



*Your Place to Connect*

## 2015 Nutrition Guide



# C00000 Hot Beverages

Milk	Total Weight	Calories	Fat (g)	Cal. from Fat	Cal. TransFat (kcal)	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Signature Drinks</b>												
<b>Canadiano</b>												
All Sizes	23	2.07	0.04	0.37	0	0.19	0	3.22	0.38	0	0	0.03
<b>Canadiano Misto</b>												
Regular	Almond Milk	136.4	29.29	1.18	10.58	0	1	71.26	4.01	0.45	3.18	0.48
	Skim Milk	136.4	47.07	0.04	0.37	0	0.19	65.72	6.88	0	6.5	4.53
	Soy Milk	136.4	42.07	1.54	13.87	0	0.19	118.22	4.88	0.5	3	2.53
	Whole Milk	136.4	82.07	4.04	36.37	0.9	22.69	65.72	6.38	0	6	4.03
Waves	Almond Milk	193.1	42.89	1.74	15.68	0	1.41	105.28	5.83	0.68	4.76	0.71
	Skim Milk	193.1	69.57	0.04	0.37	0	0.19	96.97	10.13	0	9.75	6.78
	Soy Milk	193.1	62.07	2.29	20.62	0	0.19	175.72	7.13	0.75	4.5	3.78
	Whole Milk	193.1	122.07	6.04	54.37	1.35	33.94	96.97	9.38	0	9	6.03
<b>Cappuccino</b>												
Regular	Skim Milk	221.45	80.82	0.04	0.37	0	0.19	112.59	11.76	0	11.37	7.9
	Whole Milk	221.45	142.07	7.04	63.37	1.58	39.56	112.6	10.88	0	10.5	7.03
Waves	Skim Milk	278.15	103.32	0.04	0.37	0	0.19	143.85	15.01	0	14.63	10.15
	Whole Milk	278.15	182.07	9.04	81.37	2.03	50.81	143.85	13.88	0	13.5	9.03
<b>Chai Latte</b>												
Regular	Almond Milk	283.5	121.52	1.42	12.76	0	1.02	106.3	27.04	1.82	25.22	0.57
	Skim Milk	283.5	143.75	0	0	0	3.13	99.38	30.63	1.25	29.38	5.63
	Soy Milk	283.5	137.5	1.88	16.88	0	0	165	28.13	1.88	25	3.13
	Whole Milk	283.5	187.5	5	45	1.13	28.13	99.38	30	1.25	28.75	5
Waves	Almond Milk	396.89	170.13	1.98	17.86	0	1.43	148.82	37.85	2.54	35.31	0.79
	Skim Milk	396.89	201.25	0	0	0	4.37	139.12	42.87	1.75	41.12	7.87
	Soy Milk	396.89	192.5	2.63	23.63	0	0	231	39.38	2.63	35	4.38
	Whole Milk	396.9	262.5	7	63	1.58	39.38	139.13	42	1.75	40.25	7
<b>Latte</b>												
Regular	Almond Milk	249.8	56.5	2.31	20.78	0	1.82	139.3	7.64	0.91	6.35	0.93
	Skim Milk	249.8	92.07	0.04	0.37	0	0.19	128.22	13.38	0	13	9.03
	Soy Milk	249.8	82.07	3.04	27.37	0	0.19	233.22	9.38	1	6	5.03
	Whole Milk	249.8	162.07	8.04	72.37	1.8	45.19	128.22	12.38	0	12	8.03
Waves	Almond Milk	306.5	70.11	2.88	25.89	0	2.23	173.32	9.46	1.13	7.94	1.16
	Skim Milk	306.5	114.57	0.04	0.37	0	0.19	159.47	16.63	0	16.25	11.28
	Soy Milk	306.5	102.07	3.79	34.12	0	0.19	290.72	11.63	1.25	7.5	6.28
	Whole Milk	306.5	202.07	10.04	90.37	2.25	56.44	159.47	15.38	0	15	10.03
<b>Sugar Free Vanilla Latte</b>												
Regular	Almond Milk	263.97	56.5	2.31	20.78	0	1.82	139.3	9.53	0.91	6.35	0.93
	Skim Milk	263.97	92.07	0.04	0.37	0	0.19	128.22	15.27	0	13	9.03
	Soy Milk	263.97	82.07	3.04	27.37	0	0.19	233.22	11.27	1	6	5.03
	Whole Milk	207.27	122.07	6.04	54.37	1.35	33.94	96.97	11.27	0	9	6.03
Waves	Almond Milk	327.76	70.11	2.88	25.89	0	2.23	173.32	12.29	1.13	7.94	1.16
	Skim Milk	327.76	114.57	0.04	0.37	0	0.19	159.47	19.47	0	16.25	11.28
	Soy Milk	327.76	102.07	3.79	34.12	0	0.19	290.72	14.47	1.25	7.5	6.28
	Whole Milk	327.76	202.07	10.04	90.37	2.25	56.44	159.47	18.22	0	15	10.03
<b>Vanilla Latte</b>												
Regular	Almond Milk	263.97	103.75	2.31	20.78	0	1.82	139.3	19.45	0.91	18.16	0.93
	Skim Milk	263.97	139.32	0.04	0.37	0	0.19	128.22	25.2	0	24.81	9.03
	Soy Milk	263.97	129.32	3.04	27.37	0	0.19	233.22	21.2	1	17.81	5.03
	Whole Milk	263.97	209.32	8.04	72.37	1.8	45.19	128.22	24.2	0	23.81	8.03

