

Fresh Entrees: Carb

(fresh meals - nutritional information is broken down by protein, carb, sides & sauces chosen by customer)

	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)	
SIDE CARB OPTIONS	Basmati Rice	85g	154.0	2.0	5.7	0.7	44.0	22.0	0.0	1.0	0.0	5.5%
	Quinoa	90g	60.0	2.2	1.0	0.0	6.5	11.0	0.0	1.4	0.0	8.0%
	Rice Noodles	90g	95.0	1.6	0.2	0.0	16.5	21.0	0.0	1.0	0.0	0.0%
	Garlic Mashed Potatoes	140g	126.0	2.6	4.0	2.6	155.0	19.0	7.0	2.0	0.0	3.0%
	Roasted Sweet Potatoes	130g	170.0	2.5	5.5	0.4	96.0	30.0	7.0	2.0	0.0	3.0%
	Lemon Parmesan Orzo	120g	161.0	7.5	5.5	2.0	205.0	20.0	3.5	1.2	10.0	3.0%
	Spaghetti Squash	75g	21.0	0.5	0.3	0.0	8.5	5.0	2.0	1.1	0.0	0.5%
	Mashed Sweet Potato	130g	130.0	2.5	0.9	0.1	96.0	35.0	11.0	2.0	0.0	4.0%

Fresh Entrees: Sauces

(fresh meals - nutritional information is broken down by protein, carb, sides & sauces chosen by customer)

	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)	
SIDE SAUCE OPTIONS	Gravy (Beef & Poultry)	80ml	124	1	11.5	2.0	325	5	1	0.4	0	0%
	Applesauce	61ml	26	0	0.0	0	0	7	6	0.0	0	0%
	Cranberry Sauce	30ml	60	0	0.0	0	5	15	14	0.0	0	0%
	BBQ Sauce	15ml	29	0	0.0	0	142	6	5	0.3	0	0%
	Tandoori Sauce	15ml	4	1	0.0	0	184	1	0.5	0.5	0	0%
	Simple Seasoning	6g	4	0	0.0	0	78	1	0	0.0	0	0%
	Tzatziki	30ml	60	1	4.5	4	170	2	2	0.0	0	0%
	Teriyaki Sauce	30ml	50	1	0.0	0	480	12	7	0.0	0	2%
	Pesto	15ml	75	1	8.0	1	43	1	0	0.0	0	2%
	Tomato Sauce	125ml	32	1	0.2	0	160	8	5	1.5	0	6%
	Sweet Chili Sauce	30ml	70	0	0.0	0	190	17	17	0.0	0	0%

Homemade Soups

	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)
AUTUMN SQUASH SOUP	250ml	120.0	2.0	6.0	1.0	270.0	18.0	11.0	2.0	4%	5.0
TOMATO BASIL SOUP	250ml	130.0	2.0	7.0	2.5	430.0	14.0	8.0	3.0	10%	10.0
TURKEY ORZO SOUP	250ml	150.0	14.0	3.5	0.4	390.0	14.0	2.0	1.0	1%	30.0

ROASTED MUSHROOM SOUP	250ml	50.0	1.0	4.5	1.0	200.0	3.0	1.0	0.0	1%	-	
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
SWEET POTATO & BLACK BEAN CHILLI	250ml	160.0	7.0	3.0	0.3	570.0	29.0	6.0	9.0	19%	0.0	
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
POTATO LEEK SOUP	250ml	120.0	2.0	7.0	4.0	240.0	14.0	2.0	1.0	4%	20.0	
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
BEEF BARLEY SOUP	Coming soon!											
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
INDIAN MULIGATAWNY SOUP	Coming soon!											
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
CORN CHOWDER	Coming soon!											
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
ROASTED VEGETABLE SOUP	Coming soon!											
	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Iron (%)	Chol (mg)	
BROCCOLI CHEDDAR SOUP	Coming soon!											

