

Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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NUTRITION MENU



The information in this guide is effective as of November 2020 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by ESHA Food Processor and information provided by our suppliers.

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
HOT BEVERAGES															
Apple Cider (12 oz)	336	100	0	0	0	0	0	27	0	27	0	0	0	0	0
Apple Cider (16 oz)	448	130	0	0	0	0	0	36	0	36	0	0	0	0	0
Apple Cider (20 oz)	560	170	0	0	0	0	0	45	0	45	0	0	0	0	0
Americano (12 oz)	357	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Americano (16 oz)	476	5	0	0	0	0	35	0	0	0	0	0	0	1	1
Americano (20 oz)	595	5	0	0	0	0	40	0	0	0	0	0	0	1	2
Americano Misto (12 oz) (2% milk)	335	30	1	0.5	0	5	50	2	0	2	2	3	0	6	1
Americano Misto (16 oz) (2% milk)	440	45	2	1	0	5	65	4	0	4	3	5	0	10	1
Americano Misto (20 oz) (2% milk)	532	70	3	1.5	0	10	95	7	0	7	5	8	0	16	2
Cappuccino (12 oz) (2% milk)	242	60	2.5	1.5	0	10	75	6	0	6	4	7	0	14	1
Cappuccino (16 oz) (2% milk)	311	90	3.5	2	0	15	100	8	0	8	6	10	0	19	1.5
Cappuccino (20 oz) (2% milk)	387	110	4.5	2.5	0	20	125	11	0	11	7	12	0	25	2
Caramel Macchiato (single short) (2%)	136	100	0.5	0	0	0	25	23	0	23	1	2	0	3	1
Caramel Macchiato (single long) (2%)	202	150	1	0	0	0	30	36	0	36	1	2	0	4	1
Caramel Macchiato (double short) (2%)	235	220	1	0	0	0	35	52	0	52	1	2	0	4	1
Caramel Macchiato (double long) (2%)	295	320	1	0	0	0	35	74	0	74	1	2	0	4	2

Nutrition information is provided for the standard beverage made with 2% milk. For other milk and milk alternatives, please refer to page 3 where information for steamed milk and milk alternatives are available.

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
HOT BEVERAGES															
Chai Latte (12 oz) (2% milk)	368	230	5	3	0	20	130	35	0	35	9	15	8	30	3
Chai Latte (16 oz) (2% milk)	522	340	7	3.5	0	30	180	54	0	54	12	20	15	40	6
Chai Latte (20 oz) (2% milk)	614	380	9	4.5	0	35	220	59	0	59	25	25	15	50	6
Coffee (12 oz)	355	5	0	0	0	0	5	0	0	0	0	0	0	0	0
Coffee (16 oz)	474	5	0	0	0	0	10	0	0	0	1	0	0	0	0
Coffee (20 oz)	592	5	0	0	0	0	10	0	0	0	1	0	0	1	0
Con Panne (single)	67	80	8	5	0	30	15	1	0	0	1	9	0	1	0
Con Panne (double short)	82	80	8	5	0	30	15	1	0	0	1	9	0	1	1
Con Panne (double long)	112	80	8	5	0	30	20	1	0	0	1	9	0	1	1
Espresso (single shot) (1.5 oz)	45	0	0	0	0	0	5	0	0	0	0	0	0	0	0
Espresso (double short) (2 oz)	60	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Espresso (double long) (3 oz)	90	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Hot Chocolate (12 oz) (2% milk)	275	240	8	4	0	20	320	33	1	32	9	14	0	29	7
Hot Chocolate (16 oz) (2% milk)	372	340	11	6	0	25	460	48	1	46	13	18	0	40	10
Hot Chocolate (20 oz) (2% milk)	467	440	14	7	0.5	35	600	63	2	60	16	23	2	50	14
Latte (12 oz) (2% milk)	273	80	3	1.5	0	10	90	7	0	7	5	8	0	17	1
Latte (16 oz) (2% milk)	380	120	5	2.5	0	20	135	12	0	12	8	14	0	27	2
Latte (20 oz) (2% milk)	471	160	6	3	0	25	170	15	0	15	10	17	0	34	2

