



coffee time

is anytime

NUTRITIONAL INFORMATION

Coffee Time understands the importance of good nutrition and is committed to offering our guests a variety of nutritious and great tasting food choices. Whether it's our coffee, fresh baked goods or our homestyle soups and sandwiches, there is something for everyone.

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Filled Yeast Donuts

Lemon	1	310	12	5	0.1	0	400	44	1	11	5	0%	0%	2%	15%
Banana	1	310	13	5	0.1	0	410	43	1	10	5	0%	0%	2%	15%
Blueberry	1	330	12	5	0.1	0	400	47	1	15	5	0%	2%	2%	15%
Cherry	1	310	12	5	0.1	0	400	45	1	13	5	0%	0%	2%	15%
Strawberry	1	310	12	5	0.1	0	400	44	1	12	5	0%	0%	2%	15%

Yeast Donuts

Honey Glazed	1	260	10	4.5	0.1	0	300	37	1	13	4	0%	0%	0%	10%
Raised Chocolate	1	270	10	4.5	0.1	0	300	40	1	15	4	0%	0%	0%	15%
Raised Vanilla	1	270	10	4.5	0.1	0	300	40	1	16	4	0%	0%	0%	10%
Raised Maple	1	280	10	4.5	0.1	0	300	42	1	17	4	0%	0%	2%	10%
Raised Hawaiian	1	340	11	5	0.1	0	300	54	1	28	4	0%	0%	0%	10%

Twists

Sugar Twist	1	350	13	5	0.1	0	470	51	1	14	7	0%	0%	2%	15%
Cinnamon Twist	1	350	13	5	0.1	0	450	53	3	15	6	0%	2%	4%	25%

Cake Donuts

White Coconut	1	290	11	6	0.1	20	410	45	2	22	4	0%	0%	2%	10%
Toasted Coconut	1	290	10	5	0.1	20	420	46	1	23	6	0%	0%	2%	10%
Plain	1	210	7	3	0.1	20	410	33	1	11	4	0%	0%	2%	10%
Glaze	1	260	7	3	0.1	20	410	44	1	22	4	0%	0%	2%	10%
Double Chocolate	1	280	9	3.5	0	15	380	47	2	24	4	0%	0%	2%	15%
Chocolate Glaze	1	260	9	3.5	0	15	370	43	2	22	4	0%	0%	2%	15%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Coffee Bits - Yeast

Honey Dip	1	70	2	1	0	0	75	11	0	5	1	0%	0%	0%	2%
-----------	---	----	---	---	---	---	----	----	---	---	---	----	----	----	----

Coffee Bits - Cake

Chocolate Glazed	1	50	1.5	0.5	0	5	65	8	0	4	1	0%	0%	0%	2%
Cake Glazed	1	50	1.5	0.5	0	5	65	8	0	5	1	0%	0%	0%	2%
White Coconut	1	80	4.5	3.5	0	5	70	10	1	6	1	0%	0%	0%	2%
Hawaiian	1	90	2	1	0	5	70	16	0	12	1	0%	0%	0%	2%

Fancies

Walnut Crueller	1	610	36	16	0.1	25	590	66	2	34	7	0%	0%	4%	15%
Chocolate Crueller	1	590	33	16	0.1	25	560	67	2	35	6	0%	0%	4%	20%
Orange Crueller	1	590	33	15	0.2	0	550	68	1	35	6	0%	0%	2%	15%
Cherry Crueller	1	580	32	16	0.1	30	660	68	2	35	6	2%	0%	2%	15%
Apple Fritter	1	470	17	7	0.2	0	640	70	3	19	9	0%	0%	2%	25%
Dutchies	1	410	16	6	0.2	0	510	60	2	15	7	0%	0%	2%	20%
Cinnamon Buns	1	390	15	6	0.1	0	490	57	3	15	7	0%	2%	6%	25%
Eclair	1	490	21	13	0.1	0	450	69	2	33	6	0%	0%	2%	20%
Boston Cream	1	430	19	11	0.1	0	430	58	2	24	6	0%	0%	2%	20%
Cream Puff	1	450	20	12	0.1	0	430	60	2	26	6	0%	0%	2%	20%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Muffins

