



Nutrition Information

The nutrition information provided in this document is based on standard product formulations and was obtained through analysis by our nutritional software, entitled ESHA Genesis R&D, and information provided by our suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at restaurant level, and/or time of the year. Baked goods may vary in size.

Test, Limited Time Only and certain regional offerings may not be listed within this document. Nutrition information is applicable to products served in Canadian restaurants and may be subject to change. Updates will occur periodically.

This document reflects information for our products as of August 2023.

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Coffee, Tea & Other Hot Beverages										
Original Blend Coffee - Small	3	0	0	0	0	0	0	0	0	0
Original Blend Coffee - Medium	4	0	0	0	0	0	0	0	0	0
Original Blend Coffee - Large	5	0	0	0	0	0	0	0	0	0
Original Blend Coffee - X Large	5	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - Small	3	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - Medium	4	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - Large	5	0	0	0	0	0	0	0	0	0
Dark Roast Coffee - X Large	5	0	0	0	0	0	0	0	0	0
Decaf Coffee - Small	3	0	0	0	0	0	0	0	0	0
Decaf Coffee - Medium	4	0	0	0	0	0	0	0	0	0
Decaf Coffee - Large	5	0	0	0	0	0	0	0	0	0
Decaf Coffee - X Large	5	0	0	0	0	0	0	0	0	0
Regular Coffee - Small	70	4	2.5	0.1	10	25	8	0	8	1
Regular Coffee - Medium	100	6	4	0.2	15	40	11	0	11	1
Regular Coffee - Large	120	8	5	0.2	20	50	14	0	13	1
Regular Coffee - X Large	150	9	6	0.3	25	55	18	0	17	1
Double Double Coffee - Small	130	8	4.5	0.2	20	45	16	0	16	1
Double Double Coffee - Medium	200	13	8	0.4	35	80	22	0	21	2
Double Double Coffee - Large	250	15	10	0.5	40	95	28	0	27	2
Double Double Coffee - X Large	300	18	11	0.5	50	115	35	0	34	3
Cappuccino - Small	80	3	2	0.1	10	70	9	0	8	6
Cappuccino - Medium	120	4.5	3	0.2	15	95	12	0	11	8
Cappuccino - Large	170	6	4	0.2	25	135	16	0	15	11
Latte - Small	90	3.5	2	0.1	15	80	10	0	9	6
Latte - Medium	140	5	3.5	0.2	20	115	14	0	13	10
Latte - Large	190	7	4.5	0.3	30	160	19	0	18	13

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Coffee Mocha - Small	110	1.5	1.5	0	0	90	24	1	17	1
Coffee Mocha - Medium	140	2	2	0	0	115	31	1	22	1
Coffee Mocha - Large	190	2.5	2.5	0	0	150	41	1	29	1
Coffee Mocha - X Large	250	2.5	3	0	0	200	54	1	38	1
French Vanilla - Small	260	10	10	0	0	180	39	1	30	3
French Vanilla - Medium	330	12	12	0	0	230	50	1	39	3
French Vanilla - Large	430	17	16	0	0	310	66	1	51	5
French Vanilla - X Large	570	22	22	0	0	410	88	1	68	6
Hot Chocolate - Small	220	3	3	0	0	180	48	1	34	1
Hot Chocolate - Medium	280	4	3.5	0	0	230	62	2	43	1
Hot Chocolate - Large	380	5	4.5	0	0	310	82	2	58	2
Hot Chocolate - X Large	500	7	6	0	0	410	108	3	76	3
White Hot Chocolate - Small	250	9	8	0	0	250	43	0	36	1
White Hot Chocolate - Medium	330	11	10	0.1	0	310	55	0	45	1
White Hot Chocolate - Large	430	15	14	0.1	0	420	73	0	60	2
White Hot Chocolate - X Large	570	20	18	0.1	0	550	96	0	80	2
London Fog - Small	110	2	1.5	0.1	10	50	19	0	19	4
London Fog - Medium	160	3	2	0.1	10	110	28	0	28	6
London Fog - Large	240	4.5	3	0.2	15	160	38	0	38	8
Bagged Tea	0	0	0	0	0	0	0	0	0	0
Steeped Tea	0	0	0	0	0	0	0	0	0	0
Hot Beverages - Limited Time Only										
Pumpkin Spice Latte - Small	230	10	8	0.2	15	115	30	0	27	7
Pumpkin Spice Latte - Medium	300	12	9	0.2	25	160	39	0	36	10
Pumpkin Spice Latte - Large	380	14	11	0.3	35	210	50	0	46	14
Cold Beverages										
Iced Coffee - Small	110	6	4	0.2	20	35	13	0	13	1

