



Robin's Nutritional Information

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.

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 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 Cruller Donuts															
French Cruller Glazed	1 Donut	160	9	4.5	0.1	15	190	19	0	11	2	0%	0%	2%	2%
Chocolate Cake Donuts															
Chocolate Glaze	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%

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 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 with White Coconut	1 Egg	80	6	4	0	0	75	6	1	2	1	0%	0%	0%	2%
Cake Eggs--Chocolate with White Coconut	1 Egg	90	7	4.5	0	0	75	6	1	2	1	0%	0%	0%	4%
Cake Eggs--White with Toasted Coconut	1 Egg	80	5	3.5	0	0	75	7	0	2	1	0%	0%	0%	2%
Cake Eggs--Chocolate with Toasted Coconut	1 Egg	80	6	4	0	0	75	7	1	2	1	0%	0%	0%	4%

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															
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%
Raisin Bran	1	330	11	0.5	0	25	710	66	6	34	5	0%	0%	6%	20%
Carrot	1	410	17	1.5	0	45	270	61	4	36	5	45%	2%	8%	15%
Berry Extreme	1	430	20	2	0.1	40	200	59	1	28	5	0%	2%	6%	15%
Lemon Cranberry	1	420	19	2	0	30	330	59	1	28	5	0%	2%	8%	15%
Banana	1	450	20	2	0	50	240	61	3	34	6	2%	2%	15%	15%
Low Fat Bran Muffins															
Low Fat Plain	1	340	4	0.4	0	0	700	73	3	37	6	0%	0%	6%	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)
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%
Oatmeal Bars															
Raisin	1 Piece	488	14	4	0.4	0	260	78	4	32	8	0%	2%	18%	30%
Cranberry	1 Piece	440	14	4	0.4	0	260	68	4	22	8	12%	12%	16%	30%
Chocolate Chip	1 Piece	521	21	8.6	0.5	0	297	77	4	38	8	0%	0%	14%	30%
Blueberry	1 Piece	446	17	4.8	0.4	0	290	67	4	28	8	0%	2%	14%	30%
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%
Finger Blueberry & Cheese Strudel	1 Piece	150	8	3.5	0.1	5	135	20	1	9	2	4%	0%	0%	6%
Finger Strawberry & Cheese Strudel	1 Piece	150	8	3.5	0.1	5	140	18	1	7	2	4%	4%	0%	6%
Cini Mini															
Cini Mini	1 Piece	240	12	6	0.1	5	135	31	1	15	3	2%	4%	2%	8%

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															
Chunky Egg Salad Sandwich	1	490	22	5	0.1	350	1010	53	3	3	20	25%	15%	8%	35%
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%
Cranberry Chicken Salad Sandwich	1	590	31	4.5	0.2	45	1250	56	3	7	22	10%	2%	4%	30%
Robin's Special Sandwich	1	360	7	2	0	30	1290	54	3	4	21	3%	10%	2%	22%
Smoked Turkey Sandwich	1	370	6	1	0	30	1440	56	3	4	22	2%	5%	2%	22%
Ham & Swiss Sandwich	1	390	10	4.5	0.2	45	1530	52	3	2	26	2%	5%	10%	22%
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	6%	20%	10%	35%
Rolls															
Sausage Roll	1	290	16	7	0.3	15	590	27	1	2	9	10%	2%	2%	15%

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%
Ham, Egg & Cheese Brekwich	1	340	18	7	0.2	170	910	29	1	6	15	15%	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 Sandwiches															
Egg & Cheese Bagel	1	1	460	14	4	0.1	165	1150	64	5	4	2000%	2%	7%	13%
BLT Bagel	1	1	500	17	5	0.2	175	1280	64	5	4	2300%	2%	7%	13%
Bacon & Egg Bagel	1	1	620	29	10	0.2	195	1420	63	4	3	2700%	0%	19%	13%
Sausage, Egg & Cheese Bagel	1	1	500	21	4	0.1	25	970	61	5	3	1600%	2%	7%	6%
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%
Multi-grain	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%
Pretzel Bagel	1	300	4	0.5	0	0	530	56	2	6	9	0%	4%	4%	20%
Cream Cheese															
Regular	18 g	50	4.5	3	0.1	15	75	1	0	1	1	4%	0%	2%	0%
Light	18 g	35	2.5	1.5	0.1	10	90	1	0	1	2	4%	0%	2%	0%
Herbs & Garlic	26 g	70	7	4	0.2	20	120	2	0	2	2	6%	0%	2%	0%
All Day Wrap															
Egg & Cheese Wrap	1	280	10	4	0.1	170	980	30	2	2	15	10%	0%	13%	20%
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	305	11	4	0.1	180	1245	31	2	2	20	10%	0%	13%	21%
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%

egg patty	1	66	3.6	1.2	0	154	175	3	0	1	5	8%	1%	4%	6%
sausage patty	1	160	12	4	0	20	430	5	0	1	7	0%	0%	0%	0%

