



## Good Earth Cafes Product Nutritional Information

	Serving Size	Total Calories (g)	Total Fat (g)	Saturated Fat (g)	Polyfat (g)	Monofat (g)	Omega 3 Fat (g)	Omega 6 Fat (g)	Transfats (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>BREAKFAST DRINKS AND SMOOTHIES</b>																			
Banana Latte Frappe, Skim Milk	14 fl-oz	240	5	2	0.1	0.1	0	0.1	0	15	200	45	2	28	6	0	15	15	2
Banana Latte Frappe, Skim Milk	20 fl-oz	350	9	3	0.1	0.1	0	0.1	0	20	320	63	3	39	9	0	20	25	2
Fruit Smoothie, Four Berry	14 fl-oz	330	1	0.4	0.1	0	0	0.1	0	0	25	80	5	63	3	0	130	10	6
Fruit Smoothie, Four Berry	20 fl-oz	520	2	1	0.1	0	0	0.1	0	5	55	123	7	101	5	0	200	20	10
Fruit Frappe, Four Berry	14 fl-oz	220	0	0	0	0	0	0	0	0	5	55	2	52	0	0	120	8	4
Fruit Frappe, Four Berry	20 fl-oz	360	0	0	0	0	0	0	0	0	5	89	3	83	0	0	190	10	8
Matcha Green Tea Frappe, Skim Milk	14 fl-oz	240	8	2.5	0	0.1	0	0	0	20	290	36	0	24	7	20	4	35	2
Matcha Green Tea Frappe, Skim Milk	20 fl-oz	370	12	4	0	0.1	0	0	0	30	440	55	1	36	11	30	6	50	4
Fruit Smoothie, Mango Tropics	14 fl-oz	330	1	0.4	0.1	0	0	0.1	0	0	25	82	5	60	3	0	140	10	2
Fruit Smoothie, Mango Tropics	20 fl-oz	520	2	1	0.1	0	0	0.1	0	5	55	126	7	96	5	0	230	20	2
Fruit Frappe, Mango Tropics	14 fl-oz	220	0	0	0	0	0	0	0	0	5	57	2	48	0	0	140	8	0
Fruit Frappe, Mango Tropics	20 fl-oz	360	0	0	0	0	0	0	0	0	5	92	3	78	0	0	220	10	0
Fruit Smoothie, Strawberry	14 fl-oz	330	1	0.4	0.1	0	0	0.1	0	0	25	82	5	65	3	0	140	10	6
Fruit Smoothie, Strawberry	20 fl-oz	520	2	1	0.1	0	0	0.1	0	5	55	126	7	104	5	0	230	20	10
Fruit Frappe, Strawberry	14 fl-oz	220	0	0	0	0	0	0	0	0	5	57	2	54	0	0	140	8	4
Fruit Frappe, Strawberry	20 fl-oz	360	0	0	0	0	0	0	0	0	5	92	3	86	0	0	220	10	8
<b>BREAKFAST CEREALS AND SALAD OPTIONS</b>																			
Fruit Breakfast Salad,	Large	170	0	0	0	0	0	0	0	0	35	47	7	43	3	0	300	6	8
Fruit Breakfast Salad	Small	80	0	0	0	0	0	0	0	0	15	23	3	22	2	0	150	4	4
Fruit Salad And Yogurt	Large	240	2.5	1	0	0	0	0	0	10	120	54	6	49	9	0	280	25	8
Fruit Salad And Yogurt	Small	100	1	0.5	0	0	0	0	0	5	60	23	3	24	4	0	110	15	4
Granola Fruit And Yogurt	Large	640	19	5	5	6	0	5	0	10	180	110	13	75	20	0	280	30	35
Granola Fruit And Yogurt	Small	220	6	2	1.5	1.5	0	1.5	0	5	75	39	4	28	8	0	110	15	10
Granola And Skim Milk	Large	570	21	5	7	7	0	6	0	5	170	80	9	41	21	0	4	25	35
Granola And Skim Milk	Small	320	11	3	3.5	4	0	3.5	0	0	105	44	5	23	12	0	2	15	20