Carrot	1	410	17	1.5	0	45	270	61	4	36	5	45%	2%	8%	15%
Blueberry	1	420	19	2	0	30	310	59	1	29	5	2%	0%	6%	15%
Chocolate Chip	1	460	22	2.5	0	30	290	63	1	32	5	0%	0%	6%	20%
Morning Glory	1	470	22	2	0	40	260	65	4	38	5	25%	2%	8%	15%
Banana	1	450	20	2	0	50	240	61	3	34	6	2%	2%	15%	15%
Harvest Corn	1	480	24	2.5	0.5	45	510	65	1	32	6	2%	0%	8%	15%
Raisin Bran	1	330	11	0.5	0	25	710	66	6	34	5	0%	0%	6%	20%
Lemon Cranberry	1	420	19	2	0	30	330	59	1	28	5	0%	2%	8%	15%
Apple & Spice	1	450	22	2	0	65	260	59	3	31	5	0%	2%	6%	15%
Zucchini Nut	1	480	27	2.5	0	65	240	59	3	32	6	2%	6%	6%	20%
Raspberry Yogurt	1	400	18	2.5	0	95	500	54	1	31	6	2%	2%	6%	15%

Reduced Fat Muffins

Reduced Fat Fruit & Fiber	1	310	3	0.3	0	0	470	71	9	38	6	0%	0%	4%	14%
Reduced Fat Carrot	1	310	4	0.4	0	0	400	63	4	34	6	56%	5%	6%	13%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Cookies

Triple Chocolate	1	250	12	5	0.1	15	190	33	1	21	3	10%	0%	2%	6%
Chocolate Chip	1	240	11	5	0	15	190	34	1	21	3	10%	0%	2%	8%
Oatmeal Raisin	1	230	9	3.5	0	15	170	34	2	18	4	10%	0%	2%	8%
Peanut Butter	1	280	16	5	0.1	15	210	28	1	16	5	15%	0%	2%	6%
White Chocolate Macademia	1	260	13	6	0.1	15	190	32	1	21	3	10%	0%	2%	6%

Tea Biscuits

Cranberry	1	330	12	6	0.1	0	650	47	2	6	7	0%	4%	2%	20%
Blueberry	1	330	12	6	0.1	0	650	47	2	7	7	0%	0%	2%	20%
Cheese	1	380	17	9	0.3	15	760	45	2	5	11	4%	0%	10%	20%
Plain	1	320	12	6	0.1	0	650	45	2	5	7	0%	0%	2%	20%
Raisin	1	370	12	6	0.1	0	650	58	2	14	8	0%	0%	2%	20%

Specialty Baked

Apple Strudel	1	410	22	9	0.1	0	300	49	2	20	4	0%	2%	2%	10%
Raspberry Strudel	1	450	25	10	0.1	0	330	51	2	17	5	0%	4%	2%	10%
Croissant Plain	1	290	16	7	0.2	35	310	31	1	3	7	2%	15%	2%	15%
Croissant Cheese	1	310	17	8	0.2	40	320	31	1	3	8	4%	25%	6%	10%
Croissant Chocolate	1	400	21	8	0.5	35	320	46	1	16	7	2%	15%	4%	15%
Strawberry Cream Cheese Danish	1	270	13	5	0.1	35	360	34	1	12	5	2%	15%	2%	10%
Cheese Danish	1	310	16	7	0.1	40	400	37	1	12	6	4%	10%	2%	10%
Maple French Stick	1	430	18	8	0.3	5	330	64	2	32	6	2%	2%	2%	15%
Maple Pecan Danish	1	330	21	7	0	20	220	35	1	11	4	0%	10%	2%	2%
Cinnamon Bun	1	400	15	3	0	30	320	58	3	14	9	2%	20%	6%	25%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Oatmeal Bars

Cranberry	1	440	14	4	0.4	0	260	68	4	22	8	12%	12%	16%	30%
Raisin	1	488	14	4	0.4	0	260	78	4	32	8	0%	2%	18%	30%

Other Treats

Rice Krispy Square	1	270	8	3.5	0.1	0	290	47	0	24	2	0%	0%	0%	20%
--------------------	---	-----	---	-----	-----	---	-----	----	---	----	---	----	----	----	-----

