



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.

Serving Size
Calories (kcal/s)
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	410	20	9	0.2	0	470	50	2	15	6	0%	0%	2%	20%
Bismark	1	350	20	9	0.3	0	310	39	1	13	4	0%	0%	2%	10%
Strawberry Bismark	1	350	19	9	0.3	0	290	41	1	14	4	0%	2%	2%	10%
Strawberry	1	330	18	9	0.2	0	270	36	1	12	4	0%	2%	2%	10%
Blueberry	1	320	18	9	0.2	0	280	35	1	12	4	0%	0%	2%	10%
Lemon	1	320	19	9	0.2	0	290	34	1	11	4	0%	0%	2%	10%
Venetian	1	320	19	9	0.2	0	290	35	1	11	4	0%	0%	2%	10%
Chocolate Fudge	1	330	19	9	0.2	0	280	36	1	13	4	0%	0%	2%	10%
Yeast Glazed	1	340	20	9	0.3	0	290	36	1	11	5	0%	0%	2%	10%
Dutchie	1	425	11	3.5	0.3	0	630	76	2	23	8	0%	1%	3%	38%
Honey Dip	1	350	20	9	0.3	0	290	39	1	15	5	0%	0%	2%	10%
Chocolate Dip	1	330	20	9	0.3	0	290	35	1	10	5	0%	0%	2%	10%
Maple Dip	1	340	20	9	0.3	0	290	36	1	11	5	0%	0%	2%	10%
Vanilla Dip	1	330	20	9	0.3	0	290	35	1	10	5	0%	0%	2%	10%
Rainbow	1	350	20	9	0.3	0	290	39	1	13	5	0%	0%	2%	10%

White Cake Donuts

Old Fashioned Plain	1	190	6	2.5	0.1	20	330	31	1	11	4	0%	0%	2%	10%
Old Fashioned Sugar	1	420	23	11	0.2	15	560	49	1	24	4	0%	0%	2%	10%
Honey Dew	1	420	23	11	0.2	15	560	50	1	25	4	0%	0%	2%	10%
White Coconut Ring	1	440	26	13	0.2	15	560	48	2	22	5	0%	0%	2%	15%
Toasted Coconut Ring	1	440	25	13	0.2	15	560	49	1	22	4	0%	0%	2%	15%
Peanut Crunch Ring	1	470	28	11	0.2	15	560	49	2	22	7	0%	0%	2%	15%

Sour Cream Cake Donuts

Sour Cream Plain	1	280	20	9	0.2	5	210	25	1	10	2	0%	0%	2%	6%
Sour Cream Glazed	1	330	20	9	0.2	5	210	36	1	21	2	0%	0%	2%	6%

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French Cruller Donut

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

Chocolate Glaze	1	400	21	10	0.2	15	560	47	2	24	5	0%	0%	2%	20%
Double Chocolate	1	380	21	10	0.2	15	560	44	2	19	5	0%	0%	2%	20%
White Coconut Chocolate	1	420	24	13	0.2	15	560	45	3	21	5	0%	0%	2%	20%
Toasted Coconut Chocolate	1	410	23	12	0.2	15	560	46	2	21	5	0%	0%	2%	20%
Peanut Crunch Chocolate	1	440	26	10	0.2	15	560	46	3	21	7	0%	0%	2%	20%

Robin's Eggs - Cake Eggs

White Glazed	1	70	3	1.5	0	0	75	11	0	7	1	0%	0%	0%	2%
Chocolate Glazed	1	80	3.5	1.5	0	0	75	10	0	7	1	0%	0%	0%	2%
White Sugared	1	70	3	1.5	0	0	75	10	0	7	1	0%	0%	0%	2%
Chocolate Sugared	1	70	3.5	1.5	0	0	75	10	0	7	1	0%	0%	0%	2%
White with White Coconut	1	80	6	4	0	0	75	6	1	2	1	0%	0%	0%	2%
Chocolate with White Coconut	1	90	7	4.5	0	0	75	6	1	2	1	0%	0%	0%	4%
White with Toasted Coconut	1	80	5	3.5	0	0	75	7	0	2	1	0%	0%	0%	2%
Chocolate with Toasted Coconut	1	80	6	4	0	0	75	7	1	2	1	0%	0%	0%	4%