# C00000 Hot Beverages

		Milk	Calories	Fat (g)	Cal. from Fat	Cal. TransFat	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Vanilla Latte</b>													
<b>Waves</b>	Almond Milk	327.76	140.98	2.88	25.89	0	2.23	0	173.32	27.17	1.13	25.66	1.16
	Skim Milk	327.76	185.44	0.04	0.37	0	0.19	6.25	159.47	34.35	0	33.97	11.28
	Soy Milk	327.76	172.94	3.79	34.12	0	0.19	0	290.72	29.35	1.25	25.22	6.28
	Whole Milk	327.76	272.95	10.04	90.37	2.25	56.44	37.5	159.47	33.1	0	32.72	10.03
<b>Caramel Macchiato</b>													
<b>Regular</b>	Almond Milk	271.06	135.13	3.06	27.53	0	6.32	2.5	166.8	25.55	0.91	23.76	1.43
	Skim Milk	271.06	170.69	0.79	7.12	0	4.69	7.5	155.72	31.29	0	30.41	9.53
	Soy Milk	271.06	160.69	3.79	34.12	0	4.69	2.5	260.72	27.29	1	23.41	5.53
	Whole Milk	271.06	240.7	8.79	79.12	1.8	49.69	32.5	155.72	30.29	0	29.41	8.53
<b>Waves</b>	Almond Milk	334.84	176.23	4	36.01	0	8.98	3.75	214.57	33.36	1.13	31.09	1.91
	Skim Milk	334.84	220.69	1.17	10.5	0	6.94	10	200.72	40.54	0	39.41	12.03
	Soy Milk	334.84	208.19	4.92	44.25	0	6.94	3.75	331.97	35.54	1.25	30.66	7.03
	Whole Milk	334.85	308.2	11.17	100.5	2.25	63.19	41.25	200.72	39.29	0	38.16	10.78
<b>Espresso Macchiato</b>													
<b>All Sizes</b>	Almond Milk	108.05	22.48	0.89	8.03	0	0.8	0	54.25	3.11	0.34	2.38	0.37
	Skim Milk	108.05	35.82	0.04	0.37	0	0.19	1.88	50.09	5.26	0	4.88	3.4
	Soy Milk	108.05	32.07	1.17	10.5	0	0.19	0	89.47	3.76	0.38	2.25	1.9
	Whole Milk	108.05	62.07	3.04	27.37	0.68	17.06	11.25	50.1	4.88	0	4.5	3.03
<b>Maple Macchiato</b>													
<b>Regular</b>	Almond Milk	271.06	127.37	2.31	20.78	0	1.82	0	139.3	24.42	0.91	23.12	0.93
	Skim Milk	271.06	162.94	0.04	0.37	0	0.19	5	128.22	30.16	0	29.77	9.03
	Soy Milk	271.06	152.94	3.04	27.37	0	0.19	0	233.22	26.16	1	22.77	5.03
	Whole Milk	271.06	232.95	8.04	72.37	1.8	45.19	30	128.22	29.16	0	28.77	8.03
<b>Waves</b>	Almond Milk	334.84	164.61	2.88	25.89	0	2.23	0	173.32	31.66	1.13	30.14	1.16
	Skim Milk	334.84	209.07	0.04	0.37	0	0.19	6.25	159.47	38.84	0	38.46	11.28
	Soy Milk	334.84	196.57	3.79	34.12	0	0.19	0	290.72	33.84	1.25	29.71	6.28
	Whole Milk	334.85	296.57	10.04	90.37	2.25	56.44	37.5	159.47	37.59	0	37.21	10.03
<b>Belgian Chocolate</b>													
<b>Hot Chocolate, Dark</b>													
<b>Regular</b>	Almond Milk	271.8	295.18	18.51	166.62	0	93.57	0	138.06	28.32	4.15	25.93	3.16
	Skim Milk	271.8	330.75	16.25	146.21	0	91.94	5	126.98	34.06	3.24	32.58	11.25
	Soy Milk	271.8	320.75	19.25	173.21	0	91.94	0	231.98	30.06	4.24	25.58	7.25
	Whole Milk	271.8	400.75	24.25	218.21	1.8	136.94	30	126.98	33.06	3.24	31.58	10.25
<b>Waves</b>	Almond Milk	343.5	389.04	24.49	220.45	0	124.62	0	172.74	37.15	5.45	34.04	4.13
	Skim Milk	343.5	433.5	21.66	194.94	0	122.58	6.25	158.89	44.33	4.32	42.35	14.25
	Soy Milk	343.5	421	25.41	228.69	0	122.58	0	290.14	39.33	5.57	33.6	9.25
	Whole Milk	343.5	521	31.66	284.94	2.25	178.83	37.5	158.89	43.08	4.32	41.1	13
<b>Hot Chocolate, Milk</b>													
<b>Regular</b>	Almond Milk	271.8	315.43	18.47	166.21	0	94.78	9	172.08	31.56	1.81	28.85	4.06
	Skim Milk	271.8	351	16.2	145.8	0	93.15	14	161	37.3	0.9	35.5	12.15
	Soy Milk	271.8	341	19.2	172.8	0	93.15	9	266	33.3	1.9	28.5	8.15
	Whole Milk	271.8	421	24.2	217.8	1.8	138.15	39	161	36.3	0.9	34.5	11.15
<b>Waves</b>	Almond Milk	343.5	416.04	24.43	219.91	0	126.24	12	218.1	41.47	2.33	37.94	5.33
	Skim Milk	343.5	460.5	21.6	194.4	0	124.2	18.25	204.25	48.65	1.2	46.25	15.45
	Soy Milk	343.5	448	25.35	228.15	0	124.2	12	335.5	43.65	2.45	37.5	10.45
	Whole Milk	343.5	548	31.6	284.4	2.25	180.45	49.5	204.25	47.4	1.2	45	14.2
<b>Hot Chocolate, White</b>													
<b>Regular</b>	Almond Milk	271.8	310.93	18.47	166.21	0	94.78	11.25	174.33	32.01	0.91	31.1	3.61
	Skim Milk	271.8	346.5	16.2	145.8	0	93.15	16.25	163.25	37.75	0	37.75	6
		Milk	Calories	Fat (g)	Cal. from Fat	Cal. TransFat (kcal)	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Hot Chocolate, White</b>													