Other Food

Beef Samosa	1	171	7	1.4	0	15	228	17.8	1.7	1	9.1	2%	2%	0%	6%
Chicken Samosa	1	181	7.5	1.1	0	26	228	17.8	1.7	1	10.8	2%	2%	0%	4%
Vegetable Samosa	1	153	4.7	0.4	0	0	299	24.4	2	1	3.3	3%	4%	0%	6%
Sausage Roll	1	525	38	17	0	36	483	34	1	4	11	21%	3%	6%	28%
Beef Patties, <i>Mild</i>	1	300	14	7	0.5	15	450	37	1	2	9	0%	0%	2%	15%
Beef Patties, <i>Extra Spicy</i>	1	300	14	7	0.5	15	450	37	1	2	9	0%	0%	2%	15%
Vegetable Patties	1	310	15	6	0.1	0	500	38	2	4	8	6%	0%	2%	15%
Chicken Patties	1	290	13	6	0.4	15	400	35	2	3	9	0%	0%	2%	15%
Gingerbread Cookie	1	260	9	2	0	10	220	40	2	14	4	0%	0%	0%	8%
Spinach Pie	1	340	23	11	0	5	420	28	2	3	7	8%	25%	2%	50%
Feta Cheese Pie	1	400	29	15	0	30	400	28	1	2	7	20%	2%	0%	15%
Nanaimo Bar	1	280	17	8	0.2	0	150	32	2	23	1	15%	0%	0%	4%
Raisin Tarts	1	360	14	4.5	0.1	40	130	55	1	22	3	6%	0%	2%	10%
Pecan Tarts	1	370	18	4.5	0.1	45	95	51	1	20	3	4%	0%	2%	6%
Cinnamon Crunchie	1	540	24	5	0.4	0	700	72	2	28	8	20%	0%	8%	20%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Classic Sandwiches with Ciabatta Bun

Chunky Egg Salad	1	490	22	5	0.1	350	1010	53	3	3	20	25%	15%	8%	35%
Hearty Tuna Salad	1	580	31	4.5	0.2	55	1060	52	3	3	25	8%	10%	4%	30%
Classic B.L.T	1	450	20	4	0.1	25	940	52	3	3	15	6%	15%	4%	30%
Cranberry Chicken Salad	1	590	31	4.5	0.2	45	1250	56	3	7	22	10%	2%	4%	30%
Smoked Turkey	1	370	6	1	0	30	1440	56	3	4	22	2%	5%	2%	22%
Smoked Ham & Cheddar	1	390	10	4.5	0.2	45	1530	52	3	2	26	2%	5%	10%	22%

Grilled Panini Sandwiches

Margherita Chicken	1	640	35	9	0.3	65	1450	55	3	6	28	20%	15%	6%	30%
Honey Ham & Swiss	1	450	13	4	0.1	40	1840	58	2	7	25	4%	20%	10%	30%
Tuscan Turkey Club	1	630	34	8	0.3	50	1600	57	3	5	24	8%	15%	10%	30%
Steak & Cheese	1	480	16	5	0.4	10	1370	59	3	8	27	0%	14%	10%	28%

Alternative Options

Plain Bagel	1	280	1.5	0.2	0	0	730	58	3	2	10	0%	0%	6%	25%
Tortilla Wrap	1	150	3	0	0	0	430	26	2	0	4	0%	0%	0%	10%

Serving Size
Calories (kcal/s)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Breakfast Sandwiches

Egg & Cheese	1	310	14	7	0.2	170	850	29	1	6	15	10%	2%	15%	20%
Bacon, Egg & Cheese	1	410	24	10	0.3	180	1140	30	1	6	17	10%	2%	30%	15%
Sausage, Egg & Cheese	1	510	32	13	0.3	185	1390	35	1	7	21	10%	2%	30%	20%
BBQ Steak, Egg & Cheese	1	370	17	8	0.4	165	990	32	1	8	21	10%	2%	15%	25%
RWA Chorizo Sausage, Egg & Cheese	1	510	34	11	0.3	215	1190	30	2	7	21	1%	3%	13%	17%

