| | | Nutritional Information | | | | | | | | | | | | | | | Allergens | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Serving Size (oz) | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Peanuts | Tree Nuts | Milk | Eggs | Fish / Shellfish | Soy | Wheat | Sulphites | Mustard |
| **HOT BEVERAGES** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Traditional Coffee | Small | 10 | **0** | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Medium | 16 | **0** | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Large | 20 | **0** | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Extra Large | 24 | **0** | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| Dark Roast Coffee | Small | 10 | **0** | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Medium | 16 | **0** | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Large | 20 | **0** | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Extra Large | 24 | **0** | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| Decaf Coffee | Small | 10 | **0** | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Medium | 16 | **0** | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Large | 20 | **0** | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Extra Large | 24 | **0** | 0 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| Orange Pekoe Tea | Small | 10 | **0** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Medium | 16 | **0** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Large | 20 | **0** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| | Extra Large | 24 | **0** | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | | | | | | | | | |
| Hot Chocolate | Small | 10 | **110** | 2 | 0.5 | 0 | 0 | 190 | 24 | 1 | 21 | 1 | 0 | 0 | 10 | 2 | | | ✔ | | | | | | |
| | Medium | 16 | **170** | 3 | 1 | 0 | 0 | 280 | 36 | 1 | 32 | 1 | 0 | 0 | 15 | 2 | | | ✔ | | | | | | |
| | Large | 20 | **230** | 4 | 1.5 | 0 | 0 | 380 | 48 | 2 | 43 | 1 | 0 | 0 | 20 | 4 | | | ✔ | | | | | | |
| | Extra Large | 24 | **290** | 5 | 2 | 0 | 0 | 470 | 60 | 2 | 53 | 2 | 0 | 0 | 25 | 4 | | | ✔ | | | | | | |
| French Vanilla Frothy Coffee | Small | 10 | **110** | 3.5 | 3.5 | 0 | 0 | 5 | 20 | 0 | 14 | 1 | 0 | 0 | 2 | 0 | | | ✔ | | | ✔ | | | |
| | Medium | 16 | **170** | 5 | 5 | 0 | 0 | 5 | 30 | 0 | 21 | 1 | 0 | 0 | 4 | 0 | | | ✔ | | | ✔ | | | |
| | Large | 20 | **220** | 7 | 7 | 0 | 0 | 5 | 40 | 0 | 28 | 2 | 0 | 0 | 4 | 0 | | | ✔ | | | ✔ | | | |
| | Extra Large | 24 | **280** | 9 | 9 | 0 | 0 | 5 | 51 | 0 | 35 | 2 | 0 | 0 | 6 | 0 | | | ✔ | | | ✔ | | | |
| **COLD BEVERAGES** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lemonade | Small | 12 | **110** | 0 | 0 | 0 | 0 | 15 | 27 | 0 | 27 | 0 | 0 | 140 | 2 | 0 | | | | | | | | | |
| | Medium / Regular | 16 | **150** | 0 | 0 | 0 | 0 | 20 | 36 | 0 | 36 | 0 | 0 | 180 | 4 | 0 | | | | | | | | | |
| | Large | 20 | **180** | 0 | 0 | 0 | 0 | 25 | 45 | 0 | 44 | 0 | 0 | 230 | 4 | 0 | | | | | | | | | |
