




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									
Muffins																Nutrients Present in the Menu Item										Allergens Present in the Menu Item (✓)									
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	✓	✓	✓		✓						✓									
Reduced Fat Carrot Muffin	110 g	350	38	13	0	13	650	88	3	47	9	5	10	10	13	✓	✓	✓		✓						✓									
Reduced Fat Apple Oatmeal Muffin	110 g	340	47	18	0	13	494	104	3	61	10	5	0	10	20	✓	✓	✓		✓						✓									
Red Velvet Muffin w/ Cream Cheese Icing	177 g	680	36	9	0	70	550	88	3	54	7	0	0	4	30	✓	✓	✓		✓						✓									
Pistachio Muffin w/ Cream Cheese Icing	184 g	610	26	4	0	10	600	87	2	50	10	4	0	4	25	✓	✓	✓		✓						✓									
Scones																Nutrients Present in the Menu Item										Allergens Present in the Menu Item (✓)									
Glazed Cinnamon Scone	133 g	500	23	15	0	110	510	65	1	33	8	15	0	20	4	✓	✓	✓		✓						✓									
Glazed Raspberry White Chocolate Scone	133 g	510	24	14	0	110	460	66	1	34	8	15	0	8	15	✓	✓	✓		✓						✓									
Salads (includes dressing)																Nutrients Present in the Menu Item										Allergens Present in the Menu Item (✓)									
Signature Garden Salad	288g	370	29	4	0.5	15	440	18	5	6	9	150	90	15	20											✓									
Signature Garden Salad - Side & Combo (Salad only)	120g	200	16	3	0.3	15	240	8	2	3	5	60	25	6	6											✓									
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	✓	✓			✓						✓									
Watermelon Pistachio Salad	319 g	370	24	5	0.2	25	950	32	5	24	10	90	40	10	10	✓	✓			✓						✓									
Strawberry Almond Salad	291 g	350	24	5	0.2	25	950	25	6	17	10	90	40	10	10	✓	✓			✓						✓									
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	✓	✓	✓		✓						✓									
Tomato Roasted Red Pepper Bisque with Gouda	207 mL	310	24	10	0.3	35	830	16	3	12	7	2	15	10	4	✓	✓	✓		✓						✓									
Roasted Poblano & White Cheddar Soup	207 mL	310	25	15	1	0	770	14	1	6	8	10	4	0	0	✓	✓			✓						✓									
Italian Wedding Soup	207 mL	220	7	2.5	0	10	1230	28	3	2	10	0	4	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	✓	✓	✓		✓						✓									
Tomato Roasted Red Pepper Bisque with Gouda	266 mL	400	31	13	0.4	50	1060	20	4	15	9	2	20	15	6	✓	✓	✓		✓						✓									
Roasted Poblano & White Cheddar Soup	266 mL	400	32	19	1	0	990	18	1	7	11	15	4	0	0	✓	✓			✓						✓									
Italian Wedding Soup	266 mL	290	10	3	0	10	1570	36	4	2	13	0	4	4	20	✓	✓	✓		✓						✓									
Wraps, Flatbreads and Paninis																Nutrients Present in the Menu Item										Allergens Present in the Menu Item (✓)									
Asiago BLT	266 g	570	28	9	0.5	60	1090	61	4	10	20	35	20	8	25	✓	✓	✓		✓						✓									
Turkey Avocado Sandwich	268g	470	15	5	0.1	25	1060	63	6	2	21	20	20	20	25	✓	✓	✓		✓						✓									
Chicken Caesar Wrap	280 g	610	35	7	0.3	70	1350	41	6	3	31	50	8	20	20	✓	✓	✓		✓	✓					✓									
Classic Clubhouse	386 g	800	36	5	0.4	35	1430	86	11	5	33	30	20	10	30	✓	✓	✓		✓						✓									
Piri-Piri Chicken Wrap	302g	590	34	9	0.3	65	1410	44	6	5	26	20	25	20	15	✓	✓	✓		✓						✓									
Tosceno	390 g	580	22	6	0.1	40	1640	62	4	3	30	30	50	15	35	✓	✓	✓		✓						✓									
Ham & Provolone	316 g	590	27	6	0.3	55	1710	58	4	2	30	20	15	15	30	✓	✓	✓		✓						✓									
Smoked Turkey Bocata	279 g	580	25	6	0.1	30	1400	61	2	4	23	15	30	6	30	✓	✓	✓		✓						✓									
Veggie Perfecto Wrap	376 g	480	24	9	0.3	30	1030	50	8	7	17	100	80	15	20	✓	✓	✓		✓						✓									
Turkey Avocado	359 g	500	17	4	0.1	20	970	63	9	5	27	25	30	15	20	✓	✓	✓		✓						✓									
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</																																	