# C00000 Hot Beverages

<b>Regular</b>	Soy Milk	271.8	336.5	19.2	172.8	0	93.15	11.25	268.25	33.75	1	30.75	7.7	
	Whole Milk	271.8	416.5	24.2	217.8	1.8	138.15	41.25	163.25	36.75	0	36.75	10.7	
	<b>Waves</b>	Almond Milk	343.5	410.04	24.43	219.91	0	126.24	15	221.1	42.07	1.13	40.94	4.73
		Skim Milk	343.5	454.5	21.6	194.4	0	124.2	21.25	207.25	49.25	0	49.25	14.85
		Soy Milk	343.5	442	25.35	228.15	0	124.2	15	338.5	44.25	1.25	40.5	9.85
Whole Milk	343.5	542	31.6	284.4	2.25	180.45	52.5	207.25	48	0	48	13.6		
<b>Mocha, Dark</b>														
<b>Regular</b>	Almond Milk	251.45	210.2	12.86	115.7	0	62.91	0	123.61	20.77	2.95	18.61	2.32	
	Skim Milk	251.45	241.32	10.87	97.84	0	61.48	4.37	113.91	25.8	2.16	24.42	9.4	
	Soy Milk	251.45	232.57	13.5	121.47	0	61.48	0	205.79	22.3	3.04	18.3	5.9	
	Whole Milk	251.45	302.57	17.87	160.84	1.58	100.85	26.25	113.92	24.92	2.16	23.55	8.53	
	<b>Waves</b>	Almond Milk	323.15	304.05	18.84	169.54	0	93.96	0	158.29	29.61	4.26	26.72	3.3
Skim Milk		323.15	344.07	16.29	146.58	0	92.12	5.63	145.82	36.07	3.24	34.2	12.4	
Soy Milk		323.15	332.82	19.66	176.95	0	92.12	0	263.95	31.57	4.37	26.33	7.9	
Whole Milk		323.15	422.82	25.29	227.58	2.03	142.75	33.75	145.83	34.94	3.24	33.08	11.28	
<b>Mocha, Milk</b>														
<b>Regular</b>	Almond Milk	251.45	223.7	12.83	115.43	0	63.72	6	146.29	22.93	1.39	20.56	2.92	
	Skim Milk	251.45	254.82	10.84	97.57	0	62.29	10.38	136.59	27.96	0.6	26.38	10	
	Soy Milk	251.45	246.07	13.47	121.2	0	62.29	6	228.47	24.46	1.48	20.25	6.5	
	Whole Milk	251.45	316.07	17.84	160.57	1.58	101.66	32.25	136.6	27.08	0.6	25.5	9.13	
	<b>Waves</b>	Almond Milk	323.15	324.3	18.79	169.14	0	95.17	9	192.31	32.85	1.92	29.64	4.2
Skim Milk		323.15	364.32	16.24	146.17	0	93.34	14.63	179.85	39.31	0.9	37.13	13.3	
Soy Milk		323.15	353.07	19.62	176.55	0	93.34	9	297.97	34.81	2.03	29.25	8.8	
Whole Milk		323.15	443.07	25.24	227.17	2.03	143.96	42.75	179.85	38.18	0.9	36	12.18	
<b>Mocha, White</b>														
<b>Regular</b>	Almond Milk	251.45	220.7	12.83	115.43	0	63.72	7.5	147.79	23.23	0.79	22.06	2.62	
	Skim Milk	251.45	251.82	10.84	97.57	0	62.29	11.88	138.09	28.26	0	27.88	9.7	
	Soy Milk	251.45	243.07	13.47	121.2	0	62.29	7.5	229.97	24.76	0.88	21.75	6.2	
	Whole Milk	251.45	313.07	17.84	160.57	1.58	101.66	33.75	138.1	27.38	0	27	8.83	
	<b>Waves</b>	Almond Milk	323.15	319.8	18.79	169.14	0	95.17	11.25	194.56	33.3	1.02	31.89	3.75
Skim Milk		323.15	359.82	16.24	146.17	0	93.34	16.88	182.1	39.76	0	39.38	12.85	
Soy Milk		323.15	348.57	19.62	176.55	0	93.34	11.25	300.22	35.26	1.13	31.5	8.35	
Whole Milk		323.15	438.57	25.24	227.17	2.03	143.96	45	182.1	38.63	0	38.25	11.73	
<b>Tea</b>														
<b>London Fog</b>														
<b>Regular</b>	Almond Milk	297.67	74.46	1.13	10.21	0	0.82	0	68.04	15.44	0.45	14.99	0.45	
	Skim Milk	297.67	92.25	0	0	0	0	2.5	62.5	18.31	0	18.31	4.5	
	Soy Milk	305.77	112.86	2.13	19.14	0	2.24	0	61.97	19.44	0.73	16.66	3.97	
	Whole Milk	297.67	127.25	4	36	0.9	22.5	15	62.5	17.81	0	17.81	4	
	<b>Waves</b>	Almond Milk	418.16	111.7	1.7	15.31	0	1.22	0	102.06	23.16	0.68	22.48	0.68
Skim Milk		418.16	138.37	0	0	0	0	3.75	93.75	27.47	0	27.47	6.75	
Soy Milk		430.31	169.29	3.19	28.7	0	3.36	0	92.95	29.16	1.09	24.99	5.96	
Whole Milk		418.16	190.88	6	54	1.35	33.75	22.5	93.75	26.72	0	26.72	6	
<b>Matcha Latte</b>														
<b>Regular</b>	Almond Milk	258.15	54.43	2.27	20.41	0	1.63	0	136.08	7.26	0.91	6.35	0.91	
	Skim Milk	258.15	90	0	0	0	0	5	125	13	0	13	9	
	Soy Milk	258.15	80	3	27	0	0	0	230	9	1	6	5	
	Whole Milk	258.15	160	8	72	1.8	45	30	125	12	0	12	8	
	<b>Waves</b>	Almond Milk	346.19	74.84	3.12	28.07	0	2.25	0	187.11	9.98	1.25	8.73	1.25
	<b>Milk</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Cal. from Fat</b>	<b>Cal. TransFat (kcal)</b>	<b>Cal. from SatFat</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>		
<b>Matcha Latte</b>														
<b>Waves</b>	Skim Milk	346.19	123.75	0	0	0	0	6.87	171.87	17.87	0	17.87	12.37	
	Soy Milk	346.19	110	4.13	37.13	0	0	0	316.25	12.38	1.38	8.25	6.88	
	Whole Milk	346.2	220	11	99	2.48	61.88	41.25	171.88	16.5	0	16.5	11	
<b>Matcha Latte, Sweetened</b>														
<b>Regular</b>	Almond Milk	272.32	137.25	0	0	0	0	5	125	24.81	0	24.81	9	
	Skim Milk	272.32	137.25	0	0	0	0	5	125	24.81	0	24.81	9	
	Soy Milk	272.32	127.25	3	27	0	0	0	230	20.81	1	17.81	5	

