



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 February 2024.

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										
Baileys Cream Coffee - Small	160	3	2	0.1	10	55	34	0	34	0
Baileys Cream Coffee - Medium	290	3	2	0.1	10	90	66	0	65	0
Baileys Cream Coffee - Large	380	5	3	0.1	15	125	81	0	80	1
Fudge Brownie Latte - Small	250	10	8	0.1	15	170	32	1	30	7
Fudge Brownie Latte - Medium	330	12	10	0.2	20	250	43	1	40	11
Fudge Brownie Latte - Large	400	14	11	0.2	30	320	53	1	50	15

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)
Marble Swirl Hot Chocolate - Small	330	10	9	0	0	210	60	2	44	2
Marble Swirl Hot Chocolate - Medium	390	11	10	0	0	260	73	2	53	2
Marble Swirl Hot Chocolate - Large	480	12	11	0	0	330	94	2	67	2
Marble Swirl Hot Chocolate - X Large	610	14	12	0	0	430	120	3	86	3
Marble Swirl White Hot Chocolate - Small	360	16	14	0	0	270	55	0	45	1
Marble Swirl White Hot Chocolate - Medium	430	18	16	0.1	0	340	66	0	55	2
Marble Swirl White Hot Chocolate - Large	540	22	20	0.1	0	440	84	0	70	2
Marble Swirl White Hot Chocolate - X Large	610	14	12	0.1	0	430	120	3	86	3
Cold Beverages										
Original Iced Coffee - Small	120	6	4	0.2	20	35	15	0	15	1
Original Iced Coffee - Medium	150	8	4.5	0.2	20	45	20	0	19	1
Original Iced Coffee - Large	240	13	8	0.3	40	65	30	0	29	1
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	120	6	4	0.2	20	35	15	0	15	1
Original Cold Brew - Medium	150	8	5	0.2	25	40	22	0	22	1
Original Cold Brew - Large	240	13	8	0.3	40	65	30	0	29	1
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 Latte - Small	150	4	2	0.1	15	80	22	0	22	6
Original Iced Latte - Medium	200	5	3	0.1	20	100	31	0	31	8
Original Iced Latte - Large	250	5	3	0.2	20	120	40	0	40	10

