

NUTRITION FACTS



	Serving Size (ml)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Hot Beverages															
Coffee *	10 oz	50	2.5	1.5	0	10	5	7	0	7	0.4	2	0	2	0
Decaf *	10 oz	50	2.5	1.5	0	10	5	7	0	7	0.4	2	0	2	0
Tea **	10 oz	30	0.2	0	0	0	15	7	0	7	0.4	0	0	2	0
Hot Chocolate	10 oz	110	2	0.5	0	0	190	24	1	21	1	0	0	10	2
French Vanilla Frothy Coffee	10 oz	110	3.5	3.5	0	0	5	20	0	14	1	0	0	2	0
<i>* single cream, single sugar ** single milk, single sugar</i>															
Specialty Drinks															
Espresso	40	10	0	0	0	0	5	0	0	0	0.2	0	0	0	0
Cappuccino	10 oz	80	3	2	0	10	15	6	0	5	5	0	6	10	0
Latte	10 oz	70	2.5	1.5	0	10	20	5	0	4	4	0	4	10	0
Mocha Latte	10 oz	70	1.5	1	0	5	25	8	0	6	3	0	2	6	0
Belgian Hot Chocolate	10 oz	80	1.5	1	0	5	20	14	1	13	3	0	2	6	0
Green Tea Latte	10 oz	190	3.5	2.5	0	15	120	30	0	27	8	0	6	30	2
Vanilla Latte	10 oz	160	6	2.5	1.5	5	95	20	0	16	4	0	4	10	0
Caramel Latte	10 oz	200	7	3.5	1.5	5	140	27	0	22	4	0	4	15	2
Cold Beverages															
Fountain Pop	10 oz	110	0	0	0	0	25	29	0	29	0	0	0	0	0
Milk	250	130	5	3	0.1	20	130	12	0	12	9	10	4	30	0
Chocolate Milk	250	180	2.5	1.5	0	15	200	32	0	31	7	15	0	25	4
Country Style Orange Juice	300	140	0.2	0.1	0	0	5	31	1	26	2	30	100	3	2
Country Style Apple Juice	284	140	0	0	0	0	7	33	0	30	0.3	0	100	2	2
Country Style Cranberry Cocktail	300	170	0.3	0	0	0	5	43	0	38	0	0	230	0	2
Country Style Lemonade	300	140	0	0	0	0	13	36	0	32	0	0	0	2	2
Tropical Drinks	10 oz	100	0	0	0	0	40	24	0	24	0	0	0	0	0
Iced Cappuccino	10 oz	150	3	0	1.5	0	40	30	0	26	2	0	0	4	0
Aero Caramel Cappuccino	10 oz	280	11	10	0.2	0	230	46	0	37	1	0	0	10	4
Cherry Lemonade Freeze	10 oz	160	0	0	0	0	30	40	0	40	0	0	0	0	0
Yeast Donuts															
Glazed	57	210	10	4	0.3	0	280	26	1	7	4	0	0	2	10
Chocolate Raised	64	230	10	4.5	0.3	0	280	33	1	13	4	0	0	2	10
Vanilla Raised	64	230	10	4	0.3	0	280	33	1	13	4	0	0	2	10
Maple Raised	64	230	10	4	0.3	0	280	33	1	13	4	0	0	2	10
Sprinkled	64	240	11	5	0.3	0	290	33	1	13	4	0	0	2	10
Cherry Filled	85	290	11	5	0.4	5	330	43	1	21	5	0	0	2	10
Lemon Filled	85	290	11	5	0.4	5	350	42	1	19	5	0	0	2	10
Strawberry Filled	85	290	11	5	0.4	5	330	42	1	19	5	0	0	2	10
Banana Filled	85	290	11	5	0.5	5	330	41	1	18	5	0	0	2	10
Boston Crème	85	280	11	5	0.4	5	340	40	1	15	5	0	0	2	10
Apple & Spice	85	290	12	5	0.5	5	360	41	1	17	5	0	0	2	10
Dutchie	74	260	11	5	0.4	5	320	37	1	11	5	0	0	2	10
Fritter	89	300	12	5	0.5	5	350	42	1	19	5	0	0	2	10
Cinnamon Ring	106	370	17	7	0.5	5	490	52	5	9	8	0	6	20	50
Crullers															
French	63	160	11	5	0.5	40	130	15	0	5	1	0	0	0	2
Plain	64	250	13	6	0.1	10	300	30	1	14	3	0	0	2	10
Cherry	79	340	18	9	0.1	15	380	39	1	17	4	0	0	2	10
Orange	79	340	18	9	0.1	15	380	39	1	17	4	0	0	2	10
Chocolate	78	330	20	6	0.1	10	310	33	2	14	7	0	0	4	15
Sour Cream	64	310	19	9	0.2	10	250	31	1	15	3	0	0	2	10
