0	0	410	56	4	5	12	0	0	6	20
BARS/SQUARES																
Rice Crispy Square	1 item	80	330	9	2.5	0	0	340	62	0	29	3	10	0	0	20
Cranberry Apricot Oat Bar	1 item	30	120	5	2	0	0	100	18	1	9	2	10	2	0	6
Date Square	1 item	145	540	17	7	0.1	30	20	91	6	48	9	15	8	6	25
Traditional Chocolate Brownie Bar	1 item	52	270	15	7	0	45	190	30	2	23	3	15	0	2	6
Rocky Road Bar	1 item	97	550	33	15	0	0	200	53	3	41	10	0	0	0	6
Lemon Coconut Bar	1 item	110	520	28	17	0.5	170	120	59	1	41	7	25	0	4	10
Fudge Oat Bar	1 item	33	170	9	5	0	2	95	21	1	11	2	6	0	2	0
Heart Shape Rice Crispy	1 item	100	410	15	5	0	0	330	66	0	34	3	10	0	0	20
Rice Crispy Square	1 item	80	330	9	2.5	0	0	340	62	0	29	3	10	0	0	20
Honey Granola Bar	1 item	100	470	21	2.5	0	0	10	58	7	34	10	2	2	10	15
BISCOTTIS																
Hazelnut Biscotti with Chocolate Chunks	1 item	53	220	8	3	0	30	200	33	1	16	4	8	0	2	6
Raspberry & Black Pepper Biscotti with White Chocolate	1 item	53	240	10	4	0	30	190	33	1	17	4	6	0	2	6
Amaretto Biscotti	1 item	53	250	11	5	0	30	200	34	1	18	4	6	0	2	6
CAKES																
Cream Cheese Carrot Cake	1 item	116	630	34	6	0	85	500	74	3	52	8	35	6	6	10
COOKIES																
Chocolate Peanut Butter	1 item	32	160	9	4	0	15	100	17	1	10	3	4	0	0	6
Chewy Oatmeal Raisin	1 item	31	130	5	2.5	0	15	80	19	1	10	2	6	0	2	6
Triple Chocolate Chunk	1 item	33	170	9	4.5	0	20	105	19	1	11	2	6	0	2	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)
COOKIES																
Oatmeal Raisin (small)	1 item	40	180	7	3.5	0	20	110	26	1	13	3	8	0	2	6
Peanut Butter (small)	1 item	40	200	11	3.5	0	20	140	22	1	11	5	6	0	2	6
Triple Chocolate (small)	1 item	40	210	11	6	0	25	130	24	1	14	3	8	0	2	6
CROISSANTS																
Cheese	1 item	100	430	24	14	0.5	80	590	40	1	8	12	25	15	20	10
Chocolate	1 item	100	430	22	13	0	60	440	49	2	16	8	15	15	4	20
Plain (large)	1 item	90	350	18	10	0	60	430	40	1	8	7	15	15	4	10
Almond	1 item	63	320	21	7	0	45	170	25	2	9	7	10	6	4	10
Mini Chocolate	1 item	65	170	9	4	0	15	110	20	0	5	3	6	30	2	6
Mini Almond	1 item	63	330	22	8	0	45	170	26	2	10	8	10	6	6	10
Ham & Cheese	1 item	43	160	9	5	0	30	250	13	0	3	7	8	6	10	6
Mini Plain	1 item	45	170	9	5	0	20	210	20	1	4	3	10	8	2	6
DANISHES																
Raspberry Cream Cheese	1 item	100	370	22	9	0	35	300	37	1	12	7	8	8	2	10
Mini Raspberry Cream Cheese	1 item	45	160	9	4	0	15	125	16	1	5	3	4	4	2	6
Mini Fresh Fruit	1 item	65	180	9	4.5	0	15	110	20	0	5	3	6	30	2	6
Mini Blueberry Custard	1 item	45	140	8	4	0	15	100	15	0	5	3	4	4	2	6
Apricot Almond	1 item	50	190	11	4.5	0	15	120	21	1	2	3	15	4	2	6
Cherry	1 item	53	180	10	4.5	0	15	125	18	0	5	3	4	4	2	6
Raisin Custard	1 item	100	390	20	9	0	35	230	44	2	17	7	8	6	4	10
