

**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@godearthcoffeehouse.com](mailto:info@godearthcoffeehouse.com)

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COFFEEHOUSE™

	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)
<b>HOT BEVERAGES</b>															
Americano - Extra Large	565ml	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Americano - Large	455ml	0	0	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	0	0	0	10	0	0	0	1	0	0	0	0
Brewed Coffee - Medium	340ml	0	0	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
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

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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)
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
Beetroot Latte - Extra Large	565ml	220	7	4.5	0	30	150	26	1	24	13	20	2	40	0
Beetroot Latte - Large	455ml	180	6	3.5	0	25	120	21	1	20	10	15	0	30	0
Beetroot Latte - Medium	340ml	140	4.5	3	0	20	95	17	1	16	8	15	0	25	0
Turmeric Latte - Extra Large	565ml	220	7	4.5	0	30	150	27	1	23	12	20	2	40	0
Turmeric Latte - Large	455ml	180	6	3.5	0	25	120	22	1	18	10	15	0	30	0
Turmeric Latte - Medium	340ml	140	5	3	0	20	95	17	1	15	8	15	0	25	0
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
<b>ICED BEVERAGES</b>															
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 - 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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<b>Good Earth</b> COFFEEHOUSE™	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)
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	155	6	4	0	20	90	23	0	23	2	8	1	9	2
Real Iced Coffee With Milk - Medium	395ml	130	6	4	0	20	70	16	0	16	2	8	1	8	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
Crafted Cold Brew - Large	565ml	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Crafted Cold Brew - Medium	395ml	0	0.1	0	0	0	5	0	0	0	0	0	0	0	0
<b>FEATURE BEVERAGES</b>															
CocoMocha Cold Brew - Large	565ml	310	6	4	0	20	95	54	1	52	3	8	1	8	8
CocoMocha Cold Brew - Medium	395ml	210	6	4	0	20	70	34	1	32	2	8	0	8	4
CocoMocha Frappe - Large	565ml	405	7	4	0	30	290	76	1	71	4	0	0	11	7
CocoMocha Frappe - Medium	395ml	260	5	3	0	20	190	48	1	45	2	0	0	7	3
Tropical Tea - Large	565ml	105	0	0	0	0	5	28	1	23	0	0	47	1	3
Tropical Tea - Medium	395ml	60	0	0	0	0	0	16	1	13	0	0	31	1	2
Lavender Lemonade Tea - Large	565ml	175	0	0	0	0	10	44	1	41	0	0	24	1	1
Lavender Lemonade Tea - Small	395ml	120	0	0	0	0	10	29	0	27	0	0	19	1	1
Strawberry Lemonade Spritzer - Large	565ml	210	0	0	0	0	0	54	1	50	0	0	47	1	2
Strawberry Lemonade Spritzer - Medium	395ml	120	0	0	0	0	0	30	1	28	0	0	33	1	1
Black Tea Lemonade - Large	565ml	50	0	0	0	0	15	13	1	10	0	0	28	1	1
Black Tea Lemonade - Medium	455ml	25	0	0	0	0	10	7	0	5	0	0	19	1	1
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	<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>
<b>SMOOTHIES</b>															
<b>Fresh Strawberry Oatmilk - Large</b>	565ml	270	1	0	0	0	35	65	3	58	2	3	74	12	6
<b>Fresh Strawberry Oatmilk - Medium</b>	395ml	170	1	0	0	0	20	40	2	36	1	2	55	8	4
<b>Carrot Orange Oatmilk - Large</b>	565ml	290	1	0	0	0	115	67	3	59	3	377	23	14	5
<b>Carrot Orange Oatmilk - Medium</b>	395ml	180	1	0	0	0	70	41	2	36	2	228	14	9	3
<b>Mango Oatmilk - Large</b>	565ml	260	1	0	0	0	35	64	1	53	2	96	41	10	1
<b>Mango Oatmilk - Medium</b>	395ml	160	1	0	0	0	20	39	0	33	1	59	25	7	1
<b>Strawberry Banana - Large</b>	565ml	280	0	0	0	0	5	72	5	58	1	2	54	1	5
<b>Strawberry Banana - Medium</b>	395ml	190	0	0	0	0	5	49	4	36	1	2	36	1	3
<b>Carrot Sunshine - Large</b>	565ml	230	0	0	0	0	55	57	1	52	1	255	26	2	2
<b>Carrot Sunshine - Medium</b>	395ml	140	0	0	0	0	40	35	1	32	1	166	15	2	2
<b>Protein</b>	26g	100	1	0	0	0	260	0	0	0	22	20	100	2	15
<b>Leafy Greens</b>	4g	10	0	0	0	0	30	2	0	0	1	100	20	4	6