# C00000 Hot Beverages

<b>Waves</b>	Whole Milk	272.32	207.25	8	72	1.8	45	30	125	23.81	0	23.81	8
	Almond Milk	367.46	194.62	0	0	0	0	6.87	171.87	35.59	0	35.59	12.37
	Skim Milk	367.46	194.62	0	0	0	0	6.87	171.87	35.59	0	35.59	12.37
	Soy Milk	367.46	180.87	4.13	37.13	0	0	0	316.25	30.09	1.38	25.97	6.88
	Whole Milk	367.46	290.88	11	99	2.48	61.88	41.25	171.88	34.22	0	34.22	11
<b>Matcha Tea</b>													
<b>1 Scoop</b>		31.35	0	0	0	0	0	0		0	0	0	0
<b>2 Scoop</b>		34.35	0	0	0	0	0	0		0	0	0	0
<b>3 Scoop</b>		65.7	0	0	0	0	0	0		0	0	0	0
<b>Rooibos Cappuccino</b>													
<b>Regular</b>	Almond Milk	204.6	45.59	1.7	15.31	0	1.22	0	127.8	6.34	0.68	4.76	0.86
	Skim Milk	204.6	72.27	0	0	0	0	3.75	119.49	10.65	0	9.75	6.93
	Soy Milk	204.6	64.77	2.25	20.25	0	0	0	198.24	7.65	0.75	4.5	3.93
	Whole Milk	204.6	124.77	6	54	1.35	33.75	22.5	119.49	9.9	0	9	6.18
<b>Waves</b>	Almond Milk	301.15	67.59	2.55	22.96	0	1.84	0	187.41	9.36	1.02	7.14	1.26
	Skim Milk	301.15	107.61	0	0	0	0	5.63	174.94	15.82	0	14.63	10.37
	Soy Milk	301.15	96.36	3.38	30.38	0	0	0	293.07	11.33	1.13	6.75	5.87
	Whole Milk	301.15	186.36	9	81	2.03	50.63	33.75	174.95	14.7	0	13.5	9.24
<b>Rooibos Latte</b>													
<b>Regular</b>	Almond Milk	232.95	52.4	1.98	17.86	0	1.43	0	144.81	7.25	0.79	5.56	0.97
	Skim Milk	232.95	83.52	0	0	0	0	4.37	135.11	12.27	0	11.37	8.05
	Soy Milk	232.95	74.77	2.63	23.63	0	0	0	226.99	8.78	0.88	5.25	4.56
	Whole Milk	232.95	144.77	7	63	1.58	39.38	26.25	135.12	11.4	0	10.5	7.18
<b>Waves</b>	Almond Milk	301.15	67.59	2.55	22.96	0	1.84	0	187.41	9.36	1.02	7.14	1.26
	Skim Milk	301.15	107.61	0	0	0	0	5.63	174.94	15.82	0	14.63	10.37
	Soy Milk	301.15	96.36	3.38	30.38	0	0	0	293.07	11.33	1.13	6.75	5.87
	Whole Milk	301.15	186.36	9	81	2.03	50.63	33.75	174.95	14.7	0	13.5	9.24
<b>Rooibos Symphony</b>													
<b>Regular</b>	Almond Milk	234.6	216.59	12.5	112.51	0	63.32	7.5	153.3	22.84	0.68	21.26	2.66
	Skim Milk	234.6	243.27	10.8	97.2	0	62.1	11.25	144.99	27.15	0	26.25	8.73
	Soy Milk	234.6	235.77	13.05	117.45	0	62.1	7.5	223.74	24.15	0.75	21	5.73
	Whole Milk	234.6	295.77	16.8	151.2	1.35	95.85	30	144.99	26.4	0	25.5	7.98
<b>Waves</b>	Almond Milk	346.15	324.09	18.75	168.76	0	94.99	11.25	225.66	34.11	1.02	31.89	3.96
	Skim Milk	346.15	364.11	16.2	145.8	0	93.15	16.88	213.19	40.58	0	39.38	13.07
	Soy Milk	346.15	352.86	19.58	176.18	0	93.15	11.25	331.32	36.08	1.13	31.5	8.57
	Whole Milk	331.15	357.36	19.8	178.2	2.03	112.73	41.25	200.45	31.2	0	30	11.04
<b>White Matcha Latte</b>													
<b>Regular</b>	Almond Milk	273.15	139.93	7.67	69.01	0	32.68	3.75	148.83	15.51	0.91	14.6	1.81
	Skim Milk	273.15	175.5	5.4	48.6	0	31.05	8.75	137.75	21.25	0	21.25	9.9
	Soy Milk	273.15	165.5	8.4	75.6	0	31.05	3.75	242.75	17.25	1	14.25	5.9
	Whole Milk	273.15	245.5	13.4	120.6	1.8	76.05	33.75	137.75	20.25	0	20.25	8.9
<b>Waves</b>	Almond Milk	376.19	245.84	13.92	125.27	0	64.35	7.5	212.61	26.48	1.25	25.23	3.05

# C00000 Hot Beverages

	Milk	Calories	Fat (g)	Cal. from Fat	Cal. TransFat (kcal)	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	
<b>White Matcha Latte</b>													
<b>Waves</b>	Skim Milk	376.19	294.75	10.8	97.2	0	62.1	14.38	197.37	34.38	0	34.38	14.17
	Soy Milk	376.19	281	14.93	134.33	0	62.1	7.5	341.75	28.88	1.38	24.75	8.68
	Whole Milk	376.2	391	21.8	196.2	2.48	123.98	48.75	197.38	33	0	33	12.8
<b>Other Hot Beverages</b>													
<b>Apple Cider</b>													
<b>Regular</b>		42.52	170.1	0	0			0	26.93		25.51	0	
<b>Waves</b>		56.7	226.8	0	0			0	35.91		34.02	0	
<b>Caramel Apple Cider</b>													
<b>Regular</b>	Apple Cider, R	340.19	225.1	0.75	6.75	0	4.5	2.5	27.5	38.93	0	37.01	0.5
<b>Waves</b>	Apple Cider, W	453.59	336.8	1.5	13.5	0	9	5	55	59.91	0	57.02	1
<b>Steamed Milk</b>													
<b>Regular</b>	Almond Milk	283.5	68.04	2.83	25.51	0	2.04	0	170.1	9.07	1.13	7.94	1.13
	Skim Milk	283.5	112.5	0	0	0	0	6.25	156.25	16.25	0	16.25	11.25
	Soy Milk	283.5	100	3.75	33.75	0	0	0	287.5	11.25	1.25	7.5	6.25
	Whole Milk	283.5	200	10	90	2.25	56.25	37.5	156.25	15	0	15	10
<b>Waves</b>	Almond Milk	368.54	88.45	3.69	33.17	0	2.65	0	221.13	11.79	1.47	10.32	1.47
	Skim Milk	368.54	146.25	0	0	0	0	8.13	203.13	21.13	0	21.13	14.63
	Soy Milk	368.54	130	4.88	43.88	0	0	0	373.75	14.63	1.63	9.75	8.13
	Whole Milk	368.55	260	13	117	2.93	73.13	48.75	203.13	19.5	0	19.5	13
<b>Steamed Milk, Vanilla</b>													
<b>Regular</b>	Almond Milk	297.67	115.29	2.83	25.51	0	2.04	0	170.1	20.88	1.13	19.75	1.13
	Skim Milk	297.67	159.75	0	0	0	0	6.25	156.25	28.06	0	28.06	11.25
	Soy Milk	297.67	147.25	3.75	33.75	0	0	0	287.5	23.06	1.25	19.31	6.25
	Whole Milk	297.67	247.25	10	90	2.25	56.25	37.5	156.25	26.81	0	26.81	10
<b>Waves</b>	Almond Milk	389.81	159.32	3.69	33.17	0	2.65	0	221.13	29.51	1.47	28.04	1.47
	Skim Milk	233.88	113.62	0	0	0	0	5	125	18.91	0	18.91	9
	Soy Milk	389.81	200.87	4.88	43.88	0	0	0	373.75	32.34	1.63	27.47	8.13
	Whole Milk	389.81	330.88	13	117	2.93	73.13	48.75	203.13	37.22	0	37.22	13
<b>With Whip?</b>													
<b>Wh. Cream</b>		20.76	62.05	4.62	41.56	0	24.94	13.85	4.62	5.12	0	5.12	0.28

