



NUTRITIONAL BREAKDOWN

Caffe Express makes every effort to bring you a variety of foods to meet your lifestyle choices.

This nutritional breakdown is for general guideline purposes.

VARIATIONS MAY EXIST DUE TO CHANGES IN FORMULATIONS AND SIZES

HOT BEVERAGES	CAFFEINE (MG)	CALORIES	TOTAL FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBRE (G)	PROTEIN (G)
ESPRESSO (2oz)	80	3	0	0	1	1	0	1
AMERICANO (12oz)	160	6	0	0	2	2	0	2
ESPRESSO MACCIATO (DOUBLE SHOT)	160	20	2	4	15	2	0	1
AMERICANO MISTO (12oz)	160	115	6	22	85	9	0	6
LATTE/CAPPUCCINO (12oz)	160	200	11	38	150	15	0	11
MOCHA (12oz)	160	375	16	39	350	45	2	13
CHAI LATTE (12oz)	70	260	8	30	120	37	0	9
LONDON FOG (12oz)	35	205	6	22	89	21	0	6
HOT CHOCOLATE (12oz)	50	400	17	45	375	49	0	14
ADD FLAVOUR SYRUP (12oz drink)	0	50	0	0	12	0	0	0
BREWED COFFEE (12oz)	250	5	0	0	10	0	0	0
TEA (12oz)	35	0	0	0	0	0	0	0

BAKERY	CAFFEINE (MG)	CALORIES	TOTAL FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBRE (G)	PROTEIN (G)
MUFFINS	0	450	20	80	350	80	4	5
SCONES	0	450	22	130	650	45	2	5
LOAF SLICES	0	425	20	80	350	80	4	5
CROISSANT	0	275	18	70	340	34	1	4
TURNOVER	0	285	15	0	265	35	1	3
COOKIES	0	500	32	60	220	45	3	10
BAGEL	0	300	3	0	430	60	4	10
DESSERT BARS	20	360	20	20	50	45	5	5

SANDWICHES, SAVOURIES, AND SOUPS AND MISC	CAFFEINE (MG)	CALORIES	TOTAL FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBRE (G)	PROTEIN (G)
COLD CUT MEAT SANDWICHES (AVERAGE)	0	700	35	140	800	60	4	20
SEAFOOD SANDWICHES (AVERAGE)	0	500	25	140	700	60	3	18
VEGETARIAN SANDWICH	0	370	20	120	400	45	3	13
BREAKFAST WRAP	0	480	18	85	1350	55	2	24
QUICHE	0	240	14	75	630	18	1	10
SAMOSA	0	270	12	20	390	33	2	9
SAUSAGE ROLL	0	250	11	18	360	25	2	12
SOUPS (10oz) (AVERAGE)	0	100	1	2	650	14	3	5
CHILI (10oz)	0	215	14	0	700	7	10	17
YOGURT PARFAIT	0	370	8	5	200	37	2	11
PASTA SALADS	0	190	10	0	340	22	2	4
VEGGIE BROCCOLI SALAD	0	130	9	5	200	13	2	3