Fresh Fruit	1 item	65	170	9	4	0	15	110	20	0	5	3	6	30	2	6
FRUIT																
Fruit Cup	1 item	125	30	0	0	0	0	0	7	0	0	0	4	35	0	0
LOAVES																
Lemon Raspberry	1 item	110	470	16	3	0	95	580	74	1	51	6	8	0	4	10
Carrot Loaf with Icing	1 item	110	460	23	3.5	0	65	420	58	2	36	5	20	4	4	10
Banana	1 item	110	390	13	2	0	50	370	60	1	32	7	4	8	2	10
Lemon	1 item	110	460	19	2.5	0	115	590	65	1	41	6	2	0	6	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)
MEALS																
Bacon & Egg English Muffin	1 item	130	290	13	5	0	195	930	27	1	1	16	10	4	25	15
Red Pepper Egg Whole Wheat Tortilla	1 item	100	200	11	2.5	0	130	420	18	3	1	7	6	4	4	6
Ham & Egg English Muffin	1 item	140	260	10	4	0	200	950	27	1	1	17	10	0	25	15
Tuna Salad Sandwich	1 item	141	270	13	1.5	0	20	530	28	3	2	12	0	6	2	10
Turkey Bacon Cranberry Sourdough Sandwich	1 item	110	270	13	4.5	0	30	800	26	1	6	13	6	6	10	10
Roast Beef Dijon Ciabatta	1 item	220	430	14	3.5	0	50	1370	50	2	4	26	6	10	8	20
Chicken Sundried Tomato Spinach Tortilla	1 item	219	570	26	7	0	75	1540	51	2	2	31	4	2	20	20
Capicollo Egg Spinach Tortilla	1 item	258	560	27	7	0	270	1280	57	3	3	20	6	4	10	70
Eggplant Zucchini Multigrain Bun	1 item	287	450	20	6	0	30	1190	49	5	3	19	25	15	35	60
Salami Capicollo Ciabatta Bread	1 item	125	300	15	6	0	35	1000	25	1	1	16	4	8	6	10
Chicken Caesar Salad	1 item	130	130	9	1.5	0	20	320	5	2	2	8	60	20	4	6
Ham & Egg Sesame Seed Bagel	1 item	227	550	23	6	0	280	970	61	3	6	26	4	0	20	30
Tuna Salad	1 item	135	180	15	1	0	15	290	4	1	0	7	70	10	4	6
Vegetarian Sandwich	1 item	265	770	45	7	0	25	970	69	8	5	21	10	15	30	70
Ham & Egg Croissant	1 item	185	530	34	15	0	315	590	34	1	6	20	15	8	15	20
Chicken Sundried Tomato Black Pepper Flatbread	1 item	200	460	21	6	0	70	1060	39	2	2	29	6	25	20	15
Chicken Salad Sandwich	1 item	222	570	32	3.5	0	60	810	41	2	2	29	4	30	2	15
Spinach Artichoke Multigrain Baguette	1 item	292	570	21	7	0	25	1540	70	7	4	25	25	30	20	35
Egg Salad Sandwich	1 item	210	400	15	3.5	0	335	760	45	5	3	20	15	8	6	15
Chicken Club Sandwich	1 item	215	440	18	4	0	45	1380	45	2	3	24	20	30	10	20
Egg & Bacon Biscuit	1 item	160	430	25	12	0	310	760	32	1	4	19	15	4	15	15
Ham Swiss Portuguese Bun	1 item	215	440	15	6	0	65	1270	48	2	2	28	8	30	35	20
Roast Beef Dijon Ciabatta	1 item	220	430	14	3.5	0	50	1370	50	2	4	26	6	10	8	20
Croissant Turkey Swiss Cheese	1 item	65	230	12	7	0	35	400	21	1	4	9	10	8	15	6
Bacon & Egg Whole Grain Bagel	1 item	110	290	14	3.5	0	140	460	29	2	3	13	4	4	10	10
Beef Samosa	1 item	100	240	9	2	0	10	330	29	1	1	9	2	10	2	10
Vegetable Salad	1 item	128	110	8	1.5	0	5	180	8	3	1	3	40	60	6	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)