| Iced Tea | Small | 12 | **110** | 0 | 0 | 0 | 0 | 5 | 27 | 0 | 27 | 0 | 0 | 0 | 4 | 0 | | | | | | | | | |
| | Medium / Regular | 16 | **150** | 0 | 0 | 0 | 0 | 10 | 36 | 0 | 36 | 0 | 0 | 0 | 4 | 0 | 0 | | | | | | | | |
| | Large | 20 | **180** | 0 | 0 | 0 | 0 | 10 | 45 | 0 | 45 | 0 | 0 | 0 | 6 | 0 | 2 | | | | | | | | |
| Iced Coffee | Small | 12 | **110** | 4.5 | 4 | 0 | 0 | 100 | 18 | 0 | 14 | 0.4 | 0 | 0 | 6 | 0 | | | ✔ | | | | | | |
| | Medium / Regular | 16 | **150** | 6 | 6 | 0.1 | 0 | 135 | 24 | 0 | 19 | 1 | 0 | 0 | 6 | 0 | | | ✔ | | | | | | |
| | Large | 20 | **180** | 7 | 7 | 0.1 | 0 | 170 | 30 | 0 | 24 | 1 | 0 | 0 | 8 | 2 | | | ✔ | | | | | | |
| Iced Cappuccino | Small | 12 | **180** | 2 | 0 | 0 | 0 | 150 | 26 | 0 | 17 | 0.4 | 0 | 0 | 8 | 2 | | | ✔ | | | | | | |
| | Medium / Regular | 16 | **240** | 3 | 0 | 0 | 0 | 230 | 38 | 0 | 26 | 1 | 0 | 0 | 10 | 2 | | | ✔ | | | | | | |
| | Large | 20 | **300** | 4 | 0 | 0 | 0 | 300 | 51 | 0 | 35 | 1 | 0 | 0 | 15 | 4 | | | ✔ | | | | | | |
| Mocha Iced Cappuccino | Small | 12 | **240** | 2.5 | 0 | 0 | 0 | 155 | 32 | 0 | 22 | 0.4 | 0 | 0 | 8 | 2 | | | ✔ | | | | | | |
| | Medium / Regular | 16 | **320** | 3.5 | 0 | 0 | 0 | 240 | 50 | 0 | 36 | 1 | 0 | 0 | 10 | 2 | | | ✔ | | | | | | |
| | Large | 20 | **380** | 5 | 0 | 0 | 0 | 310 | 67 | 0 | 50 | 1 | 0 | 0 | 15 | 4 | | | ✔ | | | | | | |
| Mango Smoothie | Small | 12 | **250** | 0 | 0 | 0 | 0 | 10 | 63 | 0 | 59 | 0 | 52 | 35 | 0 | 0 | | | | | | | | | |
| | Medium / Regular | 16 | **320** | 0 | 0 | 0 | 0 | 10 | 81 | 0 | 76 | 0 | 70 | 45 | 0 | 0 | | | | | | | | | |
| | Large | 20 | **390** | 0 | 0 | 0 | 0 | 15 | 98 | 0 | 92 | 0 | 80 | 60 | 0 | 0 | | | | | | | | | |
| Strawberry Smoothie | Small | 12 | **270** | 0 | 0 | 0 | 0 | 0 | 70 | 0 | 68 | 0 | 0 | 15 | 4 | 0 | | | | | | | | | |
| | Medium / Regular | 16 | **350** | 0 | 0 | 0 | 0 | 0 | 90 | 0 | 87 | 0 | 0 | 20 | 4 | 0 | | | | | | | | | |
| | Large | 20 | **420** | 0 | 0 | 0 | 0 | 0 | 109 | 0 | 106 | 0 | 0 | 20 | 6 | 0 | | | | | | | | | |
| Strawberry Banana Smoothie | Small | 12 | **250** | 0 | 0 | 0 | 0 | 0 | 63 | 0 | 61 | 0 | 0 | 35 | 4 | 4 | | | | | | | | | |
| | Medium / Regular | 16 | **320** | 0 | 0 | 0 | 0 | 0 | 81 | 0 | 78 | 0 | 0 | 45 | 4 | 4 | | | | | | | | | |
| | Large | 20 | **390** | 0 | 0 | 0 | 0 | 0 | 98 | 0 | 94 | 0 | 0 | 60 | 6 | 6 | | | | | | | | | |
| **DOUGHNUTS** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yeast Donuts | Glazed | 57 | **210** | 10 | 4 | 0.3 | 0 | 280 | 26 | 1 | 7 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Chocolate Raised | 64 | **230** | 10 | 4.5 | 0.3 | 0 | 280 | 33 | 1 | 13 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Vanilla Raised | 64 | **230** | 10 | 4 | 0.3 | 0 | 280 | 33 | 1 | 13 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Maple Raised | 64 | **230** | 10 | 4 | 0.3 | 0 | 280 | 33 | 1 | 13 