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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%
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Biscuits

Plain	1	350	16	3	0.2	0	590	45	1	7	8	0%	0%	30%	25%
Raisin	1	390	16	3	0.2	0	590	57	2	16	8	0%	0%	30%	25%
Blueberry	1	360	16	3	0.2	0	590	47	2	8	8	0%	0%	30%	25%
Cinnamon Sugar	1	420	16	3	0.2	0	590	65	3	24	8	0%	0%	30%	25%
Cheese	1	410	21	6	0.3	20	700	45	1	7	11	4%	0%	40%	25%

Cookie

Chocolate Chip	1	250	11	6	0	15	180	35	1	22	3	8%	0%	0%	10%
Triple Chocolate	1	250	12	6	0	15	160	35	1	21	3	8%	0%	2%	8%
Oatmeal Raisin	1	230	10	6	0	15	190	34	2	19	3	8%	0%	2%	6%
Peanut Butter	1	260	14	5	0	15	250	30	1	18	5	8%	0%	2%	6%
White Chocolate Macademia	1	260	13	6	0	20	190	33	1	21	3	8%	0%	2%	6%

Oatmeal Bars

Raisin	1	488	14	4	0.4	0	260	78	4	32	8	0%	2%	18%	30%
Cranberry	1	440	14	4	0.4	0	260	68	4	22	8	12%	12%	16%	30%
Chocolate Chip	1	521	21	8.6	0.5	0	297	77	4	38	8	0%	0%	14%	30%
Blueberry	1	446	17	4.8	0.4	0	290	67	4	28	8	0%	2%	14%	30%

Cini Mini

Cini Mini	1	240	12	6	0.1	5	135	31	1	15	3	2%	4%	2%	8%
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Carrot Cake

Carrot Cake	1	700	36	7	0.1	55	360	92	4	64	6	50%	2%	8%	15%
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Maple Products and Others

Maple Stick	1	360	19	8	0.2	0	330	44	2	16	5	0%	10%	2%	10%
Maple Pecan Danish	1	330	21	7	0	20	220	35	1	11	4	0%	10%	2%	2%
Cinnamon Bun	1	400	15	3	0	30	320	58	3	14	9	2%	20%	6%	25%
Apple Strudel	1	410	22	9	0.1	0	300	49	2	20	4	0%	2%	2%	10%
Raspberry Strudel	1	450	25	10	0.1	0	330	51	2	17	5	0%	4%	2%	10%
Cheese Danish	1	340	16	7	0.1	45	400	42	1	17	6	4%	10%	2%	10%
Strawberry Cream Cheese Danish	1	300	12	5	0.1	45	230	42	1	18	6	2%	15%	2%	10%
Finger Blueberry & Cheese Strudel	1	150	8	3.5	0.1	5	135	20	1	9	2	4%	0%	0%	6%
Finger Strawberry & Cheese Strudel	1	150	8	3.5	0.1	5	140	18	1	7	2	4%	4%	0%	6%

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Classic Sandwiches

Chunky Egg Salad	1	490	22	5	0.1	350	1010	53	3	3	20	25%	15%	8%	35%
Hearty Tuna Salad	1	580	31	4.5	0.2	55	1060	52	3	3	25	8%	10%	4%	30%
Classic B.L.T	1	450	20	4	0.1	25	940	52	3	3	15	6%	15%	4%	30%
Cranberry Chicken Salad	1	590	31	4.5	0.2	45	1250	56	3	7	22	10%	2%	4%	30%
Robin's Special	1	360	7	2	0	30	1290	54	3	4	21	3%	10%	2%	22%
Smoked Turkey	1	370	6	1	0	30	1440	56	3	4	22	2%	5%	2%	22%
Ham & Swiss	1	390	10	4.5	0.2	45	1530	52	3	2	26	2%	5%	10%	22%