White Cake Donuts															
Glazed	57	220	11	5	0.1	5	270	27	1	13	3	0	0	2	8
Chocolate Iced	64	250	11	5	0.1	5	270	34	1	19	3	0	0	2	10
White Iced	64	250	11	5	0.1	5	270	34	1	19	3	0	0	2	10
Marble Iced	64	250	11	5	0.1	5	270	34	1	19	3	0	0	2	10
Sprinkled	64	250	12	6	0.1	5	270	33	1	18	3	0	0	2	8
Toasted Coconut	64	260	15	8	0.2	5	270	30	1	14	3	0	0	2	10
Coconut	64	270	16	9	0.1	5	270	28	2	14	4	0	0	2	10
Chocolate Cake Donuts															
Glazed	57	220	10	5	0.1	5	270	28	1	13	3	0	0	2	10
Chocolate Iced	64	250	10	5	0.1	5	270	35	1	18	3	0	0	2	15
White Iced	64	250	10	5	0.1	5	270	35	1	19	3	0	0	2	10
Marble Iced	64	250	10	5	0.1	5	270	35	1	19	3	0	0	2	15
Sprinkled	64	250	11	6	0.1	5	270	35	1	18	3	0	0	2	10
Toasted Coconut	64	260	14	8	0.1	5	270	31	1	14	4	0	0	2	15
Coconut	64	270	15	9	0.1	5	270	30	2	14	4	0	0	2	15

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Country Bits	Yeast Glazed	17	60	3	1	0	80	8	0	3	1	0	0	0	2
	Yeast Filled	22	70	3	1	0	80	11	0	5	1	0	0	0	2
	Yeast Sprinkled	20	70	3	1.5	0	80	10	0	5	1	0	0	0	2
	Yeast Coconut	20	80	4	2.5	0.1	80	9	0	3	1	0	0	0	4
	White Cake Glazed	17	70	3	1.5	0	75	8	0	4	1	0	0	0	2
	White Cake Sprinkled	20	80	3.5	2	0	75	11	0	6	1	0	0	0	2
	White Cake Coconut	20	80	4.5	2.5	0	75	10	0	5	1	0	0	0	4
	Chocolate Cake Glazed	17	70	3	1.5	0	80	9	0	4	1	0	0	0	4
	Chocolate Cake Sprinkled	20	80	3.5	1.5	0	80	11	0	6	1	0	0	0	4
	Chocolate Cake Coconut	20	80	4.5	2.5	0	80	10	0	5	1	0	0	0	4
Muffins	Carrot	142	470	23	3.5	0	60	150	61	5	33	7	8	2	15
	Morning Glory	142	440	18	3.5	0	55	80	64	5	38	7	50	2	6
	Lemon Cranberry	142	400	16	3.5	0	75	290	58	5	27	9	0	2	6
	Banana	142	470	22	3.5	0.4	75	125	65	5	36	8	6	6	2
	Chocolate Chunk	142	400	13	1.5	0	10	200	70	2	36	6	0	0	15
	Blueberry	142	400	16	1	0	10	200	59	2	25	6	0	0	15
	Reduced Fat Apple Oatmeal	142	360	11	1	0	0	320	58	3	24	6	0	0	2
	Raisin Bran	142	380	16	2.5	0	70	160	57	9	27	10	10	0	6
	Reduced Fat Fruit & Fibre	142	350	8	0.5	0	0	310	63	9	33	7	0	2	2
	Very Berry	142	450	21	3.5	0	60	200	57	5	26	8	0	4	4
	Strawberry Banana Yogurt	142	400	20	3.5	0	80	350	54	1	32	4	0	6	2
	Double Chocolate	142	470	23	4.5	0	80	150	61	1	33	5	0	8	0
	Corn Muffin	142	500	19	1.5	0	5	490	75	0	33	9	2	4	0
"Good 4 U" Muffins	Pomegranate Bran	127	340	17	2.5	0.3	60	450	47	8	24	7	4	0	4
	Banana Mango	127	440	16	2.5	0	70	90	62	2	35	7	4	10	10
	Whole Wheat Blueberry	127	380	18	2	0	70	340	47	5	23	7	4	0	4
	Twelve Grain	127	380	14	1.5	0	55	300	57	6	26	8	2	2	4
	Fruit & Flax Fibre	127	320	12	1	0	55	240	49	8	23	8	2	2	4
Tea Biscuit	Plain	71	170	5	1	1	0	540	26	1	4	4	0	2	4
	Cheese	71	190	7	2.5	1	5	540	24	1	4	5	2	0	8
	Raisin	71	180	4.5	1	1	0	480	30	1	6	4	0	0	2
	Blueberry	71	160	4.5	1	1	0	480	24	1	4	4	0	0	2
Cookies	White Chocolate Macadamia	42	200	10	2.5	2	10	135	23	1	15	2	8	0	2
