



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/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)

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%
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%
Chocolat Glaze	1	260	9	3.5	0	15	370	43	2	22	4	0%	0%	2%	15%

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COFFEE BITS - YEAST

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

COFFEE BITS - CAKE

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%	4%	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	30	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%	0%	6%	25%
Éclair	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%

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MUFFINS

Muffins

	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)
Carrot	1	490	20	1.5	0	53	320	73	5	57	6	56%	4%	10%	15%
Blueberry	1	500	23	1.5	0	53	320	73	5	57	6	56%	4%	10%	15%
Chocolate Chip	1	550	26	2	0	60	290	73	2	41	6	4%	4%	15%	15%
Morning Glory	1	490	23	2	0	44	280	72	4	43	6	25%	2%	8%	15%
Banana	1	550	26	2	0	60	287	72	2	41	6	4%	4%	15%	15%
Harvest Corn	1	570	29	3	0	53	600	77	2	38	8	4%	0%	10%	20%
Raisin Bran	1	430	14	1.5	0	30	850	73	5	57	6	56%	4%	10%	15%
Lemon Cranberry	1	520	23	2	0	60	290	73	2	28	6	3%	3%	15%	15%
Raspberry Yogurt	1	450	19	2.5	0.1	0	400	60	1	25	7	0%	0%	4%	20%

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COOKIES

	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)
Cranberry White Chocolate	1	360	14	9	0.4	45	180	52	1	33	4	0%	0%	3%	11%
Oatmeal Cinnamon Raisin	1	330	11	7	0.4	45	230	55	2	31	4	0%	0%	2%	15%
Peanut Butter & Chocolate	1	380	19	8	0.3	35	260	48	2	28	7	0%	0%	2%	15%
Chunky Chocolate	1	380	18	11	0.4	45	230	53	2	32	4	0%	0%	2%	20%

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 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%

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OATMEAL BARS

Item	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)
Cranberry Oatmeal Bar	1	440	14	4	0.4	0	260	68	4	22	8	12%	12%	16%	30%
Raisin Oatmeal Bar	1	490	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%
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OTHER FOODS

Beef Samosa	1	170	7	1.4	0	15	228	17.8	1.7	1	9.1	2%	2%	0%	6%
Chicken Samosa	1	180	7.5	1.1	0	26	228	17.8	1.7	1	10.8	2%	2%	0%	4%
Vegetable Samosa	1	150	4.7	0.4	0	0	299	24.4	2	1	3.3	3%	4%	0%	6%
Sausage Roll	1	530	38	17	0	36	483	34	1	4	11	21%	3%	6%	28%
Beef Patties, Mild	1	300	14	7	0.5	15	450	37	1	2	9	0%	0%	2%	15%
Beef Patties, Extra Spicy	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%
Spinach & Cheese Pie	1	340	23	11	0	5	420	28	2	3	7	8%	25%	2%	50%
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%

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SANDWICHES WITH CIABATTA BUN

Muffins

Chunky Egg Salad	1	630	22	5	0.1	350	1010	53	3	3	20	25%	15%	8%	35%
Hearty Tuna Salad	1	730	31	4.5	0.2	55	1060	52	3	3	25	8%	10%	4%	30%
Classic BLT	1	450	20	4	0.1	25	940	52	3	3	15	6%	15%	4%	30%
BBQ Chicken N'Bacon	1	530	17	6	0.2	70	1720	59	3	7	22	10%	2%	10%	22%
Honey Ham & Swiss	1	450	13	4	0.1	40	1840	58	3	4	22	2%	5%	10%	30%
Tuscan Turkey Club	1	630	34	8	0.3	50	1600	57	3	2	26	2%	5%	10%	30%
Coffee Time Special	1	570	28	6	0.2	55	1710	54	3	6	28	20%	15%	3%	25%
Philly Steak & Cheese	1	640	14	5	0.4	10	1890	93	2	7	25	4%	20%	8%	36%

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%

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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%
Western Brek wich	1	370	21	9	0.3	190	650	29	2	7	16	0%	0%	12%	13%
BBQ Steak, Egg & Cheese Brekwich	1	370	17	8	0.4	165	990	32	1	8	21	10%	2%	15%	25%

BREAKFAST BAGEL SANDWICHES

Egg & Cheese Bagel	1	460	14	4	0.1	165	1150	64	5	4	20	2%	7%	13%	25%
Bacon, Egg & Cheese 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%
The Ultimate	1	760	41	14	0.3	395	1390	61	4	4	37	0%	0%	17%	33%
BLT	1	500	21	4	0.1	25	970	61	5	3	16	2%	7%	6%	22%

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%
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%

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HOT BREAKFAST

Simple Breakfast	1	610	22	3.5	0.1	340	480	80	2	5	22	20%	0%	10%	35%
Coffee Time Big Breakfast	1	1280	77	25	0.3	460	1940	83	2	8	46	20%	0%	10%	45%
Coffee Time Classic Breakfast W/ Bacon	1	950	47	13	0.2	395	1210	80	2	5	31	20%	0%	10%	40%
Coffee Time Classic Breakfast W/ Sausage	1	1030	52	16	0.3	405	1210	83	2	8	37	20%	0%	10%	40%