Panini Sandwiches

Margherita Chicken	1	640	35	9	0.3	65	1450	55	3	6	28	20%	15%	6%	30%
Honey Ham & Swiss	1	450	13	4	0.1	40	1840	58	2	7	25	4%	20%	10%	30%
Tuscan Turkey Club	1	630	34	8	0.3	50	1600	57	3	5	24	8%	15%	10%	30%
Steak & Cheese	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%
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Breakfast Sandwiches

Egg & Cheese	1	310	14	7	0.2	170	850	29	1	6	15	10%	2%	15%	20%
Ham, Egg & Cheese	1	340	18	7	0.2	170	910	29	1	6	15	15%	2%	15%	20%
Bacon, Egg & Cheese	1	410	24	10	0.3	180	1140	30	1	6	17	10%	2%	30%	15%
Sausage, Egg & Cheese	1	510	32	13	0.3	185	1390	35	1	7	21	10%	2%	30%	20%
BBQ Steak, Egg & Cheese	1	370	17	8	0.4	165	990	32	1	8	21	10%	2%	15%	25%
RWA Chorizo Sausage, Egg & Cheese	1	510	34	11	0.3	215	1190	30	2	7	21	1%	3%	13%	17%

Breakfast Bagels

Egg & Cheese Bagel	1	460	14	4	0.1	165	1150	64	5	4	20	2%	7%	13%	25%
B.L.T Bagel	1	500	17	5	0.2	175	1280	64	5	4	23	2%	7%	13%	28%
Bacon & Egg Bagel	1	620	29	10	0.2	195	1420	63	4	3	27	0%	19%	13%	31%
Sausage, Egg & Cheese	1	500	21	4	0.1	25	970	61	5	3	16	2%	7%	6%	22%

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%
Multigrain	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	1	300	4	0.5	0	0	530	56	2	6	9	0%	4%	4%	20%

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Cream Cheese

Regular	18g	50	4.5	3	0.1	15	75	1	0	1	1	4%	0%	2%	0%
Light	18g	35	2.5	1.5	0.1	10	90	1	0	1	2	4%	0%	2%	0%
Herbs & Garlic	26g	70	7	4	0.2	20	120	2	0	2	2	6%	0%	2%	0%

All Day Wraps

Egg & Cheese	1	280	10	4	0.1	170	980	30	2	2	15	10%	0%	13%	20%
Egg, Cheese & Bacon	1	380	20	7	0.2	180	1270	31	2	2	17	10%	0%	28%	15%
Egg, Cheese & Ham	1	305	11	4	0.1	180	1245	31	2	2	20	10%	0%	13%	21%
Egg, Cheese & Sausage	1	480	28	10	0.2	185	1520	36	2	3	21	10%	0%	28%	20%

Others

10" Flour Tortilla	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 pc	130	8	1	0	0	250	17	1	0	1	2%	0%	0%	2%

Yogurt Parfait

Yogurt Cup	1 cup	360	7	2	0.2	0	180	58	4	37	18	0%	20%	20%	15%
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Salads

Garden Salad	270g	110	5	3	0.1	15	135	11	4	6	6	45%	60%	15%	8%
Chef Salad	298g	130	5	3	0.1	25	500	12	4	7	11	45%	60%	15%	8%

Salad Dressings

Thousand Island	18ml	45	3.5	0.5	0	5	220	4	0	3	0.1	0%	2%	0%	0%
French	18ml	70	7	1	0	0	130	2	0	2	0.1	0%	0%	0%	0%
Golden Italian	18ml	45	4.5	0.5	0	0	210	1	0	1	0.1	0%	0%	0%	0%
Rancher's Choice	18ml	80	9	1	0	5	150	1	0	1	0.1	0%	0%	0%	0%

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Soups

Chicken Noodle	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 & 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%
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Stew

