

JJ BEAN NUTRITIONAL INFORMATION

Updated August 2020

|   | Serving Size<br>(g) | Calories<br>(kcal) | Total Fat<br>(g) | Saturated Fat<br>(g) | Trans Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbohydrate<br>(g) | Dietary Fibre<br>(g) | Sugars<br>(g) | Protein<br>(g) | Vitamin A<br>(%DV) | Vitamin C<br>(%DV) | Calcium<br>(%DV) | Iron<br>(%DV) |
|---|---------------------|--------------------|------------------|----------------------|------------------|---------------------|----------------|---------------------|----------------------|---------------|----------------|--------------------|--------------------|------------------|---------------|
| <b>Pastries</b>                                 |                     |                    |                  |                      |                  |                     |                |                     |                      |               |                |                    |                    |                  |               |
| 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                               | 170                 | 664                | 44               | 27                   | 2                | 126                 | 641            | 126                 | 2                    | 7             | 14             | 32                 | 0                  | 13               | 20            |
| 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            |
| 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, Peach                          | 187                 | 510                | 19               | 10                   | 0.5              | 90                  | 410            | 75                  | 4                    | 29            | 12             | 15                 | 0                  | 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            |
| Quiche, Cheese                                  | 83                  | 420                | 32               | 19                   | 0                | 234                 | 425            | 22                  | < 1                  | < 1           | 13             | 23                 | 1                  | 13               | 23            |

| Meals                                  |     |     |    |     |   |     |      |    |    |    |    |     |     |    |    |
|--|-----|-----|----|-----|---|-----|------|----|----|----|----|-----|-----|----|----|
| Sandwich, Breakfast (Vegetarian)       | 168 | 299 | 16 | 6   | 0 | 196 | 671  | 30 | 5  | 8  | 14 | 6   | 5   | 20 | 10 |
| Sandwich, Breakfast, Ham               | 208 | 363 | 16 | 6   | 0 | 205 | 1000 | 35 | 3  | 3  | 21 | 6   | 6   | 15 | 17 |
| 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, Carrot Ginger (Large)            | 500 | 260 | 17 | 12  | 0 | 0   | 720  | 22 | 5  | 11 | 4  | 430 | 25  | 6  | 10 |
| Soup, Carrot Ginger (Small)            | 225 | 120 | 8  | 5   | 0 | 0   | 330  | 10 | 2  | 5  | 2  | 190 | 10  | 4  | 4  |
| Soup, Chili (Vegan)                    | 300 | 210 | 3  | 0   | 0 | 0   | 511  | 39 | 11 | 4  | 11 | 66  | 47  | 6  | 20 |
| Soup, Creamy Cauliflower (Large)       | 500 | 280 | 22 | 14  | 0 | 70  | 800  | 12 | 3  | 5  | 10 | 20  | 100 | 25 | 4  |
| Soup, Creamy Cauliflower (Small)       | 225 | 120 | 10 | 6.0 | 0 | 30  | 360  | 5  | 1  | 2  | 4  | 10  | 45  | 10 | 0  |
| Soup, Curried Butternut Squash (Large) | 500 | 320 | 21 | 15  | 0 | 0   | 1970 | 28 | 3  | 13 | 4  | 0   | 20  | 6  | 10 |
| Soup, Curried Butternut Squash (Small) | 225 | 150 | 10 | 7   | 0 | 0   | 890  | 13 | 1  | 6  | 2  | 0   | 8   | 2  | 6  |
| Soup, Potato Leek (Large)              | 500 | 320 | 16 | 9   | 0 | 45  | 1730 | 39 | 1  | 4  | 6  | 10  | 40  | 8  | 10 |
| Soup, Potato Leek (Small)              | 225 | 140 | 7  | 4   | 0 | 20  | 780  | 17 | <1 | 2  | 3  | 6   | 20  | 4  | 4  |
| Soup, Smoky Red Lentil (Large)         | 500 | 340 | 12 | 2   | 0 | 0   | 500  | 42 | 2  | 7  | 14 | 8   | 50  | 10 | 25 |
| Soup, Smoky Red Lentil (Small)         | 225 | 150 | 5  | 0.5 | 0 | 0   | 230  | 19 | 1  | 3  | 6  | 4   | 20  | 6  | 10 |
| Soup, Tomato (Large)                   | 500 | 170 | 6  | 1.0 | 0 | 0   | 1350 | 22 | 3  | 8  | 3  | 70  | 80  | 15 | 15 |
| Soup, Tomato (Small)                   | 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  |