

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

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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)
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)
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
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
FEATURE BEVERAGES															
Caffe Mocha Toasted Coconut - Medium	340ml	300	6	4	0	15	115	48	1	45	8	10	0	25	10
Caffe Mocha Toasted Coconut - Large	455ml	410	8	5	0	25	150	67	2	64	11	15	2	30	15
Caffe Mocha Toasted Coconut - Extra Large	565ml	540	9	6	0	25	190	90	2	86	14	20	2	35	20
Caramel Pecan Eggnog Latte - Medium	340ml	170	3.5	2	0	15	110	29	0g	29	6	4	0	20	0
Caramel Pecan Eggnog Latte - Large	455ml	280	5	3	0	25	180	47	0g	47	10	8	0	30	0
Caramel Pecan Latte - Extra Large	565ml	350	6	3.5	0	30	210	58	0g	58	12	10	0	40	2
Caramel Pecan Flat White	255ml	110	3	2	0	10	65	16	0g	16	5	8	0	15	0
Gingerbread Latte - Medium	340ml	220	6	3	0	20	160	34	0g	32	8	15	0	25	2
Gingerbread Latte - Large	455ml	300	7	4	0	25	190	47	0g	46	10	15	2	30	2
Gingerbread Latte - Extra Large	565ml	380	9	5	0	30	220	60	0g	59	12	20	2	40	4
Beetroot Latte - Medium	340ml	140	4.5	3	0	20	95	17	1	16	8	15	0	25	0
Beetroot Latte - Large	455ml	180	6	3.5	0	25	120	21	1	20	10	15	0	30	0
Beetroot Latte - Extra Large	565ml	220	7	4.5	0	30	150	26	1	24	13	20	2	40	0
Turmeric Latte - Medium	340ml	140	5	3	0	20	95	17	1	15	8	15	0	25	0
Turmeric Latte - Large	455ml	180	6	3.5	0	25	120	22	1	18	10	15	0	30	0
Turmeric Latte - Extra Large	565ml	220	7	4.5	0	30	150	27	1	23	12	20	2	40	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
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	216g	490	26	8	0.2	360	960	37	2	5	23	0	2	15	30
Breakfast Panini, Vegetarian	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
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
Orange Poppyseed Muffin	115g	440	26	2.5	0.2	85	410	45	5	21	8	2	15	6	15
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
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
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
Lemon Poppyseed Loaf	110g	340	13	6	0.1	65	350	51	1	25	7	0	0	8	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

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BREAKFAST CEREALS AND SALAD OPTIONS								SQUARES							
Fresh Fruit Salad	☺	☺	☺	☺	☺	☺	☺	Cranberry Blondies	☺						
Multigrain Bread (toast or a side of bread)	☺	☺					☺	Choco Hazelnut Crispy Square	☺		☺			☺	
Build Your Own Yogurt Bowl	☺		☺	☺		☺		Date Square	☺					☺	
Granola Bar	☺		☺			☺		Praline Brownie	☺						
HOT BREAKFASTS								FRESH DELI SALADS							
Slow-Cooked Steel Cut Oatmeal Bowl	☺	☺			☺	☺	☺	Tuscan Tuna Salad				☺	☺	☺	
Morning Scramble Breakfast Bowl			☺	☺				Chicken Waldorf Salad			☺	☺	☺	☺	
Roasted Veggie Breakfast Bowl	☺		☺	☺			☺	Beet & Goat Cheese	☺		☺	☺	☺		
Southwest Breakfast Bake	☺		☺	☺				Wild Rice & Edamame	☺	☺	☺	☺	☺	☺	
Breakfast Panini							☺	World Peace Salad	☺					☺	
Southwest Breakfast Wrap	☺						☺	KITS							
PASTRIES								Charcuterie						☺	
Cheesy Bun	☺						☺	Edamame Hummus & Egg	☺						
Cinnamon Roll	☺						☺	PANINI & SANDWICHES							
Toasted Seed Roll	☺							Margherita	☺						
Traditional Butter Croissant	☺							Canadian Maple Panini						☺	
Chocolate Danish Twist	☺						☺	Italian Deli						☺	
MUFFINS								Tuscan Tunawich							
Very Berry Bran	☺				☺		☺	FLATBREADS							
Pumpkin Spice	☺	☺			☺	☺	☺	Kale Pesto Flatbread	☺						
Orange Poppyseed	☺				☺			Sicilian Flatbread							
Peach & Maple Walnut	☺		☺		☺			FEATURE SOUPS							
SCONES								Spinach Artichoke & Chicken Soup			☺			☺	☺
White Chocolate & Mixed Berry	☺							Sweet Corn Chowder	☺		☺			☺	☺
Broccoli & Cheddar	☺						☺	CLEAR SOUPS							
Mediterranean Scone	☺						☺	Home-Style Chicken & Egg Noodle					☺	☺	☺
LOAVES								Minestrone	☺	☺	☺	☺	☺	☺	☺
Chocolate Zucchini	☺						☺	CREAM SOUPS							
Chocolate Chip Banana	☺							Smoked Cheddar & Fire Roasted Tomato	☺		☺			☺	☺
Lemon Poppyseed	☺							Prairie Chowder	☺					☺	☺
COOKIES								HOT SPECIALS							
Chocolate Chipper	☺						☺	Mac & Cheese	☺					☺	☺
Zingy Ginger	☺							Lentil & Bean Stew	☺	☺	☺	☺	☺	☺	☺
								Chicken Pot Pie							☺
Honey Lemon Squish	☺						☺	Fire Smoked Tomato & Black Bean Chili	☺	☺			☺	☺	☺
Traditional Macaroon	☺		☺	☺	☺		☺								
Chocolate Macaroon	☺		☺	☺	☺		☺								
DESSERT															
Freestone Peach & Cherry Tart	☺				☺		☺								
Black Apple Tart	☺						☺								

Vegetarian - Made without animal meat and fish.
Vegan - Made without animal meat, fish, egg and dairy product, may contain honey.
Made without Wheat - May contain oats, barley or other grains. This may not be Gluten Free due to cross contamination.
Made without Gluten - No wheat, barley, rye or triticale. This may not be Gluten Free due to cross contamination.
Made without Dairy - Does not contain milk product
Made without Egg - Made without egg products
Made without Nuts - No nuts are added to our recipe, may be made in the same facility