



## 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.*



# Donuts

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

## WHITE CAKE DONUTS

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



# Donuts

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)

## SOUR CREAM CAKE DONUT

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

## CHOCOLATE CAKE DONUTS

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

## ROBIN'S EGGS

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



# Muffins

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)

## 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%

## YOGURT

Raspberry Yogurt	1	400	18	2.5	0	95	500	54	1	31	6	2%	2%	6%	1500%
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# Baked Goods

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)

## BISCUITS

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

## COOKIE

Cranberry White Chocolate	1	360	14	9	0.4	45	180	52	1	33	4	0%	0%	3%	11%
Oatmeal Cinnamon Raisin	1	330	11	7	0.4	45	230	55	2	31	4	0%	0%	2%	15%
Peanut Butter & Chocolate	1	380	19	8	0.3	35	260	48	2	28	7	0%	0%	2%	15%
Chunky Chocolate	1	380	18	11	0.4	45	230	53	2	32	4	0%	0%	2%	20%

## CAKE

Carrot Cake	1pc	700	36	7	0.1	55	360	92	4	64	6	50%	2%	8%	15%
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## OATMEAL BARS

Raisin	1pc	490	14	4	0.4	0	260	78	4	32	8	0%	2%	18%	30%
Cranberry	1pc	440	14	4	0.4	0	260	68	4	22	8	12%	12%	16%	30%
Chocolate Chip	1pc	520	21	8.6	0.5	0	297	77	4	38	8	0%	0%	14%	30%
Blueberry	1pc	450	17	4.8	0.4	0	290	67	4	28	8	0%	2%	14%	30%

## OTHER TREATS

Maple Pecan Danish	1pc	330	21	7	0	20	220	35	1	11	4	0%	10%	2%	2%
Cinnamon Bun	1pc	400	15	3	0	30	320	58	3	14	9	2%	20%	6%	25%
Apple Strudel	1pc	410	22	9	0.1	0	300	49	2	20	4	0%	2%	2%	10%
Raspberry Strudel	1pc	450	25	10	0.1	0	330	51	2	17	5	0%	4%	2%	10%
Cheese Danish	1pc	340	16	7	0.1	45	400	42	1	17	6	4%	10%	2%	10%
Strawberry Cream Cheese Danish	1pc	300	12	5	0.1	45	230	42	1	18	6	2%	15%	2%	10%



# Sandwiches

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)

## SANDWICHES

Chunky Egg Salad	1	630	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 BLT Sandwich	1	450	20	4	0.1	25	940	52	3	3	15	6%	15%	4%	30%
Robin's Special	1	570	28	6	0.2	26	1710	54	3	4	26	3%	10%	3%	25%
BBQ Chicken N'Bacon	1	530	17	6	0.2	70	1720	59	3	8	37	5%	15%	10%	22%
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%
Philly Steak & Cheese	1	640	14	5	0.4	10	1890	93	5	15	35	6%	20%	8%	36%



# Breakfast Items

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)

## BREAKFAST SANDWICHES

Egg & Cheese Brekwich	1	310	14	7	0.2	170	850	29	1	6	15	10%	2%	15%	20%
Western Brekwich	1	370													
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	185	990	32	1	8	21	10%	2%	15%	25%

## BREAKFAST BAGELS

Egg & Cheese Bagel	1	460	14	4	0.1	165	1150	64	5	4	20	2%	7%	13%	25%
BLT Bagel	1	500	21	4	0.1	25	970	61	5	3	16	2%	7%	6%	22%
Bacon & Egg Bagel	1														
Sausage, Egg & Cheese	1	620	29	10	0.2	195	1420	63	4	3	27	0%	19%	13%	31%
The Ultimate	1	760	41	14	0.3	395	1390	61	4	4	37	0%	0%	17%	33%

## 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%
Multi-grain	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%
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%

## CREAM CHEESE

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



# Breakfast Items

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)

## HOT BREAKFAST

Simple Breakfast	1	610	22	3.5	0.1	340	480	80	2	5	22	20%	0%	10%	35%
Big Breakfast	1	1280	77	25	0.3	460	1940	83	2	8	46	20%	0%	10%	45%
Classic Breakfast W/ Bacon	1	950	47	13	0.2	395	1210	80	2	5	31	20%	0%	10%	40%
Classic Breakfast W/ Sausage	1	1030	57	13	0.2	390	1180	74	2	5	32	25%	0%	10%	40%