MUFFINS																
Lemon Blueberry	1 item	75	290	14	1	0	0	170	36	1	21	4	0	2	2	6
Chocolate Chip Banana	1 item	70	240	8	1.5	0	25	180	38	1	21	4	2	6	2	6
Blueberry Bran	1 item	70	230	8	1	0	25	250	35	5	19	5	0	2	2	10
Reduced Fat Cranberry Orange	1 item	75	280	14	1	0	0	160	35	1	20	4	0	2	2	6
Lemon Poppyseed	1 item	72	290	15	1.5	0	65	350	33	1	19	4	0	0	4	6
Carrot Zucchini Nut	1 item	70	270	13	1	0	35	240	35	1	19	4	10	2	2	15
Triple Berry	1 item	70	240	9	1	0	30	260	35	1	19	4	2	0	2	6
Mini Chocolate Chip Banana	1 item	25	100	3	0	0	10	75	15	0	8	2	2	2	2	6
Mini Reduced Fat Cranberry Orange	1 item	25	110	5	0	0	0	60	13	0	8	2	0	0	2	0
Mini Carrot Zucchini Nut	1 item	25	110	4.5	0	0	15	95	14	0	8	1	6	0	2	6
Mini Lemon Poppyseed	1 item	25	110	6	0.5	0	25	140	13	0	7	2	0	0	2	6
Morning Energy	1 item	70	230	9	1.5	0	30	260	32	4	16	5	2	2	2	10
Banana Blackberry	1 item	70	230	8	1	0	25	210	36	1	18	4	2	4	2	6
PARFAITS																
Blueberry Yogurt Parfait Cup	1 item	120	180	8	3	0	20	75	23	1	16	4	2	0	10	0
PASTRIES																
Cinnamon Bun with Cream Cheese	1 item	72	320	15	6	0	10	340	45	1	28	3	15	4	2	6
Mini Cinnamon Sticky Bun	1 item	50	230	10	3.5	0	5	240	31	1	17	3	10	4	2	6
Apple Caramel Cinnamon Bun	1 item	50	160	5	2	0	5	210	26	1	11	3	6	35	2	6
Baked Apple Fritter	1 item	60	190	8	5	0	20	200	26	1	10	3	8	60	2	6
Pizza Pretzel	1 item	75	180	4	1.5	0	5	310	29	1	3	7	2	25	8	15
SCONES																
Blueberry	1 item	50	160	6	3.5	0	20	200	24	1	8	3	6	0	4	6
Cranberry & Blueberry	1 item	52	170	6	3.5	0	15	200	27	1	11	3	6	2	4	6
White Chocolate Raspberry	1 item	63	220	8	5	0	20	250	30	1	12	4	8	2	4	6
Mini Blueberry	1 item	75	240	9	5	0	20	300	36	1	12	5	10	2	4	6
Mini Orange Berry	1 item	70	230	8	5	0	20	280	33	1	11	5	8	2	4	6
Breakfast Scone	1 item	63	260	10	4.5	0	20	240	36	2	15	6	8	0	6	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)
TARTS																
Pecan Butter Tart	1 item	113	320	3.5	0.5	0	0	410	56	4	5	12	0	0	6	20
TURNOVERS																
Mini Apple Turnover	1 item	75	280	17	7	0	15	200	30	1	10	4	6	0	2	6
Apple Turnover	1 item	90	340	20	8	0	15	230	35	1	12	4	8	0	2	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)
MRS. T'S																
BAR/SQUARE																
Chocolate Haystacks	1 item	85	340	14	6	0	0	30	50	5	30	6	8	0	4	15
Blueberry Apple Square	1 item	145	360	11	4.5	0	10	35	61	5	24	6	8	2	2	20
Blueberry Cream Cheese Square	1 item	120	420	24	12	0.1	85	230	44	1	23	7	30	0	6	10
Cherry Shortbread Square	1 item	110	390	19	8	0.1	10	40	52	1	13	3	20	2	0	10
Coconut Lemon Bar Square	1 item	115	360	15	7	0.1	105	40	51	1	31	6	15	4	2	15
