

# nutritional info

Robin's 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)*  
*Saturated Fat (g)*  
*Trans Fat (g)*  
*Cholesterol (mg)*  
*Sodium (mg)*  
*Carbohydrate (g)*  
*Fibre (g)*  
*Sugars (g)*  
*Protein (g)*  
*Vitamin A (%DV)*  
*Vitamin C (%DV)*  
*Calcium (%DV)*  
*Iron (%DV)*

## Breakfast Items

### Breakfast Sandwiches

Egg & Cheese Brekwich	1	350	20	9	0.3	165	960	30	1	6	14	10%	2%	30%	15%
Ham, 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%

### Bagels

Plain	1	280	1.5	0.2	0	0	710	57	3	2	10	0%	0%	6%	25%
Cheese	1	290	3.5	1.5	0	5	720	54	3	2	11	2%	0%	10%	20%
Multigrain	1	330	6	0.4	0	0	560	64	5	3	12	0%	0%	8%	30%
Cinnamon Raisin	1	310	1.5	0.2	0	0	440	65	4	6	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%
Everything	1	320	2	0.2	0	0	680	63	3	4	10	0%	2%	6%	30%
Whole Wheat	1	310	2.5	0.3	0	0	620	66	10	7	11	0%	0%	4%	20%
Poppy Seed	1	360	2	0.2	0	0	630	65	3	3	11	0%	0%	6%	40%

### Cream Cheese

Regular	18g	50	4.5	3	0.1	15	75	1	0	1	1	4%	0%	2%	0%
Light	18g	35	2.5	1.5	0.1	10	90	1	0	1	2	4%	0%	2%	0%
Herbs & Garlic	26g	70	7	4	0.2	20	120	2	0	2	2	6%	0%	2%	0%

### All Day Wrap

Egg & Cheese Wrap	1	320	16	6	0.2	165	1090	31	2	2	14	10%	0%	28%	15%
Egg, Cheese & Bacon Wrap	1	380	20	7	0.2	180	1270	31	2	2	17	10%	0%	28%	15%
Egg, Cheese & Ham Wrap	1	345	17	6	0.2	175	1355	32	2	2	19	10%	0%	28%	16%
Egg, Cheese & Sausage Wrap	1	480	28	10	0.2	185	1520	36	2	3	21	10%	0%	28%	20%

### Others

10" Flour Tortillas	1	150	3	0	0	0	430	26	2	0	4	0%	0%	0%	10%
Square Croissant	1	180	7	3	0.1	0	300	25	1	4	4	0%	2%	2%	10%
Ham	1 Slice	25	0.75	0.25	0	10	265	0.5	0	0	4.5	0%	0%	0%	1%
Hash Brown	1 Piece	130	8	1	0	0	250	17	1	0	1	0%	2%	0%	2%

### Yogurt Parfait

Yogurt Cup	1 Cup	360	7	2	0.2	0	180	58	4	37	18	0%	20%	20%	15%
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*Iron (%DV)*

## Donuts

### White Yeast Donuts

Apple Fritter	1 Donut	410	20	9	0.2	0	470	50	2	15	6	0%	0%	2%	20%
Bismark	1 Donut	350	20	9	0.3	0	310	39	1	13	4	0%	0%	2%	10%
Strawberry Bismark	1 Donut	350	19	9	0.3	0	290	41	1	14	4	0%	2%	2%	10%
Strawberry	1 Donut	330	18	9	0.2	0	270	36	1	12	4	0%	2%	2%	10%
Blueberry	1 Donut	320	18	9	0.2	0	280	35	1	12	4	0%	0%	2%	10%
Lemon	1 Donut	320	19	9	0.2	0	290	34	1	11	4	0%	0%	2%	10%
Venetian	1 Donut	320	19	9	0.2	0	290	35	1	11	4	0%	0%	2%	10%
Chocolate Fudge	1 Donut	330	19	9	0.2	0	280	36	1	13	4	0%	0%	2%	10%
Yeast Glazed	1 Donut	340	20	9	0.3	0	290	36	1	11	5	0%	0%	2%	10%
Dutchie	1 Donut	425	11	3.5	0.3	0	630	76	2	23	8	0%	1%	3%	38%
Honey Dip	1 Donut	350	20	9	0.3	0	290	39	1	15	5	0%	0%	2%	10%
Chocolate Dip	1 Donut	330	20	9	0.3	0	290	35	1	10	5	0%	0%	2%	10%
Maple Dip	1 Donut	340	20	9	0.3	0	290	36	1	11	5	0%	0%	2%	10%
Vanilla Dip	1 Donut	330	20	9	0.3	0	290	35	1	10	5	0%	0%	2%	10%
Rainbow	1 Donut	350	20	9	0.3	0	290	39	1	13	5	0%	0%	2%	10%