Chunky Chicken and Vegetable	8 oz.	190	6	1.5	0	30	1140	20	3	1	12	20%	0%	4%	2%
Chunky Beef and Vegetable	8 oz.	200	4.5	1	0	25	990	25	7	2	16	8%	8%	2%	4%

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Hot Beverages

Robin's Coffee	10 oz.	0	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%	0%
Organic Coffee	10 oz.	0	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%	0%
Green Tea	10 oz.	0	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 Beverages

Iced Coffee (with Reg. Cream & 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.	150	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%	
Cafe 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	2	4%	8%	10%	6%	

	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)
Peach Crystal	12 oz.	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Iced Tea Crystal	12 oz.	120	0	0	0	0	0	30	0	30	0	0%	0%	0%	0%
Grape Crystal	12 oz.	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Straberry 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 - Single Portion

Cream (18%)	10ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
Milk (2%)	10ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
White Sugar	4g	15	0	0	0	0	0	4	0	4	0	0%	0%	0%	0%

Serving Size
Calories (kcal/s)
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)

Snacks

Rice Pudding	1	340	1.5	1	0.1	5	30	72	2	20	7	2%	1%	8%	4%
Jello Cup	1	230	8	7	0.1	0	210	39	0	38	4	0%	0%	1%	0%
Homemade Yogurt Parfait Cup	1	260	3.5	1	0.1	0	115	40	3	29	17	0%	40%	20%	8%
Veggie Cup with Ranch Dressing	1	190	11	1.5	0	5	330	18	5	9	4	67%	177%	6%	7%
Veggie Cup with Hummus	1	120	6	0.1	0	0	250	16	6	6	3	78%	12%	6%	4%
Fruit Salad	1	130	1	0.1	0	0	10	31	6	23	3	11%	198%	6%	4%

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

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 practitioner for questions regarding your diet.

