

# NUTRITION FACTS



## BASECAMP

### 2 Eggs + Bacon + Fruit

#### Nutrition Facts

Serving Size 1 Portion (225 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

**Calories** 580

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 37 g | <b>57 %</b> |
|-----------------|-------------|

|                                 |             |
|---------------------------------|-------------|
| Saturated 10 g<br>+ Trans 0.2 g | <b>51 %</b> |
|---------------------------------|-------------|

**Cholesterol** 410 mg

|                       |             |
|-----------------------|-------------|
| <b>Sodium</b> 1030 mg | <b>43 %</b> |
|-----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 31 g | <b>10 %</b> |
|--------------------------|-------------|

|           |            |
|-----------|------------|
| Fibre 2 g | <b>8 %</b> |
|-----------|------------|

|            |  |
|------------|--|
| Sugars 3 g |  |
|------------|--|

**Protein** 32 g

|                  |             |
|------------------|-------------|
| <b>Vitamin A</b> | <b>15 %</b> |
|------------------|-------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>10 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>20 %</b> |
|----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>25 %</b> |
|-------------|-------------|

#### INGREDIENTS

Eggs, wheat flour, yeast, salt, canola oil, sugar, wheat gluten, corn flour, margarine, soybean oil, soy lecithin, bacon, oranges, cantaloupe, honeydew melon.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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## BASECAMP

### 2 Egg + Bacon + Hashbrowns + Toast

#### Nutrition Facts

Serving Size 1 Portion (477 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                      |  |
|----------------------|--|
| <b>Calories</b> 1170 |  |
|----------------------|--|

|                 |              |
|-----------------|--------------|
| <b>Fat</b> 79 g | <b>122 %</b> |
|-----------------|--------------|

|                               |             |
|-------------------------------|-------------|
| Saturated 16 g<br>+ Trans 1 g | <b>85 %</b> |
|-------------------------------|-------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 435 mg |  |
|---------------------------|--|

|                       |             |
|-----------------------|-------------|
| <b>Sodium</b> 1970 mg | <b>82 %</b> |
|-----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 48 g | <b>16 %</b> |
|--------------------------|-------------|

|           |             |
|-----------|-------------|
| Fibre 8 g | <b>32 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 8 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 43 g |  |
|---------------------|--|

|                  |             |
|------------------|-------------|
| <b>Vitamin A</b> | <b>20 %</b> |
|------------------|-------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>15 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>10 %</b> |
|----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>60 %</b> |
|-------------|-------------|

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#### INGREDIENTS

Potatoes, vegetable oil, soybean oil, potato/corn/tapioca starch, rice flour, salt, margarine, canola oil, soy lecithin, ketchup, rosemary, eggs, bacon, whole wheat flour, white flour, barley malt syrup, yeast, sugar, molasses, wheat starch, canola shortening.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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## BASECAMP

### 2 Egg + Sausage + Hashbrowns + English Muffin

#### Nutrition Facts

Serving Size 1 Portion (481 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                      |  |
|----------------------|--|
| <b>Calories</b> 1220 |  |
|----------------------|--|

|                 |              |
|-----------------|--------------|
| <b>Fat</b> 98 g | <b>151 %</b> |
|-----------------|--------------|

|                                 |             |
|---------------------------------|-------------|
| Saturated 17 g<br>+ Trans 1.5 g | <b>93 %</b> |
|---------------------------------|-------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 405 mg |  |
|---------------------------|--|

|                       |             |
|-----------------------|-------------|
| <b>Sodium</b> 1600 mg | <b>67 %</b> |
|-----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 34 g | <b>11 %</b> |
|--------------------------|-------------|

|           |             |
|-----------|-------------|
| Fibre 4 g | <b>16 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 7 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 28 g |  |
|---------------------|--|

|                  |             |
|------------------|-------------|
| <b>Vitamin A</b> | <b>15 %</b> |
|------------------|-------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>15 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>20 %</b> |
|----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>60 %</b> |
|-------------|-------------|

#### INGREDIENTS

Potatoes, vegetable oil, potato/corn/food starch, rice flour, salt, xanthan gum, eggs, pork sausage, wheat crumbs, sugar, wheat flour, yeast, canola oil, corn flour, canola oil, soy lecithin, ketchup, rosemary.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.