### White Cake Donuts

Old Fashioned Plain	1 Donut	190	6	2.5	0.1	20	330	31	1	11	4	0%	0%	2%	10%
Old Fashioned Sugar	1 Donut	420	23	11	0.2	15	560	49	1	24	4	0%	0%	2%	10%
Honey Dew	1 Donut	420	23	11	0.2	15	560	50	1	25	4	0%	0%	2%	10%
White Coconut Ring	1 Donut	440	26	13	0.2	15	560	48	2	22	5	0%	0%	2%	15%
Toasted Coconut Ring	1 Donut	440	25	13	0.2	15	560	49	1	22	4	0%	0%	2%	15%
Peanut Crunch Ring	1 Donut	470	28	11	0.2	15	560	49	2	22	7	0%	0%	2%	15%

### Sour Cream Cake Donut

Sour Cream Plain	1 Donut	280	20	9	0.2	5	210	25	1	10	2	0%	0%	2%	6%
Sour Cream Glazed	1 Donut	330	20	9	0.2	5	210	36	1	21	2	0%	0%	2%	6%

### French Crueller Donut

French Crueller Glazed	1 Donut	160	9	4.5	0.1	15	190	19	0	11	2	0%	0%	2%	2%
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## Chocolate Cake Donut

Chocolate Glazed	1 Donut	400	21	10	0.2	15	560	47	2	24	5	0%	0%	2%	20%
Double Chocolate	1 Donut	380	21	10	0.2	15	560	44	2	19	5	0%	0%	2%	20%
White Coconut Chocolate	1 Donut	420	24	13	0.2	15	560	45	3	21	5	0%	0%	2%	20%
Toasted Coconut Chocolate	1 Donut	410	23	12	0.2	15	560	46	2	21	5	0%	0%	2%	20%
Peanut Crunch Chocolate	1 Donut	440	26	10	0.2	15	560	46	3	21	7	0%	0%	2%	20%

## Robin's Eggs

Cake Eggs--White Glazed	1 Egg	70	3	1.5	0	0	75	11	0	7	1	0%	0%	0%	2%
Cake Eggs--Chocolate Glazed	1 Egg	80	3.5	1.5	0	0	75	10	0	7	1	0%	0%	0%	2%
Cake Eggs--White Sugared	1 Egg	70	3	1.5	0	0	75	10	0	7	1	0%	0%	0%	2%
Cake Eggs--Chocolate Sugared	1 Egg	70	3.5	1.5	0	0	75	10	0	7	1	0%	0%	0%	2%
Cake Eggs--White w/White Coconut	1 Egg	80	6	4	0	0	75	6	1	2	1	0%	0%	0%	2%
Cake Eggs--Chocolate w/White Coconut	1 Egg	90	7	4.5	0	0	75	6	1	2	1	0%	0%	0%	4%
Cake Eggs--White w/Toasted Coconut	1 Egg	80	5	3.5	0	0	75	7	0	2	1	0%	0%	0%	2%
Cake Eggs--Chocolate w/Toasted Coconut	1 Egg	80	6	4	0	0	75	7	1	2	1	0%	0%	0%	4%

## Muffins

Blueberry	1 Muffin	420	19	2	0	30	310	59	1	29	5	2%	0%	6%	15%
Chocolate Chip	1 Muffin	460	22	2.5	0	30	290	63	1	32	5	0%	0%	6%	20%
Morning Glory	1 Muffin	470	22	2	0	40	260	65	4	38	5	25%	2%	8%	15%
Raisin Bran	1 Muffin	330	11	0.5	0	25	710	66	6	34	5	0%	0%	6%	20%
Carrot	1 Muffin	410	17	1.5	0	45	270	61	4	36	5	45%	2%	8%	15%
Berry Extreme	1 Muffin	430	20	2	0.1	40	200	59	1	28	5	0%	2%	6%	15%
Lemon Cranberry	1 Muffin	420	19	2	0	30	330	59	1	28	5	0%	2%	8%	15%
Banana	1 Muffin	450	20	2	0	50	240	61	3	34	6	2%	2%	15%	15%

## Low Fat Bran Muffins

Low Fat Plain	1 Muffin	340	4	0.4	0.1	0	700	73	3	37	6	0%	0%	6%	20%
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*Vitamin C (%DV)*  
*Calcium (%DV)*  
*Iron (%DV)*

## Baked Goods

### Biscuits

Plain	1 Biscuit	350	16	3	0.2	0	590	45	1	7	8	0%	0%	30%	25%
Raisin	1 Biscuit	390	16	3	0.2	0	590	57	2	16	8	0%	0%	30%	25%
Blueberry	1 Biscuit	360	16	3	0.2	0	590	47	2	8	8	0%	0%	30%	25%
Cinnamon Sugar	1 Biscuit	420	16	3	0.2	0	590	65	3	24	8	0%	0%	30%	25%
Cheese	1 Biscuit	410	21	6	0.3	20	700	45	1	7	11	4%	0%	40%	25%