Cranberry Apricot Square	1 item	110	390	15	6	0.1	15	15	58	3	21	6	15	6	2	20
Date Square	1 item	145	540	17	7	0.1	30	20	91	6	48	9	15	8	6	25
Oat Fudgey Square	1 item	120	530	24	12	0	20	10	79	2	49	8	10	0	4	25
Peanut Butter Toffee Square	1 item	110	510	26	8	0.1	0	250	67	2	49	7	30	8	2	35
Pecan Chocolate Square	1 item	120	500	24	8	0.1	5	50	71	2	48	5	20	0	4	15
Granola Bar Square	1 item	110	470	23	7	0.1	0	10	61	6	30	9	20	2	8	25
Nanaimo Bar Square	1 item	80	370	23	9	0.1	5	105	43	2	30	3	15	0	2	10
Rice Crispy Square	1 item	78	330	13	5	0.1	0	260	52	0	24	2	30	10	0	10
Rocky Road Square	1 item	110	530	32	11	0	0	200	58	3	44	13	0	0	2	15
Gold Medal Brownie Square (Iced)	1 item	95	450	29	11	0.2	0	0	50	5	27	5	35	0	2	15
CAKES																
Blueberry Apple Pecan Coffee Cake	1 item	190	490	26	2.5	0	0	650	82	4	46	4	0	25	4	15
COOKIES																
Chocolate Chip	1 item	100	420	17	7	0.1	20	10	65	1	38	6	15	0	2	15
Chocolate Walnut	1 item	125	550	25	10	0.1	20	10	80	1	51	7	15	0	4	20
Double Chocolate Sour Cherry	1 item	125	490	19	7	0.1	0	45	75	2	51	5	15	2	4	15
Ginger Molasses	1 item	115	470	19	7	0.1	0	15	71	2	39	5	25	2	6	20
Milk Chocolate Chip	1 item	100	430	19	8	0.1	15	10	66	1	42	5	15	0	2	15
Oatmeal Raisin	1 item	125	520	22	8	0.1	0	0	76	4	34	8	25	2	2	20
Smartie	1 item	120	480	21	9	0.1	20	10	74	1	47	6	15	0	2	20
Wholesome	1 item	135	580	28	8	0.1	0	5	75	5	36	10	20	2	8	35

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)
CROISSANTS																
Chocolate	1 item	105	390	19	11	0	40	670	51	2	14	7	15	15	2	20
Cheddar Cheese	1 item	105	390	20	12	0	50	730	44	2	8	9	15	15	8	20
LOAVES																
Banana Loaf	1 item	105	290	15	2	0	50	25	38	1	17	5	2	4	2	10
Lemon Loaf With Icing	1 item	105	350	19	2.5	0.1	0	420	45	1	6	3	0	30	0	2
Marble Loaf	1 item	105	360	21	2	0.1	0	220	47	1	17	3	0	20	0	2
Omega Loaf	1 item	95	330	19	2	7	70	310	36	4	17	6	2	20	2	10
MUFFINS																
Lemon Poppyseed	1 item	125	420	24	2	0	0	460	56	2	31	3	0	15	2	10
Cranberry Apple Harvest	1 item	150	520	28	3	0	0	230	68	2	37	5	0	8	2	15
Premium Cranberry Orange	1 item	170	520	25	3	0	0	15	71	4	27	7	2	10	4	25
Banana Chocolate Chip	1 item	180	570	28	4	0	0	20	80	4	35	8	0	8	6	25
Blueberry Bran	1 item	160	450	24	2.5	0	65	250	60	8	23	8	2	20	4	30
Carrot Raisin Date Bran	1 item	155	440	20	2.5	0	50	200	69	8	35	7	25	20	6	25
Chocolate Chip	1 item	145	550	30	5	0	110	550	70	2	42	6	4	15	4	15
Cinnamon Apple Raisin	1 item	175	540	25	2.5	0	0	20	80	4	36	8	0	8	6	25
Cranberry Orange	1 item	170	520	25	3	0	0	15	71	4	27	7	2	10	4	25
Early Bird	1 item	170	530	28	4	0	0	20	69	4	27	8	6	8	6	25
Oatmeal Blueberry	1 item	170	450	22	2	0	0	15	63	4	25	6	0	6	4	20
