

 CAFÉ & EATERY COFFEE CULTURE		Serving Weight/Volume (g/mL)	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)	Wheat	Milk	Soy	Peanuts	Tree Nuts	Egg	Fish	Shellfish	Sesame Seed	Mustard Seed	Gluten	Sulphites		
NUTRITIONAL & ALLERGEN CHART		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)													
Hot Beverages (Does not include Mini Biscotti)		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)													
Coffee - Small	295 mL	5	0	0	0	0	5	0	0	0	0	0.4	0	0	0	0														
Coffee - Regular	475 mL	5	0	0	0	0	10	0	0	0	0	1	0	0	0	0														
Coffee - Large	530 mL	5	0	0	0	0	10	0	0	0	0	1	0	0	0	0														
Espresso - Single	55 mL	5	0	0	0	0	10	0	0	0	0	0.1	0	0	0	0														
Espresso - Double	90 mL	5	0	0	0	0	15	0	0	0	0	0.1	0	0	0	0														
Espresso Machiatto - Single	150 mL	60	3	2	0.1	10	45	4	0	5	3	2	0	10	0		✓													
Espresso Machiatto - Double	150 mL	60	3.5	2	0.1	10	50	4	0	5	3	2	0	10	2		✓													
Americano - Small	295 mL	5	0.1	0	0	0	10	0	0	0	0	0.1	0	0	0	0														
Americano - Regular	475 mL	10	0.2	0.1	0	0	15	0	0	0	0	0.1	0	0	0	0														
Cappuccino - Small	295 mL	110	6	3.5	0.3	20	80	9	0	10	6	4	0	20	0		✓													
Cappuccino - Regular	475 mL	150	8	4.5	0.3	25	110	13	0	13	8	6	0	25	2		✓													
Café Latte - Small	295 mL	130	7	4	0.3	20	95	11	0	11	7	6	0	20	0		✓													
Café Latte - Regular	475 mL	170	9	5	0.4	25	120	14	0	14	9	6	0	30	2		✓													
Vanilla Latte - Small	295 mL	190	6	3.5	0.3	20	80	28	0	28	6	4	0	20	0		✓													
Vanilla Latte - Regular	475 mL	250	8	4.5	0.3	25	110	38	0	38	8	6	0	25	2		✓													
Caramel Latte - Small	295 mL	170	6	3.5	0.3	20	105	22	0	20	7	4	0	20	0		✓													
Caramel Latte - Regular	475 mL	270	9	5	0.3	30	160	38	1	33	9	6	0	25	2		✓													
Mocha Latte - Small	295 mL	170	7	4	0.3	20	85	21	0	22	7	4	0	20	0		✓													
Mocha Latte - Regular	475 mL	270	9	5	0.3	25	120	37	0	37	9	6	0	25	2		✓													
Salted Caramel Latte – Medium	475 mL	290	6	3.5	0.3	20	110	53	0	51	6	4	0	20	0		✓													
Salted Caramel Latte – Large	530 mL	420	8	4.5	0.3	25	160	78	0	75	8	6	0	25	0		✓													
Hazelnut Latte - Small	295 mL	200	6	3.5	0.3	20	90	30	0	30	6	4	0	20	0		✓			✓										
Hazelnut Latte - Regular	475 mL	270	8	4.5	0.3	25	120	40	0	40	8	6	0	25	2		✓			✓										
Chai Latte - Small	295 mL	150	5	3	0.2	15	80	22	0	21	5	4	0	15	0		✓													
Chai Latte - Regular	475 mL	190	6	3.5	0.3	20	100	28	0	27	6	4	0	20	0		✓													
Hot Chocolate - Small	295 mL	230	6	5	0	0	340	45	1	39	2	0	0	15	10		✓	✓												
Hot Chocolate - Regular	475 mL	310	7	7	0.1	0	480	60	2	52	2	0	0	20	15		✓	✓												
Mini Almond Hazelnut Biscotti	21 g	80	3	0.3	0	0	1.5	12	1	5	2	0	0	2	4		✓				✓	✓					✓			
Frozen Blended & Over Ice Drinks		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)													
Coffee 'ccino - Small	295 mL	330	18	11	0	40	70	39	0	34	5	15	0	15	15		✓	✓												
Coffee 'ccino - Regular	475 mL	440	22	13	0	55	90	56	0	49	6	15	0	15	20		✓	✓												