### Cookie

Chocolate Chip	1 Piece	250	11	6	0	15	180	35	1	22	3	8%	0%	0%	10%
Triple Chocolate	1 Piece	250	12	6	0	15	160	35	1	21	3	8%	0%	2%	8%
Oatmeal Raisin	1 Piece	230	10	6	0	15	190	34	2	19	3	8%	0%	2%	6%
Peanut Butter	1 Piece	260	14	5	0	15	250	30	1	18	5	8%	0%	2%	6%
White Chocolate Macadamia	1 Piece	260	13	6	0	20	190	33	1	21	3	8%	0%	2%	6%

### Carrot Cake

Carrot Cake	1 Piece	700	36	7	0.1	55	360	92	4	64	6	50%	2%	8%	15%
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### Oatmeal Bars

Raisin	57g	244	7	2	0.2	0	130	39	2	16	4	0%	1%	9%	15%
Cranberry	57g	220	7	2	0.2	0	130	34	2	11	4	6%	6%	8%	15%
Chocolate Chip	57g	260	11	4.3	0.2	0	149	38	2	19	4	0%	0%	7%	15%
Blueberry	57g	223	8	2.4	0.2	0	145	33	2	14	4	0%	1%	7%	15%

### Maple Products & Others

Maple Stick	1 Piece	360	19	8	0.2	0	330	44	2	16	5	0%	10%	2%	10%
Maple Pecan Danish	1 Piece	330	21	7	0	20	220	35	1	11	4	0%	10%	2%	2%
Cinnamon Bun	1 Piece	400	15	3	0	30	320	58	3	14	9	2%	20%	6%	25%
Apple Strudel	1 Piece	410	22	9	0.1	0	300	49	2	20	4	0%	2%	2%	10%
Raspberry Strudel	1 Piece	450	25	10	0.1	0	330	51	2	17	5	0%	4%	2%	10%
Cheese Danish	1 Piece	340	16	7	0.1	45	400	42	1	17	6	4%	10%	2%	10%
Strawberry Cream Cheese Danish	1 Piece	300	12	5	0.1	45	230	42	1	18	6	2%	15%	2%	10%

### Cini Mini

Cini Mini	1 Piece	240	12	6	0.1	5	135	31	1	15	3	2%	4%	2%	8%
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## Salads

Garden Salad	270g	110	5	3	0.1	15	135	11	4	6	6	45%	60%	15%	8%
Chef Salad	298g	130	5	3	0.1	25	500	12	4	7	11	45%	60%	15%	8%

## Salad Dressings

Thousand Island	18ml	45	3.5	0.5	0	5	220	4	0	3	0.1	0%	2%	0%	0%
French	18ml	70	7	1	0	0	130	2	0	2	0.1	0%	0%	0%	0%
Golden Italian	18ml	45	4.5	0.5	0	0	210	1	0	1	0.1	0%	0%	0%	0%
Rancher's Choice	18ml	80	9	1	0	5	150	1	0	1	0.1	0%	0%	0%	0%

## Sandwiches

Classic Club Sandwich	1	340	9	2.5	0	30	1240	47	2	1	18	4%	8%	4%	2%
Robin's Special Sandwich	1	360	9	2.5	0	40	1600	48	2	2	22	4%	8%	4%	20%
BLT Sandwich	1	310	8	2	0	20	890	45	2	1	13	4%	8%	4%	20%
Black Forest Ham & Cheese Sandwich	1	370	12	6	0.3	35	1180	47	2	1	20	15%	8%	25%	20%
Smoked Turkey Sandwich	1	360	2.5	0.5	0	10	960	47	2	1	13	4%	8%	4%	20%
Gourmet Tuna Salad Sandwich	1	410	18	1.5	0	25	830	46	3	1	17	4%	8%	6%	20%
Deli Style Egg Salad Sandwich	1	450	24	3	0	230	850	47	3	2	15	10%	8%	8%	30%
Chunky Chicken Salad Sandwich	1	500	27	2.5	0	45	860	46	3	2	21	6%	10%	6%	25%
Garden Vegetable Sandwich	1	230	2	0.2	0	0	610	45	2	1	8	4%	8%	4%	20%
Roast Beef Sandwich	1	370	8	2	0.2	35	1240	51	3	2	23	25%	10%	4%	35%

## Rolls

Sausage Roll	1	290	16	7	0.3	15	590	27	1	2	9	10%	2%	2%	15%
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## Chili & Soups

