




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									
Hot Beverages (Does not include Mini Biscotti)																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)									
Coffee - Small	295 mL	5	0	0	0	0	5	0	0	0	0.4	0	0	0	0																					
Coffee - Regular	475 mL	5	0	0	0	0	10	0	0	0	1	0	0	0	0																					
Coffee - Large	530 mL	5	0	0	0	0	10	0	0	0	1	0	0	0	0																					
Espresso - Single	55 mL	5	0	0	0	0	10	0	0	0	0.1	0	0	0	0																					
Espresso - Double	90 mL	5	0	0	0	0	15	0	0	0	0.1	0	0	0	0																					
Espresso Machiatto - Single	150 mL	60	3	2	0.1	10	45	4	0	5	3	2	0	10	0																					
Espresso Machiatto - Double	150 mL	60	3.5	2	0.1	10	50	4	0	5	3	2	0	10	2																					
Americano - Small	295 mL	5	0.1	0	0	0	10	0	0	0	0.1	0	0	0	0																					
Americano - Regular	475 mL	10	0.2	0.1	0	0	15	0	0	0	0.1	0	0	0	0																					
Cappuccino - Small	295 mL	110	6	3.5	0.3	20	80	9	0	10	6	4	0	20	0																					
Cappuccino - Regular	475 mL	150	8	4.5	0.3	25	110	13	0	13	8	6	0	25	2																					
Café Latte - Small	295 mL	130	7	4	0.3	20	95	11	0	11	7	6	0	20	0																					
Café Latte - Regular	475 mL	170	9	5	0.4	25	120	14	0	14	9	6	0	30	2																					
Vanilla Latte - Small	295 mL	190	6	3.5	0.3	20	80	28	0	28	6	4	0	20	0																					
Vanilla Latte - Regular	475 mL	250	8	4.5	0.3	25	110	38	0	38	8	6	0	25	2																					
Caramel Latte - Small	295 mL	170	6	3.5	0.3	20	105	22	0	20	7	4	0	20	0																					
Caramel Latte - Regular	475 mL	270	9	5	0.3	30	160	38	1	33	9	6	0	25	2																					
Mocha Latte - Small	295 mL	170	7	4	0.3	20	85	21	0	22	7	4	0	20	0																					
Mocha Latte - Regular	475 mL	270	9	5	0.3	25	120	37	0	37	9	6	0	25	2																					
Matcha Green Tea Latte - Small	295 mL	130	4	2.5	0	10	55	19	0	18	4	6	2	15	2																					
Matcha Green Tea Latte - Regular	475 mL	230	8	4.5	0	25	110	31	0	30	8	15	6	25	4																					
Hazelnut Latte - Small	295 mL	200	6	3.5	0.3	20	90	30	0	30	6	4	0	20	0																					
Hazelnut Latte - Regular	475 mL	270	8	4.5	0.3	25	120	40	0	40	8	6	0	25	2																					
Chai Latte - Small	295 mL	150	5	3	0.2	15	80	22	0	21	5	4	0	15	0																					
Chai Latte - Regular	475 mL	190	6	3.5	0.3	20	100	28	0	27	6	4	0	20	0																					
Hot Chocolate - Small	295 mL	230	6	5	0	0	340	45	1	39	2	0	0	15	10																					
Hot Chocolate - Regular	475 mL	310	7	7	0.1	0	480	60	2	52	2	0	0	20	15																					
Mini Almond Hazelnut Biscotti	21 g	80	3	0.3	0	0	1.5	12	1	5	2	0	0	2	4																					
Frozen Blended & Over Ice Drinks																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)									
Coffee 'ccino - Small	295 mL	330	18	11	0	40	70	39	0	34	5	15	0	15	15																					
Coffee 'ccino - Regular	475 mL	440	22	13	0	55	90	56	0	49	6	15	0	15	20																					
Mocha 'ccino - Small	295 mL	350	18	11	0	40	75	41	0	36	5	15	0	15	15																					
Mocha 'ccino - Regular	475 mL	470	23	14	0	55	100	61	0	53	7	15	0	15	20																					
Caramel 'ccino - Small	295 mL	350	18	11	0	45	95	42	0	34	5	15	0	15	15																					
Caramel 'ccino - Regular	475 mL	470	22	14	0	55	140	62	1	50	7	15	0	15	20																					
Oreo 'ccino - Small	295 mL	530	26	15	0.1	45	200	70	1	54	7	15	0	15	25																					
Oreo 'ccino - Regular	475 mL	680	30	18	0.1	55	250	95	1	77	9	15	0	15	30																					
Chococcino - Small	295 mL	580	24	16	0.1	40	470	87	2	75	7	15	0	30	30																					
Chococcino - Regular	475 mL	820	31	22	0.1	55	690	129	3	113	9	15	0	40	40																					
Iced Coffee - Small	295 mL	150	11	7	0	35	30	11	0	9	2	10	0	6	0																					
Iced Coffee - Regular	475 mL	220	16	10	0	55	40	17	0	14	3	15	0	8	0																					
Chai Chiller - Small	295 mL	350	18	11	0	45	85	43	0	37	5	15	0	15	15																					
Chai Chiller - Regular	475 mL	430	22	13	0	55	105	55	0	46	6	15	0	15	20																					
Strawberry and Cream Chiller - Small	295 mL	400	18	11	0	40	60	62	0	56	5	15	40	15	15																					
Strawberry and Cream Chiller - Regular	475 mL	500	22	13	0	55	75	80	0	73	6	15	50	15	20																					
Raspberry Lemonade Chiller - Small	295 mL	330	0	0	0	0	0	82	0	82	0	0	150	0	0																					
Raspberry Lemonade Chiller - Regular	475 mL	420	0	0	0	0	0	106	0	106	0	0	190	0	0																					
Mango Chiller - Small	295 mL	320	2	1.5	0	0	2	78	0	75	1	0	25	0	0																					
Mango Chiller - Regular	475 mL	410	2	1.5	0	0	2	100	0	96	1	0	30	0	0																					
Organic Iced Tea																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)									
Lemon Raspberry Iced Tea - Small	295 mL	70	0	0	0	0	0	18	0	18	0	0	35	0	0																					
Lemon Raspberry Iced Tea - Regular	475 mL	100	0	0	0	0	0	24	0	24	0	0	45	0	0																					
Mango Tango Iced Tea - small	295 mL	70	0	0	0	0	0	18	0	18	0	0	4	0	0																					
Mango Tango Iced Tea - Regular	475 mL	100	0	0	0	0	0	24	0	24	0	0	4	0	0																					
Breakfast - All Day																Nutrients Present in the Menu Item											Allergens Present in the Menu Item (✓)									
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 and Cheese Bagel*	183 g	440	12	4.5	0.1	225	750	62	5	8	21	15	0	20	25																					

 COFFEE CULTURE <small>CAFÉ & EATERY</small>		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	✓	✓	✓	✓	✓	✓							✓		
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	✓	✓	✓	✓	✓	✓								✓	
Funky Limon Tiger Cake	181 g	620	32	16	1	60	280	67	1	51	8	20	10	10	10	✓	✓	✓	✓	✓	✓								✓	
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	✓	✓	✓	✓	✓	✓								✓	
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	✓	✓	✓	✓	✓	✓								✓	
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	✓	✓	✓	✓	✓	✓								✓	
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	✓	✓	✓	✓	✓	✓								✓	
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	✓	✓	✓	✓	✓	✓								✓	
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	0	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 November 2017