Mocha 'ccino - Small	295 mL	350	18	11	0	40	75	41	0	36	5	15	0	15	15		✓	✓												
Mocha 'ccino - Regular	475 mL	470	23	14	0	55	100	61	0	53	7	15	0	15	20		✓	✓												
Caramel 'ccino - Small	295 mL	350	18	11	0	45	95	42	0	34	5	15	0	15	15		✓	✓												
Caramel 'ccino - Regular	475 mL	470	22	14	0	55	140	62	1	50	7	15	0	15	20		✓	✓												
Oreo 'ccino - Small	295 mL	530	26	15	0.1	45	200	70	1	54	7	15	0	15	25		✓	✓	✓										✓	
Oreo 'ccino - Regular	475 mL	680	30	18	0.1	55	250	95	1	77	9	15	0	15	30		✓	✓	✓										✓	
Chococcino - Small	295 mL	580	24	16	0.1	40	470	87	2	75	7	15	0	30	30		✓	✓	✓											
Chococcino - Regular	475 mL	820	31	22	0.1	55	690	129	3	113	9	15	0	40	40		✓	✓	✓											
Iced Coffee – Small	295 mL	150	11	7	0	35	30	11	0	9	2	10	0	6	0		✓													
Iced Coffee – Regular	475 mL	220	16	10	0	55	40	17	0	14	3	15	0	8	0		✓													
Iced Americano Coffee	475 mL	148	7	7	0	0	3	20	0	20	0.4	0	0	0	0															
Chai Chiller - Small	295 mL	350	18	11	0	45	85	43	0	37	5	15	0	15	15		✓	✓												
Chai Chiller - Regular	475 mL	430	22	13	0	55	105	55	0	46	6	15	0	15	20		✓	✓												
Strawberry and Cream Chiller - Small	295 mL	400	18	11	0	40	60	62	0	56	5	15	40	15	15		✓	✓												
Strawberry and Cream Chiller - Regular	475 mL	500	22	13	0	55	75	80	0	73	6	15	50	15	20		✓	✓												
Raspberry Lemonade Chiller - Small	295 mL	330	0	0	0	0	0	82	0	82	0	0	150	0	0			✓												
Raspberry Lemonade Chiller - Regular	475 mL	420	0	0	0	0	0	106	0	106	0	0	190	0	0			✓												
Power Up Smoothie	475 mL	280	0.5	0.1	0	0	30	63	5	47	9	0	100	10	4		✓													
PB Power Smoothie	475 mL	656	33	6.6	0	0	357	75	6.8	46	28.5	0	8	8.5	67				✓	✓										
Tropical Harmony Smoothie	475 mL	245	2.5	0	0	0	47	37	3.8	34	3.6	2.4	36.5	11	2.5		✓													
Berry Bliss Smoothie	475 mL	324	1.5	0	0	0	47	56	4.8	53	3.6	3.7	12	9.5	1.5		✓													
Organic Iced Tea		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)													
Strawberry Rose Iced Tea - Regular	475 mL	100	0	0	0	0	0	24	0	24	0	0	45	0	0															
Hibiscus Iced Tea – Regular	475 mL	0	0	0	0	0	0	0	0	0	0	0	0	0	0															
Breakfast - All Day		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)													
Everything Bagel	113 g	290	2	0.5	0	0	700	60	5	7	11	0	0	8	25		✓	✓							✓			✓		
Whole Wheat Bagel	113 g	290	1	0	0	0	530	61	3	9	11	0	0	4	20		✓	✓											✓	
Plain Bagel	113 g	290	1.5	0	0	0	590	62	5	8	11	0	0	8	20		✓	✓											✓	
Cinnamon Raisin Bagel	113 g	290	1	0	0	0	560	63	5	11	10	0	0	8	20		✓	✓											✓	
Asiago Cheese Bagel	113 g	290	2.5	1	0	15	610	57	2	7	10	0	0	6	20		✓	✓	✓										✓	
Plain Light Cream Cheese	28 g	60	4	2.5	0.1	15	140	2	0	2	2	6	0	4	0		✓													
Herb & Garlic Cream Cheese	28 g	80	7	4.5	0.2	20	130	2	0	2	2	8	0	4	0		✓													
Egg & Cheese Bagel*	183 g	440	12	4.5	0.1	225	750	62	5	8	21	15	0	20	25		✓	✓	✓			✓							✓	
Egg & Cheese Bagel with Bacon*	191 g	470	14	6	0.1	230	870	62	5	8	24	15	0	20	25		✓	✓	✓			✓							✓	
Egg & Cheese Bagel with Sausage*	285 g	600	27	10	0.2	255	1030	62	5	8	28	15	25	20	30		✓	✓	✓			✓							✓	