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Sprinkled | 64 | **240** | 11 | 5 | 0.3 | 0 | 290 | 33 | 1 | 13 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Cherry Filled | 85 | **290** | 11 | 5 | 0.4 | 5 | 330 | 43 | 1 | 21 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Lemon Filled | 85 | **290** | 11 | 5 | 0.4 | 5 | 350 | 42 | 1 | 19 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Strawberry Filled | 85 | **290** | 11 | 5 | 0.4 | 5 | 330 | 42 | 1 | 19 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Banana Filled | 85 | **290** | 11 | 5 | 0.5 | 5 | 330 | 41 | 1 | 18 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Boston Crème | 85 | **280** | 11 | 5 | 0.4 | 5 | 340 | 40 | 1 | 15 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Apple & Spice | 85 | **290** | 12 | 5 | 0.5 | 5 | 360 | 41 | 1 | 17 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Dutchie | 74 | **260** | 11 | 5 | 0.4 | 5 | 320 | 37 | 1 | 11 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Fritter | 89 | **300** | 12 | 5 | 0.5 | 5 | 350 | 42 | 1 | 19 | 5 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Cinnamon Ring | 106 | **370** | 17 | 7 | 0.5 | 5 | 490 | 52 | 5 | 9 | 8 | 0 | 6 | 20 | 50 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Sugar Twist | 67 | **260** | 12 | 3.5 | 0.4 | 0 | 290 | 32 | 1 | 8 | 5 | 0 | 0 | 0 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Éclair | 120 | **420** | 22 | 13 | 0.5 | 5 | 450 | 49 | 1 | 14 | 6 | 0 | 0 | 2 | 15 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Cream Delight | 85 | **290** | 18 | 11 | 0.5 | 5 | 320 | 28 | 1 | 2 | 5 | 0 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Cinnamon Twist | 106 | **370** | 17 | 7 | 0.5 | 5 | 490 | 52 | 5 | 9 | 8 | 0 | 6 | 20 | 50 | | | | ✔ | | ✔ | ✔ | ✔ | |
| Crullers | French | 63 | **160** | 11 | 5 | 0.2 | 40 | 100 | 15 | 0 | 5 | 1 | 0 | 0 | 0 | 0 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Plain | 64 | **250** | 13 | 6 | 0.1 | 10 | 300 | 30 | 1 | 14 | 3 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Walnut Cruller | 79 | **340** | 21 | 7 | 0.1 | 10 | 300 | 32 | 1 | 14 | 7 | 0 | 0 | 2 | 15 | | ✔ | | ✔ | | ✔ | ✔ | ✔ | |
| | Chocolate Walnut Cruller | 79 | **330** | 20 | 6 | 0.1 | 10 | 310 | 33 | 2 | 14 | 7 | 0 | 0 | 4 | 15 | | ✔ | | ✔ | | ✔ | ✔ | ✔ | |
| | Orange | 79 | **340** | 18 | 9 | 0.1 | 15 | 380 | 39 | 1 | 17 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Sour Cream | 64 | **310** | 19 | 9 | 0.2 | 10 | 250 | 31 | 1 | 15 | 3 | 0 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Plain Sour Cream | 57 | **290** | 19 | 9 | 0.2 | 10 | 250 | 25 | 1 | 10 | 3 | 0 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| White Cake | Glazed | 57 | **220** | 11 | 5 | 0.1 | 5 | 270 | 27 | 1 | 13 | 3 | 0 | 0 | 2 | 8 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | White Iced | 64 | **250** | 11 | 5 | 0.1 | 5 | 270 | 34 | 1 | 19 | 3 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Sprinkled | 64 | **250** | 12 | 6 | 0.1 | 5 | 270 | 33 | 1 | 18 | 3 | 0 | 0 | 2 | 8 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Toasted Coconut | 64 | **260** | 15 | 8 | 0.2 | 5 | 270 | 30 | 1 | 14 | 3 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Coconut | 64 | **270** | 16 | 9 | 0.1 | 5 | 270 | 28 | 2 | 14 | 4 | 0 | 0 | 2 | 10 | | | | ✔ | | ✔ | ✔ | ✔ | |
