

NUTRITION MENU



Good Earth
COFFEEHOUSE

All nutritional information is produced through supplier data sheets and our nutritional data base.
Stated weights may not reflect finished weights due to water loss in the baking and cooking process.

As our product is handmade, there may be some variation in portioning and therefore, nutritional.

If you would like more information on our nutritional or ingredient lists please contact info@goodearthcoffeehouse.com



	<i>Serving Size</i>	<i>Total Calories (kcal)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans fats (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrate (g)</i>	<i>Dietary fibre (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A (%DV)</i>	<i>Vitamin C (%DV)</i>	<i>Calcium (%DV)</i>	<i>Iron (%DV)</i>
HOT BEVERAGES															
Americano - Extra Large	565ml	0	0.1	0	0	0	20	0	0	0	0	0	0	0	0
Americano - Large	455ml	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Americano - Medium	340ml	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Americano - Small	255ml	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Brewed Coffee - Large	454ml	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Brewed Coffee - Medium	340ml	0	0.1	0	0	0	5	0	0	0	0	0	0	0	0
Brewed Coffee - Small	255ml	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Brewed Black Tea - Extra Large	565ml	5	0	0	0	0	15	2	0	0	0	0	0	0	0
Brewed Black Tea - Large	455ml	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Brewed Black Tea - Medium	340ml	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Brewed Black Tea - Small	255ml	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Flat White	255ml	70	3	2	0	10	65	7	0	7	5	8	0	15	0
Caffe Latte - Extra Large	565ml	240	9	6	0	40	210	22	0	24	16	25	2	50	2
Caffe Latte - Large	455ml	200	8	5	0	30	170	18	0	20	13	20	2	40	2
Caffe Latte - Medium	340ml	140	6	3.5	0	25	125	13	0	14	9	15	2	30	2
Caffe Latte, Flavoured (Vanilla) - Extra Large	565ml	370	8	5	0	35	180	62	0	63	14	25	2	45	2
Caffe Latte, Flavoured (Vanilla) - Large	455ml	300	7	4.5	0	30	150	50	0	51	12	20	2	35	2
Caffe Latte, Flavoured (Vanilla) - Medium	340ml	210	5	3.5	0	20	110	34	0	35	8	15	2	25	2
Caffe Mocha - Extra Large	565ml	460	8	5	0	35	280	79	3	78	16	20	2	45	20
Caffe Mocha - Large	455ml	370	7	4.5	0	25	230	64	2	63	13	20	2	35	15
Caffe Mocha - Medium	340ml	260	5	3	0	20	160	44	1	43	10	15	2	25	10
Cappuccino - Extra Large	565ml	170	1	0.5	0	10	260	23	0	24	16	0	8	50	2
Cappuccino - Large	455ml	130	1	0.5	0	5	200	18	0	19	13	0	6	40	2
Cappuccino - Medium	340ml	100	0.5	0.4	0	5	160	14	0	15	10	0	6	35	2
Cappuccino - Small	255ml	80	0.5	0.3	0	5	120	10	0	11	7	0	4	25	0
Chai Latte - Extra Large	565ml	230	8	5	0	30	170	28	1	29	13	20	2	40	0
Chai Latte - Large	455ml	160	5	3	0	20	120	22	1	23	8	15	0	25	0
Chai Latte - Medium	340ml	120	3.5	2	0	15	85	17	1	17	6	10	0	20	0
Earl Grey Latte - Extra Large	565ml	280	5	3	0	20	110	51	0	51	8	15	0	25	0
Earl Grey Latte - Large	455ml	210	4	2.5	0	15	90	38	0	38	7	10	0	20	0
