







### NUTRITIONAL & ALLERGEN CHART

	Serving Weight/Volume (g/mL)	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)	Wheat	Milk	Soy	Peanuts	Tree Nuts	Egg	Fish	Shellfish	Sesame Seed	Mustard Seed	Gluten	Sulphites										
<b>Breakfast - All Day</b>																<b>Nutrients Present in the Menu Item</b>											<b>Allergens Present in the Menu Item (✓)</b>										
Everything Bagel	113 g	290	2	0.5	0	0	700	60	5	7	11	0	0	8	25	✓		✓						✓		✓											
Whole Wheat Bagel	113 g	290	1	0	0	0	530	61	3	9	11	0	0	4	20	✓		✓								✓											
Plain Bagel	113 g	290	1.5	0	0	0	590	62	5	8	11	0	0	8	20	✓		✓								✓											
Cinnamon Raisin Bagel	113 g	290	1	0	0	0	560	63	5	11	10	0	0	8	20	✓		✓								✓											
Asiago Cheese Bagel	113 g	290	2.5	1	0	15	610	57	2	7	10	0	0	6	20	✓	✓	✓								✓											
Plain Light Cream Cheese	28 g	60	4	2.5	0.1	15	140	2	0	2	2	6	0	4	0		✓																				
Herb & Garlic Cream Cheese	28 g	80	7	4.5	0.2	20	130	2	0	2	2	8	0	4	0		✓																				
Egg & Cheese Bagel with Bacon*	191 g	470	14	6	0.1	230	870	62	5	8	24	15	0	20	25	✓	✓	✓			✓						✓										
Egg & Cheese Bagel with Sausage*	285 g	600	27	10	0.2	255	1030	62	5	8	28	15	25	20	30	✓	✓	✓			✓						✓										
Egg & Cheese English Muffin with Bacon	135 g	310	14	6	0.1	230	450	24	1	1	17	15	0	15	15	✓	✓	✓			✓						✓										
Egg & Cheese English Muffin with Sausage	169 g	440	27	11	0.2	255	610	24	1	1	21	15	25	15	20	✓	✓	✓			✓						✓										
Asiago Breakfast Bagel	191 g	470	15	7	0.1	245	890	57	2	7	23	15	0	15	25	✓	✓	✓			✓						✓										
Fresh Fruit Yogurt Parfait	198 g	160	1	0.1	0	0	115	22	1	13	15	0	30	20	2		✓	✓									✓										
Power-Up Breakfast Bagel	252 g	480	16	6	0.1	240	860	62	4	9	21	20	15	15	25	✓	✓	✓			✓						✓										
Power-Up Smoothie	475 ml	240	0.2	0	0	0	35	55	2	51	7	0	110	10	2		✓																				
Cheddar Ciabatta Breakfast Sandwich – Regular	145 g	370	17	7	0.3	250	570	37	2	2	17	15	0	15	20	✓	✓				✓						✓										
Cheddar Ciabatta Breakfast Sandwich – Bacon	153 g	410	20	8	0.3	255	690	37	2	2	20	15	0	15	20	✓	✓				✓						✓										
Cheddar Ciabatta Breakfast Sandwich – Sausage	187 g	540	33	13	0.4	280	850	37	2	2	24	15	25	15	25	✓	✓				✓						✓										
<i>* Nutrition information reflects a plain bagel</i>																																					
<b>Muffins</b>																<b>Nutrients Present in the Menu Item</b>											<b>Allergens Present in the Menu Item (✓)</b>										
Blueberry Muffin	150 g	570	31	11	0	10	500	71	1	39	8	4	0	8	10	✓	✓	✓			✓						✓										
Cranberry Orange Muffin	150 g	550	29	10	0	10	500	68	2	36	7	4	8	8	10	✓	✓	✓			✓						✓										
Chocolate Chip Muffin	150 g	650	36	14	0	10	380	80	2	47	8	4	0	8	15	✓	✓	✓			✓						✓										
Healthy Harvest Muffin	150 g	500	20	4	0	55	420	74	3	40	8	100	2	8	6	✓	✓	✓		✓	✓						✓										
Reese's Peanut Butter Banana Muffin	163 g	680	38	14	0.1	5	430	73	3	46	12	2	2	20	8	✓	✓	✓	✓	✓	✓						✓										