| | Plain | 57 | **200** | 11 | 5 | 0.1 | 5 | 260 | 21 | 1 | 8 | 3 | 0 | 0 | 2 | 8 | | | | ✔ | | ✔ | ✔ | ✔ | |
| Chocolate Cake | Glazed | 57 | **220** | 10 | 5 | 0.1 | 5 | 270 | 28 | 1 | 13 | 3 | 0 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Chocolate Iced | 64 | **250** | 10 | 5 | 0.1 | 5 | 270 | 35 | 1 | 18 | 3 | 0 | 0 | 2 | 15 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | White Iced | 64 | **250** | 10 | 5 | 0.1 | 5 | 270 | 35 | 1 | 19 | 3 | 0 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Sprinkled | 64 | **250** | 11 | 6 | 0.1 | 5 | 270 | 35 | 1 | 18 | 3 | 0 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Toasted Coconut | 64 | **260** | 14 | 8 | 0.1 | 5 | 270 | 31 | 1 | 14 | 4 | 0 | 0 | 2 | 15 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Coconut | 64 | **270** | 15 | 9 | 0.1 | 5 | 270 | 30 | 2 | 14 | 4 | 0 | 0 | 2 | 15 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| **BAKED GOODS** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Muffins | Morning Glory | 130 | **390** | 16 | 1.5 | 0 | 40 | 290 | 60 | 4 | 34 | 7 | 20 | 2 | 2 | 10 | | | | ✔ | | | ✔ | | |
| | Apple Oatmeal | 130 | **460** | 18 | 1.5 | 0 | 0 | 310 | 68 | 4 | 33 | 8 | 0 | 0 | 2 | 20 | | | | ✔ | | | ✔ | | |
| | Chocolate Chip | 130 | **400** | 18 | 4 | 0 | 0 | 570 | 69 | 1 | 38 | 7 | 0 | 0 | 6 | 15 | | | | ✔ | | | ✔ | | |
| | Lemon Cranberry | 130 | **390** | 16 | 1.5 | 0 | 0 | 430 | 56 | 1 | 25 | 7 | 0 | 6 | 6 | 10 | | | | ✔ | | | ✔ | | |
| | Carrot | 130 | **400** | 17 | 1.5 | 0 | 40 | 300 | 59 | 3 | 30 | 7 | 20 | 2 | 6 | 15 | | | | ✔ | | | ✔ | | |
| | Fruit & Fibre | 130 | **330** | 8 | 0.5 | 0 | 0 | 290 | 59 | 8 | 30 | 7 | 0 | 2 | 2 | 20 | | | | ✔ | | | ✔ | | |
| | Blueberry | 130 | **390** | 16 | 1.5 | 0 | 0 | 560 | 59 | 1 | 27 | 7 | 0 | 0 | 6 | 10 | | | | ✔ | | | ✔ | | |
| | Banana Nut | 130 | **440** | 18 | 2 | 0 | 45 | 340 | 65 | 1 | 36 | 7 | 2 | 2 | 2 | 15 | | ✔ | | ✔ | | | ✔ | | |
| | Apple Cinnamon | 130 | **390** | 17 | 1.5 | 0 | 40 | 230 | 57 | 1 | 27 | 7 | 2 | 0 | 6 | 15 | | | | ✔ | | | ✔ | | |
| | Corn | 130 | **480** | 21 | 2 | 0 | 45 | 300 | 68 | 3 | 29 | 8 | 2 | 0 | 6 | 25 | | | | ✔ | | | ✔ | | |
| | Apple Oatmeal | 130 | **400** | 9 | 0.5 | 0 | 0 | 310 | 68 | 4 | 33 | 8 | 0 | 0 | 2 | 20 | | | | ✔ | | | ✔ | | |
| Cookies | White Chocolate Macadamia | 54 | **260** | 13 | 6 | 0 | 20 | 190 | 33 | 1 | 2 | 3 | 0 | 0 | 4 | 6 | | ✔ | ✔ | ✔ | | ✔ | ✔ | | |
