

urth caffe nutrition facts

urth caffe nutrition facts provide essential insight into the nutritional content of one of the most popular café chains known for its organic coffee, teas, and artisanal food offerings. Understanding the nutritional information of Urth Caffé's menu items is crucial for health-conscious consumers and those managing dietary needs. This article explores various facets of Urth Caffé nutrition facts, including beverage specifics, food menu analysis, calorie counts, and key dietary considerations. Emphasizing organic ingredients and fresh preparation, Urth Caffé appeals to a broad audience, but knowing the exact nutritional breakdown helps customers make informed choices. The following sections will detail the calorie range, macronutrient composition, and special dietary options available at Urth Caffé.

- Overview of Urth Caffé Nutrition Facts
- Nutrition Details of Popular Beverages
- Food Menu Nutrition Analysis
- Calorie Counts and Portion Sizes
- Dietary Considerations and Special Options

Overview of Urth Caffé Nutrition Facts

Urth Caffé nutrition facts highlight the organic and natural ingredients used throughout their menu. The café emphasizes fresh, high-quality components that contribute to both flavor and nutritional value. Typical menu items include a variety of coffees, teas, smoothies, pastries, salads, and sandwiches, each with distinct nutritional profiles. Customers interested in calorie control, macronutrient intake, or allergen information will find that Urth Caffé provides detailed nutrient data for many of its offerings. This overview section introduces the general nutritional characteristics found across Urth Caffé's menu selections.

Core Nutritional Components

The primary nutritional components in Urth Caffé menu items include calories, carbohydrates, fats, proteins, and sugars. The café's focus on organic and minimally processed ingredients often results in nutrient-dense options. Many beverages are naturally low in calories unless sweetened or combined with milk or cream. Food items vary widely, with some meals designed for higher energy intake while others cater to lighter appetites.

Organic and Natural Ingredient Impact

Urth Caffé's commitment to organic produce, free-range eggs, and hormone-free meats influences the overall nutrition profile positively. Organic ingredients tend to have higher antioxidant levels and fewer synthetic additives. This factor is significant for customers seeking healthier dining alternatives with a focus on clean eating and sustainability.

Nutrition Details of Popular Beverages

The beverage selection at Urth Caffé is extensive, including organic coffees, teas, matcha lattes, and smoothies. Each of these options offers unique nutrition facts essential for customers tracking their intake.

Organic Coffee and Espresso Drinks

Urth Caffé's organic coffee and espresso-based drinks are typically low in calories when served black. Adding milk, cream, or flavored syrups increases calorie and sugar content. For example, a standard 12-ounce black coffee contains approximately 5 calories, while a 12-ounce latte with whole milk can range between 150 to 200 calories.

Matcha and Tea Options

Matcha lattes and herbal teas are popular choices at Urth Caffé, known for their antioxidant properties. A 12-ounce matcha latte made with skim milk contains roughly 120 calories and provides a moderate amount of protein and carbohydrates. Herbal teas generally contain negligible calories unless sweetened.

Smoothies and Specialty Drinks

Smoothies at Urth Caffé often combine fruits, vegetables, and plant-based milks, resulting in nutrient-rich beverages. Caloric content varies significantly based on ingredients, ranging from 200 to over 400 calories per serving. These drinks supply vitamins, minerals, and fiber but may also contain added sugars depending on the recipe.

Food Menu Nutrition Analysis

The food menu at Urth Caffé features a variety of artisanal sandwiches, salads, soups, and baked goods. Each item has a distinct nutritional profile influenced by ingredient choices and preparation methods.

Sandwiches and Wraps

Sandwiches and wraps at Urth Caffé are made with organic breads and fresh fillings such as turkey, chicken, or vegetarian options. Nutritional content includes balanced protein and carbohydrates, with calorie counts typically ranging from 400 to 700 calories depending on portion size and ingredients.

Salads and Soups

Salads provide a nutrient-dense option with fresh greens, vegetables, nuts, and protein sources. Calorie levels vary but generally remain moderate, between 300 and 600 calories per serving. Soups, often made from scratch with organic ingredients, offer a warming, lower-calorie choice, usually containing 150 to 350 calories.

Pastries and Baked Goods

Pastries, including muffins, croissants, and cookies, are a popular indulgence at Urth Caffé. These items tend to be higher in calories, sugars, and fats, often ranging from 300 to 600 calories per piece. While organic, these baked goods should be consumed in moderation by those monitoring calorie intake or sugar consumption.

Calorie Counts and Portion Sizes

Understanding calorie counts and portion sizes is essential when evaluating Urth Caffé nutrition facts. Portion control plays a critical role in managing daily energy intake and maintaining balanced nutrition.

Typical Portion Sizes

Urth Caffé offers beverages in various sizes, typically ranging from 8 to 20 ounces. Food portions align with standard café servings, designed to satisfy without excessive calorie load. Awareness of portion size helps customers make appropriate choices based on hunger levels and dietary goals.

Calorie Range Overview

Calorie counts at Urth Caffé vary widely across the menu. Beverages generally range from 5 calories for black coffee to over 400 calories for large specialty drinks. Food items span from light salads around 300 calories to hearty sandwiches exceeding 700 calories. Pastries and desserts tend to be calorie-dense, highlighting the importance of moderation.

- Black coffee: ~5 calories per 12 oz

- 12 oz latte with whole milk: 150-200 calories
- Matcha latte (12 oz, skim milk): ~120 calories
- Sandwiches: 400-700 calories
- Salads: 300-600 calories
- Pastries: 300-600 calories

Dietary Considerations and Special Options

Urth Caffé nutrition facts also encompass various dietary accommodations. The café provides options catering to vegetarian, vegan, gluten-free, and other special diet needs.

