

**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<br>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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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          |
| <b>ICED BEVERAGES</b>                                                                                                                                                                                                                                                            |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| 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          |
| <b>BLENDED</b>                                                                                                                                                                                                                                                                   |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| 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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| <div> <div>Good Earth</div> <div>COFFEEHOUSE™</div> </div>                                                                                                                                                                                                                       |  | 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) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| 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                                                                                                                                                                                                                                                                |  |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| Salted Sweet Cream Americano - Large                                                                                                                                                                                                                                             |  | 454ml        | 290                   | 13            | 10                | 0              | 50               | 25          | 39               | 0                 | 39         | 0           | 3               | 5             | 1          |
| Salted Sweet Cream Americano - Medium                                                                                                                                                                                                                                            |  | 340ml        | 240                   | 13            | 10                | 0              | 50               | 25          | 28               | 0                 | 28         | 0           | 2               | 5             | 1          |
| Coconut Matcha - Large                                                                                                                                                                                                                                                           |  | 454ml        | 280                   | 5             | 0.5               | 0              | 0                | 120         | 53               | 3                 | 39         | 5           | 0               | 23            | 7          |
| Coconut Matcha - Medium                                                                                                                                                                                                                                                          |  | 340ml        | 200                   | 4             | 0.5               | 0              | 0                | 90          | 37               | 2                 | 27         | 4           | 0               | 18            | 5          |
| Iced Salted Sweet Cream Americano - Large                                                                                                                                                                                                                                        |  | 400ml        | 290                   | 13            | 10                | 0              | 50               | 25          | 39               | 0                 | 39         | 0           | 3               | 5             | 1          |
| Iced Salted Sweet Cream Americano - Medium                                                                                                                                                                                                                                       |  | 265ml        | 240                   | 13            | 10                | 0              | 50               | 25          | 28               | 0                 | 28         | 0           | 2               | 5             | 1          |
| Iced Coconut Matcha - Large                                                                                                                                                                                                                                                      |  | 400ml        | 270                   | 5             | 0.5               | 0              | 0                | 110         | 52               | 3                 | 39         | 5           | 0               | 22            | 6          |
| Iced Coconut Matcha - Medium                                                                                                                                                                                                                                                     |  | 265ml        | 170                   | 3             | 0.5               | 0              | 0                | 70          | 34               | 2                 | 26         | 3           | 0               | 14            | 4          |
| Dark Chocolate Cherry Caffè Mocha - Large                                                                                                                                                                                                                                        |  | 454ml        | 340                   | 5             | 3                 | 0              | 15               | 140         | 68               | 0                 | 65         | 8           | 17              | 25            | 10         |
| Dark Chocolate Cherry Caffè Mocha - Medium                                                                                                                                                                                                                                       |  | 340ml        | 220                   | 3             | 2                 | 0              | 10               | 95          | 42               | 0                 | 41         | 6           | 11              | 18            | 5          |
| Iced Dark Chocolate Cherry Caffè Mocha - Large                                                                                                                                                                                                                                   |  | 400ml        | 340                   | 5             | 3                 | 0              | 15               | 140         | 68               | 0                 | 65         | 8           | 17              | 25            | 10         |
| Iced Dark Chocolate Cherry Caffè Mocha - Medium                                                                                                                                                                                                                                  |  | 265ml        | 220                   | 3             | 2                 | 0              | 10               | 95          | 42               | 0                 | 41         | 6           | 11              | 18            | 5          |
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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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| <b>Good Earth</b><br>COFFEEHOUSE™                                                                                                                                                                                                                                                | <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>Potassium (%DV)</i> | <i>Calcium (%DV)</i> | <i>Iron (%DV)</i> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|------------------------------|----------------------|--------------------------|-----------------------|-------------------------|--------------------|-------------------------|--------------------------|-------------------|--------------------|------------------------|----------------------|-------------------|