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
HOT BEVERAGES															
London Fog (16 oz) (2% milk)	423	140	3	1.5	0	15	85	22	0	22	5	9	0	18	0
Macchiato (double short) (2% milk)	91	15	0.5	0	0	0	25	1	0	1	1	2	0	3	1
Macchiato (double long) (2% milk)	121	15	1	0	0	0	25	1	0	1	1	2	0	3	1
Milk steamed (8 oz) (2% milk)	162	80	3	1.5	0	15	75	8	0	8	5	9	0	18	0
Milk steamed (12oz) (2% milk)	244	120	5	2.5	0	20	115	12	0	12	8	14	0	27	0
Milk steamed (16 oz) (2% milk)	326	160	6	3.5	0	25	150	16	0	16	11	18	0	36	0
Milk steamed (20 oz) (2% milk)	406	200	8	4	0	30	190	19	0	19	13	23	0	44	1
Milk steamed (8 oz) (skim)	162	60	0	0	0	5	70	8	0	8	5	10	0	18	0
Milk steamed (12oz) (skim)	244	80	0	0	0	5	105	12	0	12	8	15	0	27	0
Milk steamed (16 oz) (skim)	326	110	0	0	0	5	140	16	0	16	11	20	0	36	1
Milk steamed (20 oz) (skim)	406	140	0	0	0	10	170	20	0	20	14	25	0	45	1
Milk steamed (8 oz) (almond milk)	162	40	2	0	0	0	70	5	1	5	1	0	0	18	5
Milk steamed (12oz) (almond milk)	244	60	3	0	0	0	100	8	1	7	1	0	0	27	8
Milk steamed (16 oz) (almond milk)	326	80	4	0	0	0	135	10	1	9	1	0	0	36	10
Milk steamed (20 oz) (almond milk)	406	100	5	0	0	0	170	13	2	11	2	0	0	44	13
Milk steamed (8 oz) (soy milk)	162	60	2.5	0	0	0	60	5	1	5	4	0	0	18	8
Milk steamed (12oz) (soy milk)	244	100	4	0	0	0	90	8	1	7	6	0	0	27	13
Milk steamed (16 oz) (soy milk)	326	130	5	0.5	0	0	115	10	1	9	8	0	0	36	17
Milk steamed (20 oz) (soy milk)	406	160	6	1	0	0	150	13	2	11	10	0	0	44	21

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
HOT BEVERAGES															
Coffee Misto (12 oz) (2% milk)	300	60	2.5	1	0	10	60	6	0	6	4	7	0	14	0
Coffee Misto (16 oz) (2% milk)	399	80	3	1.5	0	15	80	8	0	8	6	9	0	18	0
Coffee Misto (20 oz) (2% milk)	500	110	4	2	0	15	100	10	0	10	7	11	0	23	0
Mocha (12 oz) (2% milk)	303	200	6	3	0	15	290	29	1	28	7	8	0	20	8
Mocha (16 oz) (2% milk)	425	300	10	5	0	20	440	44	1	42	10	14	2	31	11
Mocha (20 oz) (2% milk)	531	390	13	6	0	25	570	58	2	55	13	17	2	39	15
White Mocha (12 oz) (2% milk)	306	210	4.5	1.5	0	20	180	36	0	33	6	8	0	21	14
White Mocha (16 oz) (2% milk)	424	300	7	2.5	0	25	240	51	0	46	10	14	2	32	19
White Mocha (20 oz) (2% milk)	536	420	9	3	0	35	340	72	0	65	12	17	2	42	27
Tea, herbal (12 oz)	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Add-Ons															
Almond Syrup	6	14	0	0	0	0	0	4	0	4	0	0	0	0	0
Caramel Syrup (classic)	6	16	0	0	0	0	0	4	0	4	0	0	0	0	0
Caramel Syrup (sugar free)	6	0	0	0	0	0	2	0	0	0	0	0	0	0	0
Coconut Syrup	6	16	0	0	0	0	0	4	0	4	0	0	0	0	0
Hazelnut Syrup (classic)	6	16	0	0	0	0	0	4	0	4	0	0	0	0	0
Hazelnut Syrup (sugar free)	6	0	0	0	0	0	2	0	0	0	0	0	0	0	0

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Add-Ons															
Irish Cream Syrup (classic)	6	14	0	0	0	0	0	4	0	4	0	0	0	0	0
Irish Cream Syrup (sugar free)	6	0	0	0	0	0	2	0	0	0	0	0	0	0	0
Peppermint Syrup	6	14	0	0	0	0	0	4	0	4	0	0	0	0	0
Vanilla Syrup (classic)	6	14	0	0	0	0	0	4	0	4	0	0	0	0	0
Vanilla Syrup (sugar free)	6	0	0	0	0	0	20	0	0	0	0	0	0	0	0
Whipped cream (8 or 12 oz drinks)	22	80	8	5	0	30	10	0	0	0	0	9	0	1	0
Whipped cream (16 and 20 oz drinks)	37	130	14	9	0	50	15	1	0	0	1	16	0	2	0

