

JJ BEAN NUTRITIONAL INFORMATION

Updated 2024/02/21

| | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|------------------|-----------------|---------------|-------------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Baking | | | | | | | | | | | | | | |
| Banana Bread (Vegan) | 220 | 580 | 19 | 2 | 0 | 1110 | 99 | 3 | 47 | 9 | 0 | 15 | 10 | 15 |
| Banana Bread, Chocolate (Vegan) | 220 | 620 | 23 | 5 | 0 | 1010 | 103 | 4 | 53 | 8 | 0 | 15 | 10 | 20 |
| Bar, Power Puck Energy | 115 | 477 | 28 | 4 | 0 | 160 | 50 | 8 | 24 | 13 | 0 | 15 | 1 | 25 |
| Cinnamon Bun (no icing) | 178 | 600 | 22 | 13 | 95 | 180 | 90 | 3 | 41 | 11 | 15 | 0 | 8 | 20 |
| Cinnamon Bun (with icing) | 208 | 745 | 30 | 18 | 116 | 182 | 109 | 3 | 60 | 11 | 20 | 0 | 8 | 20 |
| Cookie, Chocolate Chunk | 110 | 460 | 22 | 13 | 35 | 180 | 65 | 2 | 40 | 7 | 8 | 0 | 6 | 15 |
| Cookie, Double Chocolate Brownie (Vegan) | 110 | 460 | 22 | 5 | 0 | 200 | 66 | 4 | 42 | 6 | 0 | 0 | 2 | 15 |
| Cookie, Ginger Molasses (Seasonal) | 133 | 554 | 26 | 15 | 94 | 433 | 76 | 2 | 40 | 7 | 19 | 3 | 12 | 27 |
| Cookie, Krispie Oatmeal Raisin | 110 | 480 | 25 | 14 | 70 | 240 | 59 | 3 | 33 | 7 | 15 | 4 | 4 | 20 |
| Cookie, Oatmeal Jammer | 123 | 521 | 27 | 14 | 52 | 349 | 64 | 4 | 31 | 8 | 15 | 2 | 4 | 15 |
| Cookie, Peanut Butter (Gluten-free Friendly) | 130 | 635 | 43 | 14 | 84 | 427 | 55 | 5 | 36 | 14 | 13 | 0 | 7 | 9 |
| Cookie, Salted Caramel Crackle | 150 | 692 | 36 | 22 | 106 | 637 | 88 | 1 | 62 | 9 | 30 | 3 | 15 | 25 |
| Croissant | 100 | 390 | 26 | 16 | 70 | 340 | 34 | 1 | 5 | 5 | 15 | 0 | 2 | 10 |
| Croissant, Ham & Cheese | 150 | 486 | 37 | 20 | 136 | 699 | 34 | 1 | 5 | 15 | 15 | 0 | 15 | 10 |
| Croissant, Chocolate | 87 | 350 | 23 | 14 | 55 | 260 | 33 | 2 | 10 | 4 | 10 | 0 | 0 | 10 |
| Croissant, Double-baked Almond | 191 | 790 | 57 | 25 | 165 | 370 | 62 | 5 | 25 | 15 | 25 | 15 | 0 | 20 |
| Croissant, Everything | 107 | 425 | 28 | 16 | 63 | 502 | 38 | 3 | 5 | 8 | 18 | 0 | 2 | 12 |
| Cruffin, Apple Cinnamon | 135 | 400 | 26 | 16 | 70 | 253 | 72 | 3 | 42 | 5 | 1 | 0 | 2 | 12 |
| Danish, Rhubarb | 136 | 487 | 31 | 17 | 85 | 525 | 47 | 2 | 15 | 7 | 20 | 1 | 3 | 13 |
| Muffin, Bran, Good Morning Glory (Vegan) | 250 | 664 | 32 | 7 | 5 | 438 | 90 | 12 | 38 | 14 | 88 | 6 | 17 | 32 |
| Muffin, Bran, Blueberry (Vegan) | 185 | 450 | 22 | 7 | 0 | 670 | 61 | 3 | 32 | 7 | 0 | 0 | 8 | 20 |
| Muffin, Bran, Carrot Raisin (Vegan) | 185 | 450 | 21 | 6 | 0 | 730 | 65 | 4 | 35 | 7 | 45 | 2 | 8 | 20 |
| Muffin, Chocolate Chip Zucchini (Vegan) | 185 | 570 | 28 | 4 | 0 | 340 | 73 | 4 | 34 | 8 | 0 | 15 | 4 | 15 |
| Muffin, Pumpkin Apple (Vegan) | 184 | 470 | 14 | 2 | 0 | 350 | 80 | 4 | 41 | 7 | 0 | 8 | 4 | 15 |
| Muffin, Very Berry (Vegan) | 188 | 480 | 18 | 2 | 0 | 350 | 74 | 4 | 30 | 8 | 0 | 15 | 2 | 15 |
| Muffin, Jalepeño Cheddar | 186 | 560 | 30 | 9 | 80 | 700 | 55 | 1 | 14 | 18 | 8 | 0 | 30 | 15 |
| Muffin, Oatmeal, Blueberry | 187 | 510 | 19 | 10 | 90 | 410 | 74 | 5 | 28 | 12 | 10 | 0 | 10 | 20 |
| Muffin, Oatmeal, Cranberry | 187 | 510 | 19 | 10 | 90 | 410 | 74 | 5 | 27 | 12 | 10 | 6 | 10 | 20 |
| Muffin, Oatmeal, Raspberry | 187 | 510 | 19 | 10 | 90 | 410 | 73 | 4 | 28 | 12 | 10 | 10 | 10 | 20 |
| Muffin, Peach Cobbler (Gluten-free friendly) | 170 | 453 | 17 | 10 | 79 | 330 | 66 | 7 | 26 | 9 | 15 | 3 | 10 | 14 |
| Scone, Blueberry | 149 | 411 | 18 | 10 | 92 | 411 | 54 | 3 | 14 | 10 | 13 | 5 | 22 | 18 |
| Scone, Cheddar Chive | 162 | 500 | 27 | 16 | 130 | 680 | 47 | 2 | 8 | 17 | 25 | 4 | 30 | 15 |
| Scone, Tropical | 160 | 558 | 17 | 10 | 0 | 348 | 96 | 4 | 36 | 8 | 4 | 24 | 24 | 20 |
| Scone, Maple Glazed Cranberry | 160 | 562 | 17 | 10 | 0 | 353 | 96 | 4 | 36 | 10 | 14 | 19 | 23 | 19 |
| Granola, Honey & Oat | 40 | 178 | 73 | 1 | 0 | 69 | 24 | 2 | 10 | 4 | 0 | 1 | 0 | 6 |
| Granola, Pumpkin Seed Flax (Vegan) | 40 | 210 | 16 | 5 | 0 | 41 | 12 | 4 | 7 | 8 | 0 | 1 | 3 | 12 |

| | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|---|------------------|-----------------|---------------|-------------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Donuts | | | | | | | | | | | | | | |
| Glazed | 100 | 366 | 9 | 5 | 0 | 465 | 65 | 2 | 27 | 6 | 0 | 0 | 18 | 2 |
| Glazed, Chocolate Sprinkles | 125 | 400 | 16 | 9 | 12 | 499 | 60 | 3 | 14 | 7 | 2 | 0 | 19 | 5 |
| Glazed, Mango Passion Fruit | 125 | 384 | 9 | 5 | 0 | 665 | 70 | 2 | 32 | 6 | 5 | 2 | 18 | 2 |
| Glazed, Maple Walnut | 125 | 386 | 9 | 5 | 0 | 471 | 70 | 2 | 32 | 6 | 0 | 0 | 19 | 3 |
| Glazed, Pistachio | 125 | 382 | 12 | 5 | 1 | 478 | 63 | 2 | 24 | 7 | 0 | 0 | 19 | 3 |
| Glazed, Raspberry Sprinkles | 125 | 396 | 10 | 6 | 1 | 447 | 70 | 2 | 31 | 6 | 0 | 0 | 18 | 2 |
| Filled, Boston Cream | 140 | 463 | 19 | 10 | 92 | 545 | 66 | 3 | 19 | 9 | 5 | 0 | 22 | 7 |
| Filled, Coconut Cream | 140 | 439 | 18 | 11 | 39 | 510 | 64 | 3 | 24 | 7 | 2 | 1 | 20 | 5 |
| Filled, Coffee Crunch | 140 | 473 | 13 | 7 | 80 | 521 | 81 | 2 | 40 | 8 | 3 | 0 | 21 | 4 |
| Filled, Lemon Cream | 140 | 545 | 24 | 13 | 124 | 592 | 78 | 2 | 40 | 8 | 11 | 5 | 19 | 4 |
| Filled, Passion Fruit Curd | 140 | 488 | 16 | 8 | 82 | 556 | 81 | 3 | 42 | 8 | 7 | 4 | 19 | 5 |
| Filled, Raspberry Jelly | 140 | 460 | 10 | 5 | 0 | 542 | 79 | 2 | 42 | 6 | 0 | 3 | 19 | 4 |
| Fritter, Apple | 120 | 432 | 14 | 7 | 0 | 466 | 71 | 3 | 31 | 6 | 0 | 0 | 19 | 3 |
| Fritter, Strawberry | 120 | 458 | 14 | 7 | 1 | 472 | 77 | 3 | 38 | 6 | 0 | 20 | 19 | 3 |
| Meals | | | | | | | | | | | | | | |
| Sandwich, Breakfast Frittata (Gluten-free friendly) | 230 | 497 | 33 | 7 | 206 | 833 | 23 | 6 | 4 | 20 | 12 | 9 | 15 | 8 |
| Sandwich, Breakfast, Bacon | 180 | 552 | 38 | 12 | 236 | 1188 | 29 | 2 | 4 | 24 | 12 | 5 | 21 | 20 |
| Sandwich, Breakfast Egg Tomato Cheese | 194 | 493 | 27 | 8 | 62 | 709 | 44 | 2 | 9 | 20 | 9 | 5 | 18 | 28 |
| Sandwich, Cajun Chicken | 287 | 854 | 27 | 6 | 108 | 1699 | 102 | 5 | 7 | 49 | 5 | 5 | 8 | 44 |
| Sandwich, Grilled Cheese | 263 | 918 | 43 | 18 | 83 | 1636 | 98 | 4 | 5 | 36 | 16 | 0 | 41 | 37 |
| Sandwich, Classic Tuna Melt | 282 | 627 | 27 | 11 | 70 | 1144 | 58 | 4 | 2 | 36 | 10 | 11 | 27 | 28 |
| Wrap, Breakfast, Ranchero (Vegetarian) | 388 | 688 | 31 | 11 | 378 | 1172 | 75 | 7 | 5 | 23 | 19 | 44 | 16 | 27 |
| Wrap, Breakfast, Turkey Chorizo | 399 | 793 | 36 | 15 | 483 | 1293 | 68 | 5 | 10 | 49 | 24 | 44 | 39 | 40 |
| Wrap, Breakfast, Umami Mushroom (Vegan) | 379 | 772 | 37 | 4 | 6 | 2352 | 84 | 5 | 12 | 31 | 3 | 53 | 6 | 47 |
| Wrap, Impossible Bulgogi (Vegan) | 349 | 674 | 30 | 7 | 0 | 1189 | 77 | 7 | 10 | 22 | 23 | 24 | 13 | 29 |
| Wrap, Southwest Chicken | 364 | 740 | 27 | 9 | 60 | 980 | 91 | 5 | 2 | 33 | 10 | 15 | 45 | 35 |
| Berries & Granola Yogurt Cup | 285 | 360 | 9 | 2 | <5 | 170 | 62 | 2 | 43 | 10 | 20 | 10 | 25 | 8 |
| Yogurt Coconut Yogurt Parfait | 230 | 519 | 34 | 17 | 0 | 57 | 38 | 9 | 29 | 11 | 1 | 8 | 8 | 20 |

| | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|------------------|-----------------|---------------|-------------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|
| Soups | | | | | | | | | | | | | | |
| Chili (Large) (Vegan) | 600 | 420 | 6 | 0 | 0 | 1022 | 78 | 22 | 8 | 22 | 132 | 94 | 12 | 40 |
| Chili (Small) (Vegan) | 300 | 210 | 3 | 0 | 0 | 511 | 39 | 11 | 4 | 11 | 66 | 47 | 6 | 20 |
| Cream Of Mushroom (Large) (Vegetarian) | 500 | 354 | 24 | 14 | 66 | 330 | 32 | 4 | 4 | 8 | 20 | 12 | 6 | 14 |
| Cream Of Mushroom (Small) (Vegetarian) | 250 | 177 | 12 | 7 | 33 | 165 | 16 | 2 | 2 | 4 | 10 | 6 | 3 | 7 |
| Creamy Cauliflower (Large) (Vegan, Gluten-free friendly) | 500 | 280 | 22 | 14 | 70 | 800 | 12 | 3 | 5 | 10 | 20 | 100 | 25 | 4 |
| Creamy Cauliflower (Small) (Vegan, Gluten-free friendly) | 225 | 120 | 10 | 6 | 30 | 360 | 5 | 1 | 2 | 4 | 10 | 45 | 10 | 0 |
| Harvest Chowder (Large) (Vegan, Gluten-free friendly) | 500 | 236 | 14 | 12 | 0 | 404 | 30 | 4 | 8 | 4 | 60 | 28 | 8 | 20 |
| Harvest Chowder (Small) (Vegan, Gluten-free friendly) | 250 | 118 | 7 | 6 | 0 | 202 | 15 | 2 | 4 | 2 | 30 | 14 | 4 | 10 |
| Potato Leek (Large) (Vegan, Gluten-free friendly) | 500 | 320 | 16 | 9 | 45 | 1730 | 39 | 1 | 4 | 6 | 10 | 40 | 8 | 10 |
| Potato Leek (Small) (Vegan, Gluten-free friendly) | 225 | 140 | 7 | 4 | 20 | 780 | 17 | <1 | 2 | 3 | 6 | 20 | 4 | 4 |
| Smoky Red Lentil (Large) (Vegan, Gluten-free friendly) | 500 | 340 | 12 | 2 | 0 | 500 | 42 | 2 | 7 | 14 | 8 | 50 | 10 | 25 |
| Smoky Red Lentil (Small) (Vegan, Gluten-free friendly) | 225 | 150 | 5 | 1 | 0 | 230 | 19 | 1 | 3 | 6 | 4 | 20 | 6 | 10 |
| Tomato (Large) (Vegan, Gluten-free friendly) | 500 | 170 | 6 | 1 | 0 | 1350 | 22 | 3 | 8 | 3 | 70 | 80 | 15 | 15 |
| Tomato (Small) (Vegan, Gluten-free friendly) | 225 | 80 | 3 | 0 | 0 | 610 | 10 | 1 | 4 | 1 | 30 | 35 | 6 | 6 |