# 00B0F0 Iced Beverages

	Milk	Total Weight	Calories	Fat (g)	Cal. from Fat	Cal. TransFat	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Signature Drinks</b>													
<b>Iced Canadiano</b>													
Regular		249.8	2.07	0.04	0.37	0	0.19	0	3.22	0.38	0	0	0.03
Waves		334.84	2.07	0.04	0.37	0	0.19	0	3.22	0.38	0	0	0.03
<b>Iced Chai Latte</b>													
Regular	Almond Milk	226.8	97.22	1.13	10.21	0	0.82	0	85.04	21.63	1.45	20.18	0.45
	Skim Milk	226.8	115	0	0	0	0	2.5	79.5	24.5	1	23.5	4.5
	Soy	226.8	110	1.5	13.5	0	0	0	132	22.5	1.5	20	2.5
	Whole Milk	226.8	150	4	36	0.9	22.5	15	79.5	24	1	23	4
Waves	Almond Milk	340.19	145.82	1.7	15.31	0	1.22	0	127.56	32.44	2.18	30.26	0.68
	Skim Milk	340.19	172.5	0	0	0	0	3.75	119.25	36.75	1.5	35.25	6.75
	Soy	340.19	165	2.25	20.25	0	0	0	198	33.75	2.25	30	3.75
	Whole Milk	340.2	225	6	54	1.35	33.75	22.5	119.25	36	1.5	34.5	6
<b>Iced Latte</b>													
Regular	Almond Milk	249.8	56.5	2.31	20.78	0	1.82	0	139.3	7.64	0.91	6.35	0.93
	Skim Milk	249.8	92.07	0.04	0.37	0	0.19	5	128.22	13.38	0	13	9.03
	Soy	249.8	82.07	3.04	27.37	0	0.19	0	233.22	9.38	1	6	5.03
	Whole Milk	249.8	162.07	8.04	72.37	1.8	45.19	30	128.22	12.38	0	12	8.03
Waves	Almond Milk	391.54	90.52	3.73	33.54	0	2.84	0	224.35	12.18	1.47	10.32	1.5
	Skim Milk	391.54	148.32	0.04	0.37	0	0.19	8.13	206.35	21.51	0	21.13	14.65
	Soy	391.54	132.07	4.92	44.25	0	0.19	0	376.97	15.01	1.63	9.75	8.15
	Whole Milk	391.55	262.07	13.04	117.37	2.93	73.31	48.75	206.35	19.88	0	19.5	13.03
<b>Iced Mocha, Dark</b>													
Regular	Almond Milk	279.8	217	13.14	118.25	0	63.11	0	140.62	21.68	3.07	19.4	2.43
	Skim Milk	279.8	252.57	10.87	97.84	0	61.48	5	129.54	27.42	2.16	26.05	10.53
	Soy	279.8	242.57	13.87	124.84	0	61.48	0	234.54	23.42	3.16	19.05	6.53
	Whole Milk	279.8	322.57	18.87	169.84	1.8	106.48	30	129.54	26.42	2.16	25.05	9.53
Waves	Almond Milk	436.54	331.27	19.97	179.75	0	94.77	0	226.33	33.24	4.71	29.89	3.75
	Skim Milk	436.54	389.07	16.29	146.58	0	92.12	8.13	208.32	42.57	3.24	40.7	16.9
	Soy	436.54	372.82	21.16	190.45	0	92.12	0	378.95	36.07	4.87	29.33	10.4
	Whole Milk	436.55	502.82	29.29	263.58	2.93	165.25	48.75	208.33	40.94	3.24	39.08	15.28
<b>Iced Mocha, Milk</b>													
Regular	Almond Milk	279.8	230.5	13.11	117.98	0	63.92	6	163.3	23.84	1.51	21.35	3.03
	Skim Milk	279.8	266.07	10.84	97.57	0	62.29	11	152.22	29.58	0.6	28	11.13
	Soy	279.8	256.07	13.84	124.57	0	62.29	6	257.22	25.58	1.6	21	7.13
	Whole Milk	279.8	336.07	18.84	169.57	1.8	107.29	36	152.22	28.58	0.6	27	10.13
Waves	Almond Milk	436.54	351.52	19.93	179.34	0	95.99	9	260.35	36.48	2.37	32.82	4.65
	Skim Milk	436.54	409.32	16.24	146.17	0	93.34	17.13	242.35	45.81	0.9	43.63	17.8
	Soy	436.54	393.07	21.12	190.05	0	93.34	9	412.97	39.31	2.53	32.25	11.3
	Whole Milk	436.55	523.07	29.24	263.17	2.93	166.46	57.75	242.35	44.18	0.9	42	16.18
<b>Iced Mocha, White</b>													
Regular	Almond Milk	279.8	227.5	13.11	117.98	0	63.92	7.5	164.8	24.14	0.91	22.85	2.73
	Skim Milk	279.8	263.07	10.84	97.57	0	62.29	12.5	153.72	29.88	0	29.5	10.83
	Soy	279.8	253.07	13.84	124.57	0	62.29	7.5	258.72	25.88	1	22.5	6.83
	Whole Milk	279.8	333.07	18.84	169.57	1.8	107.29	37.5	153.72	28.88	0	28.5	9.83
Waves	Almond Milk	436.54	347.02	19.93	179.34	0	95.99	11.25	262.6	36.93	1.47	35.07	4.2
	Skim Milk	436.54	404.82	16.24	146.17	0	93.34	19.38	244.6	46.26	0	45.88	17.35
	Soy	436.54	388.57	21.12	190.05	0	93.34	11.25	415.22	39.76	1.63	34.5	10.85
	Whole Milk	436.55	518.57	29.24	263.17	2.93	166.46	60	244.6	44.63	0	44.25	15.73



