

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

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| | Serving Size | Total Calories (Kcal) | Total Fat (g) | Saturated Fat (g) | Trans fats (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary fibre (g) | Sugars (g) | Protein (g) | Potassium (%DV) | Calcium (%DV) | Iron (%DV) |
|--|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| HOT BEVERAGES - ESPRESSO | | | | | | | | | | | | | | |
| Espresso | 50ml | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| Americano - Large | 455ml | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| Americano - Medium | 340ml | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| Americano - Small | 255ml | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| High Test - Large | 455ml | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 6 | 0 | 0 |
| High Test - Medium | 340ml | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 5 | 0 | 0 |
| High Test - Small | 255ml | 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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|---|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| Beetroot Latte - Large | 455ml | 180 | 6 | 3.5 | 0 | 25 | 140 | 21 | 1 | 19 | 11 | 13 | 34 | 1 |
| Beetroot Latte - Medium | 340ml | 140 | 5 | 3 | 0 | 20 | 110 | 17 | 1 | 15 | 9 | 10 | 27 | 0 |
| Brewed Tea - Large | 455ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Brewed Tea - Medium | 340ml | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot Chocolate - Large | 455ml | 290 | 6 | 4 | 0 | 20 | 190 | 48 | 0 | 45 | 11 | 9 | 32 | 14 |
| Hot Chocolate - Medium | 340ml | 210 | 4 | 3 | 0 | 15 | 140 | 33 | 0 | 31 | 8 | 6 | 25 | 9 |
| Hot Chocolate - Kids | 255ml | 130 | 3 | 2 | 0 | 15 | 95 | 18 | 0 | 18 | 6 | 3 | 19 | 4 |
| Flavoured Steamer - Kids | 255ml | 180 | 4.5 | 3 | 0 | 20 | 95 | 29 | 0 | 29 | 7 | 0 | 25 | 0 |
| Flavour Shot - Beverages | 29ml | 95 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 22 | 0 | 0 | 0 | 0 |
| ICED BEVERAGES | | | | | | | | | | | | | | |
| Cold Brew - Large | 295ml | 10 | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 9 | 1 | 2 |
| Cold Brew - Medium | 180ml | 5 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 5 | 0 | 1 |
| Iced Coffee - Large | 350ml | 75 | 1 | 0.3 | 0 | 0 | 45 | 18 | 0 | 18 | 0 | 11 | 1 | 2 |
| Iced Coffee - Medium | 230ml | 50 | 0 | 0.2 | 0 | 0 | 30 | 12 | 0 | 12 | 0 | 7 | 0 | 2 |
| Iced Americano - Large | 295ml | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| Iced Americano - Medium | 180ml | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 2 | 0 | 0 |
| Iced Caffe Latte - Large | 350ml | 150 | 6 | 3.5 | 0 | 25 | 150 | 14 | 0 | 14 | 10 | 15 | 34 | 1 |
| Iced Caffe Latte - Medium | 230ml | 90 | 3 | 2 | 0 | 15 | 90 | 8 | 0 | 8 | 6 | 9 | 20 | 1 |
| Iced Caffe Mocha - Large | 295ml | 300 | 6 | 4 | 0 | 25 | 205 | 49 | 0 | 46 | 12 | 11 | 36 | 14 |
| Iced Caffe Mocha - Medium | 230ml | 190 | 4 | 2.5 | 0 | 15 | 130 | 32 | 0 | 30 | 7 | 15 | 21 | 10 |
| Iced Rooibos Fruit Tea - Large | 282ml | 70 | 0 | 0 | 0 | 0 | 5 | 16 | 0 | 16 | 0 | 0 | 0 | 0 |
