

## Sandwiches

calorie counts based on multi-grain bread, personal size sandwiches · substitute whole wheat or white · add 30-40 cal

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Aroma A.C.E.	350	19.2	3.2	256.2	27.9	22.1	649.4	9.7
Breakfast Sandwich	250	13.6	7.4	223.5	17.3	19.1	513.6	8
Fig and Goat Cheese Croissant	420	22.2	14.3	92	12.1	44.6	496.5	2.4
Italian Cheese - Goat Cheese	310	16.4	6.5	44.8	17.9	21.2	583.3	8
Italian Cheese - Bocconcini	370	17	6.9	29.1	25.5	18.5	455.6	8
Albacore Tuna	310	15.7	1.5	35.1	17.9	19.6	779.4	7.7
Grilled Portobello	290	15	4.4	20.8	15.2	24	502.5	9.3
Avocado	260	15.7	2.8	212	17	23.5	360.8	11.5
Smoked Salmon	350	19.9	12.7	43	21.4	20.1	629.8	7.9
Grilled Chicken Breast	350	17.7	6.6	68.2	37	19.5	732.1	7.7
Turkey BLT	280	17	1.6	29.3	18.6	19.8	803.3	7.8
Philly Steak	400	20.6	6.4	98	41.6	20.1	824.8	7.7
Egg Salad	300	9.5	2.2	214.5	15.5	18.8	524.3	7.8
Bureka Treat	850	52.4	21.5	233.2	23.4	55.6	871.2	1.6
Steak and Egg	400	18.2	4.1	191	39.5	20.4	795.2	7.7
Harissa Tuna	480	15	4	232	28	58	1148	6

# NUTRITIONAL INFORMATION

## Salads

calorie counts include dressing ·vegetarian, vegan, and gluten-free options available

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Aroma Special - Feta	320	18.2	8.7	249.5	14.9	28.9	620.1	2.7
Aroma Special- Tuna	250	8.9	2.3	228	18.5	25.9	335.9	2.7
Warm Grilled Chicken	280	9.1	1.6	52.3	24	29.3	588.3	4.3
Chopped	170	12.7	1.6	-	6.5	19.3	121.4	4.4
Classic Caesar	380	30.1	8.2	30	8.8	18.8	655.3	1.6
Quinoa	340	29.2	3.9	-	5.2	25.3	272.9	4.6
Warm Chickpea	770	43.1	7.8	212	18.5	42.6	1050	5.9
Freekeh	360	30.3	6.1	15.6	7	30.7	1017.2	5.3
Mixed Greens	90	1.5	0.2	-	2.2	24.3	81	2.9
Sweet Potato Lentil	400	31.8	9.4	40	15.9	53.1	1116.5	7.1
Baby Kale and Portobello	200	9.7	5.5	40	12.2	24.2	363.5	2.7
Mediterranean Pasta	770	40.9	10.1	33.3	23.6	85.7	1153.6	5.9

## Dressings (1 portion - 40ml)

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Tahini Dressing	145	13	2	-	4.8	1.2	125	2
Lemon Olive Oil	195	21	3	-	-	2	-	585
Caesar Dressing	210	22.5	3.8	15	0.5	1.5	285	-
Balsamic, Low Fat Dressing	60	1	0.2	-	0.2	13.5	15	-

## Breakfast

calories include bread, tahini and dressing · calorie count based on multigrain bread · substitute whole wheat or white · add 30-40 cal

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Muesli (small)	310	8.8	3.7	5.4	12.3	65.3	90.7	4.4
Muesli (large)	530	111.9	5	7.2	16.5	83.8	120.7	6
Classic Breakfast	540	19.9	6.1	454	35.8	41.6	811.5	14.5
Egg and Cheese Croissant	430	29.9	15.4	491	23.5	27.2	474.2	1
Blueberry French Toast	540	14.8	6.4	243	11.8	91.7	219.2	4.9
All Day Power Breakfast	720	26.6	9.2	441.1	36.4	62.7	842.6	18.5
Shakshuka	620	30.6	4.4	424	37.2	57.4	2222.4	18.4
Organic Oatmeal	360	6	1	-	11	69	-	10
Steel-Cut Oatmeal	230	5.7	0.8	-	6.1	37.5	45.1	4.9
Aroma Hash	600	34.2	6.2	424	26.1	45.3	1026.4	9.9
Breakfast On the Go	315	37.3	6.1	212	11.6	13.5	663	3
Breakfast Sandwich	250	13.6	7.4	223.5	17.3	19.1	513.6	8
Steak and Egg Sandwich	400	18.2	4.1	191	39.5	20.4	795.2	7.7
Egg Salad Sandwich	300	9.5	2.2	214.5	15.5	18.8	524.3	7.8
aroma Kids French Toast with Fruit	320	17	5	178	12	78	476	4
Fresh Fruit	130	0.4	0.1	-	1.6	31.9	24.1	2.6