# 00B0F0 Iced Beverages

	Milk	Total Weight	Calories	Fat (g)	Cal. from Fat	Cal. TransFat	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Iced Sugar Free Vanilla Latte</b>													
<b>Regular</b>	Almond Milk	263.97	56.5	2.31	20.78	0	1.82	0	139.3	9.53	0.91	6.35	0.93
	Skim Milk	263.97	92.07	0.04	0.37	0	0.19	5	128.22	15.27	0	13	9.03
	Soy	263.97	82.07	3.04	27.37	0	0.19	0	233.22	11.27	1	6	5.03
	Whole Milk	263.97	162.07	8.04	72.37	1.8	45.19	30	128.22	14.27	0	12	8.03
<b>Waves</b>	Almond Milk	412.81	90.52	3.73	33.54	0	2.84	0	224.35	15.01	1.47	10.32	1.5
	Skim Milk	412.81	148.32	0.04	0.37	0	0.19	8.13	206.35	24.34	0	21.13	14.65
	Soy	412.81	132.07	4.92	44.25	0	0.19	0	376.97	17.84	1.63	9.75	8.15
	Whole Milk	412.81	262.07	13.04	117.37	2.93	73.31	48.75	206.35	22.72	0	19.5	13.03
<b>Iced Vanilla Latte</b>													
<b>Regular</b>	Almond Milk	263.97	103.75	2.31	20.78	0	1.82	0	139.3	19.45	0.91	18.16	0.93
	Skim Milk	263.97	139.32	0.04	0.37	0	0.19	5	128.22	25.2	0	24.81	9.03
	Soy	263.97	129.32	3.04	27.37	0	0.19	0	233.22	21.2	1	17.81	5.03
	Whole Milk	263.97	209.32	8.04	72.37	1.8	45.19	30	128.22	24.2	0	23.81	8.03
<b>Waves</b>	Almond Milk	412.81	161.39	3.73	33.54	0	2.84	0	224.35	29.9	1.47	28.04	1.5
	Skim Milk	412.81	219.19	0.04	0.37	0	0.19	8.13	206.35	39.23	0	38.84	14.65
	Soy	412.81	202.94	4.92	44.25	0	0.19	0	376.97	32.73	1.63	27.47	8.15
	Whole Milk	412.81	332.95	13.04	117.37	2.93	73.31	48.75	206.35	37.6	0	37.22	13.03
<b>Tea</b>													
<b>Shaken Iced Tea</b>													
<b>Regular</b>		22.5	60	0	0				0	14.25		14.25	0
<b>Waves</b>		30	80	0	0				0	19		19	0
<b>With Whip?</b>													
<b>Wh. Cream</b>		20.76	62.05	4.62	41.56	0	24.94	13.85	4.62	5.12	0	5.12	0.28

# 03+000 Blended Beverages

	Milk	Total Weight	Calories	Fat (g)	Cal. from Fat	Cal. TransFat	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Frappes</b>													
<b>Caramel</b>													
Regular	Yogurt	164.75	272.43	4.92	44.29	0.41	26.64	16.78	208.63	53.5	0.12	48.05	4.88
	Ice Cream	164.75	345.42	14.29	128.59	1.02	80.12	48.25	162.25	51.49	0.14	48.08	5.36
Waves	Yogurt	193.1	312.52	5.77	51.89	0.51	31	19.73	246.23	60.78	0.16	54.31	5.85
	Ice Cream	207.27	458.76	18.22	164.01	1.28	102.35	61.56	215.76	70.26	0.17	65.85	6.94
<b>Coffee</b>													
Regular	Yogurt	150.57	209.68	3.42	30.79	0.41	17.64	11.78	153.63	41.32	0.12	36.86	3.88
	Ice Cream	150.57	282.67	12.79	115.09	1.02	71.12	43.25	107.25	39.3	0.14	36.9	4.36
Waves	Yogurt	186.01	273.39	4.27	38.39	0.51	22	14.73	191.23	54.5	0.16	49.03	4.85
	Ice Cream	186.01	364.63	15.97	143.76	1.28	88.85	54.06	133.26	51.98	0.17	49.07	5.44
<b>Matcha, Sweetened</b>													
Regular	Ice Cream	169.01	362.56	15.93	143.39	1.28	88.66	54.06	130.04	51.6	0.17	49.07	5.41
	Yogurt	169.01	271.32	4.22	38.02	0.51	21.81	14.73	188.01	54.12	0.16	49.03	4.82
Waves	Ice Cream	207.45	444.52	19.12	172.07	1.53	106.4	64.88	156.05	64.28	0.2	61.25	6.5
	Yogurt	207.45	335.03	5.07	45.62	0.61	26.18	17.67	225.62	67.31	0.19	61.2	5.78
<b>Matcha, Unsweetened</b>													
Regular	Ice Cream	147.75	291.69	15.93	143.39	1.28	88.66	54.06	130.04	33.88	0.17	31.35	5.41
	Yogurt	147.75	200.45	4.22	38.02	0.51	21.81	14.73	188.01	36.4	0.16	31.31	4.82
Waves	Ice Cream	179.1	350.03	19.12	172.07	1.53	106.4	64.88	156.05	40.65	0.2	37.63	6.5
	Yogurt	179.1	240.53	5.07	45.62	0.61	26.18	17.67	225.62	43.68	0.19	37.57	5.78
<b>Mocha, Dark</b>													
Regular	Ice Cream	166.4	395.92	23.62	212.56	1.02	132.41	43.25	108.57	41.53	2.3	38.13	5.86
	Yogurt	166.4	322.93	14.25	128.26	0.41	78.93	11.78	154.95	43.54	2.28	38.1	5.38
Waves	Ice Cream	209.75	534.51	32.22	289.97	1.28	180.78	54.06	135.24	55.32	3.41	50.93	7.69
	Yogurt	209.75	443.27	20.51	184.59	0.51	113.94	14.73	193.21	57.84	3.4	50.89	7.1
<b>Mocha, Milk</b>													
Regular	Ice Cream	166.4	409.42	23.59	212.29	1.02	133.22	49.25	131.25	43.69	0.74	40.08	6.46
	Yogurt	166.4	336.43	14.22	127.99	0.41	79.74	17.78	177.63	45.7	0.72	40.05	5.98
Waves	Ice Cream	194.75	467.76	26.77	240.96	1.28	150.95	60.06	157.26	50.46	0.77	46.35	7.54
	Yogurt	209.75	463.52	20.47	184.19	0.51	115.15	23.73	227.23	61.08	1.06	53.81	8
<b>Mocha, White</b>													
Regular	Ice Cream	166.4	406.42	23.59	212.29	1.02	133.22	50.75	132.75	43.99	0.14	41.58	6.16
	Yogurt	166.4	333.43	14.22	127.99	0.41	79.74	19.28	179.13	46	0.12	41.55	5.68
Waves	Ice Cream	209.75	550.26	32.17	289.56	1.28	182	65.31	171.51	59.01	0.17	56.1	8.14
	Yogurt	209.75	459.02	20.47	184.19	0.51	115.15	25.98	229.48	61.53	0.16	56.06	7.55
<b>Rooibos</b>													
Regular	Ice Cream	133.72	227.03	9.56	86.04	0.77	53.2	32.44	103.76	33.04	0.1	30.63	3.43
	Yogurt	133.72	172.29	2.53	22.81	0.31	13.09	8.84	138.55	34.55	0.09	30.6	3.07
Waves	Ice Cream	180.66	310.58	12.75	114.71	1.02	70.93	43.25	138.35	46.02	0.14	42.8	4.57
	Yogurt	180.66	237.59	3.38	30.41	0.41	17.45	11.78	184.73	48.04	0.12	42.77	4.1
<b>Rooibos Symphony</b>													
Regular	Ice Cream	149.55	350.78	20.36	183.24	0.77	115.3	39.94	129.26	37.73	0.1	35.31	5.23
	Yogurt	149.55	296.04	13.33	120.01	0.31	75.19	16.34	164.05	39.24	0.09	35.29	4.87
Waves	Ice Cream	204.4	496.21	28.95	260.51	1.02	164.08	54.5	176.6	53.05	0.14	49.83	7.27
	Yogurt	204.4	423.22	19.58	176.21	0.41	110.6	23.03	222.98	55.07	0.12	49.8	6.8
<b>Fruit Smoothies</b>													
<b>Mango</b>													
Regular	Ice Cream	226.8	413.35	12.75	114.71	1.02	70.93	43.25	104.03	75.1	0.14	70.08	4.33
	Milk	Total Weight	Calories	Fat (g)	Cal. from Fat	Cal. TransFat	Cal. from SatFat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)