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Iced Coffee - Medium	150	8	4.5	0.2	20	45	20	0	19	1
Iced Coffee - Large	220	13	8	0.4	35	70	27	0	26	2
Light Iced Coffee - Small	70	1	0.5	0	5	30	14	0	14	2
Light Iced Coffee - Medium	100	1	1	0	5	40	21	0	21	3
Light Iced Coffee - Large	140	1.5	1	0.1	5	55	28	0	28	3
Original Cold Brew - Small	0	0	0	0	0	4	0	0	0	0
Original Cold Brew - Medium	0	0.1	0	0	0	5	0	0	0	0
Original Cold Brew - Large	0	0.1	0	0	0	5	0	0	0	0
Vanilla Cream Cold Brew - Small	120	6	3.5	0.2	25	30	15	0	15	1
Vanilla Cream Cold Brew - Medium	160	7	4	0.3	30	35	22	0	22	1
Vanilla Cream Cold Brew - Large	240	12	7	0.5	45	55	30	0	30	2
Roasted Hazelnut Cold Brew - Small	180	12	9	0.2	20	60	18	0	16	1
Roasted Hazelnut Cold Brew - Medium	220	14	10	0.3	25	70	25	0	22	2
Roasted Hazelnut Cold Brew - Large	300	19	14	0.4	40	105	32	0	29	2
Original Iced Capp® - Small	230	11	7	0.4	30	75	31	0	29	2
Original Iced Capp® - Medium	320	16	10	0.5	45	110	41	0	38	3
Original Iced Capp® - Large	420	22	14	0.5	60	140	55	1	51	4
Light Iced Capp® - Small	140	1	1	0	5	30	31	0	29	3
Light Iced Capp® - Medium	190	1.5	1	0.1	5	40	41	0	39	4
Light Iced Capp® - Large	260	2.5	1.5	0.1	10	55	55	1	52	5
Mocha Iced Capp® - Small	390	17	12	0.4	30	190	58	1	53	3
Mocha Iced Capp® - Medium	500	22	16	0.5	45	260	74	2	68	4
Mocha Iced Capp® - Large	630	27	19	0.5	60	330	94	2	87	6
Vanilla Iced Capp® - Small	400	17	12	0.4	30	150	60	0	56	2
Vanilla Iced Capp® - Medium	510	22	15	0.5	45	200	77	0	72	3
Vanilla Iced Capp® - Large	640	27	19	0.5	60	250	98	1	92	4
Caramel Iced Capp® - Small	390	17	13	0.4	35	170	59	0	59	3
Caramel Iced Capp® - Medium	500	22	16	0.5	45	230	75	0	70	4

