

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

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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)
HOT BEVERAGES															
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 Tea - Large	455ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tea - Medium	340ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tea - Small	255ml	0	0	0	0	0	0	0	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 - 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) - Large	455ml	230	5	3	0	20	105	38	0	38	8	9	1	28	1
Caffe Latte, Flavoured (vanilla) - Medium	340ml	160	4	2	0	15	80	27	0	27	6	7	1	22	1
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 - 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 - Large	455ml	160	5	3	0	20	105	19	0	19	8	10	1	30	0
Chai Latte - Medium	340ml	120	4	2	0	15	80	15	0	15	7	8	1	23	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 - 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
Matcha Latte - Large	455ml	160	6	3	0	25	140	15	2	14	11	0	4	36	4
Matcha Latte - Medium	340ml	120	4	3	0	20	100	11	1	10	9	0	3	27	3
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

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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 - 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
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 - 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
Black Tea Lemonade - Large	565ml	80	0	0	0	0	15	22	0	19	0	0	24	1	1
Black Tea Lemonade - Medium	398ml	40	0	0	0	0	10	11	0	10	0	0	17	1	1
Iced Coffee - Large	565ml	90	0.5	0.3	0	0	55	22	0	22	0	2	2	2	4
Iced Coffee - Medium	395ml	70	0.5	0.2	0	0	40	16	0	16	0	0	0	0	2
Iced Coffee With Milk - Large	565ml	155	6	4	0	20	90	23	0	23	2	8	1	9	2
Iced Coffee With Milk - Medium	395ml	130	6	4	0	20	70	16	0	16	2	8	1	8	2
Iced Chai Latte - Large	565ml	170	2.5	1.5	0	10	115	36	0	28	4	8	0	15	6
Iced Chai Latte - Medium	395ml	110	1.5	1	0	5	70	23	0	18	2	4	0	8	4
Craft Cold Brew - Large	565ml	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Craft Cold Brew - Medium	395ml	0	0.1	0	0	0	5	0	0	0	0	0	0	0	0
Iced Matcha - Large	565ml	160	6	3	0	25	140	15	2	14	11	0	4	36	4
Iced Matcha - Medium	395ml	120	4	3	0	20	100	11	1	10	9	0	3	27	3

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BLENDED															
Frappe Latte - Large	565ml	250	2	1	0	10	140	58	0	58	4	0	0	14	0
Frappe Latte - Medium	395ml	160	2	1	0	10	95	36	0	36	3	0	0	10	0
Frappe Mocha - Large	565ml	370	5	1	0	10	200	85	0	85	4	0	0	18	1
Frappe Mocha - Medium	395ml	240	3	1	0	10	135	53	0	53	3	0	0	13	0
Banana Oat Latte Frappe - Large	565ml	360	3	0	0	0	145	89	4	70	3	6	22	11	4
Banana Oat Latte Frappe - Medium	395ml	215	2	0	0	0	95	52	2	41	2	4	12	8	3
Strawberry Oat Smoothie - Large	565ml	330	3	0	0	0	75	76	2	66	2	6	30	16	3
Strawberry Oat Smoothie - Medium	395ml	200	2	0	0	0	45	47	1	40	2	4	28	10	2
Peach & Honey Smoothie - Large	565ml	340	0	0	0	0	0	86	0	82	0	0	0	0	0
Peach & Honey Smoothie - Medium	395ml	215	0	0	0	0	0	54	0	52	0	0	0	0	0
Mango Oat Smoothie - Large	565ml	270	3	0	0	0	70	62	2	52	2	6	6	13	2
Mango Oat Smoothie - Medium	395ml	160	2	0	0	0	40	37	1	31	1	4	3	8	1
Strawberry Banana Smoothie - Large	565ml	300	0	0	0	0	5	78	3	64	1	2	17	2	2
Strawberry Banana Smoothie - Medium	395ml	150	0	0	0	0	5	39	2	32	1	1	9	1	1
Protein	26g	100	1	0	0	0	260	0	0	0	22	20	100	2	15
Leafy Greens	4g	10	0	0	0	0	30	2	0	0	1	100	20	4	6
HOLIDAY FEATURES															
Gingerbread Caffe Latte - Medium	340ml	210	5	3	0	20	130	32	0	31	7	8	1	25	1
Gingerbread Caffe Latte - Large	455ml	280	6	4	0	25	160	45	0	44	10	11	1	33	2
Butter Tart Cold Brew - Medium	398ml	120	0	0	0	0	25	28	0	28	0	0	1	1	2
Butter Tart Cold Brew - Large	565ml	170	1	0	0	0	40	40	0	40	0	0	1	1	2
Butter Tart Egg Nog Latte - Medium	340ml	240	4	2	0	15	125	44	0	44	7	2	0	25	0
Butter Tart Egg Nog Latte - Large	455ml	330	5	3	0	20	170	62	0	62	10	2	0	32	1
Chocolate Orange Caffe Mocha - Medium	340ml	260	5	2	0	15	120	46	0	46	6	7	1	25	1
Chocolate Orange Caffe Mocha - Large	455ml	355	7	3	0	20	170	64	0	64	8	10	1	35	1
Gingerbread Family	85g	290	9	3	0	20	270	48	2	19	5	1	1	9	17
Butter Tart	75g	410	22	9	0.2	65	160	49	1	24	5	0	0	2	8
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BREAKFAST OPTIONS															
Multigrain Toast (1 slice)	45g	100	1	0.1	0	0	240	21	2	1	4	0	0	1	7
Fresh Fruit Salad	200g	80	0.4	0	0	0	20	21	2	17	1	8	90	2	4
Build Your Own Yogurt Cup (toppings not included)	110g	70	1.5	0.5	0	5	80	9	0	4	4	0	0	10	0
Ham & Cheddar Egg Croissant	252g	620	39	19	0.2	540	1100	33	1	7	32	27	8	31	24
Fresh Fruit Salad Topping	84g	35	0	0	0	0	10	9	1	7	1	8	40	2	2
Breakfast Power Bowl	337g	560	28	10	0.3	540	620	44	5	8	31	147	60	22	35
Fiesta Breakfast Burrito	227g	405	15	5	0.1	125	830	41	3	5	17	30	19	32	17
Ham & Cheddar Breakfast Bake	150g	260	17	7	0.1	475	550	3	0	2	21	23	3	21	13
Breakfast Panini, Vegetarian	176g	330	14	6	0.1	140	480	34	3	4	13	10	6	26	15
Bacon Breakfast Panini	186g	385	18	7	0.1	150	600	34	3	4	17	11	6	28	16
FRESH BAKED GOODS															
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	122g	450	24	1.8	0	0	415	53	6	26	7	46	2	3	12
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
Traditional Butter Croissant	68g	280	15	9	0	45	320	29	1	5	6	0	4	2	10
Chocolate Danish Twist	100g	340	18	11	0	70	290	40	1	15	7	15	0	4	4
Cheddar Cheese Twist	115g	260	9	6	0.3	30	380	38	1	6	10	15	10	10	15
SWEET TREATS															
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
Gluten-Friendly Granola Bar	129g	480	18	4	0.1	35	250	71	7	33	8	0	0	4	22
Pistachio Blondie	96g	420	21	5	0	0	240	52	2	32	7	0	0	3	8
Banana Chocolate Chip Loaf	132g	340	12	5	0	60	370	54	1	30	5	2	0	13	8
Chocolate Zucchini Loaf	120g	360	18	2	0	70	250	47	1	29	6	5	5	10	12
Zingy Ginger Cookie	53g	204	8	5	0	35	320	32	1	13	3	0	0	4	10
Chocolate Chipper Cookie	52g	220	10	6	0	40	220	31	0	18	3	0	0	0	6
Honey Lemon Squish	67g	280	11	7	0.1	35	220	42	0	28	3	2	0	2	6

