

**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

| <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) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| HOT BEVERAGES - ESPRESSO & COFFEE                                                                                                                                                                                                                                                |       |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| 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 - Medium                                                                                                                                                                                                                                                              | 340ml | 100          | 4                     | 2             | 0                 | 15             | 110              | 10          | 10               | 0                 | 10         | 7           | 11              | 26            | 1          |
| Cappuccino - Small                                                                                                                                                                                                                                                               | 255ml | 90           | 3                     | 2             | 0                 | 15             | 100              | 9           | 0                | 8                 | 6          | 9           | 9               | 22            | 1          |
| Caffe Latte - Large                                                                                                                                                                                                                                                              | 455ml | 150          | 6                     | 3             | 0                 | 25             | 140              | 14          | 0                | 14                | 10         | 14          | 14              | 34            | 0          |
| Caffe Latte - Medium                                                                                                                                                                                                                                                             | 340ml | 110          | 4                     | 2.5           | 0                 | 20             | 110              | 10          | 0                | 10                | 8          | 11          | 11              | 26            | 1          |
| Caffe Misto - Large                                                                                                                                                                                                                                                              | 455ml | 30           | 1                     | 1             | 0                 | 5              | 35               | 3           | 0                | 3                 | 2          | 4           | 7               | 7             | 0          |
| Caffe Misto - Medium                                                                                                                                                                                                                                                             | 340ml | 30           | 1                     | 1             | 0                 | 5              | 35               | 3           | 0                | 3                 | 2          | 4           | 7               | 7             | 0          |
| Caffe Misto - Small                                                                                                                                                                                                                                                              | 255ml | 30           | 1                     | 1             | 0                 | 5              | 35               | 3           | 0                | 3                 | 2          | 4           | 7               | 7             | 0          |
| Caffe Mocha - Large                                                                                                                                                                                                                                                              | 455ml | 240          | 6                     | 3.5           | 0                 | 20             | 170              | 36          | 0                | 34                | 10         | 19          | 32              | 10            | 10         |
| Caffe Mocha - Medium                                                                                                                                                                                                                                                             | 340ml | 150          | 4                     | 2.5           | 0                 | 15             | 115              | 21          | 0                | 20                | 7          | 13          | 23              | 5             | 5          |
| Flat White                                                                                                                                                                                                                                                                       | 255ml | 75           | 3                     | 2             | 0                 | 7              | 75               | 7           | 0                | 7                 | 5          | 8           | 17              | 1             | 1          |
| Brewed Coffee - Large                                                                                                                                                                                                                                                            | 454ml | 0            | 0                     | 0             | 0                 | 0              | 10               | 0           | 0                | 0                 | 0          | 1           | 6               | 0             | 0          |
| Brewed Coffee - Medium                                                                                                                                                                                                                                                           | 340ml | 0            | 0                     | 0             | 0                 | 0              | 5                | 0           | 0                | 0                 | 0          | 0           | 5               | 0             | 0          |
| Brewed Coffee - Small                                                                                                                                                                                                                                                            | 255ml | 0            | 0                     | 0             | 0                 | 0              | 5                | 0           | 0                | 0                 | 0          | 0           | 4               | 0             | 0          |
| French Press Coffee                                                                                                                                                                                                                                                              | 750ml | 10           | 0                     | 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             | 1          |
| Chai Latte - Medium                                                                                                                                                                                                                                                              | 340ml | 115          | 4                     | 2             | 0                 | 15             | 90               | 13          | 0                | 13                | 7          | 8           | 22              | 0             | 0          |
| Earl Grey Latte - Large                                                                                                                                                                                                                                                          | 455ml | 200          | 2                     | 1.5           | 0                 | 10             | 60               | 40          | 0                | 40                | 4          | 7           | 14              | 0             | 0          |
| Earl Grey Latte - Medium                                                                                                                                                                                                                                                         | 340ml | 160          | 2                     | 1             | 0                 | 10             | 50               | 30          | 0                | 30                | 3          | 6           | 11              | 0             | 0          |
| Vanilla Rooibos Latte - Large                                                                                                                                                                                                                                                    | 455ml | 185          | 4                     | 2.5           | 0                 | 15             | 110              | 27          | 0                | 26                | 7          | 9           | 24              | 0             | 0          |
| Vanilla Rooibos Latte - Medium                                                                                                                                                                                                                                                   | 340ml | 130          | 3                     | 2             | 0                 | 10             | 80               | 19          | 0                | 18                | 5          | 6           | 17              | 0             | 0          |
| Tea Misto - Large                                                                                                                                                                                                                                                                | 455ml | 50           | 2                     | 1             | 0                 | 10             | 50               | 5           | 0                | 4                 | 3          | 7           | 10              | 1             | 1          |
