

JJ BEAN NUTRITIONAL INFORMATION

Updated November 2020

	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)
Pastries															
Apple Fritter Cruffin	135	320	1	0	0.0	5	253	72	3	42	5	1	0	2	12
Banana Bread (Vegan)	220	580	19	2	0	0	1110	99	3	47	9	0	15	10	15
Banana Bread, Chocolate (Vegan)	220	620	23	5	0	0	1010	103	4	53	8	0	15	10	20
Bar, Oatmeal Peanut Butter	134	630	33	12	0	20	55	70	7	40	13	6	0	4	20
Butter Tart	104	480	31	19	1	120	210	48	< 1	33	4	20	0	4	8
Cinnamon Bun (no icing)	178	600	22	13	1.0	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
Cookie, Chocolate Chunk	110	460	22	13	0.5	35	180	65	2	40	7	8	0	6	15
Cookie, Double Chocolate Brownie (Vegan)	110	460	22	5	0	0	200	66	4	42	6	0	0	2	15
Cookie, Ginger Molasses (Seasonal)	133	554	26	15	1	94	433	76	2	40	7	19	3	12	27
Cookie, Krispie Oatmeal Raisin	110	480	25	14	1	70	240	59	3	33	7	15	4	4	20
Cookie, Peanut Butter (Gluten-free Friendly)	130	635	43	14	1	84	427	55	5	36	14	13	0	7	9
Cookie, Salted Caramel Crackle	150	692	36	22.0	2	106	637	88	1	62	9	30	3	15	25
Croissant	100	390	26	16	1.0	70	340	34	1	5	5	15	0	2	10
Croissant, Cheese & Mustard	135	520	33	19	1	84	486	35	1	5	11	18	0	3	12
Croissant, Chocolate	87	350	23	14	1	55	260	33	2	10	4	10	0	0	10
Croissant, Double-baked Almond	191	790	57	25	2	165	370	62	5	25	15	25	15	0	20
Croissant, Everything	107	425	28	16	1	63	502	38	3	5	8	18	0	2	12
Danish, Rhubarb	136	487	31	17	1	85	525	47	2	15	7	20	1	3	13
Muffin, Bran, Blueberry (Vegan)	185	450	22	7	0	0	670	61	3	32	7	0	0	8	20
Muffin, Bran, Carrot Raisin (Vegan)	185	450	21	6	0	0	730	65	4	35	7	45	2	8	20
Muffin, Chocolate Chip Zucchini (Vegan)	185	570	28	4	0	0	340	73	4	34	8	0	15	4	15
Muffin, Pumpkin Apple (Vegan)	184	470	14	1.5	0	0	350	80	4	41	7	0	8	4	15
Muffin, Very Berry (Vegan)	188	480	18	1.5	0	0	350	74	4	30	8	0	15	2	15
Muffin, Jalepeño Cheddar	186	560	30	9	0	80	700	55	1	14	18	8	0	30	15
Muffin, Oatmeal, Blueberry	187	510	19	10	0.5	90	410	74	5	28	12	10	0	10	20
Muffin, Oatmeal, Cranberry	187	510	19	10	0.5	90	410	74	5	27	12	10	6	10	20
Muffin, Oatmeal, Raspberry	187	510	19	10	0.5	90	410	73	4	28	12	10	10	10	20
Muffin, Blueberry-Lemon (Gluten-free Friendly)	145	530	23	14	1	90	150	78	2	35	4	15	6	6	6
Muffin, Cranberry-Orange (Gluten-free Friendly)	145	520	23	14	1	90	150	75	<1	33	4	15	15	6	6
Muffin, Raspberry (Gluten-free Friendly)	145	530	23	14	1	90	150	75	<1	34	5	15	15	6	6
Scone, Blueberry	149	411	18	10	1.0	92	411	54	3	14	10	13	5	22	18
Scone, Cheddar Chive	162	500	27	16	1	130	680	47	2	8	17	25	4	30	15
Scone, Maple-Glazed Cranberry (Seasonal)	190	562	18	11	1.0	90	383	91	4	44	10	14	19	23	19
Quiche, Cheese	83	420	32	19	0	234	425	22	< 1	< 1	13	23	1	13	23

Meals															
Bowl, Cauli-Rice Power	289	413	29	3	0	0	824	31	9	6	13	1	69	4	17
Sandwich, Breakfast, Bacon	180	552	38	12	0	236	1188	29	2	4	24	12	5	21	20
Sandwich, Breakfast, Spinach (Vegetarian)	176	337	17	8	0	212	700	29	3	4	16	11	7	20	22
Sandwich, Chicken Modena	306	560	21	7	0	105	900	52	6	14	39	8	15	4	20
Sandwich, Grilled Cheese (Vegetarian)	210	714	46	17	0	85	1285	45	2	2	26	16	0	46	17
Wrap, Breakfast, Ranchero (Vegetarian)	388	688	31	11	0	378	1172	75	7	5	23	19	44	16	27
Wrap, Breakfast, Turkey Chorizo	399	793	36	15	0	483	1293	68	5	10	49	24	44	39	40
Wrap, Cody's Vegan Burrito (Vegan)	226	312	14	2	0	0	302	42	6	3	7	22	66	5	8
Wrap, Southwest Chicken	364	740	27	9	0	60	980	91	5	2	33	10	15	45	35
Soup, Chili (Small) (Vegan)	300	210	3	0	0	0	511	39	11	4	11	66	47	6	20
Soup, Chili (Large) (Vegan)	600	420	6	0	0	0	1022	78	22	8	22	132	94	12	40
Soup, Cream Of Mushroom (Large) (Vegetarian)	500	354	24	14	0	66	330	32	4	4	8	20	12	6	14
Soup, Cream Of Mushroom (Small) (Vegetarian)	250	177	12	7	0	33	165	16	2	2	4	10	6	3	7
Soup, Creamy Cauliflower (Large) (Vegan, Gluten-free friendly)	500	280	22	14	0	70	800	12	3	5	10	20	100	25	4
Soup, Creamy Cauliflower (Small) (Vegan, Gluten-free friendly)	225	120	10	6.0	0	30	360	5	1	2	4	10	45	10	0
Soup, Harvest Chowder (Large) (Vegan, Gluten-free friendly)	500	236	14	12	0	0	404	30	4	8	4	60	28	8	20
Soup, Harvest Chowder (Small) (Vegan, Gluten-free friendly)	250	118	7	6	0	0	202	15	2	4	2	30	14	4	10
Soup, Potato Leek (Large) (Vegan, Gluten-free friendly)	500	320	16	9	0	45	1730	39	1	4	6	10	40	8	10
Soup, Potato Leek (Small) (Vegan, Gluten-free friendly)	225	140	7	4	0	20	780	17	<1	2	3	6	20	4	4
Soup, Smoky Red Lentil (Large) (Vegan, Gluten-free friendly)	500	340	12	2	0	0	500	42	2	7	14	8	50	10	25
Soup, Smoky Red Lentil (Small) (Vegan, Gluten-free friendly)	225	150	5	0.5	0	0	230	19	1	3	6	4	20	6	10
Soup, Tomato (Large) (Vegan, Gluten-free friendly)	500	170	6	1.0	0	0	1350	22	3	8	3	70	80	15	15
Soup, Tomato (Small) (Vegan, Gluten-free friendly)	225	80	3	0	0	0	610	10	1	4	1	30	35	6	6
Yogurt Cup	285	360	9	2	0	<5	170	62	2	43	10	20	10	25	8
Yogurt Cup, Coconut (Vegan)	227	270	11	9	0	0	110	34	3	22	9	0	0	2	8