

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

Good Earth 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)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES - ESPRESSO															
Espresso	50ml	0	0	0	0	0	0	15	0	0	0	0	1	0	0
Americano - Large	455ml	0	0	0	0	0	0	15	0	0	0	0	2	0	0
Americano - Medium	340ml	0	0	0	0	0	0	10	0	0	0	0	2	0	0
Americano - Small	255ml	0	0	0	0	0	0	10	0	0	0	0	1	0	0
High Test - Large	455ml	0	0	0	0	0	0	15	0	0	0	0	6	0	0
High Test - Medium	340ml	0	0	0	0	0	0	10	0	0	0	0	5	0	0
High Test - Small	255ml	0	0	0	0	0	0	10	0	0	0	0	4	0	0
Cappuccino - Large	455ml	110	4	2.5	0	15	120	11	0	10	8	12	28	1	
Cappuccino - Medium	340ml	100	4	2	0	15	110	10	0	10	7	11	26	1	
Cappuccino - Small	255ml	90	3	2	0	15	100	9	0	8	6	9	22	1	
Caffe Latte - Large	455ml	150	6	3	0	25	140	14	0	14	10	14	34	0	
Caffe Latte - Medium	340ml	110	4	2.5	0	20	110	10	0	10	8	11	26	1	
Caffe Misto - Large	455ml	30	1	1	0	5	35	3	0	3	2	4	7	0	
Caffe Misto - Medium	340ml	30	1	1	0	5	35	3	0	3	2	4	7	0	
Caffe Misto - Small	255ml	30	1	1	0	5	35	3	0	3	2	4	7	0	
Caffe Mocha - Large	455ml	240	6	3.5	0	20	170	36	0	34	10	19	32	10	
Caffe Mocha - Medium	340ml	150	4	2.5	0	15	115	21	0	20	7	13	23	5	
Flat White	255ml	75	3	2	0	7	75	7	0	7	5	8	17	1	
HOT BEVERAGES - COFFEE															
Brewed Coffee - Large	454ml	0	0	0	0	0	10	0	0	0	1	6	0	0	
Brewed Coffee - Medium	340ml	0	0	0	0	0	5	0	0	0	0	5	0	0	
Brewed Coffee - Small	255ml	0	0	0	0	0	5	0	0	0	0	4	0	0	
French Press Coffee	750ml	10	0	0	0	0	15	0	0	0	1	11	2	0	
HOT BEVERAGES - TEA															
Chai Latte - Large	455ml	160	5	3	0	20	125	19	0	19	9	12	31	1	
Chai Latte - Medium	340ml	130	4	2	0	15	100	15	0	15	7	9	24	0	
Earl Grey Latte - Large	455ml	200	2	1.5	0	10	60	40	0	40	4	7	14	0	
Earl Grey Latte - Medium	340ml	160	2	1	0	10	50	30	0	30	3	6	11	0	
Matcha Latte - Large	455ml	160	6	3	0	25	140	15	2	14	11	13	35	4	
Matcha Latte - Medium	340ml	120	4	3	0	20	100	11	1	10	8	10	26	3	
Vanilla Rooibos Latte - Large	455ml	185	4	2.5	0	15	110	27	0	26	7	9	24	0	
Vanilla Rooibos Latte - Medium	340ml	130	3	2	0	10	80	19	0	18	5	6	17	0	
Tea Misto - Large	455ml	50	2	1	0	10	50	5	0	4	3	7	10	1	
Tea Misto - Medium	340ml	50	2	1	0	10	50	5	0	4	3	7	10	1	
Turmeric Latte - Large	455ml	180	6	3.5	0	25	140	22	1	17	10	13	34	1	
Turmeric Latte - Medium	340ml	140	5	3	0	20	110	17	1	14	8	10	27	0	
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Good Earth 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)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
Beetroot Latte - Large		455ml	180	6	3.5	0	25	140	21	1	19	11	13	34	1
Beetroot Latte - Medium		340ml	140	5	3	0	20	110	17	1	15	9	10	27	0