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Caramel Iced Capp® - Large	630	27	19	0.5	60	290	95	1	89	5
Chocolate Creamy Chill - Small	400	17	12	0.4	30	210	62	1	57	3
Chocolate Creamy Chill - Medium	520	22	16	0.5	45	290	80	1	73	4
Chocolate Creamy Chill - Large	650	27	19	0.5	60	360	102	2	93	5
Vanilla Creamy Chill - Small	440	18	14	0.3	35	160	67	0	61	2
Vanilla Creamy Chill - Medium	550	23	17	0.4	50	210	85	0	78	3
Vanilla Creamy Chill - Large	690	29	20	0.5	65	260	108	0	99	4
Strawberry Creamy Chill - Small	400	17	12	0.4	30	120	63	0	58	2
Strawberry Creamy Chill - Medium	520	22	15	0.5	45	160	81	0	74	3
Strawberry Creamy Chill - Large	660	27	19	0.5	60	200	104	0	95	4
Strawberry Smoothie - Small	220	1	0.5	0	5	60	51	0	46	3
Strawberry Smoothie - Medium	310	2	1	0	10	95	69	0	62	5
Strawberry Smoothie - Large	420	2.5	1.5	0.1	10	125	92	0	83	6
Frozen Lemonade - Small	170	0	0	0	0	30	43	0	40	0
Frozen Lemonade - Medium	230	0	0	0	0	40	57	0	53	0
Frozen Lemonade - Large	310	0	0	0	0	50	76	0	71	0
Strawberry Frozen Lemonade - Small	220	0	0	0	0	30	56	0	52	0
Strawberry Frozen Lemonade - Medium	310	0	0	0	0	40	76	0	71	0
Strawberry Frozen Lemonade - Large	410	0.1	0	0	0	55	102	0	95	0
Classic Lemonade - Small	90	0	0	0	0	10	23	0	21	0
Classic Lemonade - Medium	110	0	0	0	0	10	30	0	28	0
Classic Lemonade - Large	140	0	0	0	0	15	39	0	36	0
Peach Quencher - Small	110	0	0	0	0	10	29	0	26	0
Peach Quencher - Medium	150	0	0	0	0	15	39	0	35	0
Peach Quencher - Large	190	0	0	0	0	20	50	0	45	0
Strawberry Watermelon Quencher - Small	110	0	0	0	0	15	28	0	25	0
Strawberry Watermelon Quencher - Medium	150	0	0	0	0	20	38	0	34	0

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Strawberry Watermelon Quencher - Large	190	0	0	0	0	25	49	0	44	0
Orange Ginger Sparkling Quencher - Small	70	0.1	0	0	0	0	18	0	18	0.1
Orange Ginger Sparkling Quencher - Medium	110	0.1	0	0	0	1	27	0	27	0.1
Orange Ginger Sparkling Quencher - Large	140	0.1	0	0	0	1	35	0	35	0.1
Blackberry Yuzu Sparkling Quencher - Small	90	0.1	0	0	0	0	22	0	22	0.1
Blackberry Yuzu Sparkling Quencher - Medium	130	0.1	0	0	0	1	32	0	32	0.1
Blackberry Yuzu Sparkling Quencher - Large	170	0.1	0	0	0	1	42	0	42	0.1
<i>Cold Beverages - Limited Time Only</i>										
Pumpkin Spice Cold Brew - Small	200	13	10	0.3	25	85	18	0	16	2
Pumpkin Spice Cold Brew - Medium	250	16	12	0.4	30	105	24	0	22	2
Pumpkin Spice Cold Brew - Large	340	22	17	0.5	45	150	32	0	29	3
Pumpkin Spice Iced Latte - Small	150	4.5	3	0.2	15	95	21	0	20	7
Pumpkin Spice Iced Latte - Medium	200	6	4	0.2	20	125	28	0	27	9
Pumpkin Spice Iced Latte - Large	250	7	4.5	0.3	25	150	36	0	34	10
Pumpkin Spice Iced Capp - Small	420	20	15	0.4	35	130	59	1	54	3
Pumpkin Spice Iced Capp - Medium	530	25	18	0.5	50	170	74	1	68	4
Pumpkin Spice Iced Capp - Large	660	31	22	1	70	210	93	1	86	5
<i>Donuts</i>										
Apple Fritter	330	11	5	0.1	0	280	54	2	23	6
Blueberry Donut	340	18	9	0.2	5	170	40	1	25	3
Boston Cream Donut	240	8	3.5	0.1	0	240	38	1	16	4
Canadian Maple Donut	250	8	3.5	0.1	0	240	38	1	16	4
Chocolate Cruller Donut	360	22	11	0.2	40	120	40	0	28	2
Chocolate Dip Donut	220	8	3.5	0.1	0	190	33	1	12	4
Chocolate Éclair Donut	310	14	9	0.1	0	230	45	1	20	5
Chocolate Glazed Donut	330	21	10	0.2	15	210	34	1	20	3
Chocolate Marble Donut	320	21	10	0.2	15	210	31	1	17	3