Earl Grey Latte - Medium	340ml	160	3	2	0	10	70	27	0	27	5	8	0	15	0

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	Serving Size	Total Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Vanilla Rooibos Latte - Large	455ml	270	7	4.5	0	30	170	36	0	36	12	20	2	40	0
Vanilla Rooibos Latte - Medium	340ml	190	5	3.5	0	20	125	24	0	25	9	15	0	30	0
Flavoured Steamer - Extra Large	565ml	440	10	6	0	40	200	74	0	76	16	25	2	50	2
Flavoured Steamer - Large	455ml	350	8	5	0	30	160	59	0	61	13	20	2	40	0
Flavoured Steamer - Medium	340ml	250	6	3.5	0	25	120	41	0	42	10	15	0	30	0
Flavoured Steamer - Kids	255ml	180	4.5	3	0	20	95	29	0	29	7	15	0	25	0
Green Tea Latte - Extra Large	565ml	290	11	7	0	45	230	27	1	29	19	30	4	60	4
Green Tea Latte - Large	455ml	230	9	6	0	35	190	22	1	23	15	25	4	50	2
Green Tea Latte - Medium	340ml	170	7	4.5	0	25	140	16	0	17	12	20	2	35	2
Hot Chocolate - Extra Large	565ml	530	10	6	0	40	310	91	3	90	19	25	2	50	25
Hot Chocolate - Large	455ml	420	8	5	0	30	250	73	2	72	15	20	2	40	20
Hot Chocolate - Medium	340ml	300	6	3.5	0	25	180	50	2	50	11	15	0	30	10
Hot Chocolate - Kids	255ml	210	4.5	3	0	20	135	35	1	34	8	15	0	25	8
Caffe Misto	255-455ml	20	0	0	0	0	35	3	0	3	2	0	2	6	0
Rooibos Caffe Misto	255-455ml	100	0.3	0.2	0	5	140	11	0	10	7	0	4	20	0
Tea Misto	255-455ml	25	0	0	0	0	40	4	0	3	2	0	0	6	0
Caffe Macchiato	110ml	35	1.5	1	0	5	45	4	0	3	3	0	2	8	0
Caffe Con Panna	110ml	100	11	7	0	40	25	1	0	0	1	10	0	2	0
Flavour Shot - Beverages	29ml	70	0	0	0	0	0	18	0	18	0	0	0	0	0
Whipping Cream	25ml	90	8	7	0	35	10	0	0	0	0	0	0	4	0
ICED BEVERAGES															
Iced Caffe Latte - Large	565ml	130	5	3.5	0	20	120	12	0	13	9	15	2	30	0
Iced Caffe Latte - Medium	398ml	80	3.5	2	0	15	75	8	0	8	5	10	0	20	0
Iced Caffe Mocha - Large	565ml	210	5	3	0	20	150	33	1	33	9	15	0	25	8
Iced Caffe Mocha - Medium	398ml	140	3	2	0	15	95	22	1	22	6	8	0	15	6
Iced Flavoured Caffe - Large	565ml	190	5	3	0	20	115	28	0	28	8	15	0	25	0
Iced Flavoured Caffe Latte - Medium	398ml	120	3	2	0	15	70	18	0	19	5	8	0	15	0
Iced Rooibos Fruit Tea - Large	565ml	70	0	0	0	0	15	17	0	17	0	0	0	0	0
Iced Rooibos Fruit Tea - Medium	398ml	45	0	0	0	0	10	10	0	10	0	0	0	0	0
Iced Rooibos Fruit Tea - Kids	255ml	20	0	0	0	0	10	5	0	5	0	0	0	0	0
Iced Americano - Extra Large	530ml	0	0.1	0	0	0	20	0	0	0	0	0	0	0	0
Iced Americano - Large	565ml	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Iced Americano - Medium	398ml	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Iced Americano - Small	255ml	0	0	0	0	0	10	0	0	0	0	0	0	0	0
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Iced Black Tea - Extra Large	530ml	5	0	0	0	0	15	2	0	0	0	0	0	0	0
Iced Black Tea - Large	565ml	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Iced Black Tea - Medium	398ml	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Iced Black Tea - Small	255ml	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Italian Soda - Large	565ml	80	0	0	0	0	10	22	0	22	0	0	0	4	0
Italian Soda - Medium	398ml	60	0	0	0	0	5	17	0	17	0	0	0	2	0
