



MEINHARDT.

NUTRITIONAL GUIDE

PROUD PARTICIPANT OF

Informed Dining 



Informed Dining

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NUTRITION MENU

MEINHARDT™



The information in this guide is effective as of September 2018 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis using ESHA software and information provided by our suppliers.

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	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)
BREAKFAST BAR															
Breakfast Sausage (2)	90	270	23	8	0	50	690	3	0	1	12	0	0	2	6
Cheese Omelette	51	100	7	3	0.1	180	115	1	0	0	7	0	0	10	10
French Toast (2 sl)	90	210	16	1.5	0.4	0	440	16	4	4	3	0	90	6	10
Hash Browns	61	120	7	1	0	0	210	15	2	0	1	0	4	0	6
Scrambled Eggs	103	180	14	4.5	0.1	410	125	2	0	0	11	0	0	10	25
Roasted Tomato	111	25	1	0	0	0	70	5	1	3	1	0	25	2	2
Oatmeal	100	70	1.5	0.3	0	0	0	12	2	0	3	0	0	0	6
BREAKFAST SANDWICHES															
Breakfast Ham Sandwich	240	560	35	10	0	285	950	37	1	6	22	17	0	34	37
Breakfast Wrap	320	690	33	11	0	325	1340	62	4	4	31	39	45	27	36
Crazy Good French Toast	360	1120	80	18	1	345	1440	61	2	17	40	25	4	41	34
Breakfast Eggie	235	470	29	6	0	490	560	32	1	1	19	20	0	19	24
BUNS															
Brazilian Cheese (per bun)	153	420	19	12	0	95	1290	41	0	2	11	21	1	27	20
Cinnamon (per iced bun)	260	960	45	26	1	175	410	127	3	69	12	43	1	8	30
Cream Puff	183	440	34	21	0.5	175	210	25	3	9	5	40	16	3	10

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CAKES															
Cheesecake with Fresh Berries (each)	210	490	30	19	0	160	340	41	3	37	10	22	34	8	6
Chocolate Decadence Cake with Icing (per slice)	223	930	65	38	1	170	150	92	10	69	10	52	0	10	28
Carrot Cake with Cream Cheese Icing (1/12 of cake)	155	675	43	16	1	83	115	69	2	55	6	38	2	4	10
Carrot Square (1/4 of small foil)	100	410	25	8	0	46	68	45	2	33	4	24	2	2	7
Carrot Square (1/8 of large foil)	100	411	25	8	0	46	69	45	2	33	4	24	2	2	7
Chocolate Square Foil (1/3 of 5"x4")	120	400	22	10	0	58	187	50	4	35	5	13	0	12	13
Lemon Layer (per slice)	279	990	62	28	1.5	345	270	99	1	79	12	51	1	3	12
Vegan Chocolate Cake (per piece)	143	450	21	8	0	0	70	62	4	37	5	5	0	8	20
COOKIES															
Almond Cranberry Biscotti (per cookie)	53	220	9	4	0	55	70	30	1	15	4	4	0	11	9
Chocolate Chunk (per cookie)	65	280	14	8	0	50	10	39	1	24	3	10	0	1	14
Gingersnap (per cookie)	55	230	9	5	0	40	35	34	1	18	3	9	0	5	12
Gingersnap Sandwich (per cookie)	160	740	45	18	0.5	105	105	82	3	53	7	30	0	10	24
Oatmeal Chocolate (per cookie)	65	270	12	6	0	40	50	40	2	25	4	8	0	4	15
Oatmeal Raisin (per cookie)	70	280	11	6	0	50	105	41	2	21	5	10	0	2	12

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COOKIES															
Peanut Butter (per cookie)	60	270	13	4.5	0	35	20	34	1	21	5	6	0	2	9
Peanut Butter Sandwich (per cookie)	140	660	39	13	0	75	50	67	3	45	13	17	0	5	16
LOAVES															
Banana Chocolate (per slice)	217	660	22	7	0	55	85	107	4	64	9	3	7	4	18
Banana (per slice)	194	540	14	2	0	55	85	94	2	54	8	3	7	4	18
Lemon (per slice)	196	650	25	14	0	220	170	96	1	64	9	27	0	20	20
Almond Lemon (1/4 of loaf)	100	350	16	1	0	0	190	49	1	25	3	1	10	17	12
Vegan Pumpkin (per slice)	229	540	17	2.5	0	0	240	85	9	33	10	662	1	66	35
MUFFINS															
Pumpkin (per muffin)	220	840	44	4	1	80	320	101	3	53	9	340	0	50	27
Morning Glory (per muffin)	222	620	33	3.5	0.5	100	150	78	8	43	11	62	12	8	19
Blueberry Bran (per muffin)	231	570	24	3.5	0	65	580	89	14	42	12	4	5	12	38
Citrus Poppy Seed (per muffin)	223	660	26	13	0	155	470	93	5	43	12	24	37	47	31
Zucchini Chocolate (per muffin)	255	950	54	10	0.5	60	360	111	10	70	13	3	17	30	26