Vegetarian and Vegan Choices

Many menu items are vegetarian-friendly, using plant-based proteins, fresh vegetables, and organic grains. Vegan options are increasingly available, with dairy alternatives like almond and oat milk offered for beverages. Nutritional content for these selections is generally lower in saturated fat and cholesterol.

Gluten-Free and Allergy-Friendly Options

Customers with gluten intolerance or allergies can find designated gluten-free dishes and snacks at Urth Caffé. These options are prepared separately to minimize cross-contamination and provide safe dining experiences. Nutritional facts for gluten-free items reflect ingredient substitutions that maintain flavor and texture.

Low-Calorie and Low-Sugar Selections

For those monitoring calorie or sugar intake, Urth Caffé offers lighter menu choices such as black coffee, unsweetened teas, and salads without heavy dressings. Customization options allow customers to reduce added sugars and fats, aligning with specific health goals.

Frequently Asked Questions

What are the typical calorie counts for popular drinks at Urth Caffé?

Popular drinks at Urth Caffé, such as their matcha latte or organic coffee, typically range

from 150 to 350 calories depending on size and milk choice.

Does Urth Caffe offer vegan or dairy-free options in their menu?

Yes, Urth Caffe offers several vegan and dairy-free options including plant-based milks like almond, oat, and coconut milk for their beverages.

Are Urth Caffe's baked goods high in sugar or fat?

Many of Urth Caffe's baked goods contain moderate to high levels of sugar and fat, as they use rich ingredients to maintain traditional flavors, so it's best to check individual nutrition facts.

Does Urth Caffe provide nutritional information for their menu items online?

Urth Caffe does not widely publish detailed nutrition facts online, but some stores may provide information upon request or have it available on-site.

How does choosing plant-based milk at Urth Caffe affect the nutrition of drinks?

Choosing plant-based milks like almond or oat milk generally reduces calories and saturated fat compared to whole milk, making drinks lighter and sometimes lower in sugar.

Are there gluten-free options available at Urth Caffe?

Yes, Urth Caffe offers some gluten-free options including certain salads and baked goods, but it's advisable to confirm with staff due to cross-contamination risks.

What is the caffeine content like in Urth Caffe's coffee beverages?

Urth Caffe's coffee beverages contain typical caffeine levels similar to other coffee shops, with an average 12 oz cup containing approximately 150-200 mg of caffeine depending on the blend and preparation.

Additional Resources

1. Urth Caffe: A Nutritional Guide to Organic Delights

This book explores the comprehensive nutrition facts behind Urth Caffe's popular organic menu items. It delves into the ingredients used, highlighting the health benefits of their farm-to-table approach. Readers gain insight into how Urth Caffe balances taste with wholesome nutrition.

2. Eating Clean at Urth Caffè: Nutritional Insights and Recipes

Focused on clean eating, this book breaks down the nutritional content of Urth Caffè's offerings, from their herbal teas to artisanal sandwiches. It also includes recipes inspired by their menu, encouraging readers to recreate healthy meals at home. Nutritional tips and ingredient substitutions are provided for a balanced diet.

3. The Science of Urth Caffè's Organic Menu

This book presents a scientific analysis of the nutritional components found in Urth Caffè's dishes. It examines macro and micronutrient profiles, antioxidant levels, and the impact of organic farming on food quality. Perfect for readers interested in the intersection of nutrition science and organic cuisine.

4. Urth Caffè and Wellness: Understanding Nutrition Facts for a Healthier Lifestyle

A guide that connects Urth Caffè's nutrition facts with broader wellness principles. It discusses how the café's focus on organic, natural ingredients supports overall health and wellness. The book includes tips on making informed food choices both at Urth Caffè and beyond.

5. Organic Nutrition at Urth Caffè: Facts, Benefits, and Flavor

Highlighting the benefits of organic nutrition, this book uses Urth Caffè as a case study to demonstrate how organic ingredients enhance both flavor and health. It includes detailed nutrition facts for popular menu items, helping readers understand the value of organic eating.

6. From Farm to Table: The Nutritional Journey of Urth Caffè

This book traces the origin of Urth Caffè's ingredients from farm to table, emphasizing the nutritional advantages of fresh, organic produce. It offers a behind-the-scenes look at sourcing practices and their influence on meal quality and nutrition. Readers learn how seasonality and sustainability impact nutritional content.

7. Urth Caffè's Superfoods: Nutritional Facts and Health Benefits

Focusing on the superfoods featured in Urth Caffè's menu, this book details their nutritional profiles and health benefits. It explains how ingredients like matcha, chia seeds, and turmeric contribute to wellness. The book also provides tips for incorporating similar superfoods into daily meals.

8. Decoding Urth Caffè's Nutrition Labels: What You Need to Know

A practical guide to understanding the nutrition labels and facts provided by Urth Caffè. This book helps readers interpret calorie counts, macronutrient breakdowns, and ingredient lists to make healthier choices. It also discusses common nutrition myths and how they apply to café dining.

9. Balancing Taste and Nutrition: The Urth Caffè Approach

This book explores how Urth Caffè achieves a balance between delicious flavors and nutritious ingredients. It analyzes menu items to show how taste does not have to be sacrificed for health. The book includes customer favorites with detailed nutrition facts and suggestions for mindful eating.

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