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## BASECAMP

### 2 Eggs + English Muffin + Fruit

#### Nutrition Facts

Serving Size 1 Portion (190 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 390 |  |
|---------------------|--|

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 23 g | <b>35 %</b> |
|-----------------|-------------|

|                                |             |
|--------------------------------|-------------|
| Saturated 6 g<br>+ Trans 0.2 g | <b>31 %</b> |
|--------------------------------|-------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 370 mg |  |
|---------------------------|--|

|                      |             |
|----------------------|-------------|
| <b>Sodium</b> 430 mg | <b>18 %</b> |
|----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 30 g | <b>10 %</b> |
|--------------------------|-------------|

|           |            |
|-----------|------------|
| Fibre 2 g | <b>8 %</b> |
|-----------|------------|

|            |  |
|------------|--|
| Sugars 3 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 19 g |  |
|---------------------|--|

|                  |             |
|------------------|-------------|
| <b>Vitamin A</b> | <b>15 %</b> |
|------------------|-------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>10 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>20 %</b> |
|----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>25 %</b> |
|-------------|-------------|

#### INGREDIENTS

Egg, wheat flour, yeast, salt, canola oil, sugar, wheat gluten, corn flour, margarine, soy lecithin, whey powder, orange, cantaloupe, honeydew melon.

#### ALLERGENS

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## BASECAMP

### 2 Eggs + Sausage + Fruit

#### Nutrition Facts

Serving Size 1 Portion (265 g)

| Amount                    | % Daily Value |
|---------------------------|---------------|
| <b>Calories</b> 640       |               |
| <b>Fat</b> 46 g           | <b>71 %</b>   |
| Saturated 14 g            |               |
| + Trans 0.3 g             | <b>72 %</b>   |
| <b>Cholesterol</b> 405 mg |               |
| <b>Sodium</b> 1140 mg     | <b>48 %</b>   |
| <b>Carbohydrate</b> 33 g  | <b>11 %</b>   |
| Fibre 2 g                 | <b>8 %</b>    |
| Sugars 4 g                |               |
| <b>Protein</b> 27 g       |               |
| <b>Vitamin A</b>          | <b>15 %</b>   |
| <b>Vitamin C</b>          | <b>10 %</b>   |
| <b>Calcium</b>            | <b>20 %</b>   |
| <b>Iron</b>               | <b>35 %</b>   |

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#### INGREDIENTS

Egg, pork sausage, wheat crumbs, salt, sugar, spices, wheat flour, yeast, canola oil, wheat gluten, corn flour, margarine, soybean oil, soy lecithin, oranges, cantaloupe, honeydew melon.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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## BASECAMP

### 2 Eggs + Toast + Fruit

#### Nutrition Facts

Serving Size 1 Portion (225 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 470 |  |
|---------------------|--|

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 24 g | <b>37 %</b> |
|-----------------|-------------|

|                                |             |
|--------------------------------|-------------|
| Saturated 6 g<br>+ Trans 0.2 g | <b>31 %</b> |
|--------------------------------|-------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 370 mg |  |
|---------------------------|--|

|                      |             |
|----------------------|-------------|
| <b>Sodium</b> 550 mg | <b>23 %</b> |
|----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 46 g | <b>15 %</b> |
|--------------------------|-------------|

|           |             |
|-----------|-------------|
| Fibre 6 g | <b>24 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 5 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 21 g |  |
|---------------------|--|

|                  |             |
|------------------|-------------|
| <b>Vitamin A</b> | <b>15 %</b> |
|------------------|-------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>15 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>10 %</b> |
|----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>30 %</b> |
|-------------|-------------|