Italian Soda - Kids	255ml	45	0	0	0	0	0	12	0	12	0	0	0	2	0
Real Iced Coffee - Large	565ml	90	0.5	0.3	0	0	55	22	0	22	0	2	2	2	4
Real Iced Coffee - Medium	395ml	70	0.5	0.2	0	0	40	16	0	16	0	0	0	0	2
Real Iced Coffee With Milk - Large	565ml	90	1.5	1	0	5	55	19	0	19	1	0	2	2	2
Real Iced Coffee With Milk - Medium	395ml	60	1	1	0	5	40	13	0	13	0	0	0	2	2
Iced Chai - Large	565ml	170	2.5	1.5	0	10	115	36	0	28	4	8	0	15	6
Iced Chai - Medium	395ml	110	1.5	1	0	5	70	23	0	18	2	4	0	8	4
FEATURE BEVERAGES															
Gingerbread Latte - Extra Large	565ml	340	7	4.5	0	30	160	53	0	54	12	20	2	40	2
Gingerbread Latte - Large	455ml	260	6	3.5	0	25	120	40	0	41	9	15	2	30	2
Gingerbread Latte - Medium	340ml	192	4.5	2.5	0	15	95	28	0	29	7	10	0	25	0
Spiced Eggnog Latte - Extra Large	565ml	380	7	3.5	0	30	250	65	0	64	13	10	0	40	2
Spiced Eggnog Latte - Large	455ml	300	6	3	0	25	210	52	0	51	10	8	0	35	0
Spiced Eggnog Latte - Medium	340ml	220	4.5	2.5	0	20	150	38	0	37	8	6	0	25	0
Eggnog Latte - Extra Large	565ml	270	6	3.5	0	30	210	39	0	40	12	10	0	40	2
Eggnog Latte - Large	455ml	220	5	3	0	25	180	33	0	33	10	8	0	30	0
Eggnog Latte - Medium	340ml	170	4	2.5	0	20	135	25	0	25	7	6	0	25	0
Candy Cane Mocha - Extra Large	565ml	510	7	4	0	25	230	100	2	99	13	20	2	35	15
Candy Cane Mocha - Large	455ml	380	5	3	0	20	170	75	2	74	10	15	2	25	15
Candy Cane Mocha - Medium	340ml	260	3.5	2.5	0	15	120	51	1	50	7	10	0	20	8
Kids Candy Cane Hot Chocolate	255ml	170	3.5	2	0	15	90	29	1	29	6	10	0	20	4
Holiday Tea Latte - Extra Large	565ml	280	5	3	0	20	110	51	0	51	8	15	0	25	0
Holiday Tea Latte - Large	455ml	210	4	2.5	0	15	90	38	0	38	7	10	0	20	0
Holiday Tea Latte - Medium	340ml	160	3	2	0	10	70	27	0	27	5	8	0	15	0
Buttered Rum Flat White	255ml	80	3	2	0	10	65	9	0	10	5	8	0	15	0
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FRAPPES															
Vanilla Cream Frappe - Large	565ml	330	7	4.5	0	30	290	62	0	59	3	0	0	10	0
Vanilla Cream Latte - Medium	395ml	220	5	3	0	20	200	41	0	39	2	0	0	8	0
Fruit Cream Frappe - Large	565ml	270	7	4.5	0	30	290	46	0	43	3	0	0	10	0
Fruit Cream Frappe - Medium	395ml	180	5	3	0	20	200	31	0	29	2	0	0	8	0
Frappe Latte - Large	565ml	230	7	4.5	0	30	290	38	0	35	3	0	0	10	0
Frappe Latte - Medium	395ml	160	5	3	0	20	200	26	0	24	2	0	0	8	0
Frappe Mocha - Large	565ml	340	7	4	0	30	320	65	1	61	4	0	0	10	10
Frappe Mocha - Medium	395ml	220	4.5	3	0	20	220	42	1	39	3	0	0	8	6
4 Berry Fruit Frappe - Large	565ml	220	0	0	0	0	5	54	2	52	1	0	15	0	4
4 Berry Fruit Frappe - Medium	398ml	150	0	0	0	0	0	38	1	36	0	0	10	0	4
4 Berry Fruit Frappe - Kids	255ml	130	0	0	0	0	0	32	1	31	0	0	8	0	2
Mango Fruit Frappe - Large	565ml	240	0	0	0	0	5	62	0	54	1	0	40	0	0
Mango Fruit Frappe - Medium	398ml	170	0	0	0	0	0	43	0	38	0	0	30	0	0
Mango Fruit Frappe - Kids	255ml	140	0	0	0	0	0	37	0	32	0	0	25	0	0
Pineapple Paradise Fruit Frappe - Large	565ml	170	0	0	0	0	5	45	2	39	0	0	50	0	4
Pineapple Paradise Fruit Frappe - Medium	398ml	180	0	0	0	0	0	45	1	38	0	0	140	0	0