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Chocolate Snow Donut	290	21	10	0.2	15	210	24	1	10	3
Chocolate Toasted Coconut Donut	360	24	14	0.2	15	220	34	2	19	3
Coconut Cream Donut	260	10	5	0.1	0	240	39	1	17	4
Double Chocolate Donut	310	21	10	0.2	15	210	28	1	14	3
Honey Cruller Donut	320	22	11	0.2	40	120	30	0	18	2
Honey Dip Donut	250	7	3.5	0.1	0	190	41	1	21	4
Long John Donut	240	9	4	0.1	0	210	36	1	13	4
Maple Cruller Donut	360	22	11	0.2	40	120	40	0	28	2
Maple Dip Donut	220	7	3.5	0.1	0	190	33	1	12	4
Maple Éclair Donut	310	14	9	0.1	0	230	43	1	18	5
Maple Swirl Donut	250	8	3.5	0.1	0	240	39	1	17	4
Old Fashioned Dip Donut	310	18	9	0.1	25	230	34	1	16	3
Old Fashioned Glazed Donut	330	18	9	0.1	25	230	40	1	22	3
Old Fashioned Plain Donut	280	18	9	0.1	25	230	26	1	9	3
Old Fashioned Snow Donut	290	18	9	0.1	25	230	30	1	12	3
Old Fashioned Sugar Donut	300	18	9	0.1	25	230	33	1	16	3
Powdered Venetian Cream Donut	220	8	4	0.1	0	240	32	1	10	4
Sour Cream Glazed Donut	340	18	8	0.1	5	180	40	1	24	3
Sour Cream Plain Donut	280	18	8	0.1	5	180	26	1	11	3
Sour Cream Sugar Donut	300	16	8	0.1	5	180	32	1	16	3
Strawberry Dip Donut	220	7	3.5	0.1	0	190	33	1	12	4
Strawberry Filled Donut	240	8	3.5	0.1	0	210	38	1	16	4
Strawberry Swirl Donut	230	7	3.5	0.1	0	190	38	1	17	4
Strawberry Vanilla Donut	270	8	3.5	0.1	0	210	49	1	15	4
Sugar Loop Donut	200	7	3.5	0.1	0	190	29	1	8	4
Toasted Coconut Donut	360	21	12	0.1	25	240	39	2	21	4
Vanilla Dip Donut	250	7	3.5	0.1	0	190	40	1	19	4

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Donuts - Limited Time Only										
Dulce Apple Fritter Dream Donut	400	14	6	0.1	0	310	58	2	22	7
Timbits®										
Birthday Cake Timbit	80	3	1.5	0	5	60	13	1	9	1
Chocolate Glazed Timbit	80	3.5	1.5	0	5	70	11	0	6	1
Chocolate Snow Ball Timbit	70	3.5	1.5	0	5	70	8	0	3	1
Chocolate Toasted Coconut Timbit	90	4.5	3	0	5	75	11	1	6	1
Honey Dip Timbit	50	1.5	0.5	0	0	25	8	0	5	1
Old Fashioned Glazed Timbit	80	3.5	1.5	0	0	64	12	0	7	1
Old Fashioned Plain Timbit	60	3.5	1.5	0	0	65	8	0	3	1
Old Fashioned Sugar Timbit	70	3.5	1.5	0	0	65	9	0	4	1
Snow Ball Timbit	70	3.5	15	0	0	65	8	0	3	1
Sour Cream Glazed Timbit	90	5	2.5	0	0	50	11	0	7	1
Sour Cream Plain Timbit	80	5	2.5	0	0	50	7	0	3	1
Sour Cream Sugar Timbit	80	5	2.5	0	0	50	8	0	4	1
Strawberry Timbit	50	1.5	0.5	0	0	30	8	0	4	1
Toasted Coconut Timbit	90	4.5	3	0	0	70	12	1	6	1
Venetian Cream Timbit	50	1.5	1	0	0	40	7	0	3	1
Baked Goods										
Muffins										
Chocolate Chip Muffin	420	17	5	0.1	30	400	64	2	36	6
Fruit Explosion Muffin	360	12	2	0.1	35	490	59	2	30	5
Wild Blueberry Muffin	380	12	2	0.1	30	590	57	2	26	6
Raisin Bran Muffin	380	13	2	0.1	15	500	60	5	30	6
Carrot Cake Walnut Muffin	360	13	2.5	0.1	30	480	55	2	28	6
Banana Pecan Muffin	340	10	2	0.1	30	790	60	9	20	6

