



## Nutritional Information

SERVING SIZE	CALORIES (kcal)	PROTEIN (g)	CARBOHYDRATE (g)	TOTAL FAT (g)	DIETARY FIBRE (g)	SUGAR (g)	CHOLESTEROL (mg)	SODIUM (mg)
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### BAGELS

APPLE CINNAMON	113 gm	353	8	75	3	3	NA	0	439
BLUEBERRY - WHOLE BERRIES	113 gm	304	7	66	1	3	NA	0	409
BLUEBERRY - FLAKES	113 gm	386	8	74	6	2	NA	0	433
FLAX AND HONEY	113 gm	261	9	45	7	5	NA	0	541
HONEY RAISIN MULTIGRAIN	113 gm	294	9	59	3	5	NA	0	376
MUESLI	113 gm	296	9	56	5	5	NA	0	475
MULTI GRAIN	113 gm	296	9	59	2	4	NA	0	581

### SODIUM REDUCED BAGELS

ASIAGO	113 gm	367	13	66	5	3	3	11	499
CHEDDAR BACON	170 gm	434	17	66	11	3	3	26	612
CHEDDAR HERB	113 gm	285	9	54	3	2	2	9	346
CHEDDAR JALAPENO	113 gm	321	10	61	3	3	2	9	458
CHEDDAR ONION	170 gm	425	15	69	9	3	5	26	500
CHEDDAR SALSA	113 gm	421	16	62	11	3	4	34	873
CHEDDAR SWISS	113 gm	282	9	53	3	2	2	9	332
CHOCOLATE CHIP	113 gm	301	6	59	1	2	12	0	265
CINNAMON RAISIN	113 gm	281	7	61	1	3	9	0	285
EVERYTHING	113 gm	316	9	64	2	3	3	0	818
FRENCH TOAST	113 gm	321	7	62	4	2	12	10	278
MAPLE	113 gm	313	7	60	5	2	10	0	273
PLAIN	113 gm	287	8	61	1	3	2	0	327
POPPY	113 gm	327	9	63	4	3	3	0	334
PUMPERNICKLE	113 gm	286	8	60	1	4	3	0	318
SESAME	113 gm	331	9	63	4	3	2	0	335
SOUR DOUGH	113 gm	289	8	60	1	3	0	0	388
TOMAZZO	170 gm	354	11	66	5	3	4	12	502
TOMAZZO (HOT)	170 gm	359	11	67	5	3	4	12	707
WHOLE WHEAT	113 gm	275	9	59	1	6	3	0	319

### CREAM CHEESE SPREAD

LACTANITA CREAM CHEESE SPREAD ****	56 gm	185	5	2	17	0	1	54	217
LACTANITA CREAM CHEESE SPREAD (LITE) ****	56 gm	157	6	4	13	0	2	42	231

\*\*\* Our stores make their flavoured cream cheese spread recipes daily using fresh and frozen fruits and vegetables, natural cheddar and feta cheese and spices into premium Lactantia Regular and Light cream cheese without the use of any preservatives or additives.

Since many of the ingredients vary by season and by store, we provide the nutritional analysis of our Lactantia Regular and Lite Cream Cheese only.



## Nutritional Information

SERVING SIZE	CALORIES (kcal/g)	PROTEIN (g)	CARBOHYDRATE (g)	TOTAL FAT (g)	DIETARY FIBRE (g)	SUGAR (g)	SODIUM (mg)
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### MUFFINS

#### WHOLESOME GRAIN SENSATIONS

GOLDEN BRAN & RAISIN	115 gm	340	7	48	14	7	24	245
DARK BRAN	115 gm	341	6	47	14	8	24	220
OATMEAL AND BAKED APPLE	115 gm	371	6	60	12	3	31	357
OATMEAL DATE DELIGHT	115 gm	372	6	62	11	3	33	365
MORNING GLORY	115 gm	392	6	53	17	2	30	309
CORNMEAL	115 gm	415	6	56	18	1	27	511

#### SWEET SENSATIONSSWEET SENSATIONS

CHUNKS O' CHOCOLATE	115 gm	402	7	55	17	2	26	418
BANANA CHOCOLATE CHUCK	115 gm	416	6	57	18	2	30	429
DOUBLE CHOCOLATE	115 gm	374	7	51	16	4	26	507
MAPLE WALNUT	115 gm	390	7	55	16	1	26	387
PRALINES AND CREAM	115 gm	401	7	56	17	1	23	372
CINNAMON RAISIN SWIRL	115 gm	404	6	58	16	2	28	406
COCONUT CREAM	115 gm	381	6	54	15	1	26	363
CARAMEL COFFEECAKE SWIRL	115 gm	369	6	55	14	1	27	351