### Soup

Chicken Noodle Soup	8oz	80	1.5	0.5	0	15	890	10	1	1	6	2%	2%	2%	4%
Hearty Beef w/Vegetable	8oz	80	1	0.3	0	5	780	14	3	1	5	15%	2%	2%	4%
Cream of Mushroom	8oz	140	5	2	0	10	1020	20	3	3	4	0%	0%	10%	2%
Cream of Potato w/Bacon	8oz	150	4.5	1.5	0	10	800	24	2	2	5	2%	2%	6%	4%
Chicken Gumbo	8oz	70	0.5	0.2	0	5	830	14	2	3	4	2%	2%	4%	2%
Country Vegetable	8oz	80	0	0	0	0	890	16	3	1	3	10%	2%	2%	4%
Creamy Garden Broccoli	8oz	120	4.5	2	0	10	810	15	4	4	5	2%	15%	15%	2%
Chicken w/White & Wild Rice	8oz	80	1	0.3	0	10	880	13	1	1	5	6%	20%	2%	2%
Homestyle Minestrone	8oz	90	0.5	0	0	0	980	19	5	2	3	10%	0%	4%	6%
Italian Style Wedding	8oz	140	5	2.5	0.1	15	960	15	1	1	8	0%	2%	2%	10%
Tomato Bisque	8oz	90	2.5	1	0	5	590	15	3	6	3	2%	2%	8%	4%
Creamy Garden Cauliflower	8oz	120	6	2.5	0	10	690	13	2	5	4	2%	15%	8%	2%
Split Pea w/Ham	8oz	170	3	0.5	0	5	1050	27	6	2	10	2%	4%	2%	10%
Tomato Tortellini	8oz	110	1	0.4	0	0	1060	21	2	7	4	4%	4%	4%	6%

### Chili

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

Chunky Chicken & Vegetable Stew	8oz	190	6	1.5	0	30	1140	20	3	1	12	20%	0%	4%	2%
Chunky Beef & Vegetable Stew	8oz	200	4.5	1	0	25	990	25	7	2	16	8%	8%	2%	4%

## Beverages

### Hot

Robin's Coffee	10oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Decaf Coffee	10oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Organic Coffee	10oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Robin's Tea	10oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Green Tea	10oz	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Café Mocha	10oz	70	2.5	1.5	0.1	5	60	13	0	8	1	2%	0%	2%	2%
Hot Chocolate	10oz	170	4	4	0	0	180	30	0	25	2	0%	0%	4%	15%
French Vanilla Cappuccino	10oz	240	9	7	0	0	310	42	0	31	1	0%	0%	6%	0%
Pumpkin Spice Cappuccino	10oz	230	6	6	0.1	5	220	45	3	28	1	2%	0%	8%	6%
Peppermint Mocha Cappuccino	10oz	250	7	6	0.1	5	190	48	1	35	2	2%	0%	4%	4%

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## Cold

Iced Coffee (w/Regular Cream & Syrup)	12oz	70	2.5	1.5	0.1	10	20	12	0	12	1	2%	0%	2%	0%
French Vanilla Iced Cappuccino	12oz	410	10	2.5	4.5	0	370	81	0	41	1	0%	0%	0%	6%
Dutch Mocha Iced Cappuccino	12oz	410	10	2.5	4.5	0	420	81	0	41	2	0%	0%	0%	6%
Iced Chocolate	12oz	160	1.5	1	0	0	210	38	1	24	1	0%	0%	4%	4%
Coffee Chilla	12oz	300	12	9	0.1	10	340	49	0	37	3	4%	0%	10%	0%
Hazelnut Coffee Chilla	12oz	320	12	9	0.1	10	340	53	0	41	3	4%	0%	10%	0%
Vanilla Chilla	12oz	330	13	10	0.1	15	360	52	0	39	5	6%	0%	15%	0%
Vanilla Hazelnut Chilla	12oz	340	13	10	0.1	15	360	56	0	43	5	6%	0%	15%	0%
Café Mocha Chilla	12oz	270	4.5	3	0.1	10	290	57	1	37	2	4%	0%	10%	4%
Chocolate Banana Chilla	12oz	320	4.5	3	0.1	10	290	70	3	44	3	4%	8%	10%	6%
Peach Crystal Drink	12oz	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Iced Tea Crystal Drink	12oz	120	0	0	0	0	0	30	0	30	0	0%	0%	0%	0%
Grape Crystal Drink	12oz	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Strawberry Banana Smoothie	8oz	130	0	0	0	0	0	34	0	31	0	0%	0%	0%	0%
Mango Smoothie	8oz	140	0	0	0	0	0	36	0	35	0	0%	0%	0%	0%
Lemon Smoothie	8oz	130	0	0	0	0	5	34	0	31	0	0%	0%	0%	0%

## Cream, Milk & Sugar

Cream (18%) Single Portion	10ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
Milk (2%) Single Portion	10ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
White Sugar Single Portion	4g	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. 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 care practitioner for questions regarding your diet.