	Peanut Butter	42	190	11	2	2.5	10	150	20	1	10	4	0	0	40
	Oatmeal Raisin	42	170	6	1	2	10	125	24	1	13	3	8	0	2
	Triple Chocolate	42	190	9	3	2	10	120	24	1	16	2	6	0	2
	Chocolate Chunk	42	190	9	2.5	2	10	150	24	1	14	2	8	0	0
Croissants	Butter Croissant	62	260	15	10	0.5	45	350	26	2	2	5	4	2	2
	Butter Cheese Croissant	76	320	20	13	0.5	60	450	26	2	2	8	8	2	10
	Chocolatine	66	280	18	11	0.5	25	160	25	3	3	5	6	10	2
Tarts	Raisin Butter Tart	80	350	16	4	0	45	180	49	1	28	4	0	0	4
	Pecan Butter Tart	80	370	19	4	0	45	180	45	1	25	4	0	0	4
Danish	Spinach & Cheese	113	310	14	4	4.5	30	390	37	2	4	7	0	8	6
	Strawberry Cheese	120	360	16	5	5	10	340	47	2	15	6	0	4	2
	Apple Toffee Danish	99	330	18	7	0.3	15	240	39	1	14	4	0	10	6
	Cinnamon Bun (with Cream Cheese Icing)	102	390	17	5	0.3	10	270	42	2	30	6	0	6	10
Breakfast Bagels	Breakfast Bagel Deluxe	203	500	14	6	1.2	30	1410	67	2	4	26	0	0	20
Breakfast Sandwiches	BLT	137	250	12	5	0.2	25	420	28	2	4	8	20	0	4
	Ham & Swiss	150	320	15	8	0.3	175	530	27	1	2	17	0	0	15
	Sausage & Egg	171	380	18	11	0.3	180	560	26	1	2	16	10	0	10
	Western	177	400	23	10	0.3	305	700	29	4	4	17	10	4	10
	Sunriser	156	320	17	9	0.3	175	410	28	1	3	14	20	10	10
Bagels	Plain	85	210	2	0.5	0	0	310	40	1	2	6	0	0	0
	Cheddar	85	230	6	3	0	15	330	34	1	2	8	2	0	10
	Asiago	85	220	5	2.5	0	0	390	36	1	2	8	0	4	10
	Pumpnickel	85	210	2.5	0.5	0	0	500	41	3	2	7	0	2	4
	Whole Wheat	85	200	2	0.5	0	0	300	39	6	3	8	0	0	6
	Sesame	85	220	3	1	0	0	300	40	2	2	7	0	0	4
	Sundried Tomato	85	210	2	0.5	0	0	420	40	2	3	7	0	4	0
	Poppy Seed	85	220	3.5	0	0	0	290	39	2	2	7	0	0	10
	Multigrain	85	230	4	1	0	0	400	41	3	1	7	0	15	4
	Honey Cinnamon Raisin	85	210	3.5	1	0	0	350	38	3	5	6	0	10	4
	Everything	85	210	2	0.5	0	0	300	42	1	2	7	0	4	0
	Cranberry Walnut Flax	85	240	6	1	0	0	260	39	3	2	7	0	0	2
	Blueberry	85	220	1.5	0.5	0	0	270	46	2	9	6	0	0	0

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Sandwiches	Smoked Ham & Cheese	243	410	16	5	0.1	30	1380	51	3	9	18	20	40	15	20
	Smoked Turkey & Cheese	236	380	13	4	0.1	50	1210	46	3	8	21	20	35	15	15
	Veggie & Cheese	186	300	8	3.5	0.1	30	510	46	3	8	11	15	40	10	15
	Stacked Club	242	420	16	4.5	0.1	40	1350	49	2	8	19	35	35	15	15
	Italian Deli	257	450	18	6	0.2	50	1540	49	3	9	23	15	40	15	20
	Grilled Chicken Bistro w/ Bacon	270	510	20	6	0.2	85	1170	49	3	9	31	30	80	10	20
	Original Philly Steak & Cheese	222	450	17	7	0.1	65	810	48	2	9	24	4	15	10	15
	Tuna Salad	222	340	8	0.5	0	50	960	44	3	7	24	20	35	2	90
	Egg Salad	193	370	14	3	0	310	520	44	3	7	16	10	25	4	25
	Chicken Salad	193	360	10	1.5	0	55	1170	45	2	7	21	10	25	2	35
Wraps	Chicken Caesar	180	330	13	3.5	0	50	970	30	1	1	24	8	40	0	15
Soups	Cheddar Cauliflower	9oz	130	6	2	1.5	5	1070	15	5	3	4	10	25	6	2
	Cream of Asparagus	9oz	150	8	6	0.5	5	920	17	4	4	4	0	2	6	2