# 03+000 Blended Beverages

Mango													
	Non-Dairy	226.8	360							96	90		
Waves	Yogurt	226.8	340.36	3.38	30.41	0.41	17.45	11.78	150.41	77.12	0.12	70.05	3.86
	Ice Cream	283.5	516.69	15.93	143.39	1.28	88.66	54.06	130.04	93.88	0.17	87.6	5.41
	Non-Dairy	283.5	450							120		112.5	
	Yogurt	283.5	425.45	4.22	38.02	0.51	21.81	14.73	188.01	96.4	0.16	87.56	4.82
Fruit Smoothies													
Pina Colada													
Regular	Ice Cream	226.8	463.35	17.25	155.21	1.02	106.93	43.25	104.03	76.1	1.14	72.08	4.33
	Non-Dairy	226.8	460	9	81		72			98	2	94	
	Yogurt	226.8	390.36	7.88	70.91	0.41	53.45	11.78	150.41	78.12	1.12	72.05	3.86
Waves	Ice Cream	283.5	579.19	21.56	194.02	1.28	133.66	54.06	130.04	95.13	1.42	90.1	5.41
	Non-Dairy	283.5	575	11.25	101.25		90			122.5	2.5	117.5	
	Yogurt	283.5	487.95	9.85	88.64	0.51	66.81	14.73	188.01	97.65	1.41	90.06	4.82
Strawberry Banana													
Regular	Ice Cream	226.8	423.35	12.75	114.71	1.02	70.93	43.25	104.03	76.1	1.14	72.08	4.33
	Non-Dairy	226.8	380							98	2	94	
	Smoothie	226.8	350.36	3.38	30.41	0.41	17.45	11.78	150.41	78.12	1.12	72.05	3.86
Waves	Ice Cream	283.5	529.19	15.93	143.39	1.28	88.66	54.06	130.04	95.13	1.42	90.1	5.41
	Non-Dairy	283.5	475							122.5	2.5	117.5	
	Smoothie	198.45	295.45	4.22	38.02	0.51	21.81	14.73	188.01	60.9	0.66	54.81	4.82
Strawberry													
Regular	Ice Cream	226.8	443.35	12.75	114.71	1.02	70.93	43.25	104.03	82.1	0.14	79.08	4.33
	Non-Dairy	226.8	420							110		108	
	Yogurt	226.8	370.36	3.38	30.41	0.41	17.45	11.78	150.41	84.12	0.12	79.05	3.86
Waves	Ice Cream	283.5	554.19	15.93	143.39	1.28	88.66	54.06	130.04	102.63	0.17	98.85	5.41
	Non-Dairy	283.5	525							137.5		135	
	Yogurt	283.5	462.95	4.22	38.02	0.51	21.81	14.73	188.01	105.15	0.16	98.81	4.82
Wildberry													
Regular	Ice Cream	226.8	423.35	12.75	114.71	1.02	70.93	43.25	104.03	76.1	0.14	74.08	4.33
	Non-Dairy	226.8	380	0	0		0			98	0	98	
	Yogurt	226.8	350.36	3.38	30.41	0.41	17.45	11.78	150.41	78.12	0.12	74.05	3.86
Waves	Ice Cream	283.5	529.19	15.93	143.39	1.28	88.66	54.06	130.04	95.13	0.17	92.6	5.41
With Whip?													
Wh. Cream		20.76	62.05	4.62	41.56	0	24.94	13.85	4.62	5.12	0	5.12	0.28