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PIES															
Apple (1/4 of 6")	210	505	20	9	0.2	32	160	75	2.5	43	4	7.5	0	4	18
Apple (1/8 of 9")	211	490	19	8	0	31	150	75	3	45	4	7	0	4	17
Blueberry (1/4 of 6")	173	458	21	9	0.2	33	160	64	3	31	5	8	3	2	14
Blueberry (1/8 of 9")	193	470	20	8	0	31	148	73	4	38	5	8	4	2	13
Pecan Pie (per piece)	128	510	26	8	0	105	200	66	2	25	6	14	0	3	15
Strawberry Rhubarb (1/4 of 6")	172	437	21	9	0.2	32	160	58	2.5	25	4.5	8	30	7	15
Strawberry Rhubarb (1/8 of 9")	193	443	19	8	0	31	149	64	3	30	4	8	39	8	15
PUDDINGS															
Vanilla Crème Brulee (per cup)	107	360	29	19	0	245	30	17	0	17	3	36	0	2	3
Sticky Toffee (per piece)	179	510	14	9	0	85	30	90	2	65	5	16	0	25	19
Rice (per pudding)	285	430	22	15	0.5	55	115	45	2	24	9	24	5	25	2
Chocolate (per pudding)	225	840	71	45	1	485	55	31	3	25	7	70	0	5	13

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SCONES															
Blueberry (per scone)	219	670	31	17	0.5	120	340	85	3	14	13	30	2	76	34
Cheese and Chive (per scone)	214	700	34	19	1	160	410	83	2	13	15	34	1	82	35
Raisin and Date (per scone)	222	710	31	17	0.5	120	340	96	4	23	13	30	0	77	36
Maple Bacon Walnut (per scone)	221	770	43	19	0.5	150	590	80	3	16	15	27	0	69	33
Pear (per scone)	216	640	29	16	0.5	115	320	83	2	16	12	30	1	72	33
SQUARES															
Chocolate Brownie (per piece)	124	500	29	17	0	140	30	56	3	45	6	24	0	2	11
Grind Bar (per piece)	182	770	43	11	0	0	460	82	12	46	15	1	0	15	41
Linda's Brownie (per piece)	187	780	46	25	1	175	110	90	6	69	9	35	0	6	24
Lemon Bar (per piece)	105	410	25	13	0.5	155	30	42	1	27	5	25	0	1	9
Rice Crispies with Chocolate (each)	120	500	20	11	0	45	370	81	1	43	4	15	0	1	26
TARTS															
Lemon (per tart)	101	380	23	13	1	135	75	41	1	27	4	14	0	2	9
Lemon Meringue (per tart)	135	470	23	13	1	135	95	61	1	48	6	14	0	2	10
Coconut (per tart)	153	500	33	23	1	95	130	43	2	26	5	21	1	6	11

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COLD CASE															
Entreés															
Arancini (each)	120	210	17	4.5	0.5	10	270	11	0	1	4	0	2	6	4
Calzone (each)	239	590	18	7	0.2	80	1370	80	5	9	27	0	160	15	20
Chicken Pot Pie (each)	285	800	53	21	1	55	1150	56	4	4	22	0	8	6	30
Cod Cake (each)	271	460	31	9	1	30	1030	30	3	1	19	0	10	10	10
Coho Salmon	100	180	8	2	0	0	160	0	0	0	24	0	2	2	2
Grilled Chicken	100	150	3	1	0	105	125	0	0	0	31	0	0	0	4
Kobe Meatballs	100	180	12	5	0	5	390	7	1	1	11	0	6	4	8
Quinoa Mushroom Burger (each)	122	130	4.5	2	0.1	15	330	17	3	1	6	0	4	2	8
Roast Beef - Eye of Round	100	180	6	1.5	0.2	0	60	0	0	0	30	0	0	0	15
Salmon Puff Pastry (each)	300	880	59	9	0.2	50	350	48	2	1	41	0	20	6	30
Trout Steelhead	100	170	7	1.5	0.1	0	170	0	0	0	24	0	4	2	2
Sides															
Mash Potatoes	100	160	12	8	0.5	35	410	14	2	2	3	0	25	2	8
Rosemary Roasted Potato	100	110	4.5	0.5	0	0	310	18	2	0	2	0	6	6	10
Roasted Yams	100	130	1	0	0	0	230	28	4	0	2	0	20	2	4
Broccolini	100	25	0.5	0	0	0	220	5	3	1	2	0	80	6	4