Brewed Tea - Large		455ml	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
Hot Chocolate - Large		455ml	290	6	4	0	20	190	48	0	45	11	9	32	14
Hot Chocolate - Medium		340ml	210	4	3	0	15	140	33	0	31	8	6	25	9
Hot Chocolate - Kids		255ml	130	3	2	0	15	95	18	0	18	6	3	19	4
Flavoured Steamer - Kids		255ml	180	4.5	3	0	20	95	29	0	29	7	0	25	0
Flavour Shot - Beverages		29ml	95	0	0	0	0	0	22	0	22	0	0	0	0
ICED BEVERAGES															
Cold Brew - Large		295ml	10	0	0	0	0	40	0	0	0	0	9	1	2
Cold Brew - Medium		180ml	5	0	0	0	0	20	0	0	0	0	5	0	1
Iced Coffee - Large		350ml	75	1	0.3	0	0	45	18	0	18	0	11	1	2
Iced Coffee - Medium		230ml	50	0	0.2	0	0	30	12	0	12	0	7	0	2
Iced Americano - Large		295ml	0	0	0	0	0	15	0	0	0	0	2	0	0
Iced Americano - Medium		180ml	0	0	0	0	0	10	0	0	0	0	2	0	0
Iced Caffè Latte - Large		350ml	150	6	3.5	0	25	150	14	0	14	10	15	34	1
Iced Caffè Latte - Medium		230ml	90	3	2	0	15	90	8	0	8	6	9	20	1
Iced Caffè Mocha - Large		295ml	300	6	4	0	25	205	49	0	46	12	11	36	14
Iced Caffè Mocha - Medium		230ml	190	4	2.5	0	15	130	32	0	30	7	15	21	10
Iced Rooibos Fruit Tea - Large		282ml	70	0	0	0	0	5	16	0	16	0	0	0	0
Iced Rooibos Fruit Tea - Medium		193ml	50	0	0	0	0	5	11	0	11	0	0	0	0
Iced Chai Latte - Large		325ml	150	5	3	0	20	110	20	0	20	8	10	27	1
Iced Chai Latte - Medium		207ml	100	3	2	0	10	70	13	0	13	5	6	17	0
Iced Matcha - Large		325ml	110	4	2.5	0	15	100	11	1	10	8	9	25	3
Iced Matcha - Medium		207ml	65	2	1.5	0	10	55	6	1	6	5	5	15	2
BLENDED															
Latte Frappe - Large		565ml	250	2	1	0	10	140	58	0	58	4	7	14	0
Latte Frappe - Medium		395ml	160	2	1	0	10	95	36	0	36	3	5	10	0
Mocha Frappe - Large		565ml	370	5	1	0	10	200	85	0	85	4	8	18	1
Mocha Frappe - Medium		395ml	240	3	1	0	10	135	53	0	53	3	5	13	0
Banana Oat Latte Frappe - Large		565ml	360	3	0	0	0	145	89	4	70	3	14	11	4
Banana Oat Latte Frappe - Medium		395ml	215	2	0	0	0	95	52	2	41	2	7	8	3
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Strawberry Oat Smoothie - Large		565ml	330	3	0	0	0	75	76	2	66	2	1	16	3
Strawberry Oat Smoothie - Medium		395ml	200	2	0	0	0	45	47	1	40	2	1	10	2
Peach & Honey Smoothie - Large		565ml	340	0	0	0	0	0	86	0	82	0	2	0	0
Peach & Honey Smoothie - Medium		395ml	215	0	0	0	0	0	54	0	52	0	2	0	0
Mango Oat Smoothie - Large		565ml	270	3	0	0	0	70	62	2	52	2	2	13	2
Mango Oat Smoothie - Medium		395ml	160	2	0	0	0	40	37	1	31	1	1	8	1
Strawberry Banana Smoothie - Large		565ml	300	0	0	0	0	5	78	3	64	1	12	2	2
Strawberry Banana Smoothie - Medium		395ml	150	0	0	0	0	5	39	2	32	1	6	1	1
Protein		26g	100	2	0	0	0	50	1	0	1	20	2	0	0
Leafy Greens		4g	10	0	0	0	0	30	2	0	0	1	4	4	6
SEASONAL FEATURES															