Salads

	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)
Salads															
Garden Salad	270 g	110	5	3	0.1	15	135	11	4	6	6	45%	60%	15%	8%
Chef Salad	298 g	130	5	3	0.1	25	500	12	4	7	11	45%	60%	15%	8%
Salad Dressings															
Thousand Island	18 ml	45	3.5	0.5	0	5	220	4	0	3	0.1	0%	2%	0%	0%
French	18 ml	70	7	1	0	0	130	2	0	2	0.1	0%	0%	0%	0%
Golden Italian	18 ml	45	4.5	0.5	0	0	210	1	0	1	0.1	0%	0%	0%	0%
Rancher's Choice	18 ml	80	9	1	0	5	150	1	0	1	0.1	0%	0%	0%	0%

Chili & Soups

	Serving Size (ml)	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															
Chicken Noodle Soup	8 oz.	80	2	0.5	0	15	770	12	1	2	5	6%	0%	2%	6%
Hearty Beef with Vegetable	8 oz.	70	1	0.3	0	5	710	13	3	1	5	15%	2%	2%	4%
Cream of Mushroom	8 oz.	140	7	2.5	0.1	15	800	14	3	4	5	0%	0%	10%	2%
Cream of Potato with Bacon	8 oz.	160	4	2.5	0.1	20	790	21	1	5	5	4%	2%	10%	4%
Chicken Gumbo	8 oz.	60	0.5	0.2	0	5	760	13	2	3	4	2%	2%	4%	2%
Country Vegetable	8 oz.	70	0	0	0	0	780	15	3	1	3	10%	2%	2%	4%
Creamy Garden Broccoli	8 oz.	120	5	2	0	15	740	13	2	5	5	10%	15%	15%	4%
Chicken with White and Wild Rice	8 oz.	70	1	0.3	0	10	800	12	1	1	5	6%	20%	2%	2%
Homestyle Minestrone	8 oz.	60	0.5	0	0	0	600	12	3	4	3	8%	2%	4%	6%
Italian Style Wedding	8 oz.	120	4	1.5	0	5	680	15	2	1	5	0%	2%	2%	10%
Tomato Bisque	8 oz.	90	2.5	1	0	5	590	15	3	6	3	2%	2%	8%	4%
Creamy Garden Cauliflower	8 oz.	110	5	2.5	0	10	630	12	2	5	4	2%	15%	8%	2%
Split Pea with Ham	8 oz.	150	1	0.3	0	5	800	25	6	3	9	10%	4%	2%	10%
Tomato Tortellini	8 oz.	100	1	0.4	0	0	660	19	2	6	4	4%	4%	4%	6%
Chili															
Klondike Chili	8 oz.	240	3.5	2	0	30	1130	32	10	6	19	6%	6%	10%	25%
Stew															
Chunky Chicken and Vegetable Stew	8 oz.	190	6	1.5	0	30	1140	20	3	1	12	20%	0%	4%	2%
Chunky Beef and Vegetable Stew	8 oz.	200	4.5	1	0	25	990	25	7	2	16	8%	8%	2%	4%

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															
Robin's Coffee	10 oz.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Decaf Coffee	10 oz.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Organic Coffee	10 oz.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Robin's Tea	10 oz.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Green Tea	10 oz.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Mocha Java	10 oz.	70	2.5	1.5	0.1	5	60	13	0	8	1	2%	0%	2%	2%
Hot Chocolate	10 oz.	170	4	4	0	0	180	30	0	25	2	0%	0%	4%	15%
French Vanilla Cappuccino	10 oz.	240	9	7	0	0	310	42	0	31	1	0%	0%	6%	0%
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%
Cold															
Iced Coffee (with Regular Cream and Syrup)	12 oz.	70	2.5	1.5	0.1	10	20	12	0	12	1	2%	0%	2%	0%
French Vanilla Iced Cappuccino	12 oz.	410	10	2.5	4.5	0	370	81	0	41	1	0%	0%	0%	6%
Dutch Mocha Iced Cappuccino	12 oz.	410	10	2.5	4.5	0	420	81	0	41	2	0%	0%	0%	6%
Iced Chocolate	12 oz.	160	1.5	1	0	0	210	38	1	24	1	0%	0%	4%	4%
Coffee Chilla	12 oz.	300	12	9	0.1	10	340	49	0	37	3	4%	0%	10%	0%
Hazelnut Coffee Chilla	12 oz.	320	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%
Vanilla Hazelnut Chilla	12 oz.	340	13	10	0.1	15	360	56	0	43	5	6%	0%	15%	0%
Café Mocha Chilla	12 oz.	270	4.5	3	0.1	10	290	57	1	37	2	4%	0%	10%	4%
Chocolate Banana Chilla	12 oz.	320	4.5	3	0.1	10	290	70	3	44	3	4%	8%	10%	6%
Peach Crystal Drink	12 oz.	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Iced Tea Crystal Drink	12 oz.	120	0	0	0	0	0	30	0	30	0	0%	0%	0%	0%
Grape Crystal Drink	12 oz.	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Strawberry Banana Smoothie	8 oz.	130	0	0	0	0	0	34	0	31	0	0%	0%	0%	0%
Mango Smoothie	8 oz.	140	0	0	0	0	0	36	0	35	0	0%	0%	0%	0%
Lemon Smoothie	8 oz.	130	0	0	0	0	5	34	0	31	0	0%	0%	0%	0%
Cream, Milk & Sugar															
Cream (18%) Single Portion	10 ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%

Milk (2%) Single Portion	10 ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
White 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. 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.