



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		
Salads (includes dressing)		Nutrients Present in the Menu Item														Allergens Present in the Menu Item (✓)													
House Salad -Combo It size	138 g	130	10	0.5	0.2	0	200	8	2	4	1	35	30	4	10											✓			
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		✓			✓						✓			
Kale! Caesar Salad	264 g	430	38	4	0.5	35	430	14	4	3	9	140	200	20	20		✓				✓	✓				✓			
Mango Almond Salad	290 g	450	34	4.5	0.1	15	540	26	6	12	10	160	100	15	20		✓			✓						✓			
Insalata Caprese	307 g	480	39	13	0.4	70	840	16	2	9	15	50	45	50	15		✓									✓			
Soups - Side Soup, 7 fl oz		Nutrients Present in the Menu Item														Allergens Present in the Menu Item (✓)													
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	✓		✓									✓		
Soups - Entree Soup, 9 fl oz		Nutrients Present in the Menu Item														Allergens Present in the Menu Item (✓)													
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										
Wraps, Flatbreads and Paninis																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)										
Grilled Chicken Caesar Wrap	280 g	610	35	7	0.3	70	1350	41	6	3	31	50	8	20	20	✓	✓	✓			✓	✓				✓	✓										
Chicken Margarita Wrap	294 g	480	21	6	0	55	1290	45	6	4	28	45	30	15	20	✓	✓	✓			✓					✓	✓	✓									
Chipotle Chicken & Bacon Wrap	347 g	570	27	7	0	55	1500	51	8	10	30	50	25	15	20	✓	✓	✓			✓					✓	✓										
Santa Fe Chicken Sandwich	350 g	600	14	4	0.1	60	1910	86	4	10	33	6	15	4	35	✓	✓	✓			✓					✓	✓										
Asiago BLT	266 g	570	28	9	0.5	60	1090	61	4	10	20	35	20	8	25	✓	✓	✓			✓					✓	✓										
Ultimate Grilled Cheese	270 g	610	28	12	0.4	65	960	57	7	4	31	25	20	40	20	✓	✓	✓								✓	✓										
Classic Clubhouse	386 g	800	36	5	0.4	35	1430	86	11	5	33	30	20	10	30	✓		✓			✓					✓	✓										
Berry Pecan Chicken Salad Sandwich	371 g	590	18	3	0	55	1050	80	6	12	32	10	25	8	45	✓		✓			✓					✓	✓										
Turkey Bocata	338 g	610	15	6	0.3	50	1860	82	3	6	36	8	10	6	35	✓	✓	✓			✓					✓	✓										
Turkey Bacon Swiss 1/2 Sandwich	189 g	460	30	6	0.5	30	680	30	4	2	17	20	10	15	10	✓	✓	✓			✓					✓	✓										
Peri Peri Chicken BLT	236 g	490	25	5	0.4	75	1170	42	3	4	23	15	10	4	20	✓	✓	✓			✓					✓	✓	✓									
Prosciutto Bocconcini Sandwich	394 g	700	27	11	0.3	100	2400	81	4	6	32	30	25	30	35	✓	✓	✓			✓					✓	✓	✓									
Vegetable Perfecto Wrap	350 g	520	26	10	0.3	40	960	54	9	9	17	100	60	20	20	✓	✓	✓			✓					✓	✓	✓									
Mango Chicken Wrap	319 g	650	38	7	0.1	50	1240	52	8	10	26	45	30	15	20	✓	✓	✓		✓						✓	✓										
Berry Pecan Chicken Salad Wrap	284 g	550	22	4.5	0	40	850	64	4	9	25	25	30	25	30	✓		✓		✓	✓					✓	✓										
Avocado Turkey Sandwich	271 g	500	25	9	0.3	65	1130	47	4	5	22	25	20	15	20	✓	✓	✓			✓					✓	✓	✓									
Montreal Smoked Meat Sandwich	331 g	660	22	9	0.5	85	2000	77	4	3	39	0	0	2	45	✓		✓								✓	✓										
Cookies and Biscotti																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)										