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Carrot Cake with Cream Cheese Mousse	114g	430	24	7	0	80	490	51	2	37	5	35	4	8	10
Peanut Butter Cheesecake	117g	490	32	14	0.4	65	300	45	3	26	7	0	0	6	10
Tiramisu Tart	88g	325	22	15	0.5	75	80	26	1	11	4	12	0	7	4
Sour Cherry Pie	175g	670	38	19	0	0	480	77	3	30	6	0	0	1	14
BOWLS															
Super Grains & Edamame Bowl	190g	330	16	2	0	0	95	39	5	15	9	102	65	7	19
Tuscan Tuna Bowl	235g	220	11	2	0	200	600	9	3	3	21	14	46	7	30
Our Tuna Salad	80g	175	12	1	0	0	40	12	2	8	2	4	30	3	19
Add Grilled Chicken Breast	60g	70	2	1	0	50	220	2	0	1	12	0	0	0	0
Add Hard Boiled Egg	50g	70	5	1	0	200	50	0	0	0	7	2	0	3	7
PANINIS, SANDWICHES, TARTS, & FLATBREADS															
Canadian Maple Chicken Wrap	191g	440	21	6	0.2	70	1080	35	0	5	24	34	7	13	10
The Whole Italian Deli	242g	460	12	4	0	60	1900	59	3	2	28	2	51	1	39
Margherita	243g	400	15	6	0.3	30	990	51	7	5	17	66	44	25	20
Tuscan Tunawich Sandwich	215g	300	3	0.3	0	1	960	45	5	1	26	26	10	4	20
Classic Steak Panini	252g	440	10	5	0.3	50	1070	59	3	2	25	27	13	11	42
Croque Monsieur	235g	515	23	13	0.6	45	1230	45	4	3	33	3	0	46	17
Old-School Egg Salad	215g	320	10	2	0	290	850	43	5	0	18	24	7	9	29
Grilled Chicken Flatbread	155g	320	12	5	0.2	50	850	37	3	2	17	13	7	22	6
Zesty Veggie Flatbread	123g	290	12	4	0.3	25	730	36	4	2	9	5	9	16	9
Roma Tomato Dill Savoury Tart	150g	465	33	15	0.2	150	735	35	2	5	11	0	0	9	15
SOUPS & HEARTY HOT SPECIALS															
Home-style Chicken & Egg Noodle	300ml	120	3	1	0	25	1060	17	1	2	7	12	0	3	7
Broccoli Cheddar Soup	300ml	200	12	7	0.6	50	1150	15	2	4	8	2	12	24	5
Moroccan Vegetable Soup	300ml	210	5	0	0	40	890	38	7	9	7	35	2	7	12
Creamy Baked Potato & Bacon Soup	300ml	355	24	13	0.6	65	1050	27	2	4	11	0	2	20	5
Chicken Alfredo	280g	520	26	12	0.5	50	320	48	1	5	25	4	2	24	8
Mac & Cheese	246g	400	15	5	0.3	25	690	55	2	7	14	0	0	15	8
Kale Pesto Mac & Cheese	257g	470	21	7	0.3	25	705	55	2	6	18	35	25	27	11
Cheesy Bacon Mac	277g	530	25	11	0.5	35	950	57	2	8	22	7	3	31	9
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