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Pumpkin Spice Muffin	390	15	3	0.1	25	520	58	2	31	6
Cookies										
Chocolate Chunk Cookie	220	9	5	0.2	20	240	31	1	16	2
Peanut Butter Cookie	260	15	6	0.2	25	230	25	1	15	5
Dream Cookies™										
Rocky Road Dream Cookie with pecans	320	16	7	0.2	30	250	38	2	24	4
Reese's Minis Dream Cookie with pecans	380	20	9	0.2	25	320	45	1	30	5
Dream Cookie made with M&M Minis	360	18	9	0.3	35	230	47	1	30	4
Croissants										
Plain Croissant	260	13	7	0.3	15	240	30	1	3	6
Cheese Croissant	290	14	8	0.3	20	280	30	1	3	7
Chocolate Croissant	350	17	8	0.2	0	120	43	0	18	6
Cinnamon Buns										
Cinnamon Bun	410	13	5	0.1	10	450	65	3	28	8
Tea Biscuits										
Cheese Tea Biscuit	250	11	4	0.2	10	610	31	1	4	8
Raisin Tea Biscuit	250	8	1.5	0	0	500	40	2	12	5
Savoury Pastries										
Jalapeno Savoury Pastry	250	11	7	0.3	35	450	32	2	3	7
Herb & Garlic Savoury Pastry	240	11	6.5	0.3	35	470	29	1	6	6
Everything Twist	220	13	6	0.1	20	530	23	1	1	4
Four Cheese Twist	220	14	7	0.1	25	250	21	1	1	4
Classic Bagels										
Plain Bagel	290	1.5	0.4	0	0	380	62	2	9	9
Sesame Seed Bagel	310	4	1	0	0	400	62	4	10	10
Everything Bagel	290	2	0.5	0.1	0	390	60	4	9	10
12-Grain Bagel	320	7	1	0	0	460	57	8	9	11
Cinnamon Raisin Bagel	290	1	0.3	0	0	360	64	3	14	9

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Blueberry Bagel	310	3.5	0.5	0	0	510	60	2	7	9
Specialty Bagels										
Four Cheese Bagel	330	5	1.5	0.1	5	580	58	2	4	11
Jalapeno Asiago Mozzarella Bagel	320	4.5	1.5	0.1	5	710	59	3	4	11
Bagel Toppings										
Plain Cream Cheese	100	9	6	0.3	25	150	2	0	2	2
Herb & Garlic Cream Cheese	100	9	6	0.3	25	190	3	0	2	2
Strawberry Cream Cheese	100	7	5	0.2	25	120	6	0	6	2
Butter	60	7	4.5	0.1	20	55	0	0	0	0
Strawberry Jam Packet	60	0	0	0	0	0	14	0	14	0
Raspberry Jam Packet	60	0	0	0	0	0	14	0	14	0
Peanut Butter	110	9	1.5	0	0	75	4	0	1	3
Breakfast										
Classic Breakfast Sandwiches										
Sausage Homestyle Biscuit Sandwich	530	35	17	0.4	240	900	34	2	4	20
Bacon Homestyle Biscuit Sandwich	410	22	13	0.3	215	930	33	1	3	18
Egg & Cheese Homestyle Biscuit Sandwich	350	18	11	0.3	205	720	33	1	3	14
Steak & Egg Homestyle Biscuit Sandwich	510	27	14	0.5	245	1290	35	2	5	25
Simply Sausage Homestyle Biscuit Sandwich	450	30	16	0.3	50	850	33	3	2	13
Sausage English Muffin Sandwich	450	29	11	0.3	240	680	28	2	3	19
Bacon English Muffin Sandwich	330	16	7	0.2	215	710	27	1	3	17
Egg & Cheese English Muffin Sandwich	270	12	5	0.2	205	500	27	1	3	14
Bagel Breakfast Sandwiches										
Sausage Plain Bagel Sandwich	600	28	11	0.3	240	820	65	3	10	23
Bacon Plain Bagel Sandwich	480	16	7	0.3	215	850	64	3	10	22
Sausage Sesame Seed Bagel Sandwich	620	31	11	0.3	240	840	65	4	11	25
Bacon Sesame Seed Bagel Sandwich	500	18	7	0.2	215	870	64	4	11	23