Robins Food Allergen Chart

LEGEND	
0	Allergen not present in the food product
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Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Donuts												
Lemon fill donut	0	0	3	3	3	3	2	1	0	0	1	3
Venetian fill donut	0	0	3	3	3	3	2	1	0	0	1	3
Blueberry fill donut	0	0	3	3	3	3	2	1	0	0	1	3
Strawberry fill donut	0	0	3	3	3	3	3	1	0	0	1	3
Fudgebuster	0	0	3	3	3	3	3	1	0	0	1	3
Ghostbuster	0	0	3	3	3	3	2	0	0	0	1	3
Honey Glaze	0	2	3	3	3	3	3	0	0	0	0	3
Chocolate Dip	0	0	3	3	3	3	3	0	0	0	1	3
Vanilla Dip	0	0	3	3	3	3	2	1	0	0	1	3
Maple Dip	0	0	3	3	3	3	3	1	0	0	1	3
White Coconut cake donut	0	2	3	3	3	3	3	0	0	0	1	3
Toasted Coconut cake donut	0	2	3	3	3	3	3	0	0	0	1	3
Old Fashioned Plain cake donut	0	0	3	3	3	3	0	0	0	0	0	3
Honey Dew	0	0	3	3	3	3	2	1	0	0	1	3
Double Chocolate cake	0	3	3	3	3	3	3	0	0	0	0	3
Chocolate Glaze cake	0	2	3	3	3	3	3	0	0	0	0	3
Coconut White cake	0	0	3	3	3	3	2	1	0	0	1	3
Toasted -Chocolate cake	0	0	3	3	3	3	2	1	0	0	1	3
plain cruller	0	0	3	3	3	3	0	0	0	0	0	3
Apple Fritter	0	0	3	3	3	3	3	0	0	0	0	3
Blueberry Fritter	0	0	3	3	3	3	2	1	0	0	0	3
Cinnamon Bun	0	0	3	3	3	3	3	1	0	0	1	3
Bismark	0	3	3	3	3	3	3	0	0	0	0	3
French Cruller	0	2	3	3	3	3	3	0	0	0	0	3
Glazed White Cake eggs	0	2	3	3	3	3	3	0	0	0	0	3
Chocolate Glazed eggs	0	2	3	3	3	3	3	0	0	0	0	3
Sprinkle Eggs	0	0	3	3	3	3	2	0	0	0	0	3
Lemon Cranberry Muffin	0	2	3	3	3	2	2	0	0	0	1	3
Apple & Spice Muffin	0	2	3	3	3	2	3	0	0	0	1	3
Raspberry Yogurt Muffin	0	2	3	3	3	3	2	0	0	0	1	3
Other Bake Goods												
White Chocolate Macadamia Cookie	1	3	3	3	3	3	1	0	0	0	0	3
Cranberry Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Blueberry Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Cheese Tea Biscuit	1	0	3	3	3	3	2	1	1	0	1	3
Plain Tea Biscuit	0	0	3	3	3	3	2	0	0	0	0	3
Raisin Tea Biscuit	1	1	3	3	3	3	2	1	0	0	1	3
Cranberry Oatmeal Bar	0	0	3	3	3	3	3	0	0	0	0	3
Raisin Oatmeal Bar	1	1	3	3	3	3	3	1	0	0	1	3
Apple Strudel	0	2	2	2	3	3	2	0	0	0	0	3
Raspberry Strudel	0	2	2	2	3	3	2	0	0	0	0	3
Croissant Plain	0	1	3	2	3	3	0	0	0	0	1	3
Strawberry Cream Cheese Danish	0	2	3	3	3	3	3	0	0	0	0	3
Maple Pecan Danish	0	3	3	3	3	3	3	0	0	0	2	3
Cinnamon Bun	0	2	3	3	3	3	3	0	0	0	1	3
Rice Krispy Square	0	0	2	3	0	3	2	0	0	0	2	0
Nanaimo Bar	2	2	3	2	3	3	3	0	0	0	0	0
Raisin Tarts	0	2	3	3	3	3	0	0	0	0	0	3
Pecan Tarts	0	3	3	3	3	3	0	0	0	0	0	3
Sandwiches												
Chunky Egg Salad Sandwich	0	2	2	3	3	3	2	3	2	0	2	3
Cranberry Chicken Salad Sandwich	0	2	3	3	3	3	2	3	2	0	3	3
Hearty Tuna Salad Sandwich	0	2	2	3	3	3	2	3	3	0	2	3
Classic BLT Sandwich	0	2	2	3	3	3	3	3	2	0	2	3
Smoked Turkey Sandwich	0	2	2	2	3	3	3	0	0	0	2	3
Smoked Ham & Cheddar Sandwich	1	2	3	2	3	3	3	1	1	0	2	3
Margherita Chicken Sandwich	1	2	3	3	3	3	2	3	2	0	3	3
Honey Ham & Swiss Sandwich	0	2	3	2	3	3	3	3	1	0	2	3
Tuscan Turkey Club Sandwich	0	2	2	2	3	3	3	0	0	0	2	3
Steak and Cheese Sandwich	1	2	3	2	3	3	3	3	1	0	2	3
Garden Vegetable Sandwich	0	2	2	2	3	3	2	0	0	0	2	3
Roast Beef Sandwich	0	2	2	2	3	3	3	0	0	0	2	3
Breakfast												
Egg & Cheese Brekwich	1	2	3	3	3	3	2	1	1	1	2	3