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GRAB & GO															
Chicken Schnitzel	385	580	32	8	1	140	530	38	6	5	38	50	80	6	25
Chicken Orecchiette	133	260	15	8	0.4	45	340	23	1	2	9	10	0	6	8
Spaghetti Pork Meatballs	420	700	38	14	0.4	110	1120	52	6	5	36	30	50	15	35
Caesar Salad with Chicken	381	790	40	10	0.2	145	2180	49	6	4	54	0	15	25	30
Cobb Salad	360	780	55	11	0.1	315	1880	7	2	3	62	0	25	10	25
Pickled Beet with Feta	155	70	1.5	1	0.2	5	160	12	2	10	3	0	15	2	6
Tuna Nicoise Salad	235	890	88	14	0.4	80	1060	11	1	7	12	30	25	4	10
HOT BAR															
Chicken Stew	100	140	6	1.5	0	55	180	3	1	1	16	10	2	2	8
Chow Mein	100	240	8	1	0.4	0	1090	37	3	4	4	10	45	2	15
Honey Dijon Chicken	100	250	17	4	0.2	120	170	4	0	4	20	2	0	0	8
Pork Meatballs	100	120	8	2.5	0.1	25	400	6	2	3	6	10	20	4	6
Ratatouille	100	70	5	0.5	0	0	190	6	2	3	1	8	70	2	4
Tumeric Basa	100	110	4.5	1	0	35	140	1	0	1	16	0	0	2	4
Vegetable Stirfry	100	90	7	1	0.1	0	150	6	2	3	1	40	45	4	4

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HOT BAR - INDIAN															
Aloo Gobi	100	100	8	0.5	0.2	0	220	8	2	2	2	0	45	4	6
Aloo Kashmiri	100	180	13	1.5	0.3	0	230	15	2	3	2	2	15	4	8
Beef Vindaloo	100	160	9	1.5	0.2	35	430	3	1	1	17	2	4	2	15
Butter Chicken	100	210	12	6	0.1	75	440	6	1	3	18	0	8	4	10
Chana Masala	100	70	3	0.2	0.1	0	280	9	3	2	3	2	4	2	8
Chicken Tikka	100	160	11	1.5	0.2	50	360	5	1	2	10	4	45	2	8
Eggplant Bharta	100	70	3.5	0.3	0.1	0	220	9	2	3	1	0	10	2	4
Gypsy Beef	100	200	11	2	0.1	45	220	3	1	1	21	2	4	2	15
Palak Paneer	100	190	15	6	0.2	30	160	7	2	2	6	60	8	15	8
Mango Chicken	100	170	9	1	0.2	50	350	8	1	3	15	0	10	2	6
Mushroom Onion Sauce	100	80	5	0.4	0.1	0	440	9	2	4	2	4	20	2	8
Signature Chicken Curry	100	160	9	1.5	0.2	35	170	5	1	2	14	10	8	2	6
Basmati Rice	100	180	6	0.5	0.1	0	135	29	0	0	3	0	0	2	2
Pasta															
Chicken Pasta	100	210	12	7	0.1	60	350	13	1	0	13	15	0	10	4
Lasagna (per piece)	440	860	44	20	1.5	175	750	47	4	5	65	0	15	30	50
Macaroni Bolognese	100	170	4	1.5	0.1	15	200	24	2	1	9	4	4	4	10
Pennette Pasta	100	150	8	5	0.3	20	320	14	1	3	6	8	0	10	4
Spaghetti Bolognese	100	130	4	1.5	0.2	15	260	14	2	2	9	0	10	2	8