| Tea Misto - Medium                                                                                                                                                                                                                                                               | 340ml | 50           | 2                     | 1             | 0                 | 10             | 50               | 5           | 0                | 4                 | 3          | 7           | 10              | 1             | 1          |
| Turmeric Latte - Large                                                                                                                                                                                                                                                           | 455ml | 180          | 6                     | 3.5           | 0                 | 25             | 140              | 22          | 1                | 17                | 10         | 13          | 34              | 1             | 1          |
| Turmeric Latte - Medium                                                                                                                                                                                                                                                          | 340ml | 140          | 5                     | 3             | 0                 | 20             | 110              | 17          | 1                | 14                | 8          | 10          | 27              | 0             | 0          |
| Beetroot Latte - Large                                                                                                                                                                                                                                                           | 455ml | 180          | 6                     | 3.5           | 0                 | 25             | 140              | 21          | 1                | 19                | 11         | 13          | 34              | 1             | 1          |
| Beetroot Latte - Medium                                                                                                                                                                                                                                                          | 340ml | 140          | 5                     | 3             | 0                 | 20             | 110              | 17          | 1                | 15                | 9          | 10          | 27              | 0             | 0          |
| Brewed Tea - Large                                                                                                                                                                                                                                                               | 455ml | 0            | 0                     | 0             | 0                 | 0              | 0                | 0           | 0                | 0                 | 0          | 0           | 0               | 0             | 0          |
| Brewed Tea - Medium                                                                                                                                                                                                                                                              | 340ml | 0            | 0                     | 0             | 0                 | 0              | 0                | 0           | 0                | 0                 | 0          | 0           | 0               | 0             | 0          |
| Flavour Shot - Beverages                                                                                                                                                                                                                                                         | 29ml  | 95           | 0                     | 0             | 0                 | 0              | 0                | 0           | 22               | 0                 | 22         | 0           | 0               | 0             | 0          |
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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) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| <b>MATCHA</b>                                                                                                                                                                                                                                                                    |  |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| Matcha Latte - Large                                                                                                                                                                                                                                                             |  | 455ml        | 160                   | 6             | 3                 | 0              | 25               | 140         | 15               | 2                 | 14         | 11          | 13              | 36            | 4          |
| Matcha Latte - Medium                                                                                                                                                                                                                                                            |  | 340ml        | 120                   | 4             | 3                 | 0              | 20               | 100         | 11               | 1                 | 10         | 8           | 10              | 26            | 3          |
| Iced Matcha Latte - Large                                                                                                                                                                                                                                                        |  | 325ml        | 110                   | 4             | 2.5               | 0              | 15               | 100         | 11               | 1                 | 10         | 8           | 9               | 25            | 3          |
| Iced Matcha Latte - Medium                                                                                                                                                                                                                                                       |  | 207ml        | 65                    | 2             | 1.5               | 0              | 10               | 55          | 6                | 1                 | 6          | 5           | 5               | 15            | 2          |
| Vanilla Matcha Latte - Large                                                                                                                                                                                                                                                     |  | 455ml        | 235                   | 5             | 3                 | 0              | 20               | 120         | 37               | 2                 | 35         | 10          | 12              | 32            | 4          |
| Vanilla Matcha Latte - Medium                                                                                                                                                                                                                                                    |  | 340ml        | 195                   | 4             | 2                 | 0              | 15               | 90          | 33               | 1                 | 31         | 8           | 8               | 23            | 3          |
| Iced Vanilla Matcha Latte - Large                                                                                                                                                                                                                                                |  | 325ml        | 210                   | 4             | 3                 | 0              | 15               | 100         | 34               | 1                 | 33         | 9           | 10              | 27            | 3          |
| Iced Vanilla Matcha Latte - Medium                                                                                                                                                                                                                                               |  | 207ml        | 160                   | 3             | 2                 | 0              | 10               | 60          | 30               | 1                 | 29         | 5           | 6               | 16            | 2          |
| Iced Strawberry Matcha Latte - Large                                                                                                                                                                                                                                             |  | 325ml        | 275                   | 4             | 2                 | 0              | 15               | 95          | 49               | 1                 | 48         | 8           | 9               | 25            | 3          |
| Iced Strawberry Matcha Latte - Medium                                                                                                                                                                                                                                            |  | 207ml        | 195                   | 3             | 2                 | 0              | 10               | 70          | 35               | 1                 | 34         | 6           | 6               | 18            | 2          |
| Add a Matcha Shot                                                                                                                                                                                                                                                                |  | 60ml         | 12                    | 0             | 0                 | 0              | 0                | 0           | 2                | 2                 | 0          | 1           | 0               | 2             | 4          |
| <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 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        | 155                   | 5             | 3                 | 0              | 20               | 115         | 19               | 0                 | 19         | 9           | 11              | 29            | 1          |
| Iced Chai Latte - Medium                                                                                                                                                                                                                                                         |  | 207ml        | 100                   | 3             | 2                 | 0              | 10               | 70          | 13               | 0                 | 13         | 5           | 6               | 17            | 0          |