	Serving Size	Total Calories (g)	Total Fat (g)	Saturated Fat (g)	Polyfat (g)	Monofat (g)	Omega 3 Fat (g)	Omega 6 Fat (g)	Transfats (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>HOT BREAKFASTS</b>																			
Breakfast Panini/Bun	1	400	20	6	1	2	0	1	0.2	215	590	36	3	4	17	25	8	15	20
<b>ROLLS</b>																			
Cinnamon Roll	1	380	15	7	2	5	0.5	1	0.1	10	350	55	1	14	9	20	0	6	15
Toasted Seed Roll	1	500	25	8	8	7	0.5	6	0.1	10	350	59	3	14	14	20	0	15	30
<b>MUFFINS</b>																			
Very Berry Bran	1	340	18	1.5	4	9	2	3	0	70	340	41	5	20	5	2	2	2	15
Citrus Berry	1	460	24	2	5	11	1	4.5	0.1	75	480	54	6	26	8	2	20	4	15
Zucchini Barley	1	300	16	1.5	3	10	0.3	3	0	45	240	34	4	15	6	2	10	8	4
Pumpkin Spice	1	440	24	1.5	6	11	1.5	4.5	0	0	400	51	6	25	5	0	2	2	15
<b>SCONES</b>																			
Berry & White Chocolate	1	480	15	3.5	2.5	6	0	1.5	0.1	95	580	75	3	29	11	0	6	15	25
Rhubarb, Date, Pecan with Dark Chocolate	1	350	11	2.5	2.5	4	0	1.5	0	65	900	57	4	19	9	0	0	45	25
Spinach Bacon Cheddar	1	360	14	3	3	5	0	2	0.1	85	790	47	2	7	12	4	2	25	20
Cranberry Trail Mix	1	400	16	3.5	4	6	0	3.5	0	65	640	54	4	17	11	2	2	20	25
<b>LOAVES</b>																			
Banana Bread	1	300	9	3.5	1.5	3	0.4	1	0	60	410	49	1	24	5	10	4	4	15
Fruit & Oat Loaf	1	370	11	2	5	3	0	5	0	5	360	62	9	5	13	2	0	20	35
Gingerbread Loaf	1	300	12	1.5	3.5	7	1	2	0	45	420	45	2	28	4	2	2	6	15
Coconut Lime Loaf	1	320	13	6	1	4.5	0.1	1	0	55	250	46	1	25	5	6	4	6	15

	Serving Size	Total Calories (g)	Total Fat (g)	Saturated Fat (g)	Polyfat (g)	Monofat (g)	Omega 3 Fat (g)	Omega 6 Fat (g)	Transfats (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
<b>DELI SALADS</b>																			
Broccoli	Small	70	3.5	0.5	0.7	0.2	0	0.7	0	5	110	9	2	5	2	2	70	2	4
Broccoli	Large	140	7	1	1.5	0.4	0	1.5	0	5	220	18	3	10	4	2	140	6	8
Chicken Curry Pasta	Small	160	3.5	1.5	0.6	1	0.1	0.5	0	25	320	25	1	9	8	4	15	8	10
Chicken Curry Pasta	Large	320	7	3	1.5	2	0	1	0	50	630	49	2	18	15	6	35	15	20
Morroccan Chick Pea	Small	170	9	1	2.5	5	0.6	2	0	0	150	18	6	3	5	20	6	4	15
Morroccan Chick Pea	Large	350	19	1.5	5	11	0	4	0	0	300	36	11	6	10	45	10	8	30
Rice, Bean & Chili	Small	160	6	0.5	2	3.5	0.5	1.5	0	0	190	21	4	2	5	2	15	2	10
Rice, Bean & Chili	Large	320	14	1	4.5	7	0	3	0	0	380	42	8	4	9	2	35	4	20
<b>SANDWICHES</b>																			
Black Forest Ham w/ Soaked Grain Baguette	1	470	11	4	0.8	0.5	0	0.6	0.1	45	1420	68	4	4	28	2	15	20	30
Western Deviled Egg w/Soaked Grain Baguette	1	540	19	4.5	4	5	0	3.5	0	380	960	68	3	5	25	20	15	15	35
Grilled Cheese w/Soaked Grain Baguette	1	570	20	10	1.5	1	0.1	1	0.3	45	1030	69	4	6	22	0	15	30	25
Roast Beef w/Soaked Grain Baguette	1	510	14	5	2	0.9	0	2	0.1	40	1550	69	4	4	27	2	20	15	30
Grilled Veggie w/Soaked Grain Baguette	1	450	15	2	0	0	0	0	0	0	1100	69	5	4	14	2	80	10	30
Smoked Turkey w/Soaked Grain Baguette	1	500	12	4.5	2	1	0.1	2	0.1	40	1490	69	4	5	29	2	20	20	25
Zesty Tuna w/Soaked Grain Baguette	1	520	14	2.5	6	2.5	0	5	0	30	1080	71	5	5	28	6	20	10	35
<b>CLEAR SOUPS</b>																			
Minestrone	Small	50	1.5	0	0	0	0	n/a	0	0	390	9	2	4	2	6	40	2	6
Minestrone	Large	110	3	0.2	0	0	0	n/a	0	0	780	18	5	8	4	10	80	6	10
Hearty Vegetable & Bean	Large	170	2	0	0.5	1	0	n/a	0	0	890	30	11	6	9	20	20	6	20
Hearty Vegetable & Bean	Small	80	1	0	0	0	0	n/a	0	0	450	15	6	3	5	10	10	2	10
Homestyle Tomato	Large	100	3	0.2	1	1.5	0	n/a	0	0	760	18	3	6	2	2	40	6	10
Homestyle Tomato	Small	50	1.5	0	0	1	0	n/a	0	0	380	9	1	3	1	0	20	2	6
Split Pea & Barley	Large	230	2	0.2	0.5	1	0	n/a	0	0	1160	42	14	7	12	30	10	6	20
Split Pea & Barley	Small	110	0	0	0	0	0	n/a	0	0	580	21	7	4	6	15	6	2	8
Tomato Basil	Large	110	3	0.3	1	1.5	0	n/a	0	0	750	19	2	4	3	2	35	4	10
Tomato Basil	Small	50	0.5	0	0	1	0	n/a	0	0	380	9	1	2	2	0	15	2	6
<b>CREAM SOUPS</b>																			
Cream Of Cauliflower	Large	300	21	8	3	8	0	n/a	0	45	1370	23	4	5	7	30	70	15	10
Cream Of Cauliflower	Small	150	10	4	1.5	4	0	n/a	0	20	680	12	2	3	4	15	35	8	4
Mushroom Bisque	Large	250	20	6	4	9	0	n/a	0	30	970	15	2	4	4	10	8	4	8
Mushroom Bisque	Small	120	10	3	2	4.5	0	n/a	0	15	490	8	1	2	2	6	4	2	4
Roasted Red Pepper & Feta	Large	110	5	3	0	1	0	n/a	0	15	1080	12	2	8	5	8	100	15	4
Roasted Red Pepper & Feta	Small	60	2.5	1.5	0	0.5	0	n/a	0	10	540	6	1	4	3	4	50	8	2
Sweet Potato & Bacon	Large	200	8	3.5	1	2.5	0	n/a	0	25	980	28	4	7	5	90	40	6	8