Breakfast Bagels

Egg & Cheese Bagel	1	460	14	4	0.1	165	1150	64	5	4	20	2%	7%	13%	25%
B.L.T Bagel	1	500	21	4	0.1	25	970	61	5	3	16	2%	7%	6%	22%
Bacon & Egg Bagel	1	500	17	5	0.2	175	1280	64	5	4	23	2%	7%	13%	28%
Sausage, Egg & Cheese	1	620	29	10	0.2	195	1420	63	4	3	27	0%	19%	13%	31%

Bagels

Plain	1	280	1.5	0.2	0	0	710	57	3	2	10	0%	0%	6%	25%
Sesame Seed	1	320	4.5	0.2	0	0	590	60	3	3	11	0%	0%	8%	25%
Whole Wheat	1	310	2.5	0.3	0	0	620	66	10	7	11	0%	0%	4%	20%
Blueberry	1	320	2	0.2	0	0	510	66	3	7	11	0%	0%	6%	25%
Cinnamon Raisin	1	310	1.5	0.2	0	0	440	65	4	6	10	0%	0%	6%	25%
Multigrain	1	330	6	0.4	0	0	560	64	5	3	12	0%	0%	8%	30%
Everything	1	320	2	0.2	0	0	680	63	3	4	10	0%	2%	6%	30%
Cheese	1	290	3.5	1.5	0	5	720	54	3	2	11	2%	0%	10%	20%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Cream Cheese

Deli	1.5 oz	120	11	7	0.3	35	180	3	0	2	3	10%	0%	4%	0%
Light	1.5 oz	80	6	4	0.2	25	210	3	0	3	4	10%	0%	6%	0%
Herbs & Garlic	1.5 oz	140	13	8	0.4	45	230	2	0	2	2	15%	0%	6%	0%

Anytime Breakfast

Buttered Bagel	1	380	13	7	0.3	30	810	58	3	2	10	10%	0%	6%	25%
Peanut Butter & Jam Bagel	1	430	11	1	0	0	800	70	4	10	14	0%	0%	6%	25%
Bagel with Processed Cheese Slice	1	390	11	6	0.3	30	920	59	3	2	17	10%	0%	25%	25%

Others

Hash Brown	1	130	8	1	0	0	250	17	1	0	1	0%	2%	0%	2%
Breakfast Square Croissant	1	180	7	3	0.1	0	300	25	1	4	4	0%	2%	2%	10%
Tortilla Wrap	1	150	3	0	0	0	430	26	2	0	4	0%	0%	0%	10%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Soups

Cream of Potato	8 oz.	160	4	2.5	0.1	20	790	21	1	5	5	4%	2%	10%	4%
Country Vegetable	8 oz.	70	0	0	0	0	780	15	3	1	3	10%	2%	2%	4%
Cream of Mushroom	8 oz.	140	7	2.5	0.1	15	800	14	3	4	5	0%	0%	10%	2%
Creamy Garden Broccoli	8 oz.	120	5	2	0	15	740	13	2	5	5	10%	15%	15%	4%
Split Pea with Ham	8 oz.	150	1	0.3	0	5	800	25	6	3	9	10%	4%	2%	10%
Italian Wedding	8 oz.	120	4	1.5	0	5	680	15	2	1	5	0%	2%	2%	10%
Creole Chicken Gumbo	8 oz.	60	0.5	0.2	0	5	760	13	2	3	4	2%	2%	4%	2%
Chicken Noodle	8 oz.	80	2	0.5	0	15	770	12	1	2	5	6%	0%	2%	6%
Chicken with Wild Rice	8 oz.	70	1	0.3	0	10	800	12	1	1	5	6%	20%	2%	2%
Hearty Beef Vegetable with Barley	8 oz.	70	1	0.3	0	5	710	13	3	1	5	15%	2%	2%	4%
Tomato Bisque	8 oz.	90	2.5	1	0	5	590	15	3	6	3	2%	2%	8%	4%

Chili

Klondike Chili	8 oz.	240	3.5	2	0	30	1130	32	10	6	19	6%	6%	10%	25%
----------------	-------	-----	-----	---	---	----	------	----	----	---	----	----	----	-----	-----