 COFFEE CULTURE CAFÉ & EATERY		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	
NUTRITIONAL & ALLERGEN CHART		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Cakes (per slice)		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Peanut Butter Cup with Reese's Pieces	180 g	830	46	23	0.3	55	400	74	4	50	14	15	35	8	8	8	✓	✓	✓	✓	✓	✓							✓
Peanut Butter Fudge Brownie Cheesecake	200 g	850	43	22	0.3	35	360	66	4	59	12	12	35	8	8	8	✓	✓	✓	✓	✓	✓							✓
Carrot Caramel Cheesecake	178 g	610	31	13	0.5	25	610	67	2	46	9	85	2	6	6	6	✓	✓	✓	✓	✓	✓							✓
New York Cheesecake	194 g	380	43	22	0	200	380	51	1	30	11	20	8	8	4	4	✓	✓	✓	✓	✓	✓							✓
Raspberry Greek Yogurt Cheesecake	171 g	670	39	15	1.5	13	380	74	3	59	8	15	10	6	4	4	✓	✓	✓	✓	✓	✓							✓
White Chocolate Brownie	216 g	830	45	25	1	75	150	50	3	42	9	15	0	6	6	6	✓	✓	✓	✓	✓	✓							✓
Pastries and Baked Goods		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Spinach and Feta Twisters	232 g	610	26	8	0.3	40	1320	77	5	2	18	70	25	20	35	35	✓	✓	✓	✓	✓	✓							✓
Butter Tart	90 g	360	16	6	0	45	200	55	2	26	4	10	2	4	10	10	✓	✓	✓	✓	✓	✓							✓
Chocolate Butter Tart	85 g	360	17	6	0	45	80	47	2	28	5	6	0	2	20	20	✓	✓	✓	✓	✓	✓							✓
Croissant	78 g	330	19	12	1	60	380	32	2	7	6	20	2	2	20	20	✓	✓	✓	✓	✓	✓							✓
Cheese Croissant	92 g	380	24	15	1	75	480	32	2	7	9	25	2	10	20	20	✓	✓	✓	✓	✓	✓							✓
Very Berry Strudel	142 g	430	23	10	0	0	280	50	1	18	6	0	8	0	20	20	✓	✓	✓	✓	✓	✓							✓
Chocolate Avalanche	95 g	320	16	8	0.5	35	290	37	3	11	5	2	2	4	10	10	✓	✓	✓	✓	✓	✓							✓
Chocolate Hazelnut Crunch Croissant	120 g	460	26	13	0.5	40	360	44	5	12	8	20	0	2	30	30	✓	✓	✓	✓	✓	✓							✓
Toffee Crunch Blondie	87 g	380	19	9	0	55	350	50	1	33	4	10	0	4	10	10	✓	✓	✓	✓	✓	✓							✓
Rockslide Brownie	126 g	540	35	15	0	110	280	55	2	41	5	25	0	8	20	20	✓	✓	✓	✓	✓	✓							✓
Cinnamon Bun with Cream Cheese Icing	165 g	560	15	6	0.1	15	490	100	2	64	7	10	0	4	15	15	✓	✓	✓	✓	✓	✓							✓
Caramel Pecan Cinnamon Bun	217 g	770	22	7	0.1	20	540	133	4	90	10	10	0	6	15	15	✓	✓	✓	✓	✓	✓							✓
Add-ons		Nutrients Present in the Menu Item															Allergens Present in the Menu Item (✓)												
Nutella serving	30 mL	150	9	3	0	0	5	16	1	16	1	0	0	2	2	2	✓	✓	✓	✓	✓	✓							✓

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 May 2018