Pineapple Paradise Fruit Frappe - Kids	255ml	100	0	0	0	0	0	27	1	23	0	0	35	0	2
Strawberry Fruit Frappe - Large	565ml	240	0	0	0	0	5	62	2	58	0	0	50	0	6
Strawberry Fruit Frappe - Medium	398ml	170	0	0	0	0	0	43	1	41	0	0	35	0	4
Strawberry Fruit Frappe - Kids	255ml	140	0	0	0	0	0	37	1	35	0	0	30	0	4
SMOOTHIES															
Fruit Smoothie, Four Berry - Large	565ml	270	1	0.5	0	5	35	65	4	53	3	0	25	8	6
Fruit Smoothie, Four Berry - Medium	395ml	190	0.5	0.3	0	0	20	47	3	37	2	0	20	4	4
Fruit Smoothie, Mango - Large	565ml	290	1	0.5	0	5	35	71	2	55	3	0	45	8	2
Fruit Smoothie, Mango - Medium	395ml	200	0.5	0.3	0	0	20	51	2	38	2	0	30	4	2
Fruit Smoothie, Strawberry - Large	565ml	290	1	0.5	0	5	35	71	4	58	3	0	50	8	6
Fruit Smoothie, Strawberry - Medium	395ml	200	0.5	0.3	0	0	20	51	3	40	2	0	35	4	4
Fruit Smoothie, Tropical - Large	565ml	230	0.5	0.3	0	0	20	59	4	44	2	0	60	4	4
Fruit Smoothie, Tropical - Medium	395ml	170	0.5	0.3	0	0	20	43	3	31	2	0	40	4	4
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BREAKFAST OPTIONS															
Multigrain Toast (1 slice)	35g	90	3	0.4	0	0	90	13	2	1	4	0	0	2	8
Fruit Salad - Large	400g	170	0	0	0	0	35	47	7	43	3	0	300	6	8
Fruit Salad - Small	200g	80	0	0	0	0	15	23	3	22	2	0	150	4	4
Fruit Salad And Yogurt - Large	512g	240	2.5	1	0	10	120	54	6	49	9	0	280	25	8
Fruit Salad And Yogurt - Small	224g	100	1	0.5	0	5	60	23	3	24	4	0	110	15	4
Granola Parfait	600g	640	19	5	0	10	180	110	13	75	20	0	280	30	35
Slow Cooked Steel Cut Oatmeal, Plain	227g	170	2.5	0.5	0	0	40	30	4	7	6	0	0	2	6
Southwest Breakfast Bake	174g	230	13	5	0.1	420	280	11	1	3	17	20	10	15	20
Southwest Breakfast Wrap	259g	420	18	6	0.1	420	740	41	5	3	23	30	20	20	40
Breakfast Panini	216g	490	26	8	0.2	345	900	36	2	5	23	0	2	15	30
Breakfast Panini - No Bacon	206g	440	23	7	0.2	345	770	36	2	4	20	0	2	15	30
FRESH BAKED GOODS															
The Big Cheese Bun	140g	370	14	7	0	50	770	48	2	4	15	8	0	15	20
Chocolate Hazelnut Crunch	120g	460	26	13	0.5	35	350	44	5	12	8	21	2	2	25
Cinnamon Roll	150g	440	11	3	0	20	400	82	3	38	7	6	20	2	15
Toasted Seed Roll	153g	470	15	3.5	0	20	350	78	5	35	10	4	15	8	20
Very Berry Bran Muffin	115g	380	22	2	0.1	75	340	40	6	18	7	2	2	4	15
Pumpkin Spice Muffin	118g	420	22	1.5	0	0	410	52	6	26	5	0	2	2	10
Apple Muesli Muffin	115g	400	22	3	0.1	65	350	44	5	23	7	2	2	4	10
Peach & Maple Walnut Muffin	100g	340	18	1.5	0	40	290	39	3	20	5	2	15	2	8
Berry White Chocolate Scone	115g	330	11	3	0	50	580	52	2	20	8	2	4	15	15
Broccoli Cheese Scone	115g	300	11	4	0.1	55	670	39	2	7	11	6	25	20	15
Mediterranean Scone	115g	300	12	3	0.1	55	760	39	2	7	9	6	4	15	15
SWEET TREATS															
Chocolate Zucchini Loaf	100g	300	15	2	0	55	210	39	1	24	5	4	4	8	10
Banana Chocolate Chip Loaf	110g	286	10	4.4	0	50	308	45	1	25	4	2	0	11	7
Cherry Almond Loaf	100g	320	12	4	0.1	50	250	47	1	27	5	0	15	6	15
Chocolate Chipper Cookie	52g	220	10	6	0	40	220	31	0	18	3	0	0	0	6
S'mores Cookie	73g	280	20	13	0	45	5	30	3	23	2	0	0	4	25
Zingy Ginger Cookie	52g	200	8	5	0	35	320	31	1	12	3	0	0	4	10