# 007033 Entrees and Baked Goods

	Weight	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat(g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
<b>Sandwiches &amp; Wraps</b>											
Chicken Pesto Panini	209	570	26	7	0.2	60	860	56	5	4	28
Italian Meat & Cheese Panini	249	600	29	8	0.2	75	1740	55	5	3	30
Mediterranean Panini	220	500	21	6	0.2	30	760	62	6	3	16
Turkey Cranberry Panini	274	680	28	8	0.4	65	1620	76	5	12	31
Cappicola & Cheddar Breakfast Bagel	199	490	19	7	1.5	170	1070	56	3	5	23
Egg & Cheese Breakfast Sandwich	184	360	11	5	0.2	145	600	47	4	4	17
Butter Chicken Wrap	275	490	10	3	0.2	35	1300	73	4	5	26
Mediterranean Veggie Wrap	275	650	30	7	0.1	35	1280	80	4	9	14
Meat Lover's Breakfast Wrap	158	400	22	7	0.1	145	910	36	2	3	14
Mushroom & Cheese Breakfast Wrap	158	370	19	5	0.1	130	670	37	3	3	12
<b>Squares</b>											
Chocolate Brownie	105	500	32	12	0.2	0	0	55	5	30	5
Peanut Butter Toffee	140	650	34	10	0.1	0	320	85	2	63	9
Rocky Road	100	480	29	10	0	0	180	53	2	40	12
Nanaimo Bar	85	390	24	9	0.1	5	110	46	2	32	3
Rice Krispie	100	420	17	7	0.1	0	330	66	0	31	3
Date Square	125	460	14	6	0.1	25	15	79	5	41	8
Coconut Lemon	150	470	20	9	0.1	140	50	66	1	40	8
Oat Fudge	110	480	22	11	0	15	10	72	2	45	7
Granola Bar	135	560	26	8	0.1	0	15	78	7	39	9
<b>Muffins &amp; Loafs</b>											
Banana Loaf	145	400	20	2.5	0	70	35	52	2	24	7
Banana Chocolate Muffin	156	300	14	2.5	0	42	320	45	1	41	2
Berries & Oatmeal Muffin	156	230	11	1	0	46	300	32	1	31	1
Blueberry Muffin	156	300	13	1.5	0	47	310	44	2	32	4
Carrot Date Loaf	115	330	15	1.5	0	80	50	46	2	26	6
Carrot Cinnamon Muffin	156	470	21	2	0	82	500	66	3	37	7
Chocolate Banana Loaf	155	460	22	4	0	65	40	62	4	28	8
Cranberry Orange Muffin	156	310	12	1.5	0	46	310	45	2	31	4
Honey Bran Muffin	156	400	12	1	0	29	690	69	3	34	6
Lemon Loaf	140	470	28	3	0.1	0	610	58	1	1	5
Lemon Poppyseed Loaf (gf)	75	310	20	1.5	0	0	140	28	2	17	4
Omega Loaf	115	400	23	2.5	8	85	380	44	5	20	7
<b>Croissant, Scones &amp; Bagels</b>											
Almond Croissant	133	540	33	14	1	84	350	51	4	18	9
Chocolate Croissant	82	300	16	10	0.5	28	290	37	1	12	5
Cranberry Orange Scone	142	390	10	3.5	0.1	0	790	70	4	25	7
Ham & Cheese Croissant	96	370	20	12	0.5	47	640	36	1	4	10
Harvest Scone	190	570	17	10	0	30	1100	97	6	37	11

# 007033 Entrees and Baked Goods

	Weight	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat(g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
<b>Croissant, Scones &amp; Bagels</b>											
Twelve-grain Bagel	112	310	5	1	0	0	360	55	6	8	12
Sesame Bagel	112	300	3	1	0.1	0	440	57	3	5	12
Everything Bagel	112	310	3.5	1	0.1	0	440	58	3	5	12
<b>Oatmeal</b>											
Blueberry Blitz	99	340	11	0	0	0	108	51	9	18	10
Banana Bread	85	320	8	1	0	0	140	53	8	16	9
Fruit and Nut (gf)	96	340	8	1.5	0	0	140	60	6	31	10
<b>Assorted Desserts</b>											
Cinnamon Bun	229	687	20	3	0	5	389.3	114.5	3	42	12
Apple Caramel Cheesecake	135	250	11	6	0.3	87	60	35	1	27	4
Blueberry Cheesecake	135	240	11	4.5	0.5	77	115	34	1	26	3
New York Cheesecake	135	320	17	8	1	81	125	40	1	30	4
Chocolate Caramel Mousse	135	450	38	7	0	122	25	26	0	20	5
Sticky Toffee Pudding	83	260	11	7	0.1	50	170	38	1	24	3
<b>Cookies</b>											
Chocolate Chunk	100	470	24	10	0.3	30	240	60	2	35	6
Dark Chocolate	110	460	21	9	0.2	35	300	61	1	38	6
Haystack	76	300	9	4	0.2	12	45	34	4	20	0
Ginger Molasses	113	460	19	7	0.1	0	15	70	2	38	5
Chocolate Chip (gf)	45	160	2.5	1.5	0.1	20	230	31	1	18	2
Chocolate Amaretto Biscotti	92	380	20	7	0.1	50	20	46	3	19	8
Lemon Pistachio Biscotti	90	360	18	8	0	65	65	44	1	19	6
<b>Soup</b>											
Creamy Coconut Chicken	250	260	17	8	0.4	30	940	19	3	7	7
Moroccan Style Nine Vegetable	250	180	3.5	0.5	0	0	750	32	10	10	5
Wicked Thai Style Soup With Chicken	250	280	19	8	0.5	40	1280	16	2	5	10
Beef Pot Roast	250	130	3.5	1.5	0	15	920	16	2	3	8
Broccoli Cheddar	250	250	17	8	0	40	960	13	2	4	10
Buffalo Style Chicken with Blue Cheese	250	250	18	5	0.3	50	840	13	2	1	9
Chicken Corn Chowder with Sweet Peppers	250	210	10	2.5	0	25	940	23	2	4	7
Chicken Tortilla	250	140	3	1	0	15	900	18	3	3	9
French Onion with Marsala Wine	250	80	2	1	0	5	820	13	2	6	2
Harvest Butternut Squash	250	180	8	5	0.2	30	750	25	2	8	3
Hearty Beef Chill with Beans	250	270	12	5	0.5	30	940	25	6	10	16
Loaded Baked Potato	250	260	17	8	0.4	40	870	19	1	1	7
Roasted Chicken Noodle with Herbs	250	100	2.5	0.5	0	20	900	14	1	2	6
Sauteed Mushroom & Onion Bisque	250	140	9	6	0.2	30	890	12	1	3	3
Southwestern Vegan Chili	250	170	2	0.3	0	0	750	32	8	7	7
Tomato Bisque with Basil	250	290	21	6	0.5	30	780	21	4	16	4
Vegan Vegetable Soup	250	110	2	0	0	0	820	18	4	5	4
Green Thai-Style Curry Chicken Soup	250	290	18	8	0	30	850	23	1	7	10
Jumpin' Jambalya with Chicken, Sausage & Ham	250	260	12	0	0	35	1390	24	2	4	15

# 007033 Entrees and Baked Goods

	Weight	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat(g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
<b>Soup</b>											
Kickin' Crab & Sweet Corn Chowder	250	320	22	8	0.5	70	1120	20	2	9	10
Korean Style BBQ Beef	250	200	4.5	0	0	10	1020	34	2	18	6
Lobster Bisque	250	280	18	8	0.3	70	1240	19	1	7	10
Tequila Spiked Chicken	250	240	9	4.5	0.2	35	850	26	4	8	14
Tomato Roasted Red Pepper Bisque	250	350	24	14	0.3	50	970	29	5	18	4
Alla Bolognese with Sweet Peppers	250	270	14	7	0.4	35	850	23	3	13	13