Banana Nut Muffin	150 g	610	36	11	0	10	500	69	2	37	9	4	2	8	10	✓	✓	✓		✓	✓						✓										
Raisin Bran Muffin	150 g	570	28	6	0	10	630	73	2	40	8	2	2	8	10	✓	✓	✓			✓						✓										
Cappuccino Muffin	150 g	630	34	13	0	10	540	78	2	44	8	4	0	8	10	✓	✓	✓			✓						✓										
Maple Nut Muffin	150 g	530	22	17	0	10	580	78	2	43	9	4	0	4	25	✓	✓			✓	✓					✓	✓										
Lemon Poppy Seed	150 g	440	15	6	0.2	10	560	69	2	38	8	4	0	10	30	✓	✓				✓						✓										
Pumpkin Muffin	150 g	610	31	11	0	10	500	80	4	36	9	4	10	25	35	✓	✓	✓			✓						✓										
Reduced Fat Carrot Muffin	85 g	270	8	0.5	0	0	230	46	2	25	5	20	2	4	15	✓					✓						✓										
Reduced Fat Apple Oatmeal Muffin	85 g	260	8	0.5	0	0	240	43	2	21	5	0	4	0	15	✓					✓						✓										
Red Velvet Muffin w/ Cream Cheese Icing	177 g	680	36	9	0	70	550	88	3	54	7	0	0	4	30	✓	✓	✓			✓						✓										
French Toast Muffin w/ Cream Cheese Icing	184 g	720	37	10	0	110	240	87	1	52	9	2	0	10	6	✓	✓	✓			✓						✓										
Pistachio Muffin w/ Cream Cheese Icing	184 g	610	26	4	0	10	600	87	2	50	10	4	0	4	25	✓	✓			✓	✓						✓										
S'mores Double Chocolate Muffin	182 g	710	34	10	0.2	10	600	90	4	51	10	0	0	8	20	✓	✓	✓			✓						✓										
<b>Scones</b>																<b>Nutrients Present in the Menu Item</b>											<b>Allergens Present in the Menu Item (✓)</b>										
Cheddar Chive Scone	113 g	400	23	13	0	135	620	40	1	3	11	20	0	15	15	✓	✓				✓						✓										
Cinnamon Scone	113 g	430	23	15	0	110	510	49	1	17	8	15	0	20	4	✓	✓	✓			✓						✓										
Blueberry Scone	113 g	370	20	11	0	115	540	41	1	7	8	15	0	20	4	✓	✓				✓						✓										
Raspberry White Chocolate Scone	113 g	440	24	14	0	110	460	50	1	18	8	15	0	8	15	✓	✓	✓			✓						✓										



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	Serving Weight/Volume (g/mL)	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)	Wheat	Milk	Soy	Peanuts	Tree Nuts	Egg	Fish	Shellfish	Sesame Seed	Mustard Seed	Gluten	Sulphites
<b>Salads (includes dressing)</b>		<b>Nutrients Present in the Menu Item</b>														<b>Allergens Present in the Menu Item (✓)</b>											
Signature Garden Salad - Full Size	367 g	410	27	4	0	0	580	34	5	12	8	80	90	10	45	✓	✓			✓					✓	✓	
Signature Garden Salad – Combo Size	184 g	210	13	2	0	0	300	18	2	6	4	40	45	6	20	✓	✓			✓					✓	✓	
House Salad – Combo Size	89 g	120	9	0.5	0.2	0	230	8	1	1	2	20	20	2	10	✓	✓			✓					✓	✓	
Caesar Salad - Full Size	249 g	450	41	5	0.5	45	580	13	4	2	10	150	15	10	20	✓	✓				✓	✓			✓	✓	
Caesar Salad – Combo Size	192 g	290	23	4	0.3	30	440	11	3	2	9	130	10	10	15	✓	✓				✓	✓			✓	✓	
Caesar Salad - Side	97 g	220	20	2.5	0.3	20	300	6	1	1	5	50	6	6	8	✓	✓				✓	✓			✓	✓	
Berry Pecan Salad	391 g	400	28	4	0.4	15	480	28	6	14	8	80	130	10	40		✓			✓					✓		
Tuscan Salad	367 g	430	32	6	0.5	30	470	25	5	13	10	120	80	10	15		✓			✓					✓		
Arugula & Strawberry Salad	298 g	470	33	8	0.3	30	530	32	4	16	12	25	60	20	15		✓			✓					✓		
Insalata Caprese	307 g	480	39	13	0.4	70	840	16	2	9	15	50	45	50	15		✓								✓		
