

JJ BEAN NUTRITIONAL INFORMATION
 Updated October 3, 2019

	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)
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
Double Chocolate Brownie Cookie (Vegan Friendly)	110	460	22	5	0	0	200	66	4	42	6	0	0	2	15
Ginger Molasses Cookie	133	554	26	15	1	94	433	76	2	40	7	19	3	12	27
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
Salted Caramel Crackle Cookie	150	692	36	22	2	106	637	88	1	62	9	30	3	15	25
OTHER BAKED GOODS															
Apple Fritter Cruffin	135	320	1	0	0.0	5	253	72	3	42	5	1	0	2	12
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
Blueberry Scone	149	411	18	10	1	92	411	54	3	14	10	13	5	22	18
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
Croissant - Cheese	170	664	44	27	2.0	126	641	126	2	7	14	32	0	13	20
Oatmeal Peanut Butter Bar	134	630	33	12	0	20	55	70	7	40	13	6	0	4	20
Rhubarb Danish	136	487	31	17	1	85	525	47	2	15	7	20	1	3	13
Yogurt Cup	285	360	9	2	0	<5	170	62	2	43	10	20	10	25	8
Yogurt Cup - Coconut (Vegan Friendly)	227	270	11	9	0	0	110	34	3	22	9	0	0	2	8
MEAL OPTIONS															
SEASONAL: J.J.'s Breakfast Sandwich (Vegetarian Friendly)	168	299	16	6	0	196	671	30	5	8	14	6	5	20	10
SEASONAL: J.J.'s Ham Breakfast Sandwich	208	363	16	6	0	205	1000	35	3	3	21	6	6	15	17
Beyond® Breakfast Wrap (Vegan Friendly)	327	635	32	5	0	0	1442	64	33	2	20	4	43	22	30
Grilled Cheese Sandwich	210	714	46	17	0	85	1285	45	2	2	26	16	0	46	17
Chicken Modena Sandwich (Reduced Fat)	306	560	21	7	0	105	900	52	6	14	39	8	15	4	20
Ranchero Breakfast Wrap (Vegetarian Friendly)	388	688	31	11	0	378	1172	75	7	5	23	19	44	16	27
Southwest Chicken Wrap	364	740	27	9	0	60	980	91	5	2	33	10	15	45	35
Turkey Chorizo Breakfast Wrap	399	793	36	15	0	483	1293	68	5	10	49	24	44	39	40
Vegan Chili	300	210	3	0	0	0	511	39	11	4	11	66	47	6	20
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