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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) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| 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             |            |
| 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                                                                                                                                                                                                                                                                |       |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| Pumpkin Pie Caffe Latte - Large                                                                                                                                                                                                                                                  | 454ml | 270          | 5                     | 3             | 0                 | 20             | 120              | 46          | 0                | 46                | 9          | 14          | 34              | 0             |            |
| Pumpkin Pie Caffe Latte - Medium                                                                                                                                                                                                                                                 | 340ml | 190          | 4                     | 2             | 0                 | 15             | 95               | 32          | 0                | 32                | 7          | 11          | 26              | 1             |            |
| Caramel Apple Caffe Latte - Large                                                                                                                                                                                                                                                | 454ml | 270          | 5                     | 3             | 0                 | 20             | 120              | 46          | 0                | 46                | 9          | 14          | 34              | 0             |            |
| Caramel Apple Caffe Latte - Medium                                                                                                                                                                                                                                               | 340ml | 190          | 4                     | 2             | 0                 | 15             | 95               | 32          | 0                | 32                | 7          | 11          | 26              | 1             |            |
| Apple Butter Chai Latte - Large                                                                                                                                                                                                                                                  | 455ml | 280          | 4                     | 3             | 0                 | 15             | 100              | 51          | 0                | 51                | 8          | 10          | 26              | 0             |            |
| Apple Butter Chai Latte - Medium                                                                                                                                                                                                                                                 | 340ml | 190          | 3                     | 2             | 0                 | 10             | 75               | 34          | 0                | 34                | 6          | 7           | 19              | 0             |            |
| Iced Caramel Apple Caffe Latte - Large                                                                                                                                                                                                                                           | 400ml | 285          | 6                     | 3             | 0                 | 25             | 150              | 48          | 0                | 48                | 10         | 15          | 34              | 1             |            |
| Iced Caramel Apple Caffe Latte - Medium                                                                                                                                                                                                                                          | 265ml | 180          | 3                     | 2             | 0                 | 15             | 90               | 31          | 0                | 31                | 6          | 9           | 20              | 1             |            |
| Iced Pumpkin Pie Caffe Latte - Large                                                                                                                                                                                                                                             | 400ml | 285          | 6                     | 3             | 0                 | 25             | 150              | 48          | 0                | 48                | 10         | 15          | 34              | 1             |            |
| Iced Pumpkin Pie Caffe Latte - Medium                                                                                                                                                                                                                                            | 265ml | 180          | 3                     | 2             | 0                 | 15             | 90               | 31          | 0                | 31                | 6          | 9           | 20              | 1             |            |
| Iced Caramel Apple Chai Latte - Large                                                                                                                                                                                                                                            | 400ml | 290          | 5                     | 3             | 0                 | 20             | 110              | 52          | 0                | 52                | 8          | 10          | 27              | 1             |            |
| Iced Caramel Apple Chai Latte - Medium                                                                                                                                                                                                                                           | 265ml | 190          | 3                     | 2             | 0                 | 10             | 75               | 34          | 0                | 34                | 6          | 7           | 19              | 0             |            |
| Candy Corn Cold Brew - Large                                                                                                                                                                                                                                                     | 400ml | 220          | 1                     | 0             | 0                 | 0              | 110              | 50          | 0                | 45                | 1          | 11          | 1               | 2             |            |
| Candy Corn Cold Brew - Medium                                                                                                                                                                                                                                                    | 265ml | 160          | 0                     | 0             | 0                 | 0              | 70               | 37          | 0                | 33                | 1          | 7           | 1               | 2             |            |
| Sparkling Peach Buzz - Large                                                                                                                                                                                                                                                     | 400ml | 155          | 0                     | 0             | 0                 | 0              | 130              | 40          | 0                | 37                | 0          | 1           | 1               | 0             |            |
| Sparkling Peach Buzz - Medium                                                                                                                                                                                                                                                    | 265ml | 115          | 0                     | 0             | 0                 | 0              | 130              | 29          | 0                | 28                | 0          | 0           | 1               | 0             |            |
| Apple Chai Scone                                                                                                                                                                                                                                                                 | 125g  | 290          | 7                     | 1             | 0                 | 50             | 580              | 49          | 0                | 17                | 7          | 2           | 12              | 11            |            |
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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             |            |
| Greek Yogurt Berry Parfait                                                                                                                                                                                                                                                       | 225g | 360          | 15                    | 5             | 0                 | 0              | 120              | 47          | 5                | 22                | 13         | 65          | 22              | 5             |            |
| Breakfast Croissant with Mozza, Asiago & Avocado                                                                                                                                                                                                                                 | 255g | 630          | 40                    | 18            | 0.3               | 540            | 670              | 34          | 3                | 6                 | 28         | 11          | 31              | 25            |            |