	Cream of Potato	9oz	190	9	2.5	0.1	5	860	24	3	3	5	8	2	10	2
	Vegetable Beef Barley	9oz	100	2.5	1	0	10	990	15	4	3	5	30	4	2	2
	Italian Wedding Soup	9oz	120	4	1.5	0	10	950	14	2	1	5	0	2	2	6
	Corn Chowder	9oz	220	8	2.5	0	5	940	30	4	7	6	8	2	10	2
	Tomato Basil & Raviolini	9oz	120	1	0.5	0	10	750	23	1	5	4	6	2	2	6
	Minestrone	9oz	90	2.5	0.4	0	0	1150	14	4	4	4	6	4	6	6
	Garden Vegetable	9oz	80	0.5	0.2	0	0	640	14	3	5	5	20	2	6	6
	Chicken Gumbo	9oz	90	2	0.5	0	10	1280	13	2	4	6	2	4	2	0
	Cream of Broccoli & Cheese	9oz	190	11	1.5	0	15	960	16	3	5	6	6	15	15	2
	Cream of Mushroom	9oz	230	12	4.5	0.1	10	1190	15	0	4	4	6	2	8	2
	Turkey Vegetable & Rice	9oz	110	2	0.5	0	20	830	19	2	2	4	4	2	2	2
	Chicken Noodle	9oz	120	2.5	0.5	0	20	860	18	1	4	7	10	4	2	4
Stews	Chili	202	190	9	4	0.4	0	890	17	3	6	10	8	10	6	10
	Chili w/ Cheddar Cheese	202	230	13	6	0.5	10	930	17	3	6	12	10	10	15	10
	Chicken	202	190	9	4	0.4	35	890	17	3	6	10	8	10	6	10
Salads	Country Salad	250	40	0.5	0.1	0	0	20	9	3	6	3	35	80	4	15
	Tuna Salad	310	110	3.5	0.3	0	20	390	9	4	6	13	40	80	4	60
	Egg Salad	310	130	7	1.5	0	185	95	10	4	6	9	40	80	8	20
	Chicken Salad	283	110	4	0.5	0	20	440	10	3	6	10	35	80	4	20
	Fruit Salad	280	340	0	0	0	0	55	88	4	80	4	20	60	2	4
Bistrodeli	Stacked Club*	253	500	19	5	0.1	30	1500	56	3	2	22	25	50	15	25
* serving size based on 6"	Bistro Deli Classic*	268	500	19	6	0.2	30	1530	58	3	4	23	10	60	15	25
	BLT*	188	420	15	3	0	40	840	61	3	14	13	10	35	0	20
	Smokey Turkey*	247	450	15	4	0.1	50	1220	57	3	10	20	15	35	10	20
	Traditional Tuna*	255	440	13	3.5	0.1	65	1120	56	3	9	26	15	40	10	80
	Traditional Egg*	255	470	18	6	0.2	285	710	56	4	9	20	15	40	15	30
	Grilled Chicken Bistro*	270	590	25	7	0.2	90	1270	58	3	10	30	15	70	10	20
	Mediterranean Chicken*	275	530	20	2.5	0.1	35	1060	57	3	3	27	6	90	10	25
	Meatball Deluxe*	255	550	21	7	0.4	30	1200	60	3	4	28	6	45	15	35
	Chicken Parm*	327	600	19	2	0.4	25	1650	79	4	8	25	10	90	35	30
	The Original Steak & Cheese*	218	530	21	6	0.1	60	980	59	2	12	24	4	20	10	15
	Tuna Melt Griller	310	490	10	3	0.1	45	1210	71	5	4	29	15	25	15	80
	Spicy Buffalo Chicken Griller	331	630	17	4.5	0.5	40	1430	91	6	7	27	10	30	15	35
	Tuscan Bacon Turkey Griller	268	540	11	2.5	0	35	1430	78	5	10	30	4	6	15	25
	The Clubhouse Griller	323	620	22	7	0.2	45	1820	74	5	6	30	15	20	15	30
	Chicken Caesar Wrap	157	330	13	3.5	0	50	970	30	1	1	24	8	40	0	15
	Greek Wrap	208	260	16	2.5	0.1	35	960	33	2	2	20	6	50	0	15
	Cranberry Chicken Wrap	217	360	11	3	0	50	1040	40	2	10	24	8	80	0	15
	Mango Turkey Wrap	180	250	10	1	0	10	900	32	2	1	10	10	50	2	15
	Garden Salad	276	120	8	0.1	0	0	310	11	4	8	3	35	100	6	15
	Caesar Salad	163	140	9	3	0	15	300	8	2	4	8	35	45	4	10
	Cranberry Chicken Salad	354	200	2.5	1	0	35	640	26	4	19	18	35	110	4	15
	Mediterranean Salad	212	150	12	5	0	25	530	6	3	4	7	30	60	4	10