<b>Soups - Side Soup, 7 fl oz</b>		<b>Nutrients Present in the Menu Item</b>														<b>Allergens Present in the Menu Item (✓)</b>											
Broccoli and Cheese Soup	207 mL	210	10	5	0.3	25	1570	22	5	5	8	4	15	15	4	✓	✓	✓								✓	
Butternut Squash Soup	207 mL	130	1.5	0.5	0	0	1080	28	3	8	2	70	4	6	10	✓	✓	✓								✓	
Chicken Noodle Classic Soup	207 mL	150	3.5	1	0	25	1390	22	2	3	8	10	0	4	10	✓	✓	✓			✓					✓	
Cream of Potato With Bacon Soup	207 mL	250	7	5	0.2	35	1420	38	2	8	8	6	4	15	6	✓	✓	✓								✓	
Creole Chicken Gumbo	207 mL	130	1	0.3	0	10	1370	23	3	5	7	4	4	6	4	✓		✓							✓	✓	
Nine Vegetable Moroccan Style Soup	207 mL	150	3	0.4	0	0	620	26	8	8	4	25	2	4	8	✓	✓	✓								✓	
Pasta Fagioli	207 mL	210	3.5	1	0	10	1130	36	8	13	8	15	6	10	15	✓	✓	✓			✓					✓	
Sauteed Mushroom & Onion Bisque	207 mL	110	7	5	0.2	25	740	10	1	2	2	0	2	4	4	✓	✓	✓								✓	
Tomato Roasted Red Pepper Bisque	207 mL	290	20	12	0.2	40	800	24	4	15	3	8	4	4	8	✓	✓	✓								✓	
Wicked Thai with Chicken Soup	207 mL	230	16	7	0.4	35	1060	13	2	4	8	2	2	4	6	✓	✓	✓				✓				✓	
Hearty Beef Chili – Side	170 mL	180	8	3.5	0.3	20	640	17	4	7	11	2	2	4	15	✓	✓	✓								✓	
<b>Soups - Entree Soup, 9 fl oz</b>		<b>Nutrients Present in the Menu Item</b>														<b>Allergens Present in the Menu Item (✓)</b>											
Broccoli and Cheese Soup	266 mL	270	13	6	0.4	30	2020	28	6	6	11	4	20	20	4	✓	✓	✓								✓	
Butternut Squash Soup	266 mL	170	2	0.5	0	0	1380	36	4	11	2	100	4	8	15	✓	✓	✓								✓	
Chicken Noodle Classic Soup	266 mL	200	4.5	1	0	30	1790	28	2	4	11	15	0	4	15	✓	✓	✓			✓					✓	
Cream of Potato With Bacon Soup	266 mL	330	10	6	0.2	45	1830	49	2	11	11	8	4	20	8	✓	✓	✓								✓	
Creole Chicken Gumbo	266 mL	170	1	0.4	0	10	1770	30	4	6	9	4	4	8	4	✓		✓							✓	✓	
Nine Vegetable Moroccan Style Soup	266 mL	190	3.5	0.5	0	0	800	34	11	11	5	30	2	6	10	✓	✓	✓								✓	
Pasta Fagioli	266 mL	270	4.5	1	0	10	1450	47	11	17	11	20	8	15	15	✓	✓	✓			✓					✓	
Sauteed Mushroom & Onion Bisque	266 mL	150	10	6	0.2	30	950	13	1	3	3	0	2	6	6	✓	✓	✓								✓	
Tomato Roasted Red Pepper Bisque	266 mL	370	26	15	0.3	55	1030	31	5	19	4	10	6	4	10	✓	✓	✓								✓	
Wicked Thai with Chicken Soup	266 mL	290	20	9	0.5	45	1360	17	2	5	11	2	2	6	8	✓	✓	✓				✓				✓	
Hearty Beef Chili – Regular	227 mL	250	11	4.5	0.5	25	850	23	5	9	15	4	4	6	25	✓		✓								✓	
Cheddar Ciabatta Bun	75 g	230	7	2.5	0.2	25	410	37	2	2	7	2	0	2	15	✓	✓				✓					✓	





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	Serving Weight/Volume (g /mL)	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (%DV)	Vit C (%DV)	Calcium (%DV)	Iron (%DV)	Wheat	Milk	Soy	Peanuts	Tree Nuts	Egg	Fish	Shellfish	Sesame Seed	Mustard Seed	Gluten	Sulphites
<b>Pastries and Baked Goods</b>	<b>Nutrients Present in the Menu Item</b>															<b>Allergens Present in the Menu Item (✓)</b>											
Spinach and Feta Twisters	232 g	610	26	8	0.3	40	1320	77	5	2	18	70	25	20	35	✓	✓										✓