| Fiesta Breakfast Burrito                                                                                                                                                                                                                                                         | 227g | 390          | 14                    | 5             | 0.1               | 125            | 825              | 47          | 3                | 6                 | 16         | 5           | 31              | 23            |            |
| Asiago Sun-Dried Tomato Breakfast Bake                                                                                                                                                                                                                                           | 120g | 200          | 14                    | 5             | 0.1               | 430            | 160              | 1           | 0                | 1                 | 16         | 6           | 17              | 12            |            |
| 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 | 340          | 12                    | 6             | 0                 | 55             | 580              | 51          | 2                | 20                | 8          | 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            |            |
| Cherry & Greek Yogurt Danish                                                                                                                                                                                                                                                     | 120g | 420          | 21                    | 13            | 0.6               | 0              | 415              | 48          | 1                | 18                | 8          | 3           | 3               | 10            |            |
| Berry Croffin                                                                                                                                                                                                                                                                    | 98g  | 340          | 15                    | 9             | 0                 | 45             | 320              | 44          | 2                | 19                | 6          | 22          | 2               | 11            |            |
| 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™                                                                                                                                                                                                                                                | 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) |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-----------------------|---------------|-------------------|----------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|---------------|------------|
| 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         |
| Sour Cherry Pie                                                                                                                                                                                                                                                                  | 175g         | 670                   | 38            | 19                | 0              | 0                | 480         | 77               | 3                 | 30         | 6           | 1               | 1             | 14         |
| <b>BOWLS</b>                                                                                                                                                                                                                                                                     |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| Super Grains & Edamame Bowl                                                                                                                                                                                                                                                      | 190g         | 330                   | 16            | 2                 | 0              | 0                | 95          | 39               | 5                 | 15         | 9           | 7               | 7             | 19         |
| Tuscan Tuna Bowl                                                                                                                                                                                                                                                                 | 235g         | 230                   | 13            | 2                 | 0              | 200              | 565         | 8                | 3                 | 4          | 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          |
| Acai Granola Bowl                                                                                                                                                                                                                                                                | 263g         | 375                   | 9             | 1                 | 0              | 0                | 95          | 69               | 10                | 33         | 10          | 54              | 2             | 8          |
| Acai Protein Bowl                                                                                                                                                                                                                                                                | 259g         | 360                   | 7             | 2                 | 0              | 0                | 55          | 51               | 7                 | 27         | 26          | 57              | 17            | 11         |
| Tropical Mango Bowl                                                                                                                                                                                                                                                              | 228g         | 414                   | 10            | 4                 | 0              | 0                | 30          | 79               | 7                 | 48         | 6           | 14              | 1             | 3          |
| <b>PANINIS, SANDWICHES, &amp; PIES</b>                                                                                                                                                                                                                                           |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| Roast Chicken & Sun-Dried Tomato Wrap                                                                                                                                                                                                                                            | 220g         | 510                   | 29            | 6                 | 0.4            | 50               | 850         | 41               | 2                 | 3          | 21          | 7               | 17            | 15         |
| The Whole Italian Deli                                                                                                                                                                                                                                                           | 242g         | 460                   | 12            | 4                 | 0              | 60               | 1900        | 60               | 3                 | 2          | 28          | 1               | 0             | 38         |
| Margherita Sandwich                                                                                                                                                                                                                                                              | 261g         | 525                   | 15            | 5                 | 0.3            | 30               | 1250        | 76               | 5                 | 3          | 19          | 10              | 22            | 31         |
| Tuscan Tunawich Sandwich                                                                                                                                                                                                                                                         | 215g         | 315                   | 5             | 1                 | 0              | 0                | 900         | 45               | 5                 | 2          | 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         |
| Turkey Bacon Avocado Sandwich                                                                                                                                                                                                                                                    | 251g         | 545                   | 24            | 3                 | 0              | 20               | 1150        | 65               | 9                 | 5          | 23          | 22              | 9             | 25         |
| Chicken Philly                                                                                                                                                                                                                                                                   | 323g         | 770                   | 32            | 8                 | 0.4            | 85               | 1375        | 76               | 4                 | 3          | 30          | 7               | 19            | 32         |
| <b>SOUPS &amp; HEARTY HOT SPECIALS</b>                                                                                                                                                                                                                                           |              |                       |               |                   |                |                  |             |                  |                   |            |             |                 |               |            |
| 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          |
| Cheesy Bacon Mac                                                                                                                                                                                                                                                                 | 277g         | 530                   | 25            | 11                | 0.5            | 35               | 950         | 57               | 2                 | 8          | 22          | 9               | 31            | 9          |
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