Sweets & Other Sides

	Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)
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CAKES & BARS	Chocolate Fudge Cake	100g	290	4	13	3.5	210	42	29	3.0	0%	30%
	Spiced Carrot Cake	100g	270	3	12	2.5	390	36	21	2.0	0%	8%
	Whoopie Pie	90g	330	3	17	5.0	240	42	28	2.0	0%	10%
	Apple Pie Square	100g	310	4	18	2.5	170	34	18	2.0	0%	15%
	Medjool Date Square	100g	330	5	11	10.0	95	49	28	4.0	0%	15%
	Peppermint Nanaimo Bar (GF)	100g	350	2	19	7.0	20	46	38	2.0	0%	8%
	Hello Dolly	75g	280	3	16	5	115	34	16	2.0	0%	6%
	Caramel Pecan Bar	75g	370	2	16	2	170	58	31	2.0	0%	10%
	Caramel Almond Shortbread	60g	280	5	15	2	20	34	18	2.0	0%	6%
MUFFINS		Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)
	Blueberry Streusel	140g	280	3	10	1.5	350	48	22	5.0	0%	10%
	Chocolate Beet	140g	360	7	15	1.0	470	58	27	3.0	0%	30%
	Coffee Cake	140g	490	5	17	3.5	360	79	53	1.0	0%	15%
	Lemon Cranberry	140g	400	7	14	1.5	170	63	29	2.0	0%	20%
	Berry Bran	140g	350	5	12	1.0	230	59	26	6.0	0%	20%
	Mixed Berry	140g	360	5	13	1.0	230	57	25	4.0	0%	10%
	Apple Cinnamon	140g	280	3	10	1.5	350	48	21	2.0	0%	10%
	Banana Chocolate Chip	140g	420	5	16	3.0	300	47	30	3.0	0%	15%
	Apple Beet	140g	480	3	9	1.0	180	40	21	2.0	0%	10%
	Chocolate Zucchini	140g	410	6	16	2.5	300	67	39	3.0	0%	35%
	Apple Cinnamon (GF)	140g	280	3	10	1.5	350	46	22	5.0	0%	10%
	Chocolate Zucchini (GF)	140g	370	4	16	4.0	280	58	31	6.0	0%	30%
	Banana Chocolate (GF)	140g	390	4	17	4.5	380	57	28	5.0	0%	20%
SCONES		Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)
	Blueberry Scone	100g	360	6	17	8.0	300	45	10	2.0	0	15%
	Cinnamon Scone	100g	360	6	17	8.0	300	45	10	2.0	0	15%
	Cranberry Scone	100g	380	6	17	8.0	300	52	14	2.0	0	15%
	Raspberry Chocolate Scone	100g	360	6	18	9.0	270	47	15	2.0	0	25%
COOKIES		Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)
	Chocolate Chip	75g	320	5	15	3.5	160	45	23	5.0	0	0.00%
	Double Chocolate Fudge	75g	320	5	14	3.5	125	46	26	5.0	0	0.00%
	Oatmeal Raisin	75g	320	5	14	3.5	125	46	26	5.0	0	0.00%
	S'mores	75g	330	3	15	3.0	160	46	27	2.0	0	0.00%
	Ultimate Chocolate Chip (GF)	75g									0	0.00%
	Cookie Box - Oatmeal Coconut (GF)	300g									0	0.00%
	<i>more coming soon!</i>											
CUPCAKES		Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)
	Chocolate Lavendar	80g	240	3	9	2.5	150	41	31	2.0	0	15%
	Vanilla Bean	80g	280	3	12	2.0	125	42	30	1.0	0	10%
	Cookies 'n Cream Cupcake	80g	280	3	12	2.0	125	42	30	1.0	0	10%
	S'mores Cupcake	80g	240	3	9	2.5	150	41	31	2.0	0	15%
	<i>more coming soon!</i>											
SUGAR FREE TREATS		Port Size	Cal (kcal)	Pro (g)	Fat (g)	Sat Fat (g)	Sod (mg)	Carb (g)	Sugar (g)	Fiber (g)	Chol (mg)	Iron (%)
	Blondies (6x22g)	22g	70	1	6	3.5	70	7	0	4.0	0	3%
	Brownies (6x22g)	22g	80.00	2	6	3.0	45	7	0	4.0	0	4%