Egg & Cheese English Muffin	127 g	260	12	5	0.1	225	330	24	1	1	14	15	0	15	15		✓	✓	✓			✓							✓	
Egg & Cheese English Muffin with Bacon	135 g	310	14	6	0.1	230	450	24	1	1	17	15	0	15	15		✓	✓	✓			✓								



NUTRITIONAL & ALLERGEN CHART

	Serving Weight/Volume (g/mL)	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)	Wheat	Milk	Soy	Peanuts	Tree Nuts	Egg	Fish	Shellfish	Sesame Seed	Mustard Seed	Gluten	Sulphites	
Muffins	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Blueberry Muffin	150 g	570	31	11	0	10	500	71	1	39	8	4	0	8	10	✓	✓	✓			✓						✓	
Cranberry Orange Muffin	150 g	550	29	10	0	10	500	68	2	36	7	4	8	8	10	✓	✓	✓			✓						✓	
Chocolate Chip Muffin	150 g	650	36	14	0	10	380	80	2	47	8	4	0	8	15	✓	✓	✓			✓						✓	
Healthy Harvest Muffin	150 g	500	20	4	0	55	420	74	3	40	8	100	2	8	6	✓	✓	✓		✓	✓						✓	
Reduced Fat Carrot Muffin	110 g	350	38	13	0	13	650	88	3	47	9	5	10	10	13	✓					✓						✓	
Reduced Fat Apple Oatmeal Muffin	110 g	340	47	18	0	13	494	104	3	61	10	5	0	10	20	✓					✓					✓	✓	
Red Velvet Muffin w/ Cream Cheese Icing	177 g	680	36	9	0	70	550	88	3	54	7	0	0	4	30	✓	✓	✓			✓						✓	
Pistachio Muffin w/ Cream Cheese Icing	184 g	610	26	4	0	10	600	87	2	50	10	4	0	4	25	✓	✓			✓	✓						✓	
Scones	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Glazed Cinnamon Scone	133 g	500	23	15	0	110	510	65	1	33	8	15	0	20	4	✓	✓	✓			✓						✓	
Glazed Raspberry White Chocolate Scone	133 g	510	24	14	0	110	460	66	1	34	8	15	0	8	15	✓	✓	✓			✓						✓	
Salads (includes dressing)	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Signature Garden Salad	288g	370	29	4	0.5	15	440	18	5	6	9	150	90	15	20												✓	
Signature Garden Salad - Side & Combo (Salad only)	120g	200	16	3	0.3	15	240	8	2	3	5	60	25	6	6												✓	
Caesar Salad - Full Size	249 g	450	41	5	0.5	45	580	13	4	2	10	150	15	10	20	✓	✓				✓	✓				✓	✓	
Caesar Salad - Combo Size	192 g	290	23	4	0.3	30	440	11	3	2	9	130	10	10	15	✓	✓				✓	✓				✓	✓	
Caesar Salad - Side	97 g	220	20	2.5	0.3	20	300	6	1	1	5	50	6	6	8	✓	✓				✓	✓				✓	✓	
Berry Pecan Salad	391 g	400	28	4	0.4	15	480	28	6	14	8	80	130	10	40		✓			✓							✓	
Sweet Onion Basil Salad	249 g	340	26	6	0	31	1003	8.3	5.2	4.5	6.3	21	373	16	45		✓											
Sweet Onion Basil Salad-Combo	185g	260	20	5	0	24	755	6.3	4	3.4	4.8	16	280	12	34		✓											
Soups - Side Soup, 7 fl oz	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Broccoli and Cheese Soup	207 mL	210	10	5	0.3	25	1570	22	5	5	8	4	15	15	4	✓	✓	✓										✓
Butternut Squash Soup	207 mL	130	1.5	0.5	0	0	1080	28	3	8	2	70	4	6	10	✓	✓	✓										✓
Chicken Noodle Classic Soup	207 mL	150	3.5	1	0	25	1390	22	2	3	8	10	0	4	10	✓		✓			✓						✓	
Cream of Potato With Bacon Soup	207 mL	250	7	5	0.2	35	1420	38	2	8	8	6	4	15	6	✓	✓	✓									✓	
Creole Chicken Gumbo	207 mL	130	1	0.3	0	10	1370	23	3	5	7	4	4	6	4	✓		✓									✓	
Nine Vegetable Moroccan Style Soup	207 mL	150	3	0.4	0	0	620	26	8	8	4	25	2	4	8	✓	✓	✓									✓	
Pasta Fagioli	207 mL	210	3.5	1	0	10	1130	36	8	13	8	15	6	10	15	✓	✓	✓			✓						✓	
Sauteed Mushroom & Onion Bisque	207 mL	110	7	5	0.2	25	740	10	1	2	2	0	2	4	4	✓	✓	✓									✓	
