NUTRITION MENU

Good Earth

COFFEEHOUSE™

All nutritional information is produced though supplier data sheets and our nutritional data base.
Stated weights may not reflect finished weights due to water loss in the baking and cooking process.
As our product is handmade, there may be some variation in portioning and therefore, nutritional.
If you would like more information on our nutritional or ingredient lists please contact

Good Earth COFFEEHOUSE™

	Serving Size	Total Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary fibre (g)	Sugars (g)	Protein (g)	Potassium (%DV)	Calcium (%DV)	Iron (%DV)
HOT BEVERAGES - ESPRESSO & COFFEE														
Espresso	50ml	0	0	0	0	0	15	0	0	0	0	1	0	0
Americano - Large	455ml	0	0	0	0	0	15	0	0	0	0	2	0	0
Americano - Medium	340ml	0	0	0	0	0	10	0	0	0	0	2	0	0
Americano - Small	255ml	0	0	0	0	0	10	0	0	0	0	1	0	0
High Test - Large	455ml	0	0	0	0	0	15	0	0	0	0	6	0	0
High Test - Medium	340ml	0	0	0	0	0	10	0	0	0	0	5	0	0
High Test - Small	255ml	0	0	0	0	0	10	0	0	0	0	4	0	0
Cappuccino - Medium	340ml	100	4	2	0	15	110	10	0	10	7	11	26	1
Cappuccino - Small	255ml	90	3	2	0	15	100	9	0	8	6	9	22	1
Caffe Latte - Large	455ml	150	6	3	0	25	140	14	0	14	10	14	34	0
Caffe Latte - Medium	340ml	110	4	2.5	0	20	110	10	0	10	8	11	26	1
Caffe Misto - Large	455ml	30	1	1	0	5	35	3	0	3	2	4	7	0
Caffe Misto - Medium	340ml	30	1	1	0	5	35	3	0	3	2	4	7	0
Caffe Misto - Small	255ml	30	1	1	0	5	35	3	0	3	2	4	7	0
Caffe Mocha - Large	455ml	240	6	3.5	0	20	170	36	0	34	10	19	32	10
Caffe Mocha - Medium	340ml	150	4	2.5	0	15	115	21	0	20	7	13	23	5
Flat White	255ml	75	3	2	0	7	75	7	0	7	5	8	17	1
Brewed Coffee - Large	454ml	0	0	0	0	0	10	0	0	0	1	6	0	0
Brewed Coffee - Medium	340ml	0	0	0	0	0	5	0	0	0	0	5	0	0
Brewed Coffee - Small	255ml	0	0	0	0	0	5	0	0	0	0	4	0	0
French Press Coffee	750ml	10	0	0	0	0	15	0	0	0	1	11	2	0
HOT BEVERAGES - TEA														
Chai Latte - Large	455ml	160	5	3	0	20	125	19	0	19	9	12	31	1
Chai Latte - Medium	340ml	115	4	2	0	15	90	13	0	13	7	8	22	0
Earl Grey Latte - Large	455ml	200	2	1.5	0	10	60	40	0	40	4	7	14	0
Earl Grey Latte - Medium	340ml	160	2	1	0	10	50	30	0	30	3	6	11	0
Vanilla Rooibos Latte - Large	455ml	185	4	2.5	0	15	110	27	0	26	7	9	24	0
Vanilla Rooibos Latte - Medium	340ml	130	3	2	0	10	80	19	0	18	5	6	17	0
Tea Misto - Large	455ml	50	2	1	0	10	50	5	0	4	3	7	10	1
Tea Misto - Medium	340ml	50	2	1	0	10	50	5	0	4	3	7	10	1
Turmeric Latte - Large	455ml	180	6	3.5	0	25	140	22	1	17	10	13	34	1
Turmeric Latte - Medium	340ml	140	5	3	0	20	110	17	1	14	8	10	27	0
Beetroot Latte - Large	455ml	180	6	3.5	0	25	140	21	1	19	11	13	34	1
Beetroot Latte - Medium	340ml	140	5	3	0	20	110	17	1	15	9	10	27	0
Brewed Tea - Large	455ml	0	0	0	0	0	0	0	0	0	0	0	0	0
Brewed Tea - Medium	340ml	0	0	0	0	0	0	0	0	0	0	0	0	0
Flavour Shot - Beverages	29ml	95	0	0	0	0	0	22	0	22	0	0	0	0