| <b>Carrot Cake with Cream Cheese Mousse</b>                                                                                                                                                                                                                                      | 114g                | 430                          | 24                   | 7                        | 0                     | 80                      | 490                | 51                      | 2                        | 37                | 5                  | 0                      | 8                    | 10                |
| <b>Peanut Butter Cheesecake</b>                                                                                                                                                                                                                                                  | 117g                | 490                          | 32                   | 14                       | 0.4                   | 65                      | 300                | 45                      | 3                        | 26                | 7                  | 1                      | 6                    | 10                |
| <b>Tiramisu Tart</b>                                                                                                                                                                                                                                                             | 88g                 | 325                          | 22                   | 15                       | 0.5                   | 75                      | 80                 | 26                      | 1                        | 11                | 4                  | 0                      | 7                    | 4                 |
| <b>Sour Cherry Pie</b>                                                                                                                                                                                                                                                           | 175g                | 670                          | 38                   | 19                       | 0                     | 0                       | 480                | 77                      | 3                        | 30                | 6                  | 1                      | 1                    | 14                |
| <b>BOWLS</b>                                                                                                                                                                                                                                                                     |                     |                              |                      |                          |                       |                         |                    |                         |                          |                   |                    |                        |                      |                   |
| <b>Super Grains &amp; Edamame Bowl</b>                                                                                                                                                                                                                                           | 190g                | 330                          | 16                   | 2                        | 0                     | 0                       | 95                 | 39                      | 5                        | 15                | 9                  | 7                      | 7                    | 19                |
| <b>Tuscan Tuna Bowl</b>                                                                                                                                                                                                                                                          | 235g                | 220                          | 11                   | 2                        | 0                     | 200                     | 600                | 9                       | 3                        | 3                 | 21                 | 4                      | 7                    | 30                |
| <b>Add House Salad</b>                                                                                                                                                                                                                                                           | 27g                 | 20                           | 1                    | 0                        | 0                     | 0                       | 5                  | 1                       | 1                        | 1                 | 0                  | 1                      | 2                    | 7                 |
| <b>Add Grilled Chicken Breast</b>                                                                                                                                                                                                                                                | 60g                 | 70                           | 2                    | 1                        | 0                     | 50                      | 220                | 2                       | 0                        | 1                 | 12                 | 0                      | 0                    | 0                 |
| <b>Add Hard Boiled Egg</b>                                                                                                                                                                                                                                                       | 50g                 | 70                           | 5                    | 1                        | 0                     | 200                     | 50                 | 0                       | 0                        | 0                 | 7                  | 0                      | 3                    | 7                 |
| <b>PANINIS, SANDWICHES, &amp; PIES</b>                                                                                                                                                                                                                                           |                     |                              |                      |                          |                       |                         |                    |                         |                          |                   |                    |                        |                      |                   |
| <b>Canadian Maple Chicken Wrap</b>                                                                                                                                                                                                                                               | 191g                | 440                          | 21                   | 6                        | 0.2                   | 70                      | 1080               | 35                      | 0                        | 5                 | 24                 | 7                      | 13                   | 10                |
| <b>The Whole Italian Deli</b>                                                                                                                                                                                                                                                    | 242g                | 460                          | 12                   | 4                        | 0                     | 60                      | 1900               | 59                      | 3                        | 2                 | 28                 | 0                      | 1                    | 39                |
| <b>Margherita Sandwich</b>                                                                                                                                                                                                                                                       | 261g                | 520                          | 15                   | 5                        | 0.3                   | 30                      | 1250               | 76                      | 5                        | 2                 | 20                 | 9                      | 23                   | 32                |
| <b>Tuscan Tunawich Sandwich</b>                                                                                                                                                                                                                                                  | 215g                | 300                          | 3                    | 0.3                      | 0                     | 1                       | 960                | 45                      | 5                        | 1                 | 26                 | 8                      | 4                    | 20                |