## BREAKFAST SANDWICHES

Fried Egg Sandwich	1	450	21	5	0.1	510	500	46	2	5	23	0%	0%	10%	25%
Bacon & Egg Sandwich	1	640	38	11	0.1	545	990	46	2	5	29	0%	0%	10%	28%
Western Sandwich	1	480	21	5	0.1	345	660	49	2	6	22	25%	20%	10%	30%
Classic B.L.T	1	560	44	12	0.1	65	1190	48	3	6	17	10%	15%	6%	25%

## OMELETTES

Plain Omelette	1	720	34	6	0.3	510	580	75	2	5	27	30%	0%	15%	40%
Cheese Omelette	1	950	55	19	1	570	990	75	2	5	40	45%	0%	50%	40%
Classic Western	1	740	35	6	0.3	515	720	77	2	6	29	30%	20%	15%	40%
Veggie Lovers	1	760	35	6	0.3	510	590	83	4	9	28	40%	80%	15%	45%

## OTHERS

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	0%	2%	0%	2%

## YOGURT PARFAIT

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

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%



# Salads

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)

## SALADS

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

## SALAD DRESSINGS

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



# Chili & Soups

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)

## SOUP

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



# Beverages

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)

## HOT

Robin's Coffee	10 oz.	5	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Decaf Coffee	10 oz.	5	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Organic Coffee	10 oz.	5	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Robin's Tea	10 oz.	5	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Green Tea	10 oz.	5	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
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%	

## COLD

Raspberry Blackcurrant Iced tea	12 oz.	5	0	0	0	0	0	0	0	9	0	0%	0%	0%	0%
Cold Brew (Black)	12 oz.	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Iced Coffee (with Regular Cream & Syrup)	12 oz.	70	2.5	1.5	0.1	10	20	12	0	12	1	2%	0%	2%	0%
Iced Cappuccino	12 oz.	410	10	2.5	4.5	0	370	81	0	41	1	0%	0%	0%	6%
S'Mores Mocha Chilla	12 oz.	560	11	9	0.2	10	85	63	0	55	2	0%	0%	4%	22%
Café Mocha Chilla	12 oz.	340	4.5	3	0.1	10	290	57	1	37	2	4%	0%	10%	4%
Salted Caramel Chilla	12 oz.	360	9	8	0.2	10	55	50	0	46	2	0%	0%	4%	14%
Peach Crystal Drink	12 oz.	150	0	0	0	0	0	37	0	37	0	0%	180%	0%	0%
Iced Tea Crystal Drink	12 oz.	120	0	0	0	0	0	30	0	30	0	0%	0%	0%	0%
Strawberry Banana Smoothie	12 oz.	200	0	0	0	0	0	34	0	31	0	0%	0%	0%	0%
Mango Smoothie	12 oz.	210	0	0	0	0	0	36	0	35	0	0%	0%	0%	0%



# Beverages

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)

## CREAM, MILK & SUGAR

<b>Cream (18%) Single Portion</b>	10 ml	20	2	1	0	5	10	0	0	0	0.2	2%	0%	0%	0%
<b>Milk (2%) Single Portion</b>	10 ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0%	0%	0%	0%
<b>White Sugar Single Portion</b>	4 g	15	0	0	0	0	0	4	0	4	0	0%	0%	0%	0%

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 care practitioner for questions regarding your diet.

## Robins Food Allergen Chart

### LEGEND

0	Allergen not present in the food product
1	Allergen present in the production factory
2	Allergen used on the same product line
3	Allergen present in the food product

Menu Items	Peanut	Nuts	Milk	Egg	Wheat	Soy	Sulphites	Mustard	Fish	Shellfish	Sesame	Gluten
<b>Donuts</b>												
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
<b>Other Bake Goods</b>												
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
<b>Sandwiches</b>												
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
<b>Breakfast</b>												
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
<b>Grab And Go</b>												
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
<b>Chili And Soups</b>												
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
<b>Beverages</b>												
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