Lemon Blueberry	1 item	150	460	23	11	0.1	0	220	56	2	26	5	30	2	2	15
PASTRIES																
Cinnamon Twists	1 item	115	340	11	4	0.1	0	350	53	3	8	7	6	0	2	25
SCONES																
Cheddar	1 item	175	540	18	11	0	45	1160	82	4	27	13	15	40	15	30
Cranberry Orange with Glaze	1 item	175	520	13	6	0.1	15	780	95	4	50	8	15	30	4	20
Whole-wheat Blueberry Lemon	1 item	175	520	14	4.5	0.1	0	1050	92	7	32	10	15	35	4	30
TARTS																
Chocolate Pecan	1 item	150	530	24	7	0.1	25	25	80	2	48	5	15	0	2	15

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)
TARTS																
Lemon	1 item	155	470	16	6	0.1	175	60	75	1	50	8	20	8	2	15
Blueberry Almond	1 item	125	500	33	10	0.1	110	35	43	3	10	10	35	2	4	20
Cranberry Pecan	1 item	150	460	16	7	0.1	25	20	82	1	52	4	10	2	2	10
TURNOVERS																
Apple Turnover	1 item	215	430	7	2	0.1	0	380	85	4	28	8	0	0	2	25
Apple Sour Cherry Turnover	1 item	210	490	6	2	0.1	0	330	104	3	57	7	0	2	2	20

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)
COMPASS																
PARFAITS																
Yogurt Parfait	1 item	250	343.4	11.6	4.6	0.0	0.0	9.7	45.8	5.6	33.5	9.9	5.0	39.7	39.0	7.7
MEALS																
Ham and Egg Muffin	1 item	175	299.8	11.6	4.5	0.0	158.9	833.4	31.3	1.7	2.7	16.8	3.2	0.0	21.0	10.6
Bacon and Egg Muffin	1 item	165	320.4	13.3	5.2	0.0	161.2	921.3	31.3	1.7	2.4	18.0	3.2	0.0	21.3	10.0
Egg White Veggie Breakfast Pocket	1 item	215	259.7	5.2	1.0	0.0	3.0	805.9	37.5	2.1	1.9	11.0	32.6	14.0	22.3	5.0
Italian Breakfast Wrap	1 item	215	455.9	26.1	9.1	0.0	214.0	1123.8	37.1	2.7	2.5	24.2	16.9	27.3	10.7	22.8
Traditional Breakfast Wrap Bacon	1 item	210	406.5	18.3	5.7	0.0	204.6	1075.5	42.8	2.7	1.3	22.4	6.9	0.6	12.6	18.3
Traditional Breakfast Wrap Ham	1 item	220	347.3	13.9	4.8	0.0	195.0	908.7	42.4	2.7	1.2	17.9	6.9	0.2	12.5	18.0
Veggie Breakfast Wrap	1 item	215	369.5	17.8	7.0	0.1	194.7	1057.2	39.0	2.4	2.4	20.2	66.7	63.3	6.6	8.4
Mexican Breakfast Wrap	1 item	225	361.9	12.7	3.2	0.0	177.2	655.8	50.9	5.6	1.5	15.6	12.6	20.4	16.1	21.8
Santa Fe Breakfast Wrap	1 item	215	459.4	26.7	8.0	0.1	206.6	1190.7	39.1	2.6	2.0	20.8	35.1	11.4	9.7	9.0
Ham and Cheese Croissant	1 item	175	482.6	26.5	13.3	0.0	99.4	159.4	40.7	2.3	10.1	19.7	40.9	1.3	13.8	14.5
Bacon and Cheese Croissant	1 item	155	470.1	25.7	13.8	0.0	91.7	1265.4	40.1	2.7	9.5	19.3	31.1	12.3	14.6	13.4
Turkey and Swiss Sandwich	1 item	220	428.4	10.0	4.0	0.0	29.7	1237.4	56.8	4.3	4.1	28.5	41.2	51.4	14.5	26.7
Turkey and Tomato Sandwich	1 item	220	385.0	6.9	1.9	0.0	19.6	1210.4	56.9	4.5	4.2	24.7	41.9	10.6	1.3	26.9