Almondine Butter Croissant	87 g	370	20	10	0	60	290	40	2	12	6	15	2	4	10	✓	✓			✓	✓						✓
Greek Yogurt Cherry Danish	100 g	350	18	11	0.5	75	300	40	1	16	7	15	0	6	15	✓	✓				✓						✓
Cream Cheese Blueberry Croissant	100 g	330	15	10	0.4	45	370	42	1	17	5	15	15	2	10	✓	✓				✓						✓
Butter Tart	90 g	360	16	6	0	45	200	55	2	26	4	10	2	4	10	✓	✓				✓						✓
Chocolate Butter Tart	85 g	360	17	6	0	45	80	47	2	28	5	6	0	2	20	✓	✓	✓			✓						✓
Pumpkin Spice Danish	100 g	410	19	11	0.4	60	350	47	2	19	7	30	2	4	15	✓	✓				✓						✓
Custard Shell Pastry	90 g	300	17	11	0	15	220	32	1	8	4	0	0	2	0	✓	✓										✓
Apple Leaf Pastry	95 g	320	16	9	0	10	210	39	1	18	4	0	0	0	0	✓	✓										✓
Croissant	78 g	330	19	12	1	60	380	32	2	7	6	20	2	2	20	✓	✓				✓						✓
Cheese Croissant	92 g	380	24	15	1	75	480	32	2	7	9	25	2	10	20	✓	✓				✓						✓
Chocolate Hazelnut Croissant	95 g	320	16	8	0.5	35	290	37	3	11	5	2	2	4	10	✓	✓	✓		✓	✓						✓
Chocolate Hazelnut Crunch Croissant	120 g	460	26	13	0.5	40	360	44	5	12	8	20	0	2	30	✓	✓	✓		✓	✓						✓
Toffee Crunch Blondie	87 g	380	19	9	0	55	350	50	1	33	4	10	0	4	10	✓	✓	✓		✓	✓						✓
Rockslide Brownie	126 g	540	35	15	0	110	280	55	2	41	5	25	0	8	20	✓	✓	✓		✓	✓						✓
Cinnamon Bun with Cream Cheese Icing	165 g	560	15	6	0.1	15	490	100	2	64	7	10	0	4	15	✓	✓	✓			✓						✓
Caramel Pecan Cinnamon Bun	217 g	770	22	7	0.1	20	540	133	4	90	10	10	0	6	15	✓	✓	✓		✓	✓						✓
Sunrise Hazelnut Pastry	90 g	390	24	14	0	15	230	38	2	14	5	0	0	2	0	✓	✓	✓		✓							✓

#### Analysis Notes:

%DV = % Daily Value based on Health Canada recommendations.  
 Nutrient data is calculated based on standardized Coffee Culture recipes and build guides using nutrition data from ingredient suppliers and the Canadian Nutrient File.  
 Nutrient analysis software is Genesis R&D from ESHA Research.  
 Nutrient values are rounded based on rounding rules from Health Canada's nutrition labelling regulations.  
 This allergen information is based on information provided by ingredient suppliers based on Coffee Culture's standard recipes and build guides.  
 This chart reflects only allergens directly added to the menu item and not allergens that MAY be present due to cross-contamination in supplier facilities or Coffee Culture's restaurants.  
 Any deviation from standard recipes or menu items may change this information.  
 This information may change if ingredient suppliers change their product formulations.  
 Coffee Culture restaurants are unable to guarantee that any menu item can be completely free of allergens.  
 Values should be considered approximations as product ingredients may vary from time to time.  
 Guests' that have special dietary needs or food sensitivities, should not rely solely on this information as the basis for deciding to consume a particular menu item.  
 Coffee Culture Café & Eatery assumes no liability for the use of this information.  
 Nutritional and Allergen Information - Effective January 2017