BREAKFAST SANDWICHES

Fried Egg Sandwich	1	450	21	5	0.1	510	500	46	2	5	23	0%	0%	10%	25%
Bacon & Egg Sandwich	1	640	38	11	0.1	545	990	46	2	5	29	0%	0%	10%	28%
Western Sandwich	1	480	21	5	0.1	345	660	49	2	6	22	25%	20%	10%	30%
Classic B.L.T	1	560	44	12	0.1	65	1190	48	3	6	17	10%	15%	6%	25%

OMELETTES

Plain Omelette	1	720	34	6	0.3	510	580	75	2	5	27	30%	0%	15%	
Cheese Omelette	1	950	554	19	1	570	990	75	2	5	40	45%	0%	50%	40%
Classic Western	1	740	35	6	0.3	515	720	77	2	6	29	30%	20%	15%	40%
Veggie Lovers	1	760	35	6	0.3	510	590	83	4	9	28	40%	80%	15%	40%

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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	330	13	7	0.3	30	810	58	3	2	10	10%	0%	6%	25%
Peanut Butter & Jam Bagel	1	470	11	1	0	0	800	70	4	10	14	0%	0%	6%	25%
Bagel w/ Cheese Slice	1	440	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%
3 Slice Bacon	1	270	25	9	0	55	730	0	0	0	9	0%	0%	0%	3%
3 Sausage Links	1	350	30	12	0.1	65	730	3	0	3	15	0%	0%	0%	4%
Home Fries	1	260	5	0	0	0	30	34	0	0	4	0%	0%	2%	6%
Texas Toast	1	280	1.5	1.5	0	0	170	23	1	2	4	0%	0%	2%	8%
1 Egg	1	110	4.5	1.5	0	170	60	0	0	0	5	0%	0%	2%	4%
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%

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SOUP

Cream of Potato	1	160	4	2.5	0.1	20	790	21	1	5	5	4%	2%	10%	4%
Country Vegetable	1	70	0	0	0	0	780	15	3	1	3	10%	2%	2%	4%
Cream of Mushroom	1	140	7	2.5	0.1	15	800	14	3	4	5	0%	0%	10%	2%
Creamy Garden Broccoli	1	120	5	2	0	15	740	13	2	5	5	10%	15%	15%	4%
Split Pea with Ham	1	150	1	0.3	0	5	800	25	6	3	9	10%	4%	2%	10%
Italian Wedding	1	120	4	1.5	0	5	680	15	2	1	5	0%	2%	2%	10%
Creole Chicken Gumbo	1	60	0.4	0.2	0	5	760	13	2	3	4	2%	2%	4%	2%
Chicken Noodle	1	80	2	0.5	0	15	770	12	1	2	5	6%	0%	2%	6%
Chicken with Wild Rice	1	70	1	0.3	0	10	800	12	1	1	5	6%	20%	2%	2%
Hearty Beef Vegetable with Barley	1	70	1	0.3	0	5	710	13	3	1	5	15%	2%	2%	4%
Tomato Bisque	1	90	2.5	1	0	5	590	15	3	6	3	2%	2%	8%	4%

CHILI

Klondike Chili	1	240	3.5	2	0	30	1130	32	10	6	19	6%	6%	10%	25%
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HOT

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%
Café Mocha	10 oz.	80	2.5	1.5	0.1	5	60	13	0	8	1	2%	0%	2%	2%

COLD

Cold Brew (Black)	12 oz.	5	0	0	0	5	0	0	0	0	0	0%	0%	0%	0%
Iced Coffee (with Regular Cream & Syrup)	12 oz.	80	2.5	1.5	0.1	10	20	12	0	12	1	2%	0%	2%	0%
Raspberry Blackcurrant Iced Tea	12 oz.	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	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%
Coffee Chilla	12 oz.	310	12	9	0.1	10	340	49	0	37	3	4%	0%	10%	0%
Café Mocha Chilla	12 oz.	280	4.5	3	0.1	10	290	57	1	37	2	4%	0%	10%	4%
Salted Caramel Chilla	12 oz.	360	9	8	0.2	10	55	50	0	46	2	0%	0%	4%	14%
S'Mores Mocha Chilla	12 oz.	560	11	9	0.2	10	85	63	0	55	2	0%	0%	4%	22%

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

18% Cream Single	10 ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
10% Cream Single	10 ml	15	1	0.5	0	5	10	0	0	0	0.3	2%	0%	0%	0%
2% Milk Single Portion	10 ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
Sugar Single Portion	4 g	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	130	1.5	1	0.1	5	30	72	2	20	7	2%	1%	8%	4%
Jello Cup	1	270	8	7	0.1	0	210	39	0	38	4	0%	0%	1%	0%
Homemade Yogurt Parfait Cup	1	350	3.5	1	0.1	0	115	40	3	29	17	0%	40%	20%	8%
Veggie Cup with Ranch Dressing	1	280	11	1.5	0	5	330	18	5	9	4	67%	177%	6%	7%
Veggie Cup with Hummus	1	180	6	0.1	0	0	250	16	6	6	3	78%	12%	6%	4%
Fruit Salad	1	150	1	0.1	0	0	10	31	6	23	3	11%	198%	6%	4%

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. Coffee Time 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 care practitioner for questions regarding your diet.