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MATCHA														
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
ICED BEVERAGES														
Cold Brew - Large	295ml	10	0	0	0	0	40	0	0	0	0	9	1	2
Cold Brew - Medium	180ml	5	0	0	0	0	20	0	0	0	0	5	0	1
Iced Coffee - Large	350ml	75	1	0.3	0	0	45	18	0	18	0	11	1	2
Iced Coffee - Medium	230ml	50	0	0.2	0	0	30	12	0	12	0	7	0	2
Iced Americano - Large	295ml	0	0	0	0	0	15	0	0	0	0	2	0	0
Iced Americano - Medium	180ml	0	0	0	0	0	10	0	0	0	0	2	0	0
Iced Caffe Latte - Large	350ml	150	6	3.5	0	25	150	14	0	14	10	15	34	1
Iced Caffe Latte - Medium	230ml	90	3	2	0	15	90	8	0	8	6	9	20	1
Iced Caffe Mocha - Large	295ml	300	6	4	0	25	205	49	0	46	12	11	36	14
Iced Caffe Mocha - Medium	230ml	190	4	2.5	0	15	130	32	0	30	7	15	21	10
Iced Rooibos Fruit Tea - Large	282ml	70	0	0	0	0	5	16	0	16	0	0	0	0
Iced Rooibos Fruit Tea - Medium	193ml	50	0	0	0	0	5	11	0	11	0	0	0	0
Iced Chai Latte - Large	325ml	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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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														
Gingerbread Caffe Latte - Large	455ml	310	7	4	0	25	180	50	0	49	11	15	34	2
Gingerbread Caffe Latte - Medium	340ml	225	5	3	0	20	150	36	0	34	8	11	26	2
Butterscotch Egg Nog Latte - Large	455ml	330	5	3	0	20	170	64	0	64	9	7	32	1
Butterscotch Egg Nog Latte - Medium	340ml	250	4	2	0	15	130	46	0	46	7	6	25	1
Cranberry Buzz Spritzer - Large	400ml	260	0	0	0	0	0	66	0	64	0	0	1	0
Cranberry Buzz Spritzer - Medium	265ml	210	0	0	0	0	0	54	0	53	0	0	1	0
Dark Chocolate Minty Mocha - Large	455ml	320	7	3	0	20	170	55	0	55	9	13	34	1
Dark Chocolate Minty Mocha - Medium	340ml	220	5	2	0	15	120	37	0	37	7	10	24	1
Gingerbread Family	85g	290	9	3	0	20	270	48	2	19	5	0	4	20
Gingerbread Cookie	27g	100	3	1	0	7	90	16	0	7	2	0	1	7
Iced Gingerbread Caffe Latte - Large	400ml	310	7	4	0	25	180	50	0	49	11	15	34	2
Iced Gingerbread Caffe Latte - Medium	265ml	210	5	3	0	15	130	34	0	33	7	10	22	2
Iced Butterscotch Egg Nog Latte - Large	400ml	360	5	3	0	25	190	67	0	67	10	9	36	1
Iced Butterscotch Egg Nog Latte - Medium	265ml	225	3	2	0	15	115	43	0	43	6	5	22	0
Iced Dark Chocolate Minty Mocha - Large	400ml	345	6	3	0	20	175	62	0	60	10	19	32	10
Iced Dark Chocolate Minty Mocha - Medium	265ml	210	4	2	0	15	120	34	0	34	7	13	23	5

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BREAKFAST OPTIONS														
Multigrain Toast (1 slice)	45g	100	1	0.1	0	0	240	21	2	1	4	3	1	7
Fresh Fruit Salad	200g	80	0.4	0	0	0	20	21	2	17	1	0	2	4
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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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
BOWLS														
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
PANINIS, SANDWICHES, & PIES														
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
SOUPS & HEARTY HOT SPECIALS														
Home-style Chicken & Egg Noodle	300ml	120	3	1	0	25	1060	17	1	2	7		3	7
Broccoli Cheddar Soup	300ml	200	12	7	0.6	50	1150	15	2	4	8		24	5
Moroccan Vegetable Soup	300ml	210	5	0	0	40	890	38	7	9	7		7	12
Creamy Baked Potato & Bacon Soup	300ml	355	24	13	0.6	65	1050	27	2	4	11		20	5
Harvest Butternut Squash Soup	300ml	220	10	6	0.5	40	900	28	2	11	4		7	0
Chicken Alfredo	280g	520	26	12	0.5	50	320	48	1	5	25	4	24	8
Mac & Cheese	246g	400	15	5	0.3	25	690	55	2	7	14	9	15	8
Cheesy Bacon Mac	277g	530	25	11	0.5	35	950	57	2	8	22	9	31	9

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