## Aroma Signatures\*

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Fig and Goat Cheese Croissant	420	22.2	14.3	92	12.1	44.6	496.5	2.4
Bureka Treat	850	52.4	21.5	233.2	23.4	55.6	871.2	1.6
Moroccan-Spiced Chicken and Grain Bowl	720	38.1	7.2	113.9	36.7	58.1	1864.7	10.3

## Soup

add 300-360 cal for multigrain bread and butter

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Lentil	240	4.6	-	-	13.2	36	1221	6.6
Sweet Potato Carrot Pumpkin	190	7.3	1.3	-	2.6	29.7	1056	6.6
Chicken and Black Quinoa	160	5.3	1.1	17.7	14.2	14.2	743.4	3.5
Roasted Red Pepper Pesto	180	12.4	7.1	35.4	3.5	14.2	778.8	3.5
Shitake and Cremini Mushroom	160	14.2	1.1	0	3.5	10.6	1239	0
Chicken Harissa Chowder	230	13.2	5	49.5	13.2	16.5	330	3.3

## Pastries

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Alfajores	240	8.7	4.9	54.8	2.9	39.4	91.8	0.6
Coconut Orange Cake	220	11.3	3.7	25.5	3.3	27.1	171.5	2
Brownie	360	23.3	12.6	79.2	4.6	38	83.2	4.8
Cheese Danish	290	18.3	11	48.2	4.8	27.9	178.5	1.5
Cheese Raisin Roll	355	14.3	8.4	67.8	10.3	49.2	203.4	2.9
Chocolate Croissant	530	29.7	17.1	39.7	8.4	57.3	295.6	-
Butter Croissant	290	16.3	10.5	67.4	7	29.2	326.7	3.3
Chocolate Aroma Cookie	100	5.3	2.6	11.7	2	11.1	43	-
Sugar Free Cookie	50	3.2	1.3	6.5	0.9	4.7	1.4	-
Date Pastry	420	24.6	13.2	58.4	5.8	44.3	220	-
Biscotti	80	4	0.4	5.8	2.3	8.1	13.5	-
Almond Chocolate Croissant	600	40.4	17.7	85.2	11.8	48	304.8	-
Apple Cinnamon Danish	460	20.7	9.1	54.3	4.5	39.5	193	-
Bureka	850	52.4	21.5	233.2	23.4	55.6	871.2	1.6
Almond Croissant	360	40	18	85	12	50	305	-
Chocolate Chip Cookie	50	2.6	1.2	4.6	0.6	5	19.3	-
Pistachio Croissant	470	28.1	10.8	52	8	37	290	2
Fillo Cheese Stick	240	12.7	0.4	3.7	4.5	26.2	337.5	-
Carrot Cake	300	16	2.4	31.2	5.1	37	179.1	-

## Aroma Kids Menu

comes with juice, chocolate milk or hot chocolate, and a aroma chocolate cookie or a fruit kabob (190-400cals)

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Grilled Cheese Sandwich and Cucumber Sticks	300	18	8	43	21	47	524	2
French Toast with Fruit	320	17	5	178	12	78	476	4
Pasta in Warm Red Pepper and Tomato Sauce	520	19	2	17	18	93	738	4

## Breads (per slice)

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Whole Wheat Bread	158	1.4	0.7	-	6	30.9	331	1.4
Multi Grain Bread	120	2.2	-	-	9.1	15.9	288.3	7.2
White Bread	150	0.7	-	-	5.6	30.4	378.2	3.5
Gluten Free Bread	120	3	1	-	2	22	280	5

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## Cold Drinks

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Ice Aroma (16 oz.)	380	8.8	6.2	27.3	7.8	49.6	210.9	-
Ice Aroma (20 oz.)	475	10.4	7.3	32	9.2	59	250.1	-
Ice Aroma Float (16 oz.)	350	14.7	7.9	33.2	7.4	62.1	227.3	-
Ice Aroma Float (20 oz.)	453	20	10.4	43.3	9.3	82.2	292.9	-
Ice Aroma Light (16 oz.)	200	1.8	1.1	11.4	6.7	28.2	208.5	11.6
Ice Aroma Light (20 oz.)	250	2.1	1.2	13.4	7.8	34.2	252.3	14.3
Ice Chocolate (16 oz.)	405	12.9	4.7	29.6	9.9	61.1	229.4	1.8
Ice Chocolate (20 oz.)	495	15.6	5.5	34.8	11.7	75.5	278.5	2.3
Ice Brazilian Hazelnut (16 oz.)	409	14.1	11.3	29.6	8.5	61.1	253.4	-
Ice Brazilian Hazelnut (20 oz.)	500	17.1	13.8	34.8	9.9	75.5	308.5	-
Mango Smoothie (16 oz.)	260	-	-	-	1.2	64.9	-	2
Mango Smoothie (20 oz.)	350	-	-	-	1.6	86.5	-	2.7
Mango - Kale Smoothie (16 oz.)	270	0.1	-	-	1.5	65.8	4.3	2.2
Mango - Kale Smoothie (20 oz.)	360	0.1	-	-	2	87.7	5.6	3
Mixed Berry Smoothie (16 oz.)	260	-	-	-	2	62.8	12.2	2
Mixed Berry Smoothie (20 oz.)	350	-	-	-	2.7	83.8	16.2	2.7