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COLD BEVERAGES															
Iced Americano (12 oz)	357	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Iced Americano (16 oz)	476	5	0	0	0	0	35	0	0	0	0	0	0	1	1
Iced Americano (20 oz)	595	5	0	0	0	0	40	0	0	0	0	0	0	1	2
Iced Cappuccino (12 oz) (2% milk)	357	80	3	1.5	0	10	80	7	0	7	5	8	0	17	1
Iced Cappuccino (16 oz) (2% milk)	476	120	5	2.5	0	20	125	12	0	12	8	14	0	27	2
Iced Cappuccino (20 oz) (2% milk)	595	140	6	3	0	20	150	13	0	13	9	15	0	30	2
Iced Latte (12 oz) (2% milk)	357	80	3	1.5	0	10	80	7	0	7	5	8	0	17	1
Iced Latte (16 oz) (2% milk)	476	120	5	2.5	0	20	125	12	0	12	8	14	0	27	2
Iced Latte (20 oz) (2% milk)	595	140	6	3	0	20	150	13	0	13	9	15	0	30	2
Iced Chai Latte (12 oz) (2% milk)	357	230	5	3	0	20	130	35	0	35	9	15	8	30	3
Iced Chai Latte (16 oz) (2% milk)	476	340	7	3.5	0	30	180	54	0	54	12	20	15	40	6
Iced Chai Latte (20 oz) (2% milk)	595	380	9	4.5	0	35	220	59	0	59	25	25	15	50	6
Iced Mocha (12 oz) (2% milk)	357	200	6	3	0	15	290	29	1	28	7	8	0	20	8
Iced Mocha (16 oz) (2% milk)	496	300	10	5	0	20	440	44	1	42	10	14	2	31	11
Iced Mocha (20 oz) (2% milk)	595	390	13	6	0	25	570	58	2	55	13	17	2	39	15
Iced White Mocha (12 oz) (2% milk)	357	210	4.5	1.5	0	20	180	36	0	33	6	8	0	21	14
Iced White Mocha (16 oz) (2% milk)	496	300	7	2.5	0	25	240	51	0	46	10	14	2	32	19
Iced White Mocha (20 oz) (2% milk)	595	420	9	3	0	35	340	72	0	65	12	17	2	42	27

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
COFFEE SMOOTHIES															
Cappuccino (12 oz) (2% milk)	357	320	13	2	0	10	260	44	0	32	6	8	0	19	1
Cappuccino (16 oz) (2% milk)	496	500	21	3.5	0	20	410	70	0	52	10	14	2	30	1
Cappuccino (20 oz) (2% milk)	595	710	30	4.5	0	20	570	100	0	73	12	15	2	36	2
Chocolate Mocha Nut (12 oz) (2%)	357	260	7	2.5	0	15	220	44	0	40	6	8	0	19	4
Chocolate Mocha Nut (16 oz) (2%)	496	430	11	4	0	20	350	71	1	64	10	14	0	30	6
Chocolate Mocha Nut (20 oz) (2%)	595	560	15	5	0	25	450	95	1	84	11	15	2	34	8
Mocha (12 oz) (2% milk)	357	230	9	2.5	0	15	250	33	0	27	6	8	0	19	4
Mocha (16 oz) (2% milk)	496	360	13	4	0	20	390	50	1	42	10	14	0	30	6
Mocha (20 oz) (2% milk)	595	450	17	5	0	25	490	64	1	53	12	15	0	35	8
NON-COFFEE SMOOTHIES															
Chocolate Coconut (12 oz) (2% milk)	357	300	8	3	0	20	240	48	0	44	8	13	0	27	4
Chocolate Coconut (16 oz) (2% milk)	496	470	13	5	0	25	380	75	1	68	13	19	2	40	5
Chocolate Coconut (20 oz) (2% milk)	595	620	17	6	0	30	500	100	1	90	15	22	2	47	7
Chocolate Frost (12 oz) (2% milk)	357	220	8	3	0	20	240	29	0	26	8	13	0	27	4
Chocolate Frost (16 oz) (2% milk)	496	350	13	5	0	25	380	47	1	41	13	19	2	40	5
Chocolate Frost (20 oz) (2% milk)	595	460	17	6	0	30	500	62	1	54	15	22	2	47	7