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SALADS															
Beet Salad	100	60	2.5	1	0.2	5	105	6	2	4	3	0	15	4	6
Campanelli Pasta Salad	100	170	4.5	0.5	0	25	200	27	2	2	5	0	15	2	10
Cous Cous Salad	100	190	11	1	0.2	20	180	21	2	5	3	0	2	2	4
Fruit Salad	100	45	0.3	0	0	0	5	10	4	5	2	0	50	2	2
Gnocchi Caprese Salad	100	380	36	8	0	10	410	11	1	3	4	0	10	10	15
Greek Salad	100	110	8	2.5	0.1	5	140	6	1	3	3	0	120	6	4
Green Papaya Salad	100	25	0.1	0	0	0	350	2	0	1	1	0	40	2	4
Kale Salad	100	190	17	2.5	0	0	200	11	2	8	1	0	120	8	8
Mixed Berries Salad	100	80	5	0.4	0	0	10	10	4	5	2	0	45	4	6
Orzo Salad	100	210	7	2.5	0	30	190	28	2	2	7	0	10	8	20
Pear Salad	100	100	4	0.3	0	15	5	16	3	11	2	0	8	2	4
Potato Salad	100	130	7	1	0	5	290	17	2	0	2	0	6	6	6
Quinoa Salad	100	150	6	0.4	0.1	0	140	9	3	1	4	0	30	2	4
Spinach Salad	100	90	7	1	0	5	220	5	2	2	5	0	20	4	10
Wheatberry Salad	100	200	8	2.5	0	25	210	24	7	1	10	0	10	10	20
Wild Rice Salad	100	130	4.5	0.5	0	20	210	18	3	2	4	0	10	2	6

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DRESSINGS															
Cauli Mayo Dressing															
Citrus Vinaigrette	30	150	16	1	0.4	0	70	1	0	1	0.1	0	0	0	0
Greek Dressing	30	210	22	1.5	0.5	0	25	2	0	2	0.1	0	2	0	2
Hummus	30	101	10	1.4	0	0	120	3	1	0	1	0	1	1	2
Italian Dressing	30	160	18	2.5	0	0	50	1	0	0	0.1	0	0	0	0
Lemon Vinaigrette	30	180	18	1.5	0.4	0	25	4	0	3	0.1	0	4	0	0
Orange Sesame Vinaigrette	30	90	7	1	0	0	180	5	0	3	0.1	0	10	0	0
Raspberry Vinaigrette	30	180	20	1.5	0.5	0	0	2	0	2	0	0	0	0	0
Spicy Yo	30	130	13	3.5	0	15	95	2	0	1	1	4	0	2	2
Sweet Chili Dressing	30	90	6	1	0	0	95	8	0	6	1	0	0	2	4
White Balsamic Dressing	30	170	18	3	0.1	10	210	1	0	1	0.3	0	0	0	0

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SANDWICHES & WRAPS															
BLT Sandwich	250	680	52	11	0	60	950	39	2	1	12	22	8	14	16
Chicken Pesto Sandwich	280	770	48	11	0	130	1220	49	4	1	37	24	4	13	62
Corn Beef Sandwich	300	760	50	13	0	95	2050	50	4	3	27	5	3	16	33
Ham and Cheese Sandwich	300	830	48	10	0	70	1780	70	2	15	26	20	5	16	32
Kobe Meatball Sandwich	320	880	52	14	0	125	1610	62	2	2	37	15	2	37	69
Roast Beef Sandwich	330	980	70	17	0	150	1280	45	4	2	42	25	8	15	47
Spicy Chicken Sandwich	300	690	33	8	0	120	1100	58	2	2	38	16	6	30	34
Tomato Bocconcini Sandwich	310	750	47	12	0	70	920	60	2	1	15	19	6	29	51
Tuna Salad Sandwich	250	660	46	7	0	75	1070	37	2	2	25	19	2	17	45
Turkey Sandwich	280	730	44	9	0	105	1060	42	3	4	37	22	6	20	29
Caesar Chicken Wrap	540	830	36	10	0	160	1940	63	5	1	56	118	8	27	83
Quinoa Wrap	440	1000	51	16	0	70	1700	96	11	3	35	60	63	47	62
Turkey Wrap	500	970	59	14	0	120	1480	62	5	3	41	133	9	27	41