| <b>Classic Steak Panini</b>                                                                                                                                                                                                                                                      | 252g                | 440                          | 10                   | 5                        | 0.3                   | 50                      | 1070               | 59                      | 3                        | 2                 | 25                 | 4                      | 11                   | 42                |
| <b>Croque Monsieur</b>                                                                                                                                                                                                                                                           | 235g                | 515                          | 23                   | 13                       | 0.6                   | 45                      | 1230               | 45                      | 4                        | 3                 | 33                 | 5                      | 46                   | 17                |
| <b>Old-School Egg Salad</b>                                                                                                                                                                                                                                                      | 215g                | 320                          | 10                   | 2                        | 0                     | 290                     | 850                | 43                      | 5                        | 0                 | 18                 | 10                     | 9                    | 29                |
| <b>Quinoa &amp; Black Bean Pie</b>                                                                                                                                                                                                                                               | 260g                | 615                          | 37                   | 18                       | 0.1                   | 5                       | 730                | 49                      | 3                        | 5                 | 10                 | 2                      | 15                   | 17                |
| <b>Chicken Philly</b>                                                                                                                                                                                                                                                            | 323g                | 770                          | 32                   | 8                        | 0.4                   | 85                      | 1380               | 76                      | 4                        | 3                 | 30                 | 7                      | 19                   | 32                |
| <b>SOUPS &amp; HEARTY HOT SPECIALS</b>                                                                                                                                                                                                                                           |                     |                              |                      |                          |                       |                         |                    |                         |                          |                   |                    |                        |                      |                   |
| <b>Home-style Chicken &amp; Egg Noodle</b>                                                                                                                                                                                                                                       | 300ml               | 120                          | 3                    | 1                        | 0                     | 25                      | 1060               | 17                      | 1                        | 2                 | 7                  |                        | 3                    | 7                 |
| <b>Broccoli Cheddar Soup</b>                                                                                                                                                                                                                                                     | 300ml               | 200                          | 12                   | 7                        | 0.6                   | 50                      | 1150               | 15                      | 2                        | 4                 | 8                  |                        | 24                   | 5                 |
| <b>Moroccan Vegetable Soup</b>                                                                                                                                                                                                                                                   | 300ml               | 210                          | 5                    | 0                        | 0                     | 40                      | 890                | 38                      | 7                        | 9                 | 7                  |                        | 7                    | 12                |
| <b>Creamy Baked Potato &amp; Bacon Soup</b>                                                                                                                                                                                                                                      | 300ml               | 355                          | 24                   | 13                       | 0.6                   | 65                      | 1050               | 27                      | 2                        | 4                 | 11                 |                        | 20                   | 5                 |
| <b>Harvest Butternut Squash Soup</b>                                                                                                                                                                                                                                             | 300ml               | 220                          | 10                   | 6                        | 0.5                   | 40                      | 900                | 28                      | 2                        | 11                | 4                  |                        | 7                    | 0                 |
| <b>Chicken Alfredo</b>                                                                                                                                                                                                                                                           | 280g                | 520                          | 26                   | 12                       | 0.5                   | 50                      | 320                | 48                      | 1                        | 5                 | 25                 | 4                      | 24                   | 8                 |
| <b>Mac &amp; Cheese</b>                                                                                                                                                                                                                                                          | 246g                | 400                          | 15                   | 5                        | 0.3                   | 25                      | 690                | 55                      | 2                        | 7                 | 14                 | 9                      | 15                   | 8                 |
| <b>Kale Pesto Mac &amp; Cheese</b>                                                                                                                                                                                                                                               | 257g                | 470                          | 21                   | 7                        | 0.3                   | 25                      | 705                | 55                      | 2                        | 6                 | 18                 | 4                      | 27                   | 11                |
| <b>Cheesy Bacon Mac</b>                                                                                                                                                                                                                                                          | 277g                | 530                          | 25                   | 11                       | 0.5                   | 35                      | 950                | 57                      | 2                        | 8                 | 22                 | 9                      | 31                   | 9                 |
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