





 <b>CAFÉ &amp; EATERY</b> <b>COFFEE CULTURE</b> <small>CAFÉ &amp; EATERY</small>		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	
<b>NUTRITIONAL &amp; ALLERGEN CHART</b>		<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>												
<b>Soups - Entree Soup, 9 fl oz</b>		<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>												
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	✓	✓	✓										✓	
Chicken with White & Wild Rice Soup	266 mL	170	2	0.5	0	20	1870	28	2	2	11	15	45	4	4			✓										✓	
Cream of Leek and Potato Soup	266 mL	230	9	3	0	10	1550	32	6	6	6	0	0	15	8	✓	✓	✓										✓	
Tomato Bisque	266 mL	170	5	1.5	0	10	1080	26	5	12	5	4	4	15	6	✓	✓	✓										✓	
Tomato Garden Vegetable with Rotini Soup	266 mL	170	0	0	0	0	1600	36	4	15	6	20	8	8	15	✓					✓							✓	
Vegetable Beef with Barley Soup	266 mL	190	2	0.4	0	10	1380	32	6	6	11	20	4	4	15	✓												✓	
<b>Wraps and Paninis</b>		<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>												
Asiago BLT	266 g	570	28	9	0.5	60	1090	61	4	10	20	35	20	8	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	315 g	670	41	11	0.5	70	1570	45	6	5	27	20	30	20	15	✓	✓	✓			✓							✓	
Smoked Turkey Bocata	279 g	580	25	6	0.1	30	1400	61	2	4	23	15	30	6	30	✓	✓	✓			✓							✓	
Veggie Perfecto Wrap	376 g	480	24	9	0.3	30	1030	50	8	7	17	100	80	15	20	✓	✓	✓										✓	
Turkey Avocado Sandwich	415 g	710	38	7	0.5	30	1210	67	9	6	28	25	35	20	25	✓	✓											✓	
Margarita Chicken Wrap	335 g	450	19	4.5	0	45	1340	46	7	3	28	50	70	15	20	✓	✓	✓										✓	
Sierra Turkey Sandwich	285 g	460	12	3	0	30	1280	68	3	14	20	30	20	10	25	✓	✓	✓			✓							✓	
<b>Cookies and Biscotti</b>		<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>												
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	30	300	43	2	30	8	8	0	4	8	✓	✓	✓	✓		✓							✓	
Gourmet Macadamia White Chocolate Chip Cookie	85 g	400	22	12	0	30	190	47	2	28	4	8	0	4	8	✓	✓	✓			✓	✓						✓	
Gourmet Sugar Cookie	85 g	380	20	8	0	40	270	47	0	22	4	15	0	0	8	✓	✓	✓			✓							✓	
Gourmet M&M Chocolate Chip Cookie	85 g	380	16	8	0	30	210	45	2	32	4	8	0	4	10	✓	✓	✓			✓							✓	
Cappuccino Biscotti Large	40 g	160	6	1.5	0	25	160	22	1	10	4	0	0	2	8	✓	✓	✓			✓							✓	
Almond Hazelnut Biscotti Large	35 g	140	5	0.5	0	20	125	21	1	8	3	0	0	2	8	✓	✓				✓	✓						✓	
Mini Almond Hazelnut Biscotti	21 g	80	3	0.3	0	0	1.5	12	1	5	2	0	0	2	4	✓					✓	✓						✓	
<b>Cakes (per slice)</b>		<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>												
Peanut Butter Cup with Reese's Pieces	180 g	830	46	23	0.3	55	400	74	4	50	14	15	35	8	8	✓	✓	✓	✓		✓								✓
Peanut Butter Fudge Brownie Cheesecake	200 g	850	43	22	0.3	35	360	66	4	59	12	12	35	8	8	✓	✓	✓	✓	✓	✓								✓
Carrot Caramel Cheesecake	178 g	610	31	13	0.5	25	610	67	2	46	9	85	2	6	6	✓	✓	✓			✓	✓						✓	
New York Cheesecake	194 g	380	43	22	0	200	380	51	1	30	11	20	8	8	4	✓	✓	✓			✓							✓	
Raspberry Greek Yogurt Cheesecake	171 g	670	39	15	1.5	13	380	74	3	59	8	15	10	6	4	✓	✓	✓			✓							✓	
White Chocolate Brownie	216 g	830	45	25	1	75	150	50	3	42	9	15	0	6	6	✓	✓	✓			✓							✓	
Sangria Cake	146 g	560	23	11	0.5	70	330	80	1	50	8	0	0	10	8	✓	✓	✓			✓							✓	
Lemoncello Cake	155 g	420	18	9	0.2	40	300	58	0	44	6	0	0	6	6	✓	✓	✓			✓							✓	
Reese Peanut Butter Blondie	135 g	560	35	18	0.3	70	200	57	3	46	11	0	0	4	6	✓	✓	✓	✓		✓							✓	
Maple Extreme Cake	121 g	420	19	5	0.3	10	10	59	0	51	3	4	0	0	4	✓	✓	✓			✓							✓	
Reese Cheesecake	157 g	460	28	14	0.5	45	210	45	3	21	10	15	0	4	40	✓	✓	✓	✓		✓							✓	
Coconut Pistachio Cake	190 g	770	50	35	0.5	95	180	71	6	55	8	0	0	15	20	✓	✓	✓	✓		✓							✓	
<b>Pastries and Baked Goods</b>		<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>												
Spanakopita	232 g	610	26	8	0.3	40	1320	77	5	2	18	70	25	20	35	✓	✓	✓										✓	
Butter Tart	90 g	360	16	6	0	45	200	55	2	26	4	10	2	4	10	✓	✓	✓			✓							✓	
Chocolate Butter Tart	85 g	360	17	6	0	45	80	47	2	28	5	6	0	2	20	✓	✓	✓			✓							✓	
Croissant	78 g	330	19	12	1	60	380	32	2	7	6	20	2	2	20	✓	✓				✓							✓	
Cheese Croissant	92 g	380	24	15	1	75	480	32	2	7	9	25	2	10	20	✓	✓				✓							✓	
Chocolate Avalanche	95 g	320	16	8	0.5	35	290	37	3	11	5	2	2	4	10	✓	✓	✓			✓	✓						✓	
Chocolate Hazelnut Crunch Croissant	120 g	460	26	13	0.5	40	360	44	5	12	8	20																	



**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	
Plain Bagel	113 g	290	1.5	0	0	0	590	62	5	8	11	0	0	8	20	✓		✓									✓	
White Chocolate Muffin	113 g	395	20	4	0	68	395	81	3	32	5	2	3	3	10	✓	✓	✓		✓	✓						✓	

**Add-ons**

Nutella serving	30 mL	150	9	3	0	0	5	16	1	16	1	0	0	2	2		✓	✓		✓								
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