#### INGREDIENTS

Eggs, margarine, whey powder, soybean lecithin, orange, cantalope, honeydew, whole wheat flour, white flour, orgar, barley amlt syrup, yeast, sugar, canola shortening, molasses

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

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## BASECAMP

### Breakfast Sandwich (bacon) + Hashbrowns

#### Nutrition Facts

Serving Size 1 Portion (455 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                      |  |
|----------------------|--|
| <b>Calories</b> 1350 |  |
|----------------------|--|

|                  |              |
|------------------|--------------|
| <b>Fat</b> 102 g | <b>157 %</b> |
|------------------|--------------|

|                                 |              |
|---------------------------------|--------------|
| Saturated 21 g<br>+ Trans 1.5 g | <b>113 %</b> |
|---------------------------------|--------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 290 mg |  |
|---------------------------|--|

|                       |             |
|-----------------------|-------------|
| <b>Sodium</b> 1890 mg | <b>79 %</b> |
|-----------------------|-------------|

|                          |            |
|--------------------------|------------|
| <b>Carbohydrate</b> 27 g | <b>9 %</b> |
|--------------------------|------------|

|           |             |
|-----------|-------------|
| Fibre 3 g | <b>12 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 7 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 38 g |  |
|---------------------|--|

|                  |             |
|------------------|-------------|
| <b>Vitamin A</b> | <b>30 %</b> |
|------------------|-------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>25 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>15 %</b> |
|----------------|-------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>45 %</b> |
|-------------|-------------|

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#### INGREDIENTS

Potatoes, vegetable oil, potato/corn/tapioca starch, rice flour, salt, soybean oil, white flour, xanthan gum, canola oil, eggs, butter, sugar, yeast, wheat flour, tomatoes, cheddar cheese, bacon, mayonnaise, vinegar, lemon juice, spices, lettuce, ketchup, rosemary.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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## BASECAMP

### Breakfast Sandwich (sausage) + Hashbrowns

#### Nutrition Facts

Serving Size 1 Portion (524 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                      |  |
|----------------------|--|
| <b>Calories</b> 1360 |  |
|----------------------|--|

|                  |              |
|------------------|--------------|
| <b>Fat</b> 106 g | <b>163 %</b> |
|------------------|--------------|

|                                 |              |
|---------------------------------|--------------|
| Saturated 23 g<br>+ Trans 1.5 g | <b>123 %</b> |
|---------------------------------|--------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 450 mg |  |
|---------------------------|--|

|                       |             |
|-----------------------|-------------|
| <b>Sodium</b> 1710 mg | <b>71 %</b> |
|-----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 30 g | <b>10 %</b> |
|--------------------------|-------------|

|           |             |
|-----------|-------------|
| Fibre 3 g | <b>12 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 8 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 32 g |  |
|---------------------|--|

|           |      |
|-----------|------|
| Vitamin A | 35 % |
|-----------|------|

|           |      |
|-----------|------|
| Vitamin C | 25 % |
|-----------|------|

|         |      |
|---------|------|
| Calcium | 20 % |
|---------|------|

|      |      |
|------|------|
| Iron | 60 % |
|------|------|

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#### INGREDIENTS

Potatoes, vegetable oil, soybean oil, potato/corn/tapioca starch, rice flour, salt, xanthan gum, eggs, pork sausage, wheat crumbs, salt, sugar, spices, canola oil, white flour, butter, yeast, wheat flour, tomatoes, cheddar cheese, mayonnaise, vinegar, lemon juice, lettuce, ketchup, rosemary.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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## BASECAMP

### Breakfast Sandwich (veggie) + Hashbrowns

#### Nutrition Facts

Serving Size 1 Portion (399 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                      |  |
|----------------------|--|
| <b>Calories</b> 1040 |  |
|----------------------|--|

|                 |              |
|-----------------|--------------|
| <b>Fat</b> 78 g | <b>120 %</b> |
|-----------------|--------------|

|                |             |
|----------------|-------------|
| Saturated 13 g |             |
| + Trans 1.5 g  | <b>73 %</b> |