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<b>BREAKFAST OPTIONS</b>															
Multigrain Toast (1 slice)	35g	84	1	0.1	0	0	130	15	1	0	3	0	0	0	7
Fresh Fruit Salad	200g	80	0.4	0	0	0	20	21	2	17	1	8	90	2	4
Build Your Own Yogurt Bowl, Toppings Not Included	110g	70	1.5	0.5	0	5	80	9	0	4	4	0	0	10	0
Fresh Fruit Salad Topping for Yogurt Bowl	84g	35	0	0	0	0	10	9	1	7	1	8	40	2	2
Slow-Cooked Steel Cut Oatmeal Bowl, Toppings Not Incl	227g	170	2.5	0.5	0	0	40	30	4	7	6	0	0	2	6
Morning Scramble Breakfast Bowl	200g	420	23	8	0.2	390	910	31	3	2	23	25	30	20	30
Roasted Veggie Breakfast Bowl	212g	390	21	6	0.1	390	770	30	3	2	21	20	35	20	30
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, With Bacon	190g	340	18	7	0.1	260	750	24	1	4	19	8	3	35	16
Breakfast Panini, Vegetarian	180g	300	15	6	0.1	250	560	23	1	4	16	8	3	34	16
<b>FRESH BAKED GOODS</b>															
Cinnamon Roll	150g	440	11	3	0	20	400	82	3	38	7	6	20	2	15
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
Orange Poppyseed Muffin	115g	440	26	2.5	0.2	85	410	45	5	21	8	2	15	6	15
Coffee & Walnut Muffin	124g	470	23	2	0	0	480	60	2	31	5	0	0	3	15
Coconut Beetroot Muffin	126g	440	21	6	0	0	460	60	2	34	3	0	0	2	13
Black Forest Muffin	134g	390	17	2	0	0	430	59	4	30	4	0	1	3	17
Caramel Apple Muffin	127g	440	26	2	0	0	400	46	5	23	7	2	2	4	11
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
Strawberry Coconut Scone	129g	380	13	7	0	55	580	51	2	20	7	2	24	13	13
Parmesan Kale Scone	106g	250	7	1	0	55	580	39	1	7	7	22	13	14	12
Traditional Butter Croissant	68g	280	15	9	0.5	55	330	29	1	4	6	15	0	4	15
Chocolate Danish Twist	100g	340	18	11	0	70	290	40	1	15	7	15	0	4	4
Raspberry Crown	100g	370	22	9	0.2	25	210	40	1	15	4	25	8	2	4
Cheddar Cheese Twist	115g	360	23	15	1	65	470	29	2	2	10	20	0	15	4
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<b>SWEET TREATS</b>															
Traditional Macaroon (pack of 2)	60g	240	14	12	0	0	8	28	4	16	2	0	0	0	4
Chocolate Macaroon (pack of 2)	60g	240	14	12	0	0	8	28	4	16	4	0	0	0	16
Choco Hazelnut Crispy	75g	380	4.5	2.5	0	0	50	55	1	41	3	6	0	0	60
Date Squares	130g	480	20	10	0	25	350	71	2	17	5	0	0	2	10
Praline Brownie	105g	430	22	13	0	120	260	56	1	43	5	4	0	4	10
Granola Bar	90g	390	20	5	0	0	80	51	5	28	8	0	2	10	15
Gluten Friendly Vegan Bar	96g	420	20	13	0	5	75	56	6	29	8	0	2	4	20
Black Apple Tart	136g	320	13	5	0.1	0	150	48	3	26	3	0	6	2	15
Chocolate Zucchini Loaf	100g	300	15	2	0	55	210	39	1	24	5	4	4	8	10
Banana Chocolate Chip Loaf	110g	300	10	4	0	50	308	45	1	25	4	2	0	11	7
Chocolate Chipper Cookie	52g	220	10	6	0	40	220	31	0	18	3	0	0	0	6
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
<b>FRESH SALADS &amp; KITS</b>															
Tuscan Tuna Salad	235g	230	12	2	0	240	690	8	3	4	21	30	30	6	20
Beet & Goat Cheese Salad	212g	350	28	3.5	0.2	15	220	17	5	10	7	25	60	8	15
Wild Rice & Edamame - Large	254g	470	27	2	0.1	0	95	48	6	12	9	8	70	4	20