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
NON-COFFEE SMOOTHIES															
Vanilla Frost (12 oz) (2% milk)	357	400	17	3	0	20	320	54	0	41	9	13	0	28	0
Vanilla Frost (16 oz) (2% milk)	496	550	23	4.5	0	25	440	74	0	56	13	19	2	40	0
Vanilla Frost (20 oz) (2% milk)	595	720	30	5	0	30	570	99	0	74	16	22	2	48	1
FRUIT SMOOTHIES															
Banana Blend (12 oz)	357	170	0	0	0	0	10	42	1	34	1	0	45	2	3
Banana Blend (16 oz)	496	240	0	0	0	0	15	58	1	47	1	0	70	2	5
Banana Blend (20 oz)	595	300	0	0	0	0	20	74	1	60	1	0	80	3	6
Mango Tropics (12 oz)	357	180	0	0	0	0	5	43	1	42	0	7	30	0	4
Mango Tropics (16 oz)	496	250	0	0	0	0	10	59	2	58	1	10	40	1	5
Mango Tropics (20 oz)	595	320	0	0	0	0	10	76	2	73	1	12	50	1	6
Strawberry (12 oz)	357	180	0	0	0	0	5	46	1	45	0	0	60	0	4
Strawberry (16 oz)	496	250	0	0	0	0	10	63	2	61	0	0	80	1	5
Strawberry (20 oz)	595	320	0	0	0	0	10	81	2	78	0	0	100	1	6

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
BOULANGERIE															
Croissant, Breakfast Ham & Cheese	142	550	23	5	0	30	310	71	1	6	16	2	0	10	35
Croissant, Butter	70	250	15	7	0	45	310	28	1	5	5	4	10	0	10
Croissant, Butter, Jumbo	90	340	18	10	1	65	420	37	1	7	5	4	10	0	15
Croissant, Cheese	100	380	22	13	1	65	510	34	1	6	8	6	8	15	15
Croissant, Chocolate	80	100	17	10	0.3	30	220	34	2	10	5	0	2	0	15
Crostata, Apple	100	320	18	11	0	45	80	37	1	12	3	15	0	2	10
Danish, Maple & Pecan	82	350	21	5	0	35	300	38	2	21	6	0	2	6	10
Danish, Raspberry Cream Cheese	85	320	18	8	0	40	290	33	2	10	6	4	15	4	10
Muffin, Blueberry	150	490	19	2	0.1	35	390	73	2	36	8	2	2	15	20
Muffin, Blueberry Bran	150	350	4.5	1	0	40	310	76	10	42	8	0	0	8	25
Muffin, Carrot and Bran	113	320	14	1.5	0	35	150	50	6	25	5	20	15	4	20
Muffin, Carrot Zucchini	155	400	8	0	0	55	260	67	1	34	9	110	4	6	45
Muffin, Chocolate Chip Banana	158	620	28	6	0	40	350	88	3	54	6	4	6	6	30
Muffin - Chocolate Walnut (Vegan)	140	480	28	3	0.1	0	440	56	4	28	8	2	2	4	20
Muffin, Cranberry Orange (Red. Fat)	150	560	27	2	0	0	330	71	2	40	8	0	6	2	14
Muffin, Early Bird	142	440	24	3.5	0	0	20	57	3	23	7	6	6	4	20
Muffin, Fruit & Nut (Gluten Free)	142	430	24	3.5	0	0	430	51	3	28	6	15	2	3	7

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
BOULANGERIE															
Muffin, Lemon Poppy Seed	150	420	1.1	0.5	0	100	650	76	2	43	7	6	0	10	15
Muffin, Lemon Triple Berry	150	450	18	3	0	35	370	67	2	28	7	2	10	10	20
Muffin, Morning Glory	150	540	29	5	0.1	60	320	67	3	33	6	20	4	2	10
Muffin, Oat Bran	150	420	15	2.5	0.1	30	520	70	7	35	7	2	4	8	25
Muffin, Oatmeal Blueberry	113	300	14	1.5	0	0	10	42	3	17	4	0	4	2	15
Muffin, Pumpkin (seasonal)	125	410	22	4	0	40	90	52	2	29	6	25	2	6	20
Muffin, Chocolate Zucchini Nut (Vegan)	140	460	27	3	0.1	0	430	53	4	26	7	0	6	4	20
Scone, Cheese	142	470	15	6	0.1	15	930	73	3	26	11	15	25	10	25
Scone, Cranberry & Lemon	150	490	26	16	0	65	610	57	2	13	8	20	2	25	20
Scone, Cranberry w/Orange Glaze	170	510	13	5	0.1	10	760	92	3	49	7	15	30	4	20
Scone, Ginger w/blackcurrant	150	540	30	19	0	80	170	60	2	13	7	25	10	30	25
Scone, Maple	150	530	28	16	0	150	270	61	2	13	9	25	2	15	25
Scone, Savoury (jalapeno/red pepper/corn)	100	210	9	5	0	25	340	27	1	5	5	10	4	10	15