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)
Unsweetened Iced Latte - Small	90	4	2	0.1	15	80	9	0	9	6
Unsweetened Iced Latte - Medium	120	5	3	0.1	20	100	11	0	11	8
Unsweetened Iced Latte - Large	140	5	3	0.2	20	120	14	0	13	10
Original Iced Capp® - Small	260	11	7	0.4	30	75	38	0	36	2
Original Iced Capp® - Medium	330	16	10	0.5	45	105	45	0	42	3
Original Iced Capp® - Large	430	22	14	0.5	60	140	59	1	56	4
Light Iced Capp® - Small	170	1.5	1	0.1	5	35	39	0	37	3
Light Iced Capp® - Medium	210	2	1	0.1	10	45	45	0	43	4
Light Iced Capp® - Large	270	2.5	1.5	0.1	10	60	60	1	57	5
Mocha Iced Capp® - Small	430	19	14	0.4	30	200	67	1	61	3
Mocha Iced Capp® - Medium	530	24	17	0.5	45	260	79	2	72	4
Mocha Iced Capp® - Large	650	29	21	0.5	60	330	98	2	90	6
Vanilla Iced Capp® - Small	440	18	14	0.4	30	150	69	0	64	3
Vanilla Iced Capp® - Medium	540	23	17	0.5	45	200	81	0	76	3
Vanilla Iced Capp® - Large	660	28	20	0.5	60	250	101	1	95	4
Caramel Iced Capp® - Small	440	19	14	0.4	35	180	67	0	63	3
Caramel Iced Capp® - Medium	530	24	18	0.5	45	230	79	0	74	4
Caramel Iced Capp® - Large	660	29	21	0.5	60	290	98	1	92	5
Chocolate Creamy Chill - Small	450	19	14	0.4	30	230	71	1	63	3
Chocolate Creamy Chill - Medium	550	24	17	0.5	45	290	83	1	74	4
Chocolate Creamy Chill - Large	680	29	21	0.5	60	370	104	2	93	5
Vanilla Creamy Chill - Small	450	18	14	0.4	30	180	73	0	66	2
Vanilla Creamy Chill - Medium	560	23	17	0.5	45	230	86	0	78	3
Vanilla Creamy Chill - Large	690	28	20	0.5	60	290	107	0	98	4
Strawberry Creamy Chill - Small	450	18	14	0.4	30	130	72	0	64	2
Strawberry Creamy Chill - Medium	550	23	17	0.5	45	170	85	0	75	3
Strawberry Creamy Chill - Large	680	28	20	0.5	60	210	106	1	94	4
Frozen Lemonade - Small	200	0	0	0	0	35	51	0	46	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)
Frozen Lemonade - Medium	250	0	0	0	0	45	62	0	56	0
Frozen Lemonade - Large	330	0	0	0	0	55	82	0	73	0
Strawberry Frozen Lemonade - Small	250	0	0	0	0	35	62	0	56	0.1
Strawberry Frozen Lemonade - Medium	310	0	0	0	0	40	79	0	71	0.1
Strawberry Frozen Lemonade - Large	410	0	0	0	0	55	102	0	92	0.2
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
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>										
Baileys Cold Brew - Small	220	14	11	0.2	25	80	24	0	22	2
Baileys Cold Brew - Medium	280	16	12	0.2	30	95	32	0	30	2
Baileys Cold Brew - Large	370	22	17	0.3	45	135	42	0	39	3
Fudge Brownie Iced Latte - Small	150	4	2	0.1	15	150	21	1	20	7
Fudge Brownie Iced Latte - Medium	200	5	3	0.1	20	200	29	1	28	9
Fudge Brownie Iced Latte - Large	250	6	4	0.2	25	260	37	1	36	11
Fudge Brownie Almond Iced Latte - Small	130	6	1	0	0	140	19	2	17	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)
Fudge Brownie Almond Iced Latte - Medium	180	8	1	0	0	190	27	3	24	2
Fudge Brownie Almond Iced Latte - Large	220	9	1	0	0	240	35	3	31	2
Beverage Additions										
Flavoured Syrups (per pump)										
Cane Sugar Syrup	25	0	0	0	0	0	7	0	7	0
Mocha Syrup	25	0	0	0	0	30	6	0	6	0
Vanilla Syrup	30	0	0	0	0	15	7	0	7	0
Caramel Syrup	25	0	0	0	0	25	6	0	6	0
Roasted Hazelnut Flavoured Syrup	25	0	0	0	0	1	6	0	6	0
Baileys Flavoured Syrup	30	0	0	0	0	10	7	0	7	0
Fudge Brownie Syrup	25	0	0	0	0	30	6	0	6	0
Donuts										
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
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

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)
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
Donuts - Limited Time Only										
Dutchie Donut	260	8	4	0.1	0	170	41	1	20	4
Blueberry Fritter Donut	430	11	5	0.1	0	250	74	1	36	6
Cinnamon Sugar Twist Donut	260	10	4	0	0	190	37	1	9	5
Walnut Crunch Donut	370	18	7	0.1	5	310	48	2	30	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)
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
Chocolate Hazelnut Muffin	430	21	4.5	0.1	45	490	55	2	30	7

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)
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
Chocolate Lava Dream Cookie	360	16	9	0.2	35	310	45	2	28	5
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
Sausage & Bacon Farmer's Wrap	700	44	14	0.5	250	1160	53	4	4	25
Omelette Bites (2 per serving)										
Bacon & Cheese Omelette Bites	210	14	5	0.2	260	500	6	0	1	15
Spinach & Egg White Omelette Bites	130	6	2	0.1	11	410	6	1	1	13
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
Lunch										
Sandwiches										
Turkey Bacon Club Sandwich	550	23	5	0.2	50	1440	60	3	6	27
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

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)
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
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

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)
Ham Melt	550	25	11	0.5	75	1620	50	3	4	33
Soups & Chili										
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
Sides										
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
Lunch - Limited Time Only										
Sweet Chili Chicken Loaded Wrap	470	12	2	0	55	1030	65	5	15	25
Sweet Chili Crispy Chicken Loaded Wrap	570	19	3	0.1	20	1180	82	6	15	21
Sweet Chili Veggie Loaded Wrap	450	10	2	0	0	1040	81	6	16	9
Sweet Chili Chicken Loaded Bowl	470	13	1	0.1	55	1210	67	6	15	24
Sweet Chili Crispy Chicken Loaded Bowl	580	20	3	0.2	20	1360	84	7	15	21
Sweet Chili Veggie Loaded Bowl	450	11	1	0.1	0	1220	82	7	15	8