Serving Size
Calories (kcal/s)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Hot Beverages

Coffee	10 oz.	5	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Decaf Coffee	10 oz.	5	0	0	0	0	5	0	0	0	0	0%	0%	0%	2%
Coffee Time Tea	10 oz.	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Chocolate	10 oz.	170	4	4	0	0	180	30	0	25	2	0%	0%	4%	15%
Vanilla Cappuccino	10 oz.	240	7	7	0	0	230	28	0	23	1	0%	0%	0%	2%
Pumpkin Spice Cappuccino	10 oz.	230	6	6	0.1	5	220	45	3	28	1	2%	0%	8%	6%
Peppermint Mocha Cappuccino	10 oz.	250	7	6	0.1	5	190	48	1	35	2	2%	0%	4%	4%
Café Mocha	10 oz.	80	2.5	1.5	0.1	5	60	13	0	8	1	2%	0%	2%	2%

Cold Beverages

Iced Coffee (with Reg. Cream & Syrup)	12 oz.	80	2.5	1.5	0.1	10	20	12	0	12	1	2%	0%	2%	0%
Iced Cappuccino	12 oz.	410	2.5	2	0	0	230	44	0	32	0.5	0%	0%	15%	2%
Strawberry Banana Smoothie	12 oz.	200	0	0	0	0	0	34	0	31	0	0%	0%	0%	0%
Mango Smoothie	12 oz.	210	0	0	0	0	0	36	0	35	0	0%	0%	0%	0%
Lemonade Smoothie	12 oz.	200	0	0	0	0	5	34	0	31	0	0%	0%	0%	0%
Coffee Chilla	12 oz.	310	12	9	0.1	10	340	49	0	37	3	4%	0%	10%	0%
Cafe Mocha Chilla	12 oz.	280	4.5	3	0.1	10	290	57	1	37	2	4%	0%	10%	4%
Hazelnut Coffee Chilla	12 oz.	330	12	9	0.1	10	340	53	0	41	3	4%	0%	10%	0%
Vanilla Chilla	12 oz.	330	13	10	0.1	15	360	52	0	39	2	6%	0%	15%	0%

Serving Size

Calories (kcal)

Total Fat (g)

Sat. Fat (g)

Trans Fat (g)

Cholesterol (mg)

Sodium (mg)

Carbs (g)

Fibre (g)

Sugars (g)

Protein (g)

Vit. A (% DV)

Vit. C (% DV)

Calcium (% DV)

Iron (% DV)

Cream, Milk & Sugar - Single Portion

18% Cream	10ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
10% Cream	10ml	15	1	0.5	0	5	10	0	0	0	0.3	2%	0%	0%	0%
2% Milk	10ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
Sugar	4g	15	0	0	0	0	0	4	0	4	0	0%	0%	0%	0%

Serving Size
Calories (kcal)
Total Fat (g)
Sat. Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbs (g)
Fibre (g)
Sugars (g)
Protein (g)
Vit. A (% DV)
Vit. C (% DV)
Calcium (% DV)
Iron (% DV)

Snacks

Rice Pudding	1	340	1.5	1	0.1	5	30	72	2	20	7	2%	1%	8%	4%
Jello Cup	1	230	8	7	0.1	0	210	39	0	38	4	0%	0%	1%	0%
Homemade Yogurt Parfait Cup	1	260	3.5	1	0.1	0	115	40	3	29	17	0%	40%	20%	8%
Veggie Cup with Ranch Dressing	1	190	11	1.5	0	5	330	18	5	9	4	67%	177%	6%	7%
Veggie Cup with Hummus	1	120	6	0.1	0	0	250	16	6	6	3	78%	12%	6%	4%
Fruit Salad	1	130	1	0.1	0	0	10	31	6	23	3	11%	198%	6%	4%

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings and operations. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information provided includes a selection of the most popular items. It may not include all products found in-store. Information may be subject to change at any time. We continue to update this list to reflect changes that occur in our products. Robin's Donuts, its franchisees, and employees do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health practitioner for questions regarding your diet.



