

Donuts

	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	0.1	0	400	44	1	11	5	0%	0%	2%	15%
Banana	1	310	13	5.0	0.1	0	410	43	1	10	5	0%	0%	2%	15%
Blueberry	1	330	12	5.0	0.1	0	400	47	1	15	5	0%	2%	2%	15%
Cherry	1	310	12	5.0	0.1	0	400	45	1	13	5	0%	0%	2%	15%
Strawberry	1	310	12	5.0	0.1	0	400	44	1	12	5	0%	0%	2%	15%
Yeast Donuts															
Honey Glaze	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 Hawaian	1	340	11	5.0	0.1	0	300	54	1	28	4	0%	0%	0%	10%
Twists															
Sugar Twist	1	350	13	5.0	0.1	0	470	51	1	14	7	0%	0%	2%	15%
Cinnamon Twist	1	350	13	5.0	0.1	0	450	53	3	15	6	0%	2%	4%	25%
Cake Donuts															
White Coconut	1	290	11	6.0	0.1	20	410	45	2	22	4	0%	0%	2%	10%
Toasted Coconut	1	290	10	5.0	0.1	20	420	46	1	23	6	0%	0%	2%	10%
Plain	1	210	7	3.0	0.1	20	410	33	1	11	4	0%	0%	2%	10%
Glaze	1	260	7	3.0	0.1	20	410	44	1	22	4	0%	0%	2%	10%
Double Chocolate	1	280	9	3.5	0.0	15	380	47	2	24	4	0%	0%	2%	15%
Chocolate Glaze	1	260	9	3.5	0.0	15	370	43	2	22	4	0%	0%	2%	15%
Fancies															
Walnut Crueller	1	610	36	16.0	0.1	25	590	66	2	34	7	0%	0%	4%	15%
Chocolate Crueller	1	590	33	16.0	0.1	25	560	67	2	35	6	0%	0%	4%	20%
Orange Crueller	1	590	33	15.0	0.2	0	550	68	1	35	6	0%	0%	2%	15%
Cherry Crueller	1	580	32	16.0	0.1	30	660	68	2	35	6	2%	0%	2%	15%
Apple Fritter	1	470	17	7.0	0.2	0	640	70	3	19	9	0%	0%	2%	25%
Dutchies	1	410	16	6.0	0.2	0	510	60	2	15	7	0%	0%	2%	20%
Cinnamon Buns	1	390	15	6.0	0.1	0	490	57	3	15	7	0%	2%	6%	25%
Éclair	1	490	21	13.0	0.1	0	450	69	2	33	6	0%	0%	2%	20%
Boston Cream	1	430	19	11.0	0.1	0	430	58	2	24	6	0%	0%	2%	20%
Cream Puff	1	450	20	12.0	0.1	0	430	60	2	26	6	0%	0%	2%	20%
Coffee Bits - Yeast															
Honey Dip	1	70	2.0	1.0	0.0	0	75	11	0	5	1	0%	0%	0%	2%
Coffee Bits - Cake															
Choc Glazed	1	50	1.5	0.5	0.0	5	65	8	0	4	1	0%	0%	0%	2%
Cake Glazed	1	50	1.5	0.5	0.0	5	65	8	0	5	1	0%	0%	0%	2%

Donuts

	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)
White Coconut	1	80	4.5	3.5	0.0	5	70	10	1	6	1	0%	0%	0%	2%
Hawaiian	1	90	2.0	1.0	0.0	5	70	16	0	12	1	0%	0%	0%	2%

Muffins

	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%

Baked Goods

	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 Macadamia	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%
Oatmeal Bars															
Cranberry Oatmeal Bar	1	440	14	4	0.4	0	260	68	4	22	8	12%	12%	16%	30%
Raisin Oatmeal Bar	1	488	14	4	0.4	0	260	78	4	32	8	0%	2%	18%	30%
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%
Other Treats															
Rice Krispy Square	1	270	8	3.5	0.1	0	290	47	0	24	2	0%	0%	0%	20%
Other Foods															
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, 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%
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%

Sandwiches

	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)
Sandwiches With Ciabatta Bun															
Chunky Egg Salad Sandwich	1	490	22	5	0.1	350	1010	53	3	3	20	25%	15%	8%	35%
Cranberry Chicken Salad Sandwich	1	590	31	4.5	0.2	45	1250	56	3	7	22	10%	2%	4%	30%
Hearty Tuna Salad Sandwich	1	580	31	4.5	0.2	55	1060	52	3	3	25	8%	10%	4%	30%
Classic BLT Sandwich	1	450	20	4	0.1	25	940	52	3	3	15	6%	15%	4%	30%
Smoked Turkey Sandwich	1	370	6	1	0	30	1440	56	3	4	22	2%	5%	2%	22%
Smoked Ham & Cheddar Sandwich	1	390	10	4.5	0.2	45	1530	52	3	2	26	2%	5%	10%	22%
Grill Panini Sandwiches															
Margherita Chicken Sandwich	1	640	35	9	0.3	65	1450	55	3	6	28	20%	15%	6%	30%
Honey Ham & Swiss Sandwich	1	450	13	4	0.1	40	1840	58	2	7	25	4%	20%	10%	30%
Tuscan Turkey Club Sandwich	1	630	34	8	0.3	50	1600	57	3	5	24	8%	15%	10%	30%
Steak and Cheese Sandwich	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%

Breakfast Items

	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)
Breakfast Sandwiches															
Egg & Cheese Brekwich	1	310	14	7	0.2	170	850	29	1	6	15	10%	2%	15%	20%
Bacon, Egg & Cheese Brekwich	1	410	24	10	0.3	180	1140	30	1	6	17	10%	2%	30%	15%
Sausage, Egg & Cheese Brekwich	1	510	32	13	0.3	185	1390	35	1	7	21	10%	2%	30%	20%
BBQ Steak, Egg & Cheese Brekwich	1	370	17	8	0.4	165	990	32	1	8	21	10%	2%	15%	25%
Egg, Cheese & RWA Chorizo Sausage Brekwich	1	510	34	11	0.3	215	1190	30	2	7	21	1%	3%	13%	17%
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 Bagel	1	620	29	10	0.2	195	1420	63	4	3	27	0%	19%	13%	31%
BLT Bagel	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%
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%
Cream Cheese															
Deli Cream Cheese	1.5 oz	120	11	7	0.3	35	180	3	0	2	3	10%	0%	4%	0%
Light Cream Cheese	1.5 oz	80	6	4	0.2	25	210	3	0	3	4	10%	0%	6%	0%
Cream Cheese Herb & 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 w/ 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															
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%

Chili & Soups

	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)
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	0.5	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%

Beverages

	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)
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%
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															
Iced Coffee (with Regular Cream and 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%
Lemon 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%
Café 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	5	6%	0%	15%	0%
Cream, Milk & Sugar															
18% Cream Single Portion	10 ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
10% Cream Single Portion	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%

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.