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Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
Bacon, Egg & Cheese Brekwich	1	2	3	3	3	3	3	1	1	1	2	3
Sausage, Egg & Cheese Brekwich	1	2	3	3	3	3	2	1	1	1	2	3
BBQ Steak, Egg & Cheese Brekwich	1	2	3	3	3	3	3	3	1	1	2	3
Egg & Cheese Bagel	1	2	3	3	3	2	2	1	1	1	2	3
Bacon, Egg & Cheese Bagel	1	2	3	3	3	2	3	1	1	1	3	3
Sausage, Egg & Cheese Bagel	1	2	3	3	3	3	2	1	1	0	3	3
BLT Bagel	0	2	2	2	3	2	3	0	0	0	3	3
Plain Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Sesame Seed Bagel	0	2	2	2	3	2	2	0	0	0	3	3
Whole Wheat Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Cinnamon Raisin Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Multigrain Bagel	0	2	2	2	3	2	2	0	0	0	2	3
Everything Bagel	0	2	2	2	3	2	2	0	0	0	3	3
Cheese Bagel	0	2	3	2	3	2	2	0	0	0	2	3
Deli Cream Cheese	1	0	3	1	1	1	1	1	1	0	1	1
Light Cream Cheese	1	0	3	1	1	1	1	1	1	0	1	1
Cream Cheese Herb & Garlic	1	0	3	1	1	1	1	1	1	0	1	1
Peanut Butter	3	0	1	1	1	1	1	1	1	0	1	1
Strawberry Jam	2	2	2	2	2	2	2	2	2	2	2	2
Orange Marmalade	1	0	1	1	1	1	1	1	1	0	1	1
Hash Brown	0	0	0	0	1	0	0	0	0	0	0	1
Grab And Go												
Rice Pudding	1	1	3	2	2	1	2	1	1	1	1	2
Jello Cup	0	0	3	0	0	1	0	0	0	0	0	0
Homemade Yogurt Parfait Cup	0	1	3	3	3	3	3	0	0	0	0	3
Veggie Cup with Ranch Dressing	0	0	3	3	0	3	0	0	0	0	0	0
Veggie Cup with Hummus	0	0	0	0	0	0	0	0	0	0	3	0
Fruit Salad	0	0	0	0	0	0	0	0	0	0	0	0
Chili And Soups												
Cream of Potato	1	1	3	3	3	3	0	0	1	1	0	3
Country Vegetable	1	1	3	3	3	3	0	0	1	1	0	3
Cream of Mushroom	1	1	3	3	3	3	0	0	1	1	0	3
Creamy Garden Broccoli	1	1	3	3	3	3	0	0	1	1	0	3
Split Pea with Ham	1	1	3	3	3	3	0	0	1	1	0	3
Italian Wedding	1	1	3	3	3	3	0	0	1	1	0	3
Creole Chicken Gumbo	1	1	3	3	3	3	0	0	1	1	0	3
Chicken Noodle	1	1	3	3	3	3	0	0	1	1	0	3
Chicken with Wild Rice	1	1	3	3	3	3	0	0	1	1	0	3
Hearty Beef Vegetable with Barley	1	1	3	3	3	3	0	0	1	1	0	3
Tomato Bisque	1	1	3	3	3	3	0	0	1	1	0	3
Klondike Chili	1	1	3	3	3	3	0	0	1	1	0	3
Beverages												
Coffee	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0	0
Coffee Time Tea	0	0	1	0	0	1	0	0	0	0	0	0
Hot Chocolate	0	0	3	2	2	2	2	0	0	0	2	2
Vanilla Cappuccino	0	0	3	2	2	2	2	0	0	0	2	2
Peppermint Mocha Cappuccino	0	0	3	2	2	3	2	0	0	0	2	2
Café Mocha	0	0	3	2	2	2	2	0	0	0	2	2
Iced Coffee (with Regular Cream and Syrup)	1	3	3	2	0	1	2	1	1	1	1	1
Iced Cappuccino	0	0	3	0	2	2	2	0	0	0	0	2
Strawberry Banana Smoothie	0	2	0	0	0	2	0	0	0	0	0	0
Mango Smoothie	0	2	0	0	0	2	0	0	0	0	0	0
Coffee Chilla	1	1	3	2	2	2	2	1	1	1	1	2
Café Mocha Chilla	1	1	3	2	2	2	2	1	1	1	2	2
Hazelnut Coffee Chilla	1	3	3	2	2	2	2	1	1	1	1	2
Vanilla Chilla	1	1	3	2	2	2	2	1	1	1	1	2