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
OTHER															
Yogurt Parfait	100	130	2	1	0	5	95	24	1	18	5	2	15	2	6
Condiments															
Cream Cheese	17	50	5	2.5	0	20	70	1	0	1	1	0	0	1	0
Orange Jam	10	35	0	0	0	0	0	9	0	9	0	0	2	0	0
Peanut Butter	18	110	14	1.5	0	0	75	5	1	1	3	0	0	0	2
Raspberry Jam	10	35	0	0	0	0	3	9	0	8	0	0	0	0	0
Strawberry Jam	10	35	0	0	0	0	0	9	0	8	0	0	2	0	0
BREAKFAST WRAP															
Breakfast Wrap, Egg White w/Turkey & Cheddar	270	460	13	5	0	40	1000	53	2	3	35	2	2	30	28
Breakfast Wrap, Ham and Cheddar	250	530	22	8	0	450	1170	55	2	3	28	20	8	33	38
Breakfast Wrap, Vegetarian	307	520	21	8	0	445	770	59	3	4	26	33	89	36	37

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
PATISSERIE															
Biscotti, Amaretto	105	490	21	10	0	45	320	68	3	33	8	6	0	6	15
Biscotti, Lemon Cranberry	68	300	10	3.5	0	45	280	47	3	24	5	10	-	2	10
Cookie - Chocolate Chip (Gluten Free)	100	460	26	16	0	90	320	54	4	28	4	16	4	4	12
Cookie, Ginger Molasses	100	430	20	11	0	70	340	57	1	26	5	15	0	6	20
Cookie, Haystack	85	340	14	6	0	0	30	50	5	30	6	8	0	4	15
Cookie, Macadamia White Chocolate Chip	114	520	26	10	0	30	380	64	2	42	6	20	0	4	12
Cookie, Oatmeal Raisin	113	470	20	7	0.1	0	0	69	4	31	7	20	0	2	20
Cookie, Peanut Butter Chocolate	96	440	23	12	0	65	360	50	2	33	8	15	0	7	15
Cookie , Peanut Butter (Chocolate Dipped)	120	600	34	3	0	30	270	63	4	36	12	6	0	2	15
Cookie, White Chocolate Macadamia & Toffee	100	470	26	14	0	70	230	55	2	27	5	15	4	0	20
Energy Ball, Chocolate & Date	50	208	10	4	0	0	65	26	4	23	4	8	2	3	11
Energy Ball, PB & J	49	212	10	1.7	0	0	36	26	3	21	6	5	1	3	7

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
BARS & SQUARES															
Bar, Addiction	88	420	23	11	0	60	210	49	4	32	5	15	0	4	20
Bar, Granola (Flour Free)	110	470	23	7	0.1	0	10	61	6	30	9	20	2	8	25
Bar, Granola Nature	115	370	17	9	0	40	280	58	3	24	3	25	30	4	50
Bar, Lemon Coconut	105	330	14	7	0.1	95	35	46	1	28	5	15	4	2	10
Bar, Nanaimo	90	410	26	10	0.1	5	115	48	3	34	3	20	0	2	15
Bar, Peanut Butter Chia Oat	104	490	23	6	0	0	190	57	15	24	13	10	6	0	15
Bar, Oat Fudge	85	380	24	13	0	50	85	41	5	16	7	10	0	6	30
Bar, Quinoa (Flour Free)	49	201	12	3	0	18	15	19	2	6	4	1	3	3	25
Brownie, Chocolate	100	380	16	5	0	35	330	56	2	39	5	6	0	2	15
Brownie, Cream Cheese	112	509	34	20	0	150	140	50	2	36	6	20	0	4	30
Square, Blueberry Apple	135	330	10	4.5	0	10	35	57	4	22	6	8	2	2	15
Square, Cinnamon Apple Pie	125	360	15	6	0.1	35	20	53	2	23	5	20	0	2	15
Square, Cranberry Crumble	90	320	13	5	0.1	15	10	47	3	17	5	15	4	2	15
Square, Date	70	270	9	3.5	0	0	190	42	2	24	3	10	-	2	20
Square, Peanut Butter Toffee	100	470	24	7	0.1	0	230	61	2	45	6	25	6	2	30
Square, Pecan Chocolate	120	500	24	8	0.1	5	50	71	2	48	5	20	0	4	15