## Cold Drinks

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Iced Lemon Mint (16 oz.)	115	0.1	-	-	2.3	26.7	7.4	0.6
Iced Lemon Mint (20 oz.)	140	0.1	-	-	2.8	33.5	9.2	0.8
Iced Cappuccino (16 oz.)	202	9.6	6	36	11.8	16.4	133	-
Iced Cappuccino (20 oz.)	255	12	7.5	45	15	21	166.5	-
Iced Latte (16 oz.)	202	9.6	6	36	11.8	16.4	133	-
Iced Latte (20 oz.)	255	12	7.5	45	15	21	166.5	-
Iced Chai Latte (16 oz.)	280	9.6	6	36	10.8	37.9	132	-
Iced Chai Latte (20 oz.)	370	12	7.5	45	13.5	53.2	165	-
Iced Americano (16 oz.)	10	-	-	-	1	2	1	-
Iced Americano (20 oz.)	15	-	-	-	1.5	3	1.5	-
Iced Berry Tea Lemonade (16 oz.)	80	-	-	-	1.5	19.2	3.7	-
Iced Berry Tea Lemonade (20 oz.)	105	-	-	-	1.9	24.4	4.7	-
Orange Juice (12 oz.)	160	-	-	-	3	38.4	-	1.5
Lemonade (12 oz.)	160	-	-	-	3	38.4	7.4	-
Apple Juice (12 oz.)	170	-	-	-	1.4	41.1	21.2	-
Ice Coconut Lychee	490	29.4	27.3	-	2.1	54.1	340.37	2
Iced Matcha Latte (16 oz.)	276	9.6	6	36	12.2	34	132	1.4
Iced Matcha Latte (20 oz.)	352	12	7.5	45	15.4	44.1	165	1.9



## Hot Drinks

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Cappuccino (12 oz.)	161	7.6	4.7	28.3	9.5	13.3	104.8	=
Cappuccino (16 oz.)	218	10.4	6.5	39	12.7	17.6	144	-
Cappuccino (20 oz.)	280	13.2	8.3	49.6	16.4	22.8	183.2	-
Latte (12 oz.)	180	8.5	5.3	31.9	10.6	14.8	118	-
Latte (16 oz.)	240	11.3	7.1	42.5	13.7	19	156.8	-
Latte (20 oz.)	320	15.1	9.5	56.8	18.5	25.7	209.6	-
Espresso	5	-	-	-	0.5	1	0.5	-
Espresso (Double)	10	-	-	-	1	2	1	-
Macchiato	10	0.3	0.2	1.2	0.9	1.5	4.9	-
Macchiato (Double)	20	0.6	0.4	2.4	1.7	3	9.8	-
Espresso Con Panna	18	1.4	0.9	5	0.6	1.1	2	-
Espresso Con Panna (Double)	36	2.8	1.7	10	1.2	2.2	4	-
Cortado	70	2.8	1.8	10.6	4.2	6.2	39.9	-
Canadiano (12 oz.)	50	1.9	1.2	7.1	3.1	4.8	27	-
Canadiano (16 oz.)	70	2.8	1.8	10.6	4.2	6.2	39.9	-
Canadiano (20 oz.)	90	3.8	2.4	14.2	5.7	8.7	53.4	-
Americano (12 oz.)	10	-	-	-	1	2	1	-
Americano (16 oz.)	10	-	-	-	1	2	1	-
Americano (20 oz.)	15	-	-	-	1.5	3	1.5	-