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Sausage Everything Bagel Sandwich	600	29	11	0.4	240	830	63	4	9	24
Bacon Everything Bagel Sandwich	480	16	7	0.3	215	860	62	4	9	23
Sausage 12-Grain Bagel Sandwich	630	33	12	0.4	240	900	60	9	10	26
Bacon 12-Grain Bagel Sandwich	510	21	7	0.3	215	940	59	8	10	24
Bagel BELT Breakfast Sandwiches										
Plain Bagel BELT Sandwich	490	16	7	0.3	215	860	66	3	11	22
Sesame Seed Bagel BELT Sandwich	510	15	7	0.2	215	880	66	5	12	23
Everything Bagel BELT Sandwich	490	17	7	0.3	215	860	64	4	10	23
12-Grain Bagel BELT Sandwich	520	21	7	0.3	215	940	61	9	11	24
Breakfast Wraps										
Sausage Breakfast Wrap	530	34	12	0.3	240	720	35	3	3	20
Bacon Breakfast Wrap	400	21	8	0.3	220	750	34	2	3	18
Sausage & Bacon Breakfast Wrap	580	38	13	0.3	250	930	35	3	3	23
Sausage Farmer's Wrap	640	40	12	0.4	240	940	50	4	4	21
Bacon Farmer's Wrap	520	27	8	0.4	220	970	49	4	4	19
Other										
Hash Brown	120	6	0.5	0.1	0	220	15	1	1	1
Yogurt Parfait	250	7	1.5	0.1	10	115	40	3	25	8
Breakfast - Limited Time Only										
Sausage Everything Croissant Sandwich	520	37	15	0.5	245	650	27	2	3	20
Bacon Everything Croissant Sandwich	400	25	11	0.4	225	650	26	1	3	18
Egg & Cheese Everything Croissant Sandwich	340	20	9	0.4	215	440	25	1	3	14
Smoky Honey Bacon English Muffin Sandwich	340	16	7	0.2	225	780	32	1	7	17
Smoky Honey Bacon Everything Bagel BELT	500	16	7	0.3	225	950	69	4	14	23
Lunch										
Sandwiches										
Turkey Bacon Club Sandwich	550	23	5	0.2	50	1440	60	3	6	27