Chicken Club Sandwich	1 item	220	439.3	10.3	3.9	0.0	27.1	819.4	41.2	2.1	13.4	33.6	49.6	31.4	14.9	19.8
Egg Salad Sandwich	1 item	205	529.1	18.2	4.4	0.1	436.3	1047.0	59.5	4.5	4.0	32.0	63.8	6.8	6.5	31.7
Corned Beef Sandwich	1 item	220	265.2	7.5	1.9	0.0	10.6	783.5	31.4	2.2	0.5	16.0	1.6	0.0	9.0	0.2
Tuna Salad Sandwich	1 item	205	516.2	12.3	4.4	0.0	72.8	1289.6	54.9	4.1	3.1	48.9	28.5	5.2	10.8	30.9
Turkey and Bacon Ciabatta	1 item	270	411.2	16.8	4.5	0.1	50.6	1363.0	39.8	0.2	3.0	23.2	27.9	1.1	14.4	6.9
Veggie Panini	1 item	335	251.4	8.9	2.5	0.1	12.9	479.6	34.1	2.3	1.5	10.1	79.2	98.1	14.8	3.0
BBQ Chicken Panini	1 item	335	344.0	13.0	3.7	0.1	15.4	476.3	32.5	1.7	2.5	27.0	38.7	27.6	15.1	2.8
Italian Panini	1 item	170	344.3	8.9	3.5	0.0	18.1	878.3	49.1	3.6	2.8	14.7	30.9	5.7	20.4	18.3
Roast Beef Ciabatta	1 item	270	367.2	16.0	4.0	0.1	37.5	564.5	37.2	0.2	0.1	18.2	28.4	1.0	10.7	3.9

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)
MEALS																
Spicy Jerk Chicken Wrap	1 item	330	336.5	8.9	2.6	0.0	6.0	552.8	40.7	5.1	10.2	24.8	63.0	62.8	3.9	11.2
Teriyaki Chicken Wrap	1 item	330	489.3	11.7	0.7	0.1	0.0	264.2	68.2	1.7	5.1	29.4	74.0	33.6	2.1	4.1
Chicken Curry Wrap	1 item	330	467.9	13.9	3.0	0.1	0.0	670.2	60.5	1.2	1.8	26.5	33.2	36.6	1.8	9.0
Bocconcini Flatbread	1 item	250	306.4	19.6	1.4	0.2	39.3	426.2	18.2	9.8	0.7	23.0	17.3	1.3	13.6	0.8
Chicken Caesar Flatbread	1 item	275	237.8	11.7	3.0	0.1	44.0	797.3	17.3	9.2	0.3	27.6	6.5	5.0	9.1	7.0
Apple & Brie Flatbread	1 item	250	291.5	10.4	3.9	0.1	47.9	849.4	35.7	9.0	12.7	22.5	1.6	0.0	8.0	2.7
Vegetarian Hummus Flatbread	1 item	250	206.4	8.4	0.9	0.0	0.0	511.7	27.8	14.0	0.6	14.9	32.0	25.2	4.8	12.6
Veggie Patty, Cheese & Egg English Muffin	1 item	200	340.7	17.6	4.5	0.1	209.0	270.8	28.5	1.6	1.3	17.3	24.0	0.0	17.6	18.8
SALADS																
Pasta Salad	1 item	225	337.6	10.7	3.3	0.0	10.0	365.4	43.7	3.3	0.5	12.5	46.1	71.1	19.1	2.8
Quinoa Salad	1 item	225	252.5	7.6	3.0	0.0	17.8	466.3	34.2	7.1	3.4	11.3	39.4	47.1	14.0	19.8
Couscous Salad	1 item	225	194.9	5.4	0.8	0.0	0.0	245.3	29.7	3.8	3.6	5.6	8.0	24.9	3.0	6.5
Tabouleh Salad	1 item	225	132.1	5.3	0.4	0.0	0.0	177.0	19.1	5.6	1.5	3.2	4.8	11.3	1.9	5.7
BAGELS																
Blueberry Bagel	1 item	115	330.0	3.0	0.5	0.0	0.0	590.0	64.0	2.0	7.0	11.0	0.0	0.0	4.0	25.0
Cinnamon Raisin Bagel	1 item	115	330.0	2.5	0.5	0.0	0.0	550.0	67.0	3.0	13.0	11.0	0.0	0.0	6.0	25.0
Harvest Wheat Bagel	1 item	115	320.0	2.5	0.5	0.0	0.0	580.0	64.0	4.0	7.0	10.0	0.0	0.0	8.0	25.0
Plain Bagel	1 item	115	310.0	2.5	0.5	0.0	0.0	630.0	62.0	2.0	3.0	11.0	0.0	0.0	4.0	25.0
Sesame Seed Bagel	1 item	115	320.0	3.5	0.5	0.0	0.0	620.0	61.0	2.0	3.0	11.0	0.0	0.0	6.0	30.0