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (ml)	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)
HOT BEVERAGES															
Coffee															
Drip Coffee 12 oz	360	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0
Drip Coffee 16 oz	480	0	0.1	0	0	0	10	0	0	0	1	0	0	0	0
Shots															
Single Espresso	30	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Double Espresso	60	0	0.1	0	0	0	10	0	0	0	0.1	0	0	0	0
Espresso Macchiato (Whole Milk)	90	45	2.5	1.5	0.1	5	35	3	0	4	2	4	0	8	0
Specialties															
Americano 12 oz	360	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Americano 16 oz	480	0	0.1	0	0	0	15	0	0	0	0	0	0	0	0
Cappuccino 4 oz (Whole Milk)	180	35	4	2	0	10	85	9	0	9	6	10	0	20	0
Latte 12 oz (Whole Milk)	360	156	7.5	5	0.2	30	120	12	0	12	8	6	10	30	0
Latte 16 oz (Whole Milk)	480	240	12	7	0.3	45	190	18	0	18	12	10	15	50	0
Mocha 12 oz (Whole Milk)	360	330	8	4.5	0.2	25	150	59	2	48	9	0	8	30	15
Mocha 16 oz (Whole Milk)	480	490	12	7	0.3	40	220	83	2	68	13	0	10	50	20
Nutrition information is provided for the standard beverage made with whole milk. For other milk and milk alternatives, please refer to page 14 where information for steamed milk and milk alternatives are available.															

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	Serving Size (ml)	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)
HOT BEVERAGES															
Specialties															
Spanish Latte 12 oz	360	280	11	7	0.2	40	180	34	0	33	11	0	10	45	0
Spanish Latte 16 oz	480	480	18	12	0.3	70	290	60	0	59	18	0	15	70	2
ICED BEVERAGES															
DOMO Ice Tea (S)	360	90	0	0	0	0	0	25	0	25	0	0	0	0	0
DOMO Ice Tea (L)	480	135	0	0	0	0	0	37.5	0	37.5	0	0	0	0	0
DOMO Blue Lemonade (S)	360	90	0	0	0	0	0	25	0	25	0	0	0	0	0
DOMO Blue Lemonade (L)	480	135	0	0	0	0	0	37.5	0	37.5	0	0	0	0	0
Iced Latte (S)	360	200	10	6	0.2	35	160	15	0	15	10	8	10	45	0
Iced Latte (L)	480	240	12	7	0.3	45	190	18	0	18	12	10	15	50	0
Iced Mocha (S)	360	250	10	6	0.2	35	170	29	0	25	10	8	10	45	4
Iced Mocha (L)	480	320	12	7	0.3	45	200	38	1	33	12	10	15	50	6
Iced Matcha Latte (S)	360	190	8	5	0.2	30	120	20	0	19	8	8	8	35	0
Iced Matcha Latte (L)	480	280	12	7	0.3	45	180	30	0	28	12	10	15	50	0

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEMS	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)
HOT BEVERAGES															
Steamed Milk 12 oz (1% Milk)	360	90	2	0.5	0.1	10	100	11	0	12	8	15	0	25	0
Steamed Milk 12 oz (Almond Milk)	360	35	3	0.3	0	0	150	2	1	0	1	0	0	0	0
Steamed Milk 12 oz (Soy Milk)	360	70	2.5	0	0	0	210	8	0	5	5	0	0	2	4
Steamed Milk 12 oz (Whole Milk)	360	140	7	5	0.4	20	95	11	0	12	7	10	0	25	0
Steamed Milk 16 oz (1% Milk)	480	120	3	1	0.1	15	130	15	0	15	10	20	0	35	0
Steamed Milk 16 oz (Almond Milk)	480	50	4	0.4	0	0	190	2	1	0	1	0	0	0	0
Steamed Milk 16 oz (Soy Milk)	480	100	3.5	0	0	0	270	11	0	7	6	0	0	2	4
Steamed Milk 16 oz (Whole Milk)	480	180	10	7	0.5	30	125	14	0	15	9	15	0	30	0
Steamed Milk 20 oz (1% Milk)	600	150	3.5	1	0.1	15	150	17	0	18	12	20	0	40	0
Steamed Milk 20 oz (Almond Milk)	600	60	4.5	0.4	0	0	230	3	1	0	1	0	0	0	0
Steamed Milk 20 oz (Soy Milk)	600	110	4	0	0	0	320	13	0	8	7	0	0	2	6
Steamed Milk 20 oz (Whole Milk)	600	210	11	8	0.5	35	150	17	0	18	11	15	0	35	0
Tea, All Types 12 oz (No Milk or Sugar)	360	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Tea, All Types 16 oz (No Milk or Sugar)	480	0	0	0	0	0	15	1	0	0	0	0	0	0	0