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 220 mg |  |
|---------------------------|--|

|                      |             |
|----------------------|-------------|
| <b>Sodium</b> 950 mg | <b>40 %</b> |
|----------------------|-------------|

|                          |            |
|--------------------------|------------|
| <b>Carbohydrate</b> 26 g | <b>9 %</b> |
|--------------------------|------------|

|           |             |
|-----------|-------------|
| Fibre 3 g | <b>12 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 7 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 18 g |  |
|---------------------|--|

|           |      |
|-----------|------|
| Vitamin A | 25 % |
|-----------|------|

|           |      |
|-----------|------|
| Vitamin C | 25 % |
|-----------|------|

|         |     |
|---------|-----|
| Calcium | 4 % |
|---------|-----|

|      |      |
|------|------|
| Iron | 40 % |
|------|------|

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#### INGREDIENTS

Potatoes, vegetable oil, soybean oil, potato/corn/tapioca starch, rice flour, salt, xanthan gum, canola oil, eggs, white flour, eggs, butter, sugar, yeast, wheat flour, tomatoes, cheddar cheese, milk, mayonnaise, vinegar, spices, lemon juice, lettuce, ketchup, rosemary.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.



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## BASECAMP

### Omelette (cheese & 3 toppings)

#### Nutrition Facts

Serving Size 1 Portion (266 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 650 |  |
|---------------------|--|

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 54 g | <b>83 %</b> |
|-----------------|-------------|

|                                 |             |
|---------------------------------|-------------|
| Saturated 14 g<br>+ Trans 0.5 g | <b>73 %</b> |
|---------------------------------|-------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 660 mg |  |
|---------------------------|--|

|                       |             |
|-----------------------|-------------|
| <b>Sodium</b> 1010 mg | <b>42 %</b> |
|-----------------------|-------------|

|                         |            |
|-------------------------|------------|
| <b>Carbohydrate</b> 7 g | <b>2 %</b> |
|-------------------------|------------|

|           |            |
|-----------|------------|
| Fibre 1 g | <b>4 %</b> |
|-----------|------------|

|            |  |
|------------|--|
| Sugars 4 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 32 g |  |
|---------------------|--|

|                  |            |
|------------------|------------|
| <b>Vitamin A</b> | <b>6 %</b> |
|------------------|------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>30 %</b> |
|------------------|-------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>20 %</b> |
|----------------|-------------|

|             |            |
|-------------|------------|
| <b>Iron</b> | <b>4 %</b> |
|-------------|------------|

#### INGREDIENTS

Egg, cheese, milk, corn starch, salt, potato & corn starch, canola oil, green bell pepper, ketchup, green onion, bacon.

#### ALLERGENS

CONTAINS EGG, MILK.

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## BASECAMP

### Omelette (cheese)

#### Nutrition Facts

Serving Size 1 Omelette (216 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 530 |  |
|---------------------|--|

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 46 g | <b>71 %</b> |
|-----------------|-------------|

|                                 |             |
|---------------------------------|-------------|
| Saturated 12 g<br>+ Trans 0.5 g | <b>63 %</b> |
|---------------------------------|-------------|

|                           |  |
|---------------------------|--|
| <b>Cholesterol</b> 640 mg |  |
|---------------------------|--|

|                      |             |
|----------------------|-------------|
| <b>Sodium</b> 670 mg | <b>28 %</b> |
|----------------------|-------------|

|                         |            |
|-------------------------|------------|
| <b>Carbohydrate</b> 5 g | <b>2 %</b> |
|-------------------------|------------|

|           |            |
|-----------|------------|
| Fibre 0 g | <b>0 %</b> |
|-----------|------------|

|            |  |
|------------|--|
| Sugars 3 g |  |
|------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 24 g |  |
|---------------------|--|

|                  |            |
|------------------|------------|
| <b>Vitamin A</b> | <b>6 %</b> |
|------------------|------------|

|                  |            |
|------------------|------------|
| <b>Vitamin C</b> | <b>2 %</b> |
|------------------|------------|

|                |             |
|----------------|-------------|
| <b>Calcium</b> | <b>20 %</b> |
|----------------|-------------|

|             |            |
|-------------|------------|
| <b>Iron</b> | <b>0 %</b> |
|-------------|------------|

#### INGREDIENTS

Eggs, cheese, milk, corn starch, salt, potato starch, canola oil, ketchup.