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
BARS & SQUARES															
Square, Rice Krispies	90	330	11	5	0.5	20	390	62	0	26	4	0	35	0	91
Square, Rocky Road	92	460	40	17	0	0	20	31	9	13	13	0	0	7	71
CAKES & LOAVES															
Cake, Carrot	170	660	40	10	0.1	120	570	72	2	50	7	35	2	6	15
Cake, Mocha Coffee	150	660	41	8	0	90	540	71	5	42	8	3	0	6	30
Loaf, Banana	124	430	6	2	0	30	300	63	1	36	5	2	4	5	16
Loaf, Banana Chocolate Chip	120	440	19	4	0	30	260	64	2	40	5	2	4	4	15
Loaf, Gluten Friendly Energy	110	380	23	2.5	0.1	100	360	40	2	21	5	4	2	6	8
Loaf, Carrot Walnut	115	330	15	1.5	0	80	50	46	2	26	6	20	2	4	15
Loaf, Chocolate Marble	140	480	26	2.5	0	0	270	65	2	21	5	0	25	0	4
Loaf, Cranberry Pineapple Orange	140	450	26	3.5	0	100	560	53	1	2	7	4	40	2	4
Loaf, Lemon	142	600	34	20	0	215	240	67	1	37	7	30	6	10	18
Loaf, Lemon Poppy Seed	140	480	29	3.5	0	0	580	57	2	1	6	0	35	2	4
Loaf, Omega	100	350	21	2.5	0	75	330	38	4	18	6	2	20	2	10
Loaf, Pumpkin	100	330	17	2.5	0	30	55	43	1	23	5	20	2	6	15

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
SALADS															
Bean	240	310	17	2.5	0	0	260	34	7	7	10	10	20	10	25
Bean Salad Cup	100	130	7	1	0	0	110	14	3	3	4	4	4	8	10
Carrot & Hummus	170	210	15	3	0	0	390	17	5	7	4	134	8	2	9
Carrot & Ranch Dip	122	210	20	1.5	0	5	380	10	2	7	2	134	8	2	2
Carrot/Celery & Hummus	185	210	15	3	0	0	400	15	5	6	4	77	8	3	9
Carrot/Celery & Ranch Dip	137	210	20	1.5	0	5	390	9	2	6	2	77	8	3	2
Fresh Fruit Salad	300	140	0	0	0	0	15	35	4	29	2	19	130	4	5
Greek Salad Cup	263	320	27	8	0	30	1520	23	2	5	7	10	80	20	0
Protein Cup	170	290	24	4	0.1	370	390	7	1	4	13	60	20	8	20
Tomato, Cucumber, Boconcini & Basil	189	210	13	8	0	30	440	4	1	3	18	8	20	39	3
SANDWICHES/WRAPS															
Bagel, Multigrain	113	320	3.5	0.5	0	0	410	56	4	5	12	0	0	5	26
Bagel, Onion	112	310	2	0	0	0	580	60	2	2	11	0	4	4	12
Bagel, Plain	96	270	2	0	0	0	520	52	2	0	10	0	0	0	10
Bagel, Multigrain with Cream Cheese	138	410	11	6	0	35	480	58	4	7	14	2	0	8	26
Bagel, Onion with Cream Cheese	137	410	10	6	0	35	650	62	2	4	13	0	4	7	12
Bagel, Plain with Cream Cheese	121	360	9	6	0	35	590	54	2	2	11	0	0	3	10

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
SANDWICHES/WRAPS															
Bagel, Multigrain w/ Smoked Salmon & Cream Cheese	178	450	12	7	0	40	710	59	4	7	19	3	2	9	28
Bagel, Plain with Smoked Salmon & Cream Cheese	161	400	11	6	0	40	820	54	2	2	17	1	2	4	12
Bagel, Multigrain, Vegetarian	258	430	11	6	0	35	480	62	5	8	15	1	25	9	28
Baguette, Roast Beef	249	780	35	9	0	45	2080	77	5	3	39	12	4	36	58
Baguette, Tomato Swiss Cheese	216	620	24	7	0	30	850	80	4	3	23	11	6	28	46
Bunwich, Black Forest Ham	181	410	18	4.5	0	30	970	46	2	2	15	4	15	10	22
Bunwich, Gypsy Salami	182	480	25	6	0	45	1110	45	2	2	17	4	15	11	24
Bunwich, Roast Beef	176	360	13	1.5	0	20	800	46	2	1	12	0	16	1	24
Croissant, Chicken Salad	205	510	28	11	1	120	580	39	2	8	24	6	30	5	25
Croissant, Ham & Cheese	156	480	28	16	1	105	940	39	1	9	14	10	10	12	22
Melt, Tuna	230	580	27	6	0	35	860	32	3	4	22	9	50	10	39
Melt, Vegetarian	222	460	20	5	0	15	1060	57	5	10	15	27	80	14	45
Panini, Avocado Grilled Cheese	250	590	27	10	0	35	1150	35	6	3	22	12	24	34	42
Panini, Chicken BBQ Ranch	225	500	15	4	0	55	1030	34	2	5	27	1	4	12	33
Panini, Greek Feta	228	510	27	10	0	30	1050	49	3	4	18	21	60	19	36
Panini, Italiano	251	570	30	10	0	55	1350	49	2	4	27	27	15	35	33