Tomato Roasted Red Pepper Bisque	207 mL	290	20	12	0.2	40	800	24	4	15	3	8	4	4	8	✓	✓	✓									✓	
Wicked Thai with Chicken Soup	207 mL	230	16	7	0.4	35	1060	13	2	4	8	2	2	4	6	✓	✓	✓				✓					✓	
Tomato Roasted Red Pepper Bisque with Gouda	207 mL	310	24	10	0.3	35	830	16	3	12	7	2	15	10	4	✓	✓	✓									✓	
Roasted Poblano & White Cheddar Soup	207 mL	310	25	15	1	0	770	14	1	6	8	10	4	0	0		✓				✓							
Italian Wedding Soup	207 mL	220	7	2.5	0	10	1230	28	3	2	10	0	4	4	15	✓	✓	✓									✓	
Soups - Entree Soup, 9 fl oz	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Broccoli and Cheese Soup	266 mL	270	13	6	0.4	30	2020	28	6	6	11	4	20	20	4	✓	✓	✓										✓
Butternut Squash Soup	266 mL	170	2	0.5	0	0	1380	36	4	11	2	100	4	8	15	✓	✓	✓										✓
Chicken Noodle Classic Soup	266 mL	200	4.5	1	0	30	1790	28	2	4	11	15	0	4	15	✓		✓			✓						✓	
Cream of Potato With Bacon Soup	266 mL	330	10	6	0.2	45	1830	49	2	11	11	8	4	20	8	✓	✓	✓									✓	
Creole Chicken Gumbo	266 mL	170	1	0.4	0	10	1770	30	4	6	9	4	4	8	4	✓		✓									✓	
Nine Vegetable Moroccan Style Soup	266 mL	190	3.5	0.5	0	0	800	34	11	11	5	30	2	6	10	✓	✓	✓									✓	
Pasta Fagioli	266 mL	270	4.5	1	0	10	1450	47	11	17	11	20	8	15	15	✓	✓	✓			✓						✓	
Sauteed Mushroom & Onion Bisque	266 mL	150	10	6	0.2	30	950	13	1	3	3	0	2	6	6	✓	✓	✓									✓	
Tomato Roasted Red Pepper Bisque	266 mL	370	26	15	0.3	55	1030	31	5	19	4	10	6	4	10	✓	✓	✓									✓	
Wicked Thai with Chicken Soup	266 mL	290	20	9	0.5	45	1360	17	2	5	11	2	2	6	8	✓	✓	✓				✓					✓	
Tomato Roasted Red Pepper Bisque with Gouda	266 mL	400	31	13	0.4	50	1060	20	4	15	9	2	20	15	6	✓	✓	✓									✓	
Roasted Poblano & White Cheddar Soup	266 mL	400	32	19	1	0	990	18	1	7	11	15	4	0	0		✓				✓							
Italian Wedding Soup	266 mL	290	10	3	0	10	1570	36	4	2	13	0	4	4	20	✓	✓	✓									✓	
Sandwiches & Wraps	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Asiago BLT	266 g	570	28	9	0.5	60	1090	61	4	10	20	35	20	8	25	✓	✓	✓			✓						✓	✓
Grilled Veggie Perfecto Wrap	317g	490	25	11	0.4	45	920	50	7	8	17	60	45	25	20	✓	✓										✓	
Turkey Avocado Sandwich	268g	470	15	5	0.1	25	1060	63	6	2	21	20	20	20	25	✓	✓										✓	
Chicken Caesar Wrap	280 g	610	35	7	0.3	70	1350	41	6	3	31	50	8	20	20	✓	✓	✓			✓	✓				✓	✓	
Classic Clubhouse	386 g	800	36	5	0.4	35	1430	86	11	5	33	30	20	10	30	✓		✓			✓					✓	✓	
Piri-Piri Chicken Wrap	302g	590	34	9	0.3	65	1410	44	6	5	26	20	25	20	15	✓	✓	✓			✓					✓	✓	
Chicken Crispy Prosciutto Panini	266 g	507	27	8.4	0	89	1336	30	3.8	2.7	35	3	55	10.5	5.5	✓	✓				✓					✓	✓	
Prosciutto Pesto Panini	266 g	420	23	8	0	48	1276	30	3.8	4.7	21	2.5	55	10	3	✓	✓									✓	✓	
Avocado Toast and Salad	1	616	31	1	0	10	510	37	19	2.5	12	15	115	8.5	32	✓					✓						✓	
Cookies and Biscotti	Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Classic Chocolate Chunk Cookie	85 g	380	18	9	0	40	210	51	2	30	4	8	0	4	20	✓	✓	✓			✓						✓	
Gourmet Oatmeal Raisin Cookie	85 g	360	16	6	0	40	210	51	2	28	4	10	0	4	10	✓	✓	✓			✓						✓	
Gourmet Double Peanut Butter Cookie	85 g	420	24	12	0	3																						