Gingerbread Caffe Latte - Large		455ml	310	7	4	0	25	180	50	0	49	11	15	34	2
Gingerbread Caffe Latte - Medium		340ml	225	5	3	0	20	150	36	0	34	8	11	26	2
Salted Caramel Egg Nog Latte - Large		455ml	330	5	3	0	20	170	64	0	64	9	7	32	1
Salted Caramel Egg Nog Latte - Medium		340ml	250	4	2	0	15	130	46	0	46	7	6	25	1
Festive Cranberry Spritzer - Large		400ml	190	0	0	0	0	0	45	0	45	0	0	1	0
Festive Cranberry Spritzer - Medium		265ml	140	0	0	0	0	0	34	0	34	0	0	1	0
Dark Chocolate Minty Mocha - Large		455ml	320	7	3	0	20	170	55	0	55	9	13	34	1
Dark Chocolate Minty Mocha - Medium		340ml	220	5	2	0	15	120	37	0	37	7	10	24	1
Gingerbread Family		85g	290	9	3	0	20	270	48	2	19	5	0	4	20
Gingerbread Cookie		27g	100	3	1	0	7	90	16	0	7	2	0	1	7
Egg Nog Muffin		110g	400	20	1.8	0.1	70	430	51	3	29	6	4	5	9
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BREAKFAST OPTIONS															
Multigrain Toast (1 slice)		45g	100	1	0.1	0	0	240	21	2	1	4	3	1	7
Fresh Fruit Salad		200g	80	0.4	0	0	0	20	21	2	17	1	0	2	4
Build Your Own Yogurt Cup (toppings not included)		110g	70	1.5	0.5	0	5	80	9	0	4	4	0	10	0
Maple Cheddar Egg Croissant		241g	650	40	20	0.3	530	860	39	2	11	27	7	31	24
Fresh Fruit Salad Topping		84g	35	0	0	0	0	10	9	1	7	1	0	2	2
Breakfast Power Bowl		337g	560	28	10	0.3	540	620	44	5	8	31	18	22	35
Fiesta Breakfast Burrito		227g	405	15	5	0.1	125	830	41	3	5	17	8	32	17
Maple Cheddar Breakfast Bake		149g	265	17	7	0.2	475	340	7	1	4	18	7	21	14
Breakfast Panini, Vegetarian		176g	330	14	6	0.1	140	480	34	3	4	13	4	26	15
Bacon Breakfast Panini		186g	385	18	7	0.1	150	600	34	3	4	17	4	28	16
FRESH BAKED GOODS															
Cinnamon Roll		150g	440	11	3	0	20	400	82	3	38	7	0	2	15
Very Berry Bran Muffin		115g	380	22	2	0.1	75	340	40	6	18	7	4	4	15
Pumpkin Spice Muffin		122g	450	24	1.8	0	0	415	53	6	26	7	3	3	12
Orange Poppyseed Muffin		115g	440	26	2.5	0.2	85	410	45	5	21	8	3	6	15
Coffee & Walnut Muffin		124g	470	23	2	0	0	480	60	2	31	5	2	3	15
Coconut Beetroot Muffin		126g	440	21	6	0	0	460	60	2	34	3	3	2	13
Black Forest Muffin		134g	390	17	2	0	0	430	59	4	30	4	7	3	17
Caramel Apple Muffin		127g	440	26	2	0	0	400	46	5	23	7	3	4	11
Berry White Chocolate Scone		115g	330	11	3	0	50	580	52	2	20	8	2	15	15
Broccoli Cheese Scone		115g	300	11	4	0.1	55	670	39	2	7	11	3	20	15
Mediterranean Scone		115g	300	12	3	0.1	55	760	39	2	7	9	2	15	15
Strawberry Coconut Scone		129g	380	13	7	0	55	580	51	2	20	7	4	13	13
Traditional Butter Croissant		68g	280	15	9	0	45	320	29	1	5	6	2	2	10
Danish Chocolate Twist		90g	380	17	10	0	40	310	50	3	22	7	2	4	10
Apple Fritter		126g	420	20	8	0	0	420	52	2	52	6	1	8	12
Caramel Almond Pastry		84g	340	17	10	0.5	55	290	42	1	22	5	0	2	10