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
SANDWICHES/WRAP															
Panini, Chipotle Chicken	222	550	22	3	0	55	0	33	1	3	25	28	12	3	34
Panini, Ham & Artichoke Toastie	216	480	15	3.5	0	20	0	61	1	3	24	28	7	12	32
Panini, Hummus & Artichoke	230	380	13	3	0	0	0	55	1	5	11	28	12	4	36
Panini, Sweet Corn Tuna Melt	215	520	19	4	0	50	0	30	0	2	26	11	19	9	43
Panini, Tuscan Chicken	235	500	21	6	0	55	880	50	2	2	26	11	6	15	33
Sandwich, Brie & Fig with Arugula	248	620	25	11	0	60	940	62	4	22	23	18	15	12	31
Sandwich, Egg Salad on Whole Wheat	256	540	22	4	0	430	820	56	0	4	27	20	25	5	34
Sandwich, Grilled Cheese	211	740	43	16	0.5	70	1260	55	0	2	32	0	5	47	25
Sandwich, Tuna Salad on Whole Wheat	232	450	12	1	0	35	1090	56	0	3	29	1	10	0	31
Sandwich, Turkey Granny Gobbler	268	530	16	4.5	0	55	730	52	4	17	33	38	20	14	39
Wrap, Avocado Chicken	301	700	37	7	0	85	980	59	7	3	37	7	41	28	32
Wrap, Chicken Satay	250	510	15	5	0	65	0	62	0	9	34	56	55	24	33
Wrap, Curried Chickpea (Vegan)	289	480	14	2.5	0	0	770	74	7	4	16	28	69	26	44
Wrap, Loaded Hummus	230	450	19	4.5	0	0	0	62	1	5	13	89	80	23	39
Wrap, Turkey	285	420	8	2	0	35	1250	58	3	5	27	27	44	22	31
Wrap, Veggie-Mexi	360	560	19	6	0	15	0	84	3	10	20	17	60	36	43

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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															
Azteca Chicken & Rice (12 oz)	360	100	1	0.3	0	25	440	13	1	2	9	2	20	2	4
Azteca Chicken & Rice (16 oz)	480	130	1.5	0.5	0	35	570	17	1	2	12	4	30	4	4
Beef Chili (12 oz)	360	270	8	2	0.2	15	1320	36	10	10	15	15	60	10	30
Beef Chili (16 oz)	480	360	11	2.5	0.3	20	1740	48	13	13	19	20	80	15	40
Broccoli & Cheese (12 oz)	360	320	24	12	0.4	60	1280	18	3	3	7	25	45	15	8
Broccoli & Cheese (16 oz)	480	430	33	17	0.5	80	1720	24	3	4	10	30	60	20	10
Butternut Squash Apple Soup (12 oz)	360	160	4	0.4	0	0	520	28	4	7	3	0	80	4	8
Butternut Squash Apple Soup (16 oz)	480	210	5	0.5	0	0	700	38	5	9	3	0	100	6	10
Carrot Coconut Ginger Soup (12 oz)	360	220	13	8	0	0	580	24	5	6	3	180	20	6	8
Carrot Coconut Ginger Soup (16 oz)	480	290	18	10	0	0	770	32	7	8	4	250	25	8	10
Chicken Coconut Curry Soup (12 oz)	360	220	15	10	0.2	25	760	15	2	5	9	25	25	4	10
Chicken Coconut Curry Soup (16 oz)	480	290	20	13	0.2	30	1010	20	3	6	12	35	35	4	15
Chicken Noodle Soup (12 oz)	360	100	1	0.3	0	20	320	15	2	3	9	50	15	4	8
Chicken Noodle Soup (16 oz)	480	140	1.5	0.4	0	25	430	21	3	5	12	70	20	4	10
Chipotle Corn Chowder (12 oz)	360	240	16	7	0.3	35	870	25	3	4	4	10	30	4	10
Chipotle Corn Chowder (16 oz)	480	320	21	9	0.4	45	1160	34	4	5	5	15	40	6	15
Country Chicken Soup (12 oz)	360	230	13	6	0.3	40	700	20	3	3	10	40	15	4	10
Country Chicken Soup (16 oz)	480	310	17	7	0.5	55	940	27	4	4	13	50	20	4	15