## Hot Drinks

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Brewed Coffee (12 oz.)	5	0.3	-	-	0.3	-	9.1	-
Brewed Coffee (16 oz.)	5	0.4	-	-	0.4	-	12.4	-
Brewed Coffee (20 oz.)	10	0.6	-	-	0.6	-	15.7	-
Café au Lait (12 oz.)	95	4.9	3	17.7	5.5	7.1	69.9	-
Café au Lait (16 oz.)	135	6.8	4.1	24.7	7.7	9.9	97.2	-
Café au Lait (20 oz.)	170	8.8	5.3	31.9	9.9	12.7	125.1	-
Aroma Coffee (12 oz.)	300	16.8	10.4	43.8	11.7	26.1	133	-
Aroma Coffee (16 oz.)	460	26.6	16.5	70.7	17.2	38.2	200.6	-
Aroma Coffee (20 oz.)	570	32.6	20.2	83.8	20.4	47.7	234.5	-
Aroma Coffee (12 oz.) - White	310	17.6	11	44.1	11.7	26.3	129.6	-
Aroma Coffee (16 oz.) - White	475	27.8	17.3	71.2	17.1	38.5	195.5	-
Aroma Coffee (20 oz.) - White	580	34.2	21.3	84.4	20.3	48.1	227.7	-
Mocha (12 oz.)	330	17.2	10.7	36.5	12	31	141.7	-
Mocha (16 oz.)	450	23.2	14.4	49.9	16.7	42.7	194	-
Mocha (20 oz.)	560	29	18	62.1	20.6	52.7	241.3	-
Mocha - White (12 oz.)	342	18.4	11.5	36.9	11.9	31.4	136.6	-
Mocha - White (16 oz.)	465	24.8	15.6	50.5	16.6	43.1	187.2	-
Mocha - White (20 oz.)	580	31	19.5	62.9	20.5	53.2	232.8	-

## Hot Drinks

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Brazilian Hazelnut Latte (12 oz.)	330	12.4	9.2	32.8	10.6	43.8	205.5	-
Brazilian Hazelnut Latte (16 oz.)	420	15.9	11.7	43.5	13.7	53.9	261.8	-
Brazilian Hazelnut Latte (20 oz.)	530	20.5	14.9	57.9	18.5	66.4	332.1	-
Hot Chocolate (12 oz.)	450	24.1	15	43.8	14.1	43.4	173	-
Hot Chocolate (16 oz.)	600	31.9	19.8	54.4	17.6	58	217.1	-
Hot Chocolate (20 oz.)	795	42.6	26.4	25.9	24.4	77	300.8	-
Hot Chocolate - White (12 oz.)	471	26.1	16.4	44.5	14	43.9	164.5	-
Hot Chocolate - White (16 oz.)	620	34.7	21.8	55.8	17.5	58.7	205.2	-
Hot Chocolate - White (20 oz.)	830	46.2	29	77.2	24.2	77.9	285.5	-
Chai Latte (12 oz.)	260	8.5	5.3	31.9	9.6	36.3	117	-
Chai Latte (16 oz.)	360	11.3	7.1	42.5	12.7	52	155.8	-
Chai Latte (20 oz.)	460	14.2	8.9	53.2	15.9	67.4	194.9	-
London Fog (12 oz.)	173	4.7	3	17.8	5.3	26.4	69.2	=
London Fog (16 oz.)	250	6.6	4.1	24.8	7.5	38.9	97.2	-
London Fog (20 oz.)	330	8.5	5.3	31.9	9.6	51.4	125.2	-
Affogato	55	4	1.6	6.7	1.4	11.3	29.6	-
Matcha Latte (12 oz.)	270	9.4	5.9	35.4	12	33.8	129.8	1.4
Matcha Latte (16 oz.)	375	13.2	8.3	49.6	16.7	46	181.7	1.9
Matcha Latte (20 oz.)	460	16.1	10	60.2	20.4	56.8	220.9	2.3

## Hot Drinks

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Ginger Turmeric (12 oz.)	54	-	-	-	0.3	13.2	-	-
Aroma Broth (12 oz.)	20	1.3	0.6	-	1.4	1.5	962.7	0.1
Aroma Broth (16 oz.)	30	1.7	0.8	-	1.8	1.9	1283.5	0.1
Aroma Broth (20 oz.)	30	2.1	1	-	2.2	2.3	1604.3	0.1
Mint Tea	-	-	-	-	-	-	-	-

## Add-Ons

\*only available in select locations

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Flavour Shot (8oz.)	40	-	-	-	-	9.5	2	-
Flavour Shot (12 oz.)	77	-	-	-	-	19	4	-
Flavour Shot (16 oz.)	120	-	-	-	-	28.5	6	-
Flavour Shot (20 oz.)	154	-	-	-	-	38	8	-
Protein Boost	60	-	-	-	10	4	30	-
Energy Boost	20	-	-	-	-	5	-	-
Antioxidant Boost	15	-	-	-	-	4	-	-
Fat-Free Yogurt Boost*	30	-	-	2.6	3.1	3.1	46.8	-