| Iced Rooibos Fruit Tea - Medium | 193ml | 50 | 0 | 0 | 0 | 0 | 5 | 11 | 0 | 11 | 0 | 0 | 0 | 0 |
| Iced Chai Latte - Large | 325ml | 150 | 5 | 3 | 0 | 20 | 110 | 20 | 0 | 20 | 8 | 10 | 27 | 1 |
| Iced Chai Latte - Medium | 207ml | 100 | 3 | 2 | 0 | 10 | 70 | 13 | 0 | 13 | 5 | 6 | 17 | 0 |
| Iced Matcha - Large | 325ml | 110 | 4 | 2.5 | 0 | 15 | 100 | 11 | 1 | 10 | 8 | 9 | 25 | 3 |
| Iced Matcha - Medium | 207ml | 65 | 2 | 1.5 | 0 | 10 | 55 | 6 | 1 | 6 | 5 | 5 | 15 | 2 |
| BLENDED | | | | | | | | | | | | | | |
| Latte Frappe - Large | 565ml | 250 | 2 | 1 | 0 | 10 | 140 | 58 | 0 | 58 | 4 | 7 | 14 | 0 |
| Latte Frappe - Medium | 395ml | 160 | 2 | 1 | 0 | 10 | 95 | 36 | 0 | 36 | 3 | 5 | 10 | 0 |
| Mocha Frappe - Large | 565ml | 370 | 5 | 1 | 0 | 10 | 200 | 85 | 0 | 85 | 4 | 8 | 18 | 1 |
| Mocha Frappe - Medium | 395ml | 240 | 3 | 1 | 0 | 10 | 135 | 53 | 0 | 53 | 3 | 5 | 13 | 0 |
| Banana Oat Latte Frappe - Large | 565ml | 360 | 3 | 0 | 0 | 0 | 145 | 89 | 4 | 70 | 3 | 14 | 11 | 4 |
| Banana Oat Latte Frappe - Medium | 395ml | 215 | 2 | 0 | 0 | 0 | 95 | 52 | 2 | 41 | 2 | 7 | 8 | 3 |

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|--|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| Strawberry Oat Smoothie - Large | 565ml | 330 | 3 | 0 | 0 | 0 | 75 | 76 | 2 | 66 | 2 | 1 | 16 | 3 |
| Strawberry Oat Smoothie - Medium | 395ml | 200 | 2 | 0 | 0 | 0 | 45 | 47 | 1 | 40 | 2 | 1 | 10 | 2 |
| Peach & Honey Smoothie - Large | 565ml | 340 | 0 | 0 | 0 | 0 | 0 | 86 | 0 | 82 | 0 | 2 | 0 | 0 |
| Peach & Honey Smoothie - Medium | 395ml | 215 | 0 | 0 | 0 | 0 | 0 | 54 | 0 | 52 | 0 | 2 | 0 | 0 |
| Mango Oat Smoothie - Large | 565ml | 270 | 3 | 0 | 0 | 0 | 70 | 62 | 2 | 52 | 2 | 2 | 13 | 2 |
| Mango Oat Smoothie - Medium | 395ml | 160 | 2 | 0 | 0 | 0 | 40 | 37 | 1 | 31 | 1 | 1 | 8 | 1 |
| Strawberry Banana Smoothie - Large | 565ml | 300 | 0 | 0 | 0 | 0 | 5 | 78 | 3 | 64 | 1 | 12 | 2 | 2 |
| Strawberry Banana Smoothie - Medium | 395ml | 150 | 0 | 0 | 0 | 0 | 5 | 39 | 2 | 32 | 1 | 6 | 1 | 1 |
| Protein | 26g | 100 | 2 | 0 | 0 | 0 | 50 | 1 | 0 | 1 | 20 | 2 | 0 | 0 |
| Leafy Greens | 4g | 10 | 0 | 0 | 0 | 0 | 30 | 2 | 0 | 0 | 1 | 4 | 4 | 6 |
| SEASONAL FEATURES | | | | | | | | | | | | | | |
| 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 |
| | | | | | | | | | | | | | | |
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|---|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|--|
| BREAKFAST OPTIONS | | | | | | | | | | | | | | | |
| Multigrain Toast (1 slice) | 45g | 100 | 1 | 0.1 | 0 | 0 | 240 | 21 | 2 | 1 | 4 | 3 | 1 | 7 | |
| Fresh Fruit Salad | 200g | 80 | 0.4 | 0 | 0 | 0 | 20 | 21 | 2 | 17 | 1 | 0 | 2 | 4 | |
| Build Your Own Yogurt Cup (toppings not included) | 110g | 70 | 1.5 | 0.5 | 0 | 5 | 80 | 9 | 0 | 4 | 4 | 0 | 10 | 0 | |
| Maple Cheddar Egg Croissant | 241g | 650 | 40 | 20 | 0.3 | 530 | 860 | 39 | 2 | 11 | 27 | 7 | 31 | 24 | |
| Fresh Fruit Salad Topping | 84g | 35 | 0 | 0 | 0 | 0 | 10 | 9 | 1 | 7 | 1 | 0 | 2 | 2 | |
| Breakfast Power Bowl | 337g | 560 | 28 | 10 | 0.3 | 540 | 620 | 44 | 5 | 8 | 31 | 18 | 22 | 35 | |