coffee time

is anytime

ALLERGEN CHART

Coffee Time Food Allergen Chart

LEGEND

0	Allergen not present in the food product
1	Allergen present in the production factory
2	Allergen used on the same product line
3	Allergen present in the food product



Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Donuts												
Fill Lemon Donuts	2	2	3	3	3	3	2	2	0	0	2	3
Fill Bavarian Donuts	2	2	3	3	3	3	2	2	0	0	2	3
Fill Banana Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Fill Blueberry Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Fill Cherry Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Fill Strawberry Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Honey Glaze	2	2	3	3	3	3	2	0	0	0	2	3
Raised Chocolate	2	2	3	3	3	3	3	0	0	0	2	3
Raised Vanilla Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Raised Maple Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Raised Hawaiian Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Raised Peanut Donuts	3	2	3	3	3	3	2	0	0	0	2	3
Chocolate Rainbow Special Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Blue Jay Donuts Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Vanilla Cherry Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Toasted Coconut Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Raised Sugar	2	2	3	3	3	3	2	0	0	0	2	3
White Coconut Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Toasted Coconut Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Plain Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Glaze White Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Maple White Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Vanilla Cake Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Double Chocolate Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Chocolate Glaze Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Coconut Chocolate Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Toasted Coconut Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Peanut Chocolate Cake Donuts	3	2	3	3	3	3	3	0	0	0	2	3
Chocolate Rainbow Cake Donuts	2	2	3	3	3	3	3	0	0	0	2	3
Sour Cream Plain Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Glaze Sour Cream Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Walnut Cruller	2	3	3	3	3	3	2	0	0	0	2	3
Chocolate Cruller	2	2	3	3	3	3	3	0	0	0	2	3
Orange Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Cherry Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Plain Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Apple Fritter	2	2	3	3	3	3	2	0	0	0	2	3
Dutchies	2	2	3	3	3	3	3	0	0	0	2	3
Cinnamon Bun Donut	2	2	3	3	3	3	2	0	0	0	2	3
Eclair	2	2	3	3	3	3	2	0	0	0	2	3
Boston Cream Donuts	2	2	3	3	3	3	2	0	0	0	2	3
Maple Boston Donuts	2	2	3	3	3	3	2	0	0	0	2	3
French Cruller	2	2	3	3	3	3	2	0	0	0	2	3
Turnover Apple	2	2	3	3	3	3	3	0	0	0	2	3
Cream Puff	2	2	3	3	3	3	2	0	0	0	2	3
Sugar Twist	2	2	3	3	3	3	2	0	0	0	2	3
Cinnamon Twist	2	2	3	3	3	3	2	0	0	0	2	3
Honey Bun	2	2	3	3	3	3	2	0	0	0	2	3
Glazed White Cake Bits	2	2	3	3	3	3	2	0	0	0	2	3
Chocolate Glazed Bits	2	2	3	3	3	3	3	0	0	0	2	3
Hawaiian Bits	2	2	3	3	3	3	3	0	0	0	2	3
Glazed Yeast Bits	2	2	3	3	3	3	2	0	0	0	2	3
White Cake Coconut Bits	2	2	3	3	3	3	3	0	0	0	2	3
Muffins												
Carrot Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Blueberry Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Chocolate Chip Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Morning Glory Muffin	0	3	2	3	3	2	3	0	0	0	1	3
Banana Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Harvest Corn Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Raisin Bran Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Lemon Cranberry Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Apple & Spice Muffin	0	2	3	3	3	2	3	0	0	0	1	3
Zucchini Nut Muffin	0	3	3	3	3	2	2	0	0	0	1	3

Coffee Time Food Allergen Chart



LEGEND

0	Allergen not present in the food product
1	Allergen present in the production factory
2	Allergen used on the same product line
3	Allergen present in the food product

Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Raspberry Yogurt Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Other Bake Goods												
Triple Chocolate Cookie	0	0	3	3	3	3	0	0	0	0	0	3
Chocolate Chip Cookie	0	0	3	3	3	3	0	0	0	0	0	3
Oatmeal Raisin Cookie	0	0	3	3	3	3	0	0	0	0	0	3
Peanut Butter Cookie	3	3	3	3	3	3	0	0	0	0	0	3
White Chocolate Macadamia Cookie	1	3	3	3	3	3	1	0	0	0	0	3
Cranberry Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Blueberry Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Cheese Tea Biscuit	1	0	3	3	3	3	2	1	1	0	1	3
Plain Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Raisin Tea Biscuit	1	1	3	3	3	3	2	1	0	0	1	3
Cranberry Oatmeal Bar	0	0	3	3	3	3	3	0	0	0	0	3
Raisin Oatmeal Bar	1	1	3	3	3	3	3	1	0	0	1	3
Apple Strudel	0	2	2	2	3	3	2	0	0	0	0	3
Raspberry Strudel	0	2	2	2	3	3	2	0	0	0	0	3
Croissant Plain	0	1	3	2	3	3	0	0	0	0	1	3
Croissant Cheese	0	1	3	3	3	3	2	0	0	0	0	3
Croissant Chocolate	0	1	3	3	3	3	1	0	0	0	1	3
Strawberry Cream Cheese Danish	0	2	3	3	3	3	3	0	0	0	0	3
Maple Pecan Danish	0	3	3	3	3	3	3	0	0	0	2	3
Cinnamon Bun	0	2	3	3	3	3	3	0	0	0	1	3
Rice Krispy Square	0	0	2	3	0	3	2	0	0	0	2	0
Beef Samosa	0	0	0	0	3	0	0	0	0	0	0	3
Chicken Samosa	0	0	0	0	3	0	0	0	0	0	0	3
Vegetable Samosa	0	0	0	0	3	0	0	0	0	0	0	3
Sausage Roll	0	2	3	3	3	3	2	2	0	0	0	3
Beef Patties, Mild	0	0	1	0	3	3	0	0	0	0	0	3
Beef Patties, Extra Spicy	0	0	1	0	3	3	0	0	0	0	0	3
Vegetable Patties	0	0	1	0	3	0	0	0	0	0	0	3
Chicken Patties	0	0	1	0	3	3	0	0	0	0	0	3
Spinach Pie	0	2	3	3	3	3	2	2	0	0	0	3
Feta Cheese Pie	0	2	3	2	3	3	2	2	0	0	0	3
Nanaimo Bar	2	2	3	2	3	3	3	0	0	0	0	0
Raisin Tarts	0	2	3	3	3	3	0	0	0	0	0	3
Pecan Tarts	0	3	3	3	3	3	0	0	0	0	0	3
Cinnamon Crunchie	0	2	3	3	3	3	0	0	0	0	0	3
Sandwiches												
Chunky Egg Salad Sandwich	0	2	2	3	3	3	2	3	2	0	2	3
Cranberry Chicken Salad Sandwich	0	2	3	3	3	3	2	3	2	0	3	3
Hearty Tuna Salad Sandwich	0	2	2	3	3	3	2	3	3	0	2	3
Classic BLT Sandwich	0	2	2	3	3	3	3	3	2	0	2	3
Smoked Turkey Sandwich	0	2	2	2	3	3	3	0	0	0	2	3
Smoked Ham & Cheddar Sandwich	1	2	3	2	3	3	3	1	1	0	2	3
Margherita Chicken Sandwich	1	2	3	3	3	3	2	3	2	0	3	3
Honey Ham & Swiss Sandwich	0	2	3	2	3	3	3	3	1	0	2	3
Tuscan Turkey Club Sandwich	0	2	2	2	3	3	3	0	0	0	2	3
Steak and Cheese Sandwich	1	2	3	2	3	3	3	3	1	0	2	3
Garden Vegetable Sandwich	0	2	2	2	3	3	2	0	0	0	2	3
Roast Beef Sandwich	0	2	2	2	3	3	3	0	0	0	2	3
Breakfast												
Egg & Cheese Brekwich	1	2	3	3	3	3	2	1	1	1	2	3
Bacon, Egg & Cheese Brekwich	1	2	3	3	3	3	3	1	1	1	2	3
Sausage, Egg & Cheese Brekwich	1	2	3	3	3	3	2	1	1	1	2	3
BBQ Steak, Egg & Cheese Brekwich	1	2	3	3	3	3	3	3	1	1	2	3
Egg & Cheese Bagel	1	2	3	3	3	2	2	1	1	1	2	3
Bacon, Egg & Cheese Bagel	1	2	3	3	3	2	3	1	1	1	3	3
Sausage, Egg & Cheese Bagel	1	2	3	3	3	3	2	1	1	0	3	3
BLT Bagel	0	2	2	2	3	2	3	0	0	0	3	3
Plain Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Sesame Seed Bagel	0	2	2	2	3	2	2	0	0	0	3	3
Whole Wheat Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Cinnamon Raisin Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Multigrain Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Everything Bagel	0	2	2	2	3	2	2	0	0	0	3	3