Wild Rice & Edamame - Small	142g	260	15	1	0	0	50	37	4	7	5	4	40	2	10
Charcuterie Kit	287g	560	28	10	0.4	80	1650	50	4	6	25	4	45	6	30
Edamame Hummus & Egg Kit	338g	830	48	20	1	285	1400	58	6	10	39	20	10	35	10
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<b>PANINIS</b>															
Canadian Maple Panini	276g	700	32	9	0.3	125	1630	69	3	10	35	8	8	10	30
The Whole Italian Deli	255g	600	25	8	0.2	95	1730	64	3	7	29	4	120	10	30
Margherita	242g	460	23	10	0.4	35	970	39	4	4	19	67	43	23	19
Tuscan Tunawich Sandwich	190g	260	3	0.5	0	35	770	32	3	0.5	23	25	10	1	21
Classic Steak Panini	252g	440	10	5	0.3	50	1070	59	3	2	25	27	13	11	42
Perfect Grilled Cheese	161g	520	28	17	0.7	75	1020	29	1	0	25	24	0	44	14
Old-School Egg Salad	195g	285	10	3	0	286	635	31	2	0	16	24	7	7	29
<b>FLATBREADS</b>															
Kale Pesto	176g	380	21	6	0.2	30	940	34	2	3	14	8	25	15	20
Sicilian	114g	240	7	1.5	0	10	850	34	2	3	8	2	30	2	20
<b>SOUPS &amp; HEARTY HOT SPECIALS</b>															
Prairie Chowder Soup - Large	300ml	310	20	13	0.3	40	650	28	3	6	6	6	17	6	11
Prairie Chowder Soup - Small	180ml	180	12	8	0.2	25	390	17	2	3	3	3	10	3	7
Minestrone Soup - Large	300ml	110	3	0	0	0	530	20	6	6	6	22	84	6	11
Minestrone Soup - Small	180ml	70	2	0	0	0	320	12	3	3	3	13	50	3	7
Spinach Artichoke & Chicken Soup - Large	300ml	200	14	6	0.3	40	760	14	3	3	8	17	11	6	6
Spinach Artichoke & Chicken Soup - Small	180ml	120	8	3	0.2	25	450	8	2	2	5	10	7	3	3
Sweet Corn Chowder - Large	300ml	250	11	4	0	15	810	34	6	6	6	6	56	0	11
Sweet Corn Chowder - Small	180ml	150	7	3	0	10	490	20	3	3	3	3	34	0	7
Home-style Chicken & Egg Noodle - Large	300ml	140	6	1	0	30	1040	14	3	3	11	11	28	6	6
Home-style Chicken & Egg Noodle - Small	180ml	80	4	1	0	20	620	8	2	2	7	7	17	3	3
Smoked Cheddar & Fire Roasted Tomato Soup - Large	300ml	220	14	7	0.3	40	930	20	3	11	8	26	70	17	6
Smoked Cheddar & Fire Roasted Tomato Soup - Small	180ml	130	8	4	0.2	25	550	12	2	7	5	17	42	10	3
Borscht - Large (w/ Sour Cream)	300ml	170	3	1	0	10	600	15	3	9	3	17	28	8	6
Borscht - Small (w/ Sour Cream)	180ml	150	3	1	0	10	370	9	2	6	2	10	17	5	4
Lentil & Bean Stew - Large	300ml	220	6	0	0	0	810	37	8	6	8	28	22	6	17
Lentil & Bean Stew - Small	180ml	130	3	0	0	0	490	22	5	3	5	17	13	3	10
Mac & Cheese - Large	293g	410	17	5	0.3	30	720	46	0	6	14	3	4	22	18
Mac & Cheese - Small	182g	240	10	3	0.2	16	430	28	0	4	9	3	4	13	11
Chicken Pot Pie - Large	385g	540	30	13	0.4	75	1240	41	4	4	26	14	4	0	22
Chicken Pot Pie - Small	226g	300	17	8	0.3	40	730	23	3	3	16	9	9	0	12
Fire Roasted Tomato & Black Bean Chili - Large	300ml	220	7	1	0	0	930	34	8	6	8	17	42	6	22
Fire Roasted Tomato & Black Bean Chili - Small	180ml	130	4	1	0	0	550	20	5	3	5	10	25	3	13

Nutritional information is calculated using data provided by ingredient suppliers. Stated weights may not reflect finish weights due to water loss in baking process. All Good Earth product is produced by hand and therefore, may vary slightly from stated nutritional value.