Cheddar Cheese Twist		115g	260	9	6	0.3	30	380	38	1	6	10	2	10	15
SWEET TREATS															
Date Squares		130g	480	20	10	0	25	350	71	2	17	5		2	10
Praline Brownie		105g	430	22	13	0	120	260	56	1	43	5		4	10
Gluten-Friendly Granola Bar		129g	480	18	4	0.1	35	250	71	7	33	8	4	4	22
Pistachio Blondie		96g	420	21	5	0	0	240	52	2	32	7	4	3	8
Banana Chocolate Chip Loaf		132g	340	12	5	0	60	370	54	1	30	5		13	8
Chocolate Zucchini Loaf		120g	360	18	2	0	70	250	47	1	29	6		10	12
Zingy Ginger Cookie		53g	204	8	5	0	35	320	32	1	13	3		4	10
Chocolate Chipper Cookie		52g	220	10	6	0	40	220	31	0	18	3		0	6
Honey Lemon Squish		67g	280	11	7	0.1	35	220	42	0	28	3		2	6
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Carrot Cake with Cream Cheese Mousse	114g	430	24	7	0	80	490	51	2	37	5	0	8	10
Peanut Butter Cheesecake	117g	490	32	14	0.4	65	300	45	3	26	7	1	6	10
Tiramisu Tart	88g	325	22	15	0.5	75	80	26	1	11	4	0	7	4
Sour Cherry Pie	175g	670	38	19	0	0	480	77	3	30	6	1	1	14
BOWLS														
Super Grains & Edamame Bowl	190g	330	16	2	0	0	95	39	5	15	9	7	7	19
Tuscan Tuna Bowl	235g	220	11	2	0	200	600	9	3	3	21	4	7	30
Add House Salad	27g	20	1	0	0	0	5	1	1	1	0	1	2	7
Add Grilled Chicken Breast	60g	70	2	1	0	50	220	2	0	1	12	0	0	0
Add Hard Boiled Egg	50g	70	5	1	0	200	50	0	0	0	7	0	3	7
PANINIS, SANDWICHES, & PIES														
Canadian Maple Chicken Wrap	191g	440	21	6	0.2	70	1080	35	0	5	24	7	13	10
The Whole Italian Deli	242g	460	12	4	0	60	1900	59	3	2	28	0	1	39
Margherita Sandwich	261g	520	15	5	0.3	30	1250	76	5	2	20	9	23	32
Tuscan Tunawich Sandwich	215g	300	3	0.3	0	1	960	45	5	1	26	8	4	20
Classic Steak Panini	252g	440	10	5	0.3	50	1070	59	3	2	25	4	11	42
Croque Monsieur with Mixed Green Salad	262g	530	24	13	0.6	45	1240	47	5	4	33	6	47	24
Old-School Egg Salad	215g	320	10	2	0	290	850	43	5	0	18	10	9	29
Quinoa & Black Bean Pie with Mixed Green Salad	287g	630	38	18	0.1	5	740	50	4	6	10	3	17	25
Chicken Philly	323g	770	32	8	0.4	85	1380	76	4	3	30	7	19	32
SOUPS & HEARTY HOT SPECIALS														
Home-style Chicken & Egg Noodle	300ml	120	3	1	0	25	1060	17	1	2	7		3	7
Broccoli Cheddar Soup	300ml	200	12	7	0.6	50	1150	15	2	4	8		24	5
Moroccan Vegetable Soup	300ml	210	5	0	0	40	890	38	7	9	7		7	12
Creamy Baked Potato & Bacon Soup	300ml	355	24	13	0.6	65	1050	27	2	4	11		20	5
Harvest Butternut Squash Soup	300ml	220	10	6	0.5	40	900	28	2	11	4		7	0
Chicken Alfredo	280g	520	26	12	0.5	50	320	48	1	5	25	4	24	8
Mac & Cheese	246g	400	15	5	0.3	25	690	55	2	7	14	9	15	8
Kale Pesto Mac & Cheese	257g	470	21	7	0.3	25	705	55	2	6	18	4	27	11
Cheesy Bacon Mac	277g	530	25	11	0.5	35	950	57	2	8	22	9	31	9
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