

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	270	14.4	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	37.2	14.6	225.7	18.3	37.5	682.8	1.7
Steak and Egg	400	18.2	4.1	191	39.5	20.4	795.2	7.7
Harissa Tuna	483.2	14.9	3.5	232	28.2	58.1	1147.4	5.6

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	55	23.5	28.6	557.5	4.1
Chopped	170	12.7	1.6	-	6.5	19.3	121.4	4.4
Classic Caesar	474	31.3	8.7	85	28.2	21.9	1058.1	2.6
Quinoa	340	29.2	3.9	-	5.2	25.3	272.9	4.6
Warm Chickpea	480	43.1	7.8	212	18.5	42.6	875	5.9
Freekeh	360	30.3	6.1	15.6	7	30.7	842.2	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	941.5	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	978.6	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	11.9	5	7.2	16.5	83.8	120.7	6
Classic Breakfast	520	19.9	6.1	45.4	35.8	41.6	811.5	14.5
Egg and Cheese Croissant	430	29.9	15.4	49.1	23.5	27.2	474.2	1
Blueberry French Toast	540	15.5	6.4	24.3	16.7	118.2	399.5	7.9
All Day Power Breakfast	720	26.6	9.2	441.1	36.4	62.7	842.6	18.5
Shakshuka	620	29.5	4.2	42.4	37.3	56.5	224.5	18.6
Organic Oatmeal	280	4	0.5	10	8	54	10	6
Steel-Cut Oatmeal	230	5.7	0.8	-	6.1	37.5	45.1	4.9
Aroma Hash	600	34.2	6.2	42.4	26.1	45.3	851.4	9.9
Breakfast On the Go	430	37.3	6.1	21.2	11.6	13.5	488	3
Breakfast Sandwich	271	13.6	7.4	223.5	17.3	19.1	513.6	8
Steak and Egg Sandwich	400	18.2	4.1	19.1	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	11.2	4.8	16.6	10.4	57.3	261.6	4.2
Fresh Fruit	136	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	37.2	14.6	225.7	18.3	37.5	682.8	1.7
Moroccan-Spiced Chicken and Grain Bowl	720	44.5	7.8	121.6	35.9	55.8	1810.5	9.9

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	230	15.3	8.5	43.9	4.4	20.4	821.8	3.1
Shitake and Cremini Mushroom	160	14.2	1.1	-	3.5	10.6	1239	-
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	8.68	4.93	54.78	2.89	39.38	91.80	0.60
Coconut Orange Cake	350	24.38	11.43	3.50	2.33	33.02	171.5	2
Brownie	360	23.29	12.63	79.23	4.64	37.95	83.16	4.77
Cheese Danish	290	18.30	10.96	48.15	4.77	27.88	178.50	1.50
Cheese Raisin Roll	355	14.29	8.36	67.75	10.29	49.18	203.75	2.88
Chocolate Croissant	530	29.7	17	39.7	8.4	57.5	295.5	-
Butter Croissant	290	16.3	10.5	67.4	7	29.2	326.7	3.3
Chocolate Aroma Cookie	90	5.3	2.6	11.7	1.9	11	43	-
Sugar Free Cookie	50	3.1	1.3	6.5	0.8	4.7	1.4	-
Date Pastry	420	24.6	13.2	58.4	5.8	44.3	220	-
Biscotti	77.1	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	-
Cheese Bureka	800	41	19	21	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	12.6	7.5	31.5	19.2	35.9	365.2	2.1
French Toast with Fruit	320	11.2	4.8	166	10.4	57.3	261.6	4.2
Pasta in Warm Red Pepper and Tomato Sauce	520	18.5	2	16.7	18.3	92.6	737.9	4.4

Breads (per slice)

MENU ITEM	CALORIES	FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	PROTEIN (g)	CARBOHYDRATES (g)	SODIUM (mg)	FIBRE (g)
Whole Wheat Bread	158.3	1.4	0.7	-	5.7	30.9	331	1.4
Multi Grain Bread	120.3	2.2	-	-	9.1	15.9	288.3	7.2
White Bread	150.7	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.)	480	10.4	7.3	32	9.2	59	250.1	-
Ice Aroma Float (16 oz.)	360	14.7	7.9	33.2	7.4	62.1	227.3	-
Ice Aroma Float (20 oz.)	450	20	10.4	43.3	9.3	82.2	292.9	-
Ice Aroma Light (16 oz.)	185	-	-	0.8	0.3	19.7	127.5	11.6
Ice Aroma Light (20 oz.)	235	-	-	1	0.4	24.4	157.5	14.3
Ice Chocolate (16 oz.)	400	12.9	4.7	29.6	9.9	61.1	229.4	1.8
Ice Chocolate (20 oz.)	490	15.6	5.5	34.8	11.7	75.5	278.5	2.3
Ice Brazilian Hazelnut (16 oz.)	410	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.)	110	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.)	200	9.6	6	36	11.8	16.4	133	-
Iced Latte (20 oz.)	260	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.)	81.1	-	-	-	1.5	19.2	3.7	-
Iced Berry Tea Lemonade (20 oz.)	103.1	-	-	-	1.9	24.4	4.7	-
Orange Juice (12 oz.)	177	-	-	-	3.2	41.8	-	1.6
Lemonade (12 oz.)	162.3	-	-	-	3	38.4	7.4	-
Apple Juice (12 oz.)	169.9	-	-	-	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.)	280	9.6	6	36	12.2	34	132	1.4
Iced Matcha Latte (20 oz.)	350	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.)	160	7.6	4.7	28.3	9.5	13.3	104.8	-
Cappuccino (16 oz.)	220	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	20	1.4	0.9	5	0.6	1.1	2	-
Espresso Con Panna (Double)	35	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.)	4	0.3	-	-	0.3	-	9.1	-
Brewed Coffee (16 oz.)	5	0.4	-	-	0.4	-	12.4	-
Brewed Coffee (20 oz.)	5	0.6	-	-	0.6	-	15.7	-
Café au Lait (12 oz.)	100	4.9	3	17.7	5.5	7.1	69.9	-
Café au Lait (16 oz.)	130	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	31.1	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.)	466.2	24.8	15.6	50.5	16.6	43.1	187.2	-
Mocha - White (20 oz.)	578.9	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.)	800	42.6	26.4	75.9	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.)	622.9	34.7	21.8	55.5	17.5	58.7	205.2	-
Hot Chocolate - White (20 oz.)	832.4	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	50	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.)	380	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.)	50	-	-	-	0.3	13.2	-	-
Aroma Broth (12 oz.)	20.3	1.3	0.6	-	1.4	1.5	962.7	0.1
Aroma Broth (16 oz.)	26.5	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	-