Classic Chocolate Chunk Cookie	85 g	380	18	9	0	40	210	51	2	30	4	8	0	4	20	✓	✓	✓			✓						✓										
Gourmet Oatmeal Raisin Cookie	85 g	360	16	6	0	40	210	51	2	28	4	10	0	4	10	✓	✓	✓			✓						✓										
Gourmet Double Peanut Butter Cookie	85 g	420	24	12	0	30	300	43	2	30	8	8	0	4	8	✓	✓	✓	✓		✓						✓										
Gourmet Macadamia White Chocolate Chip Cookie	85 g	400	22	12	0	30	190	47	2	28	4	8	0	4	8	✓	✓	✓		✓	✓					✓	✓										
Gourmet Sugar Cookie	85 g	380	20	8	0	40	270	47	0	22	4	15	0	0	8	✓	✓	✓			✓					✓	✓										
Gourmet M&M Chocolate Chip Cookie	85 g	380	16	8	0	30	210	45	2	32	4	8	0	4	10	✓	✓	✓			✓					✓	✓										
Cappuccino Biscotti Large	40 g	160	6	1.5	0	25	160	22	1	10	4	0	0	2	8	✓	✓	✓		✓	✓					✓	✓										
Almond Hazelnut Biscotti Large	35 g	140	5	0.5	0	20	125	21	1	8	3	0	0	2	8	✓				✓	✓					✓	✓										
Mini Almond Hazelnut Biscotti	21 g	80	3	0.3	0	0	1.5	12	1	5	2	0	0	2	4	✓				✓	✓					✓	✓										
Cakes (per slice)																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)										
Annie's Mile High Peanut Butter Explosion Cake	219 g	840	46	18	0.5	75	750	102	5	71	13	2	4	4	6	✓	✓	✓	✓		✓						✓	✓									
Annie's Premier Red Velvet Cake	151 g	500	34	17	0	85	440	46	1	32	7	6	4	6	8	✓	✓	✓			✓						✓										
Peanut Butter Cup with Reese's Pieces	180 g	830	46	23	0.3	55	400	74	4	50	14	15	35	8	8	✓	✓	✓	✓		✓						✓										
Peanut Butter Fudge Brownie Cheesecake	200 g	850	43	22	0.3	35	360	66	4	59	12	12	35	8	8	✓	✓	✓	✓	✓	✓						✓										
Carrot Caramel Cheesecake	178 g	610	31	13	0.5	25	610	67	2	46	9	85	2	6	6	✓	✓	✓		✓	✓					✓											
Java Java Cake	200 g	830	56	30	0	90	390	75	2	64	12	15	0	15	10	✓	✓	✓			✓					✓	✓										
Funky Limon Tiger Cake	181 g	620	32	16	1	60	280	67	1	51	8	20	10	10	10	✓	✓	✓			✓					✓	✓	✓									
Chocolate Fudge Cake	228 g	730	27	10	0.5	45	480	122	4	91	8	6	0	8	30	✓	✓	✓			✓					✓	✓										
White Chocolate Raspberry Cheesecake	176 g	640	44	27	0	175	360	57	1	46	7	15	0	10	10	✓	✓	✓			✓					✓	✓										
Godiva Double Chocolate Cheesecake	176 g	670	48	30	0	150	330	57	2	45	8	10	0	15	20	✓	✓	✓			✓					✓	✓										
Pumpkin Spice Cheesecake (Seasonal)	190 g	600	39	23	0	155	340	57	2	43	8	45	0	8	8	✓	✓	✓	✓	✓	✓					✓	✓										
Tiramisu Espresso Cake	196 g	660	39	16	0.5	40	430	63	1	48	13	10	0	10	8	✓	✓	✓			✓					✓	✓										
Black Forest Cake	176 g	520	27	13	0.3	35	360	64	2	46	6	10	2	10	6	✓	✓	✓			✓					✓	✓										
Cookies 'N Cream Cake	210 g	850	48	20	0.5	155	420	92	3	67	13	35	0	15	20	✓	✓	✓			✓					✓	✓										
New York Cheesecake	194 g	610	43	22	0	200	380	51	1	30	11	20	8	8	4	✓	✓	✓			✓					✓	✓										
Raspberry Greek Yogurt Cheesecake	171 g	670	39	15	1.5	13	380	74	3	59	8	15	10	6	4	✓	✓	✓			✓					✓	✓										
White Chocolate Brownie	216 g	830	45	25	1	75	150	50	3	42	9	15	0	6	6		✓	✓			✓																



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			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
Pastries and Baked Goods																											
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