#### ALLERGENS

CONTAINS EGG, MILK.

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# NUTRITION FACTS



## BASECAMP

### GF Bun

#### Nutrition Facts

Serving Size 1 Bun (50 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 110 |  |
|---------------------|--|

|                |            |
|----------------|------------|
| <b>Fat</b> 4 g | <b>6 %</b> |
|----------------|------------|

|                                |            |
|--------------------------------|------------|
| Saturated 0.4 g<br>+ Trans 0 g | <b>2 %</b> |
|--------------------------------|------------|

|                          |  |
|--------------------------|--|
| <b>Cholesterol</b> 25 mg |  |
|--------------------------|--|

|                      |            |
|----------------------|------------|
| <b>Sodium</b> 140 mg | <b>6 %</b> |
|----------------------|------------|

|                          |            |
|--------------------------|------------|
| <b>Carbohydrate</b> 20 g | <b>7 %</b> |
|--------------------------|------------|

|           |            |
|-----------|------------|
| Fibre 1 g | <b>4 %</b> |
|-----------|------------|

|            |  |
|------------|--|
| Sugars 3 g |  |
|------------|--|

|                    |  |
|--------------------|--|
| <b>Protein</b> 2 g |  |
|--------------------|--|

|                  |            |
|------------------|------------|
| <b>Vitamin A</b> | <b>0 %</b> |
|------------------|------------|

|                  |            |
|------------------|------------|
| <b>Vitamin C</b> | <b>0 %</b> |
|------------------|------------|

|                |            |
|----------------|------------|
| <b>Calcium</b> | <b>6 %</b> |
|----------------|------------|

|             |            |
|-------------|------------|
| <b>Iron</b> | <b>4 %</b> |
|-------------|------------|

#### INGREDIENTS

Eggs, tapioca starch, sorghum flour, white rice flour, potato starch, canola oil, agave, sugar, yeast, baking powder, xanthan gum, skim milk, corn salt.

#### ALLERGENS

CONTAINS EGG, MILK.

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# NUTRITION FACTS



## BASECAMP

### Bagel and Cream Cheese

#### Nutrition Facts

Serving Size 1 Bagel (172 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 480 |  |
|---------------------|--|

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 15 g | <b>23 %</b> |
|-----------------|-------------|

|                                |             |
|--------------------------------|-------------|
| Saturated 7 g<br>+ Trans 0.1 g | <b>36 %</b> |
|--------------------------------|-------------|

|                          |  |
|--------------------------|--|
| <b>Cholesterol</b> 45 mg |  |
|--------------------------|--|

|                      |            |
|----------------------|------------|
| <b>Sodium</b> 150 mg | <b>6 %</b> |
|----------------------|------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 43 g | <b>14 %</b> |
|--------------------------|-------------|

|           |             |
|-----------|-------------|
| Fibre 3 g | <b>12 %</b> |
|-----------|-------------|

|             |  |
|-------------|--|
| Sugars 12 g |  |
|-------------|--|

|                     |  |
|---------------------|--|
| <b>Protein</b> 46 g |  |
|---------------------|--|

|                  |            |
|------------------|------------|
| <b>Vitamin A</b> | <b>2 %</b> |
|------------------|------------|

|                  |            |
|------------------|------------|
| <b>Vitamin C</b> | <b>2 %</b> |
|------------------|------------|

|                |            |
|----------------|------------|
| <b>Calcium</b> | <b>4 %</b> |
|----------------|------------|

|             |             |
|-------------|-------------|
| <b>Iron</b> | <b>35 %</b> |
|-------------|-------------|

#### INGREDIENTS

White flour, egg, sugar, sunflower oil, malt flour, yeast, milk ingredients, carob bean gum, sea salt.