Sweet Potato & Bacon	Small	100	4	1.5	0	1.5	0	n/a	0	10	490	14	2	4	3	45	20	2	4	
<b>HOT SPECIALS</b>																				
Lentil Stew	Large	280	7	0.5	2.5	4	0	n/a	0	0	1110	44	11	6	11	25	30	6	20	
Lentil Stew	Small	140	3.5	0.3	1	2	0	n/a	0	0	550	22	6	3	5	15	15	4	10	
Pasta Primavera	Large	340	12	5	0	0	0	0	0.3	15	640	44	3	7	17	0	0	25	25	
Pasta Primavera	Small	170	6	2.5	0	0	0	0	0.2	10	320	22	2	3	8	0	0	10	15	
Natural Beef Chili	Large	290	10	3.5	0.5	4	0	n/a	0.5	40	800	35	7	7	17	10	45	8	30	
Natural Beef Chili	Small	140	5	2	0	2	0	n/a	0.3	20	400	17	4	4	8	4	20	4	15	
Mac & Cheese	Large	480	18	6	n/a	n/a	n/a	n/a	0.5	25	680	57	2	7	19	2	2	30	20	
Mac & Cheese	Small	288	10.8	3.6	n/a	n/a	n/a	n/a	0.3	15	408	34.2	1.2	4.2	11.4	1.2	1.2	18	12	
	<i>Serving Size</i>	<i>Total Calories (g)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Polyfat (g)</i>	<i>Monofat (g)</i>	<i>Omega 3 Fat (g)</i>	<i>Omega 6 Fat (g)</i>	<i>Transfats (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Total Carb (g)</i>	<i>Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>	<i>Vitamin A %</i>	<i>Vitamin C %</i>	<i>Calcium %</i>	<i>Iron %</i>	
<b>COOKIES</b>																				
Chocolate Chip Cookie	1	330	18	9	2	4.5	0.6	1.5	0.1	30	370	39	2	19	5	15	0	0	15	
Peanut Butter Cookies	1	320	19	6	3.5	7	0.5	2.5	0.1	25	240	34	2	16	7	15	0	2	10	
Oatmeal Raisin Cookie	1	240	11	4	2	3.5	0.4	1.5	0.1	25	340	32	2	5	6	10	0	6	15	
Ginger Chew Cookie	1	330	13	5	2	4.5	0.6	1.5	0.1	25	630	50	1	24	5	15	0	2	15	
<b>CAKES</b>																				
Carrot Cake	1	200	18	12	0.5	3	0	0.4	0.2	55	180	6	0	6	3	20	0	4	0	
Old Fashioned Chocolate Buttermilk	1	480	25	10	3	8	0.9	2	0.1	55	440	64	5	41	7	8	0	6	25	
<b>SQUARES</b>																				
Rice Krispie Squares	1	330	11	4.5	1.5	4	0.5	1	0.1	0	390	56	0	25	3	25	10	0	15	
Date Squares	1	420	20	10	2	6	0.5	1.5	0.1	25	260	56	4	21	6	20	0	2	15	
Fudgy Brownie	1	390	23	13	1	6	0.2	1	0	105	110	46	3	33	5	20	0	4	15	
Cranberry Blondie	1	280	9	3.5	1.5	3.5	0.3	1	0	40	135	49	2	31	4	10	4	6	10	
Granola Bar	1	410	23	4	10	8	0.4	8	0	0	58	47	5	28	10	6	4	8	20	

**Allergy Alert: Please note our products are not prepared in an allergen free environment, even though we take precautions we cannot guarantee that our products have not come in contact with other foods or allergens. \* Nutritional information is developed from our nutritional software & information supplied by suppliers \* Portion sizes are approximate \* Nutritional values may vary due to ingredient substitution, assembly at café level or season of the year. \*n/a readings are due to supplier labels \* A generic ingredient list is available in all our cafes.**