Coffee Time Food Allergen Chart

LEGEND

0	Allergen not present in the food product
1	Allergen present in the production factory
2	Allergen used on the same product line
3	Allergen present in the food product



Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Cheese Bagel	0	2	3	2	3	2	2	0	0	0	2	3
Deli Cream Cheese	1	0	3	1	1	1	1	1	1	0	1	1
Light Cream Cheese	1	0	3	1	1	1	1	1	1	0	1	1
Cream Cheese Herb & Garlic	1	0	3	1	1	1	1	1	1	0	1	1
Peanut Butter	3	0	1	1	1	1	1	1	1	0	1	1
Strawberry Jam	2	2	2	2	2	2	2	2	2	2	2	2
Orange Marmalade	1	0	1	1	1	1	1	1	1	0	1	1
Hash Brown	0	0	0	0	1	0	0	0	0	0	0	1
Grab And Go												
Rice Pudding	1	1	3	2	2	1	2	1	1	1	1	2
Jello Cup	0	0	3	0	0	1	0	0	0	0	0	0
Homemade Yogurt Parfait Cup	0	1	3	3	3	3	3	0	0	0	0	3
Veggie Cup with Ranch Dressing	0	0	3	3	0	3	0	0	0	0	0	0
Veggie Cup with Hummus	0	0	0	0	0	0	0	0	0	0	3	0
Fruit Salad	0	0	0	0	0	0	0	0	0	0	0	0
Chili And Soups												
Cream of Potato	1	1	3	3	3	3	0	0	1	1	0	3
Country Vegetable	1	1	3	3	3	3	0	0	1	1	0	3
Cream of Mushroom	1	1	3	3	3	3	0	0	1	1	0	3
Creamy Garden Broccoli	1	1	3	3	3	3	0	0	1	1	0	3
Split Pea with Ham	1	1	3	3	3	3	0	0	1	1	0	3
Italian Wedding	1	1	3	3	3	3	0	0	1	1	0	3
Creole Chicken Gumbo	1	1	3	3	3	3	0	0	1	1	0	3
Chicken Noodle	1	1	3	3	3	3	0	0	1	1	0	3
Chicken with Wild Rice	1	1	3	3	3	3	0	0	1	1	0	3
Hearty Beef Vegetable with Barley	1	1	3	3	3	3	0	0	1	1	0	3
Tomato Bisque	1	1	3	3	3	3	0	0	1	1	0	3
Klondike Chili	1	1	3	3	3	3	0	0	1	1	0	3
Beverages												
Coffee	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Time Tea	0	0	1	0	0	1	0	0	0	0	0	0
Hot Chocolate	0	0	3	2	2	2	2	0	0	0	2	2
Vanilla Cappuccino	0	0	3	2	2	2	2	0	0	0	2	2
Peppermint Mocha Cappuccino	0	0	3	2	2	3	2	0	0	0	2	2
Café Mocha	0	0	3	2	2	2	2	0	0	0	2	2
Iced Coffee (with Regular Cream and Syrup)	1	3	3	2	0	1	2	1	1	1	1	1
Iced Cappuccino	0	0	3	0	2	2	2	0	0	0	0	2
Strawberry Banana Smoothie	0	2	0	0	0	2	0	0	0	0	0	0
Mango Smoothie	0	2	0	0	0	2	0	0	0	0	0	0
Coffee Chilla	1	1	3	2	2	2	2	1	1	1	1	2
Café Mocha Chilla	1	1	3	2	2	2	2	1	1	1	2	2
Hazelnut Coffee Chilla	1	3	3	2	2	2	2	1	1	1	1	2
Vanilla Chilla	1	1	3	2	2	2	2	1	1	1	1	2