#### ALLERGENS

CONTAINS MILK, EGG, WHEAT, GLUTEN.

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# NUTRITION FACTS



## BASECAMP

### Hashbrowns

#### Nutrition Facts

Serving Size 1 Serving (325 g)

| Amount | % Daily Value |
|--------|---------------|
|--------|---------------|

|                     |  |
|---------------------|--|
| <b>Calories</b> 160 |  |
|---------------------|--|

|                 |             |
|-----------------|-------------|
| <b>Fat</b> 22 g | <b>34 %</b> |
|-----------------|-------------|

|               |             |
|---------------|-------------|
| Saturated 3 g |             |
| + Trans 2.5 g | <b>28 %</b> |

|                         |  |
|-------------------------|--|
| <b>Cholesterol</b> 0 mg |  |
|-------------------------|--|

|                      |             |
|----------------------|-------------|
| <b>Sodium</b> 400 mg | <b>17 %</b> |
|----------------------|-------------|

|                          |             |
|--------------------------|-------------|
| <b>Carbohydrate</b> 58 g | <b>19 %</b> |
|--------------------------|-------------|

|           |             |
|-----------|-------------|
| Fibre 8 g | <b>32 %</b> |
|-----------|-------------|

|            |  |
|------------|--|
| Sugars 7 g |  |
|------------|--|

|                    |  |
|--------------------|--|
| <b>Protein</b> 1 g |  |
|--------------------|--|

|                  |            |
|------------------|------------|
| <b>Vitamin A</b> | <b>2 %</b> |
|------------------|------------|

|                  |             |
|------------------|-------------|
| <b>Vitamin C</b> | <b>25 %</b> |
|------------------|-------------|

|                |            |
|----------------|------------|
| <b>Calcium</b> | <b>0 %</b> |
|----------------|------------|

|             |            |
|-------------|------------|
| <b>Iron</b> | <b>2 %</b> |
|-------------|------------|

#### INGREDIENTS

Potatoes, vegetable oil, canola oil, salt.

#### ALLERGENS

MAY CONTAIN SOY.

\*DEEP FRIED IN EQUIPMENT  
THAT ALSO PROCESSES WHEAT  
AND GLUTEN.

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# NUTRITION FACTS



## BASECAMP

### Blueberry\* Pancakes

#### Nutrition Facts

Serving Size 1 Portion (274 g)

| Amount                         | % Daily Value |
|--------------------------------|---------------|
| <b>Calories</b> 450            |               |
| <b>Fat</b> 12 g                | <b>18 %</b>   |
| Saturated 3.5 g<br>+ Trans 0 g | <b>18 %</b>   |
| <b>Cholesterol</b> 150 mg      |               |
| <b>Sodium</b> 80 mg            | <b>3 %</b>    |
| <b>Carbohydrate</b> 70 g       | <b>23 %</b>   |
| Fibre 5 g                      | <b>20 %</b>   |
| Sugars 22 g                    |               |
| <b>Protein</b> 17 g            |               |
| <b>Vitamin A</b>               | <b>2 %</b>    |
| <b>Vitamin C</b>               | <b>6 %</b>    |
| <b>Calcium</b>                 | <b>6 %</b>    |
| <b>Iron</b>                    | <b>10 %</b>   |

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#### INGREDIENTS

Blueberries, wheat flour, caraway seeds, sea salt, rye flour, barley flour, yeast, barley kernels, guar gum, corn syrup, vegetable oil, milk, eggs, margarine/butter, whey powder, soy lecithin, maple syrup, canola oil.

#### ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.

\*Pancake special may have alternate fruit or toppings.



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