| Fiesta Breakfast Burrito | 227g | 405 | 15 | 5 | 0.1 | 125 | 830 | 41 | 3 | 5 | 17 | 8 | 32 | 17 | |
| Maple Cheddar Breakfast Bake | 149g | 265 | 17 | 7 | 0.2 | 475 | 340 | 7 | 1 | 4 | 18 | 7 | 21 | 14 | |
| Breakfast Panini, Vegetarian | 176g | 330 | 14 | 6 | 0.1 | 140 | 480 | 34 | 3 | 4 | 13 | 4 | 26 | 15 | |
| Bacon Breakfast Panini | 186g | 385 | 18 | 7 | 0.1 | 150 | 600 | 34 | 3 | 4 | 17 | 4 | 28 | 16 | |
| FRESH BAKED GOODS | | | | | | | | | | | | | | | |
| Cinnamon Roll | 150g | 440 | 11 | 3 | 0 | 20 | 400 | 82 | 3 | 38 | 7 | 0 | 2 | 15 | |
| Very Berry Bran Muffin | 115g | 380 | 22 | 2 | 0.1 | 75 | 340 | 40 | 6 | 18 | 7 | 4 | 4 | 15 | |
| Pumpkin Spice Muffin | 122g | 450 | 24 | 1.8 | 0 | 0 | 415 | 53 | 6 | 26 | 7 | 3 | 3 | 12 | |
| Orange Poppyseed Muffin | 115g | 440 | 26 | 2.5 | 0.2 | 85 | 410 | 45 | 5 | 21 | 8 | 3 | 6 | 15 | |
| Coffee & Walnut Muffin | 124g | 470 | 23 | 2 | 0 | 0 | 480 | 60 | 2 | 31 | 5 | 2 | 3 | 15 | |
| Coconut Beetroot Muffin | 126g | 440 | 21 | 6 | 0 | 0 | 460 | 60 | 2 | 34 | 3 | 3 | 2 | 13 | |
| Black Forest Muffin | 134g | 390 | 17 | 2 | 0 | 0 | 430 | 59 | 4 | 30 | 4 | 7 | 3 | 17 | |
| Caramel Apple Muffin | 127g | 440 | 26 | 2 | 0 | 0 | 400 | 46 | 5 | 23 | 7 | 3 | 4 | 11 | |
| Berry White Chocolate Scone | 115g | 330 | 11 | 3 | 0 | 50 | 580 | 52 | 2 | 20 | 8 | 2 | 15 | 15 | |
| Broccoli Cheese Scone | 115g | 300 | 11 | 4 | 0.1 | 55 | 670 | 39 | 2 | 7 | 11 | 3 | 20 | 15 | |
| Mediterranean Scone | 115g | 300 | 12 | 3 | 0.1 | 55 | 760 | 39 | 2 | 7 | 9 | 2 | 15 | 15 | |
| Strawberry Coconut Scone | 129g | 380 | 13 | 7 | 0 | 55 | 580 | 51 | 2 | 20 | 7 | 4 | 13 | 13 | |
| Traditional Butter Croissant | 68g | 280 | 15 | 9 | 0 | 45 | 320 | 29 | 1 | 5 | 6 | 2 | 2 | 10 | |
| Danish Chocolate Twist | 90g | 380 | 17 | 10 | 0 | 40 | 310 | 50 | 3 | 22 | 7 | 2 | 4 | 10 | |
| Apple Fritter | 126g | 420 | 20 | 8 | 0 | 0 | 420 | 52 | 2 | 52 | 6 | 1 | 8 | 12 | |
| Caramel Almond Pastry | 84g | 340 | 17 | 10 | 0.5 | 55 | 290 | 42 | 1 | 22 | 5 | 0 | 2 | 10 | |
| Cheddar Cheese Twist | 115g | 260 | 9 | 6 | 0.3 | 30 | 380 | 38 | 1 | 6 | 10 | 2 | 10 | 15 | |
| SWEET TREATS | | | | | | | | | | | | | | | |
| Date Squares | 130g | 480 | 20 | 10 | 0 | 25 | 350 | 71 | 2 | 17 | 5 | | 2 | 10 | |
| Praline Brownie | 105g | 430 | 22 | 13 | 0 | 120 | 260 | 56 | 1 | 43 | 5 | | 4 | 10 | |
| Gluten-Friendly Granola Bar | 129g | 480 | 18 | 4 | 0.1 | 35 | 250 | 71 | 7 | 33 | 8 | 4 | 4 | 22 | |
| Pistachio Blondie | 96g | 420 | 21 | 5 | 0 | 0 | 240 | 52 | 2 | 32 | 7 | 4 | 3 | 8 | |
| Banana Chocolate Chip Loaf | 132g | 340 | 12 | 5 | 0 | 60 | 370 | 54 | 1 | 30 | 5 | | 13 | 8 | |
| Chocolate Zucchini Loaf | 120g | 360 | 18 | 2 | 0 | 70 | 250 | 47 | 1 | 29 | 6 | | 10 | 12 | |
| Zingy Ginger Cookie | 53g | 204 | 8 | 5 | 0 | 35 | 320 | 32 | 1 | 13 | 3 | | 4 | 10 | |
| Chocolate Chipper Cookie | 52g | 220 | 10 | 6 | 0 | 40 | 220 | 31 | 0 | 18 | 3 | | 0 | 6 | |
| Honey Lemon Squish | 67g | 280 | 11 | 7 | 0.1 | 35 | 220 | 42 | 0 | 28 | 3 | | 2 | 6 | |

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