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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															
Italian Sausage Wedding Soup (12 oz)	360	170	8	2.5	0.1	15	650	16	2	3	8	90	8	6	10
Italian Sausage Wedding Soup (16 oz)	480	220	10	3.5	0.1	20	860	21	3	4	10	120	10	6	15
Kale Potato and Chorizo (12 oz)	360	130	4.5	2	0.1	10	430	15	3	4	5	80	30	4	6
Kale Potato and Chorizo (16 oz)	480	170	6	2.5	0.1	15	570	20	4	5	7	110	40	6	8
Loaded Baked Potato Soup (12 oz)	360	280	19	9	0.5	45	930	22	3	3	6	10	20	4	8
Loaded Baked Potato Soup (16 oz)	480	370	25	12	0.5	65	1240	30	3	5	8	10	25	6	10
Moroccan Chickpea Kale (12 oz)	360	110	1.5	0	0	0	500	18	5	6	5	60	40	8	15
Moroccan Chickpea Kale (16 oz)	480	150	2	0.2	0	0	670	25	7	8	6	80	50	10	20
Potato Leek (12 oz)	360	240	12	7.5	0	40	580	31	3	4	3	15	50	10	12
Potato Leek (16 oz)	480	320	16	10	0	50	780	42	4	6	4	20	70	12	15
Roasted Garlic Tomato Soup (12 oz)	360	160	9	3.5	0.2	20	910	15	4	8	4	6	40	8	10
Roasted Garlic Tomato Soup (16 oz)	480	210	12	4.5	0.2	25	1210	20	5	11	6	8	50	10	10
Smoked Salmon Chowder (12 oz)	360	330	21	9	0	50	530	25	1.5	4.5	7.5	40	20	6	10
Smoked Salmon Chowder (16 oz)	480	440	28	12	0	70	700	34	2	6	10	60	30	8	12
Tunisian Lentil Stew (12 oz)	360	190	6	0.5	0.1	0	1260	28	9	6	9	40	45	8	25
Tunisian Lentil Stew (16 oz)	480	250	7	0.5	0.1	0	1650	37	12	8	12	60	60	10	30
Vegetable Chili (12 oz)	360	190	5	0.5	0	0	1040	30	7	8	8	35	50	8	15
Vegetable Chili (16 oz)	480	250	7	0.5	0	0	1390	40	10	10	10	50	70	10	20

Daily Calorie and Sodium Requirements

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MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
ROLLS & SAMOSAS															
Beef and Pork Roll	86	310	19	8	0	15	480	27	2	0	8	2	0	2	10
Veggie Roll	96	300	16	7	0	15	910	27	2	0	13	6	2	2	10
Samosa, Veggie	140	210	11	4.5	0	0	310	22	6	3	6	8	20	2	20
Samosa, Chicken	140	200	8	2.5	0	0	320	21	5	3	10	2	10	2	15
Samosa, Beef	140	290	19	7	1	35	210	19	6	3	9	2	10	2	20
Chutney - Tamarind and Date	60	170	0	0	0	0	330	43	2	39	1	0	2	4	8
ENTREES															
Penne & Meatballs	400	680	28	8	0	20	800	76	4	4	28	0	16	16	32

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (g)	Calories (Kcal)	Total Fat (g)	Saturated Fat (g)	Trans 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)
CATERING PLATTERS															
Cheese & Cracker Platter															
Small (8 servings per platter)	109	430	31	18	0	90	690	12	1	2	25	15	0	63	7
Medium (12 servings per platter)	128	500	36	22	0	105	800	13	1	2	30	18	0	75	7
Fruit Platter															
Small (8 servings per platter)	222	100	0	0	0	0	20	25	3	20	1	13	130	2	4
Medium (12 servings per platter)	245	110	0	0	0	0	20	28	3	23	2	13	150	3	5
Fruit Skewers (each)	202	90	0	0	0	0	15	23	3	19	1	17	120	3	3
Veggie Platter (no dip)															
Small (8 servings per platter)	125	30	0	0	0	0	40	6	2	4	1	51	70	2	3
Medium (12 servings per platter)	117	30	0	0	0	0	35	6	2	3	1	50	70	2	2