Honey Lemon Squish	67g	280	11	7	0.1	35	220	42	0	28	3	2	0	2	6
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Vegetarian	Vegan	Made without Wheat	Made without Gluten	Made without Dairy	Made without Egg	Made without Nuts	Vegetarian	Vegan	Made without Wheat	Made without Gluten	Made without Dairy	Made without Egg	Made without Nuts
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BREAKFAST CEREALS AND SALAD OPTIONS							SQUARES						
Fresh Fruit Salad	☺	☺	☺	☺	☺	☺	Cranberry Blondies	☺					
Rustic Alpine Loaf (toast or a side of bread)	☺	☺			☺	☺	Rice Krispie Square					☺	☺
Granola Prafait	☺		☺			☺	Date Square	☺				☺	☺
Granola Bar	☺		☺			☺	Praline Brownie	☺					
HOT BREAKFASTS							FRESH DELI SALADS						
Steel Cut Oatmeal	☺	☺			☺	☺	Tuscan Tuna Salad			☺	☺	☺	
Southwest Breakfast Bake	☺		☺	☺			Chicken Waldorf Salad			☺	☺		☺
Breakfast Panini						☺	Beet & Goat Cheese	☺		☺	☺		☺
Southwest Breakfast Wrap	☺					☺	Wild Rice & Edamame	☺	☺	☺	☺	☺	☺
PASTRIES							World Peace Salad						
The Big Cheese Bun	☺					☺		☺					☺
Chocolate Hazelnut Crunch	☺						PANINI & SANDWICHES						
Cinnamon Roll	☺					☺	Margherita	☺					☺
Toasted Seed Roll	☺					☺	Beetnik Wrap						☺
MUFFINS							Italian Deli						☺
Very Berry Bran	☺				☺		Tuscan Tunawich					☺	☺
Pumpkin Spice	☺	☺			☺	☺	FLATBREADS						
Apple Muesli	☺				☺		Kale Pesto Flatbread	☺					
Peach & Maple Walnut	☺		☺		☺		Sicilian Flatbread						
SCONES							FEATURE SOUPS						
White Chocolate & Mixed Berry	☺						Spinach Artichoke & Chicken Soup			☺			☺
Broccoli & Cheddar	☺						Sweet Corn Chowder	☺		☺		☺	☺
Mediterranean Scone	☺						CLEAR SOUPS						
LOAVES							Home-Style Chicken & Egg Noodle				☺	☺	☺
Chocolate Zucchini	☺					☺	Minestrone	☺	☺	☺	☺	☺	☺
Chocolate Chip Banana	☺					☺	CREAM SOUPS						
Cherry Almond	☺						Smoked Cheddar & Fire Roasted Tomato	☺		☺			☺
COOKIES							Prairie Chowder	☺				☺	☺
Chocolate Chipper	☺					☺	HOT SPECIALS						
Zingy Ginger	☺						Mac & Cheese	☺					☺
S'mores Cookie	☺						Lentil & Bean Stew	☺	☺	☺	☺	☺	☺
Honey Lemon Squish	☺						Chicken Pot Pie	☺					☺
Rustic Almond Biscotti	☺						Fire Smoked Tomato & Black Bean Chili	☺	☺			☺	☺
Traditional Macaroon	☺		☺	☺	☺	☺	Vegetarian - Made without animal meat and fish.						
Chocolate Macaroon	☺		☺	☺	☺	☺	Vegan - Made without animal meat, fish, egg and dairy product, may contain honey.						
DESSERT							Made without Wheat - May contain oats, barley or other grains. This may not be Gluten Free due to cross contamination						
Freestone Peach & Cherry Tart	☺				☺	☺	Made without Gluten - No wheat, barley, rye or triticale. This may not be Gluten Free due to cross contamination.						
Black Apple Tart	☺					☺	Made without Dairy - Does not contain milk product						
Banana Split Baby Cake	☺					☺	Made without Egg - Made without egg products						
Maple Chocolate Baby Cake	☺					☺	Made without Nuts - No nuts are added to our recipe, may be made in the same facility						
Sunshine Baby Cake	☺												