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
BLT Sandwich	490	21	5	0.2	25	940	59	4	6	16
Ham & Cheddar Sandwich	520	20	7	0.4	50	1330	60	3	7	25
Roast Beef & Cheddar Sandwich	560	21	8	0.5	65	1260	62	3	8	27
Crispy Chicken Craveable	470	19	3	0.2	25	960	55	3	1	21
Roast Beef Craveable	460	20	6	0.4	55	1060	41	2	2	21
Wraps										
Chicken Bacon Ranch Wrap	420	19	4.5	0.2	65	900	36	2	4	27
Crispy Chicken Bacon Ranch Wrap	530	26	6	0.3	35	1010	54	4	4	24
Classic Chicken Wrap	380	17	3	0.2	60	660	36	2	3	24
Classic Crispy Chicken Wrap	490	24	4	0.3	25	770	53	4	3	20
Loaded Wraps										
Cilantro Lime Chicken Loaded Wrap	540	24	4	0.2	60	1000	54	4	4	25
Cilantro Lime Crispy Chicken Loaded Wrap	650	31	5	0.3	25	1110	71	5	4	21
Cilantro Lime Veggie Loaded Wrap	530	22	3.5	0.2	5	980	70	6	5	9
Habanero Chicken Loaded Wrap	510	22	4	0.2	65	1040	51	4	4	25
Habanero Crispy Chicken Loaded Wrap	620	29	5	0.3	35	1160	69	5	4	21
Habanero Veggie Loaded Wrap	500	21	3.5	0.2	10	1020	68	6	5	9
Chipotle Steak Loaded Wrap	520	21	4.5	0.3	55	1210	56	5	5	26
Loaded Bowls										
Cilantro Lime Chicken Loaded Bowl	570	26	3.5	0.2	60	1170	57	6	4	25
Cilantro Lime Crispy Chicken Loaded Bowl	680	33	4.5	0.3	25	1290	74	7	4	21
Cilantro Lime Veggie Loaded Bowl	560	24	3	0.2	5	1150	73	7	5	9
Habanero Chicken Loaded Bowl	540	24	3.5	0.2	65	1210	54	6	4	24
Habanero Crispy Chicken Loaded Bowl	650	31	4.5	0.3	35	1330	72	7	4	21
Habanero Veggie Loaded Bowl	530	22	3	0.2	10	1190	71	7	5	9
Chipotle Steak Loaded Bowl	550	22	4	0.3	55	1390	59	6	5	26
Melts										
Grilled Cheese Melt	500	21	13	1	60	1380	51	3	3	27

Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Total Sugars (g)	Protein (g)
Bacon Grilled Cheese Melt	600	29	16	1	80	1730	51	3	4	33
Turkey Melt	550	25	11	0.5	75	1560	50	3	3	33
Ham Melt	550	25	11	0.5	75	1620	50	3	4	33
<i>Soups & Chili</i>										
Chicken Noodle Soup - Regular	140	3	0.5	0	20	710	20	1	2	9
Chicken Noodle Soup - Large	190	3.5	1	0	20	960	28	2	2	10
Cream of Broccoli Soup - Regular	100	3.5	1.5	0.1	10	650	15	2	6	5
Cream of Broccoli Soup - Large	150	5	2	0.1	15	910	21	3	9	6
Garden Minestrone Soup - Regular	100	1.5	0.3	0	0	590	20	6	6	5
Garden Minestrone Soup - Large	140	2.5	0.5	0	0	820	28	8	9	6
Tomato Parmesan Soup - Regular	150	7	4	0.3	15	740	17	3	6	5
Tomato Parmesan Soup - Large	210	10	5	0.4	20	1040	24	4	9	7
Spicy Thai Soup - Regular	170	8	3.5	0.2	30	740	19	1	4	6
Spicy Thai Soup - Large	240	12	5	0.3	50	1030	26	1	5	8
Potato Bacon Soup - Regular	220	11	6	0.3	35	820	25	2	5	6
Potato Bacon Soup - Large	310	15	8	0.4	50	1150	35	2	6	9
Clam Chowder - Regular	150	5	2	0.1	15	750	20	1	5	7
Clam Chowder - Large	210	7	3	0.2	20	1050	27	2	6	10
Chili - Regular	310	16	6	1	55	910	22	4	7	19
Chili - Large	430	22	9	1	75	1270	31	6	10	27
<i>Sides</i>										
Potato Wedges	380	16	1	0.1	0	850	58	5	3	5
Soup Bun	210	4.5	0.5	0.1	0	400	37	1	1	6
<i>Lunch - Limited Time Only</i>										
BBQ Crispy Chicken Loaded Wrap	680	34	6	0.3	30	1280	73	5	7	21
BBQ Crispy Chicken Loaded Bowl	700	35	5	0.3	30	1450	76	7	7	21