#### FRUIT SENSATIONSFRUIT SENSATIONS

FRUIT EXTREME	115 gm	134	5	43	14	6	21	260
PUMPKIN	115 gm	358	5	53	14	2	29	285
BLUEBERRY	115 gm	364	6	52	15	1	24	335
CRANBERRY LEMON	115 gm	349	6	49	14	1	21	410
CARROT	115 gm	386	5	54	16	2	30	209
BANANA	115 gm	394	6	56	17	1	31	417
RASPBERRY YOGURT	115 gm	371	6	55	14	1	22	406
LEMON SWIRL WITH POPPY SEEDS	115 gm	359	7	53	14	1	26	369
STRAWBERRIES AND CREAM	115 gm	377	7	55	15	1	22	347
PEACH RASPBERRY SWIRL	115 gm	345	6	51	13	1	22	329
ORANGE ALMOND	115 gm	383	6	52	17	2	25	405
SUMMER BERRY	115 gm	380	6	57	14	2	26	445

#### SLIM SENSATIONS (REDUCED FAT)

SUNNY BRAN AND RAISIN	115 gm	325	6	56	8	7	32	359
DOUBLE CHOCOLATE	115 gm	343	6	62	8	3	35	313
BLUEBERRY	115 gm	317	5	58	7	2	28	275
CARROT PINEAPPLE	115 gm	333	5	53	11	2	27	357
CRANBERRY ORANGE	115 gm	295	6	52	7	2	27	295
LOW FAT CRANBERRY ORANGE	115 gm	283	5	60	3	2	28	318



## Nutritional Information

SERVING SIZE	CALORIES (kcal/g)	SATURATED FAT (g)	TRANS FAT (g)	TOTAL FAT (g)	SODIUM (mg)
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SOUPS						
BROCCOLI CHEESE	250ml	170	6.0	0.2	10.0	870
BUTTERNUT SQUASH BISQUE	250ml	180	2.5	0.0	5.0	780
CHICKEN NOODLE	250ml	110	0.1	0.0	2.5	810
CHICKEN NOODLE WITH A TWIST	250ml	110	1.0	0.0	2.5	810
CHICKEN WITH RICE	250ml	90	0.5	0.0	2.0	790
CLAM CHOWDER	250ml	210	5.0	0.1	9.0	960
CREAM OF BROCCOLI	250ml	170	6.0	0.2	11.0	880
CREAM OF CARROT PUREE	250ml	140	3.0	0.1	5.0	850
CREAM OF CAULIFLOWER & CHEESE	250ml	160	5.0	0.1	8.0	840
CREAM OF CHICKEN	250ml	170	3.0	0.1	7.0	930
CREAM OF MUSHROOM	250ml	150	5.0	0.1	9.0	890
CREAM OF POTATO & LEEK	250ml	190	5.0	0.1	9.0	910
CREAM OF VEGETABLE CHOWDER	250ml	190	5.0	0.1	9.0	910
CREAMY TOMATO & ROASTED RED PEPPER	250ml	120	1.0	0.0	2.5	860
FRENCH CANADIAN PEA	250ml	170	1.0	0.0	3.0	830
FRENCH ONION	250ml	70	0.5	0.0	1.5	870
GARDEN VEGETABLE	250ml	60	0.3	0.0	0.5	760
ITALIAN STYLE WEDDING	250ml	140	1.5	0.0	3.5	810
LENTIL & ROASTED GARLIC	250ml	190	0.2	0.0	2.0	900
LOUISIANA SPICY CHICKEN GUMBO	250ml	100	1.0	0.0	2.0	830
MINISTRONE	250ml	100	0.1	0.0	0.4	790
PASTA FAGIOLI	250ml	190	0.5	0.0	3.0	900
RED THAI CURRY CHICKEN WITH RICE	250ml	170	5.0	0.1	8.0	890
SMOKED TURKEY WITH WILD RICE	250ml	80	0.3	0.0	1.0	640
VEGETABLE BEEF & BARLEY	250ml	90	0.5	0.0	1.0	790
VEGETABLE FLORENTINE	250ml	90	0.5	0.0	1.0	690