

JJ BEAN NUTRITIONAL INFORMATION

Updated January 10, 2017

	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) (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MUFFINS															
Blueberry Bran Muffin (Vegan Friendly)	185	450	22	7	0	0	670	61	3	32	7	0	0	8	20
Blueberry Oatmeal Muffin	187	510	19	10	0.5	90	410	74	5	28	12	10	0	10	20
Carrot Raisin Bran Muffin (Vegan Friendly)	185	450	21	6	0	0	730	65	4	35	7	45	2	8	20
Chocolate Chip Zucchini Muffin (Vegan Friendly)	185	570	28	4	0	0	340	73	4	34	8	0	15	4	15
Cranberry Oatmeal Muffin	187	510	19	10	0.5	90	410	74	5	27	12	10	6	10	20
Jalepeño Cheddar Muffin	186	560	30	9	0	80	700	55	1	14	18	8	0	30	15
Peach Oatmeal Muffin	187	510	19	10	0.5	90	410	75	4	29	12	15	0	10	20
Pumpkin Apple Muffin (Vegan Friendly)	184	470	14	1.5	0	0	350	80	4	41	7	0	8	4	15
Raspberry Oatmeal Muffin	187	510	19	10	0.5	90	410	73	4	28	12	10	10	10	20
Very Berry Muffin (Vegan Friendly)	188	480	18	1.5	0	0	350	74	4	30	8	0	15	2	15
Blueberry Lemon Muffin (Gluten Free Friendly)	245	530	23	14	1	90	150	78	2	35	4	15	6	6	6
Cranberry Orange Muffin (Gluten Free Friendly)	145	520	23	14	1	90	150	75	<1	33	4	15	15	6	6
Raspberry Muffin (Gluten Free Friendly)	145	530	23	14	1	90	150	75	<1	34	5	15	15	6	6
COOKIES															
Chocolate Chip Cookie	110	460	22	13	0.5	35	180	65	2	40	7	8	0	6	15
Krispie Oatmeal Raisin Cookie	110	480	25	14	1	70	240	59	3	33	7	15	4	4	20
Peanut Butter Cookie (Gluten-free Friendly)	130	635	43	14	1	84	427	55	5	36	14	13	0	7	9
Double Chocolate Brownie Cookie (Vegan Friendly)	110	460	22	5	0	0	200	66	4	42	6	0	0	2	15
OTHER BAKED GOODS															
Banana Bread (Vegan Friendly)	220	580	19	1.5	0	0	1110	99	3	47	9	0	15	10	15
Banana Bread (Chocolate) (Vegan Friendly)	220	620	23	5	0	0	1010	103	4	53	8	0	15	10	20
Breakfast Bun	159	440	19	11	0.5	85	440	52	2	11	15	20	2	25	20
Butter Tart	104	480	31	19	1	120	210	48	< 1	33	4	20	0	4	8
Cheddar Chive Scone	162	500	27	16	1	130	680	47	2	8	17	25	4	30	15
Cinnamon Bun (no icing)	178	600	22	13	1	95	180	90	3	41	11	15	0	8	20
Cinnamon Bun (with icing)	227	800	37	22	1.5	145	300	106	3	57	13	25	0	10	25
Croissant	100	390	26	16	1	70	340	34	1	5	5	15	0	2	10
Croissant - Chocolate	87	350	23	14	0.5	55	260	33	2	10	4	10	0	0	10
Croissant - Double-baked Almond	191	790	57	25	1.5	165	370	62	5	25	15	25	15	0	20
Ham & Aged Cheddar Turnover	130	430	24	14	0.5	85	600	39	2	3	14	15	0	10	20
Lemon Scroll	100	378	22	14	1	62	307	41	2	12	5	16	15	3	12
Oatmeal Peanut Butter Bar	134	630	33	12	0	20	55	70	7	40	13	6	0	4	20
Pull Apart	166	570	36	21	1	145	400	53	2	19	8	20	0	8	15
Raspberry Crisp	142	470	23	14	1	55	140	62	2	31	6	15	15	6	15
Yogurt Cup	285	360	9	2	0	<5	170	62	2	43	10	20	10	25	8
MEAL OPTIONS															
SEASONAL: Tuscan Kale Salad (Vegetarian Friendly)	187	335	22	6	0	0	687	22	5	3	12	0	246	39	15
SEASONAL: Tuscan Kale Chicken Salad	287	522	27	7	0	91	766	22	5	3	46	1	246	41	21
Casablanca Wrap (Vegan Friendly)	347	435	16	3	0	0	837	63	10	11	13	80	135	20	25
Chicken Modena Sandwich (reduced fat)	306	560	21	7	0	105	900	52	6	14	39	8	15	4	20
Chorizo Breakfast Wrap	354	730	36	15	0	300	1420	68	4	5	35	10	40	50	25
EI Wrappo Ranchero (Vegetarian Friendly)	359	700	28	11	0	270	1140	86	6	3	29	15	40	50	35
Grilled Cheese Sandwich (Vegetarian Friendly)	197	540	33	17	0	90	870	33	2	4	27	25	10	60	15

Southwest Chicken Wrap	364	740	27	9	0	60	980	91	5	2	33	10	15	45	35
Curried Butternut Squash Soup (Large)	500	320	21	15	0	0	1970	28	3	13	4	0	20	6	10
Curried Butternut Squash Soup (Small)	225	150	10	7	0	0	890	13	1	6	2	0	8	2	6
Potato Leek Soup (Large)	500	320	16	9	0	45	1730	39	1	4	6	10	40	8	10
Potato Leek Soup (Small)	225	140	7	4	0	20	780	17	<1	2	3	6	20	4	4
Creamy Cauliflower Soup (Large)	500	280	22	14	0	70	800	12	3	5	10	20	100	25	4
Creamy Cauliflower Soup (Small)	225	120	10	6	0	30	360	5	1	2	4	10	45	10	0
Tomato Soup (Large)	500	170	6	1	0	0	1350	22	3	8	3	70	80	15	15
Tomato Soup (Small)	225	80	3	0	0	0	610	10	1	4	1	30	35	6	6
Smoky Red Lentil (Large)	500	340	12	1.5	0	0	500	42	2	7	14	8	50	10	25
Smoky Red Lentil (Small)	225	150	5	0.5	0	0	230	19	1	3	6	4	20	6	10
Carrot Ginger Soup (Large)	500	260	17	12	0	0	720	22	5	11	4	430	25	6	10
Carrot Ginger Soup (Small)	225	120	8	5	0	0	330	10	2	5	2	190	10	4	4