| | Peanut Butter | 54 | **260** | 14 | 5 | 0 | 20 | 250 | 30 | 1 | 18 | 4 | 6 | 0 | 2 | 15 | ✔ | ✔ | ✔ | ✔ | | ✔ | ✔ | | |
| | Oatmeal Raisin | 54 | **240** | 10 | 6 | 0 | 15 | 200 | 34 | 2 | 19 | 3 | 6 | 0 | 2 | 8 | | | ✔ | ✔ | | | ✔ | | |
| | Chocolate Chunk | 54 | **250** | 12 | 6 | 0 | 15 | 200 | 34 | 1 | 21 | 3 | 8 | 0 | 2 | 10 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | Double Chocolate Chip | 54 | **260** | 12 | 7 | 0 | 20 | 210 | 34 | 1 | 23 | 3 | 8 | 0 | 2 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | |
| Croissants | Butter Croissant | 62 | **260** | 15 | 10 | 0.5 | 45 | 350 | 26 | 2 | 2 | 5 | 4 | 2 | 2 | 15 | | | ✔ | ✔ | | | ✔ | | |
| | Butter Cheese Croissant | 76 | **320** | 20 | 13 | 0..5 | 60 | 450 | 26 | 2 | 2 | 8 | 8 | 2 | 10 | 15 | | | ✔ | ✔ | | | ✔ | | |
| Tart | Pecan Butter Tart | 80 | **370** | 19 | 4 | 0 | 45 | 180 | 45 | 1 | 25 | 4 | 0 | 0 | 4 | 20 | | ✔ | ✔ | ✔ | | | ✔ | | |
| Baked Goods | Brownie | 78 | **390** | 23 | 8 | 0 | 55 | 120 | 42 | 3 | 31 | 5 | 10 | 0 | 2 | 15 | | ✔ | ✔ | ✔ | | | ✔ | | |
| | Fruit Danish | 98 | **280** | 13 | 4 | 4 | 15 | 250 | 37 | 1 | 13 | 5 | 0 | 4 | 2 | 8 | | | ✔ | ✔ | | | ✔ | | |
| **BREAKFAST** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bagel (on plain bagel) | bacon & egg | 163 | **460** | 20 | 10 | 0.3 | 195 | 900 | 50 | 2 | 3 | 20 | 20 | 0 | 15 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | western | 191 | **490** | 22 | 11 | 0.4 | 30 | 1150 | 50 | 2 | 4 | 22 | 20 | 6 | 25 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | ham, egg & swiss | 216 | **450** | 20 | 9 | 0.3 | 215 | 1300 | 50 | 2 | 3 | 25 | 15 | 2 | 15 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | sunriser | 163 | **330** | 18 | 9 | 0.3 | 190 | 670 | 28 | 2 | 4 | 15 | 25 | 10 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | BLT | 165 | **370** | 13 | 5 | 0.2 | 25 | 810 | 50 | 3 | 4 | 12 | 20 | 20 | 6 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | sausage & egg | 199 | **590** | 33 | 11 | 0.3 | 220 | 1140 | 49 | 2 | 3 | 23 | 15 | 0 | 20 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | peameal bacon & egg | 210 | **510** | 14 | 6 | 0.2 | 190 | 1430 | 68 | 2 | 4 | 27 | 10 | 0 | 20 | 35 | | | ✔ | ✔ | | ✔ | ✔ | | |
| English Muffin | bacon & egg | 137 | **340** | 19 | 0 | 0.3 | 195 | 610 | 27 | 1 | 3 | 15 | 20 | 0 | 15 | 10 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | western | 163 | **370** | 21 | 11 | 0.4 | 30 | 860 | 28 | 1 | 3 | 18 | 20 | 8 | 20 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | ham, egg & swiss | 188 | **360** | 18 | 9 | 0.3 | 215 | 1020 | 27 | 1 | 3 | 21 | 15 | 2 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | sunriser | 122 | **270** | 12 | 5 | 0.2 | 20 | 620 | 27 | 1 | 2 | 13 | 10 | 0 | 15 | 10 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | BLT | 137 | **250** | 12 | 5 | 0.2 | 25 | 520 | 28 | 2 | 4 | 8 | 20 | 20 | 4 | 10 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | sausage & egg | 171 | **470** | 32 | 11 | 0.3 | 220 | 860 | 27 | 1 | 3 | 18 | 15 | 0 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | peameal bacon & egg | 150 | **300** | 12 | 5 | 0.2 | 190 | 940 | 27 | 1 | 3 | 19 | 10 | 0 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | |
| Wraps | chipotle breakfast wrap | 302 | **530** | 27 | 9 | 0.4 | 45 | 1800 | 44 | 2 | 5 | 28 | 35 | 15 | 20 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | loaded breakfast wrap | 253 | **580** | 36 | 12 | 0.2 | 240 | 1320 | 41 | 2 | 2 | 23 | 25 | 8 | 15 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | |
| **LUNCH** | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ciabatta | classic club | 290 | **530** | 23 | 7 | 1 | 65 | 1810 | 51 | 4 | 2 | 31 | 40 | 10 | 10 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | chicken caesar | 245 | **480** | 16 | 6 | 0.1 | 65 | 1290 | 50 | 3 | 2 | 32 | 20 | 4 | 15 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | roast beef & cheddar | 271 | **440** | 16 | 5 | 1.5 | 45 | 1540 | 50 | 5 | 2 | 26 | 35 | 10 | 10 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | chipotle chicken | 241 | **500** | 21 | 6 | 0.1 | 40 | 1500 | 58 | 4 | 9 | 20 | 20 | 20 | 11 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | spicy buffalo chicken | 306 | **630** | 26 | 6 | 2 | 50 | 2260 | 72 | 5 | 2 | 29 | 35 | 10 | 15 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | ham & swiss | 250 | **370** | 10 | 4 | 0.1 | 30 | 1570 | 51 | 6 | 2 | 21 | 20 | 10 | 15 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | turkey & cheddar | 265 | **480** | 21 | 4 | 0.1 | 35 | 1720 | 51 | 4 | 2 | 23 | 30 | 10 | 15 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | egg salad | 242 | **380** | 12 | 2.5 | 0 | 290 | 820 | 50 | 4 | 1 | 19 | 35 | 10 | 4 | 30 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | tuna | 228 | **350** | 8 | 1 | 0 | 30 | 950 | 49 | 4 | 1 | 24 | 30 | 10 | 2 | 25 | | | ✔ | ✔ | ✔ | ✔ | ✔ | | ✔ |
| | peameal bacon | 265 | **440** | 16 | 2.5 | 0 | 65 | 2000 | 50 | 4 | 2 | 25 | 25 | 10 | 2 | 25 | | | | ✔ | | ✔ | ✔ | | ✔ |
| Sliced Bread | classic club | 276 | **510** | 24 | 7 | 1 | 65 | 1560 | 43 | 5 | 4 | 31 | 40 | 8 | 15 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | chicken caesar | 229 | **460** | 17 | 6 | 0.1 | 65 | 1040 | 43 | 5 | 3 | 32 | 20 | 35 | 15 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | roast beef & cheddar | 255 | **420** | 17 | 4.5 | 1.5 | 45 | 1290 | 43 | 6 | 3 | 26 | 35 | 8 | 15 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | chipotle chicken | 225 | **480** | 21 | 5 | 0.1 | 40 | 1250 | 51 | 5 | 11 | 21 | 20 | 20 | 15 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | spicy buffalo chicken | 290 | **610** | 27 | 6 | 2 | 50 | 2000 | 64 | 6 | 4 | 29 | 35 | 8 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | ham & swiss | 234 | **350** | 11 | 3.5 | 0.1 | 30 | 1320 | 44 | 7 | 3 | 21 | 20 | 8 | 20 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | turkey & cheddar | 219 | **460** | 22 | 4 | 0.1 | 35 | 1470 | 44 | 5 | 4 | 24 | 30 | 8 | 20 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | egg salad | 226 | **360** | 13 | 2 | 0 | 290 | 570 | 42 | 5 | 3 | 19 | 35 | 8 | 6 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | tuna | 212 | **330** | 8 | 0.5 | 0 | 30 | 690 | 42 | 5 | 3 | 24 | 30 | 8 | 2 | 15 | | | ✔ | ✔ | ✔ | ✔ | ✔ | | ✔ |
| | peameal bacon | 249 | **420** | 17 | 2 | 0 | 65 | 1750 | 43 | 5 | 3 | 25 | 25 | 8 | 4 | 20 | | | | ✔ | | ✔ | ✔ | | ✔ |
| Wraps | classic club | 275 | **510** | 26 | 7 | 1 | 65 | 1720 | 41 | 2 | 2 | 29 | 40 | 8 | 10 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | chicken caesar | 230 | **460** | 19 | 6 | 0.1 | 65 | 1190 | 41 | 2 | 2 | 30 | 20 | 35 | 15 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | roast beef & cheddar | 256 | **420** | 19 | 5 | 1.5 | 45 | 1440 | 40 | 3 | 2 | 24 | 35 | 8 | 10 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | chipotle chicken | 226 | **480** | 24 | 6 | 0.1 | 40 | 1410 | 48 | 2 | 9 | 18 | 20 | 20 | 10 | 20 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | spicy buffalo chicken | 291 | **610** | 29 | 6 | 2 | 50 | 2160 | 62 | 4 | 2 | 26 | 35 | 8 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | ham & swiss | 235 | **350** | 13 | 4 | 0.1 | 30 | 1480 | 41 | 4 | 2 | 18 | 20 | 8 | 15 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | turkey & cheddar | 250 | **460** | 24 | 4.5 | 0.1 | 35 | 1620 | 41 | 2 | 2 | 21 | 30 | 8 | 15 | 15 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | egg salad | 227 | **360** | 15 | 2.5 | 0 | 290 | 730 | 40 | 3 | 1 | 16 | 35 | 8 | 4 | 25 | | | ✔ | ✔ | | ✔ | ✔ | | ✔ |
| | tuna | 213 | **330** | 11 | 1 | 0 | 30 | 850 | 39 | 2 | 1 | 21 | 30 | 8 | 2 | 20 | | | ✔ | ✔ | ✔ | ✔ | ✔ | | ✔ |
| | peameal bacon | 250 | **420** | 19 | 2.5 | 0 | 65 | 1900 | 40 | 2 | 2 | 22 | 28 | 8 | 2 | 20 | | | | ✔ | | ✔ | ✔ | | ✔ |
| Soup & Chili | Beef Chili | 250 | **160** | 6 | 2 | 0.3 | 20 | 870 | 18 | 4 | 4 | 10 | 4 | 15 | 8 | 20 | | | | | | | | ✔ | |
| | Broccoli & Cheese | 250 | **170** | 10 | 6 | 0.2 | 25 | 870 | 16 | 1 | 0 | 1 | 10 | 30 | 10 | 20 | | | ✔ | | | ✔ | | | ✔ |
| | Butternut Squash Bisque | 250 | **180** | 5 | 2.5 | 0.1 | 5 | 780 | 16 | 2 | 0 | 3 | 90 | 20 | 8 | 4 | | | ✔ | | | ✔ | ✔ | ✔ | |
| | Chicken Noodle | 250 | **110** | 2.5 | 0.5 | 0 | 5 | 810 | 17 | 1 | 0 | 4 | 0 | 4 | 2 | 20 | | | ✔ | ✔ | | ✔ | ✔ | ✔ | |
| | Cream of Carrot | 250 | **140** | 5 | 2 | 1.5 | 10 | 940 | 20 | 2 | 10 | 3 | 0 | 8 | 8 | 2 | | | ✔ | | | ✔ | ✔ | ✔ | |
| | Cream of Cauliflower & Cheese | 250 | **160** | 8 | 5 | 0.1 | 25 | 840 | 17 | 1 | 0 | 4 | 15 | 30 | 10 | 2 | | | ✔ | | | ✔ | ✔ | ✔ | |
| | Cream of Mushroom | 250 | **150** | 9 | 5 | 0.1 | 20 | 890 | 14 | 1 | 0 | 3 | 4 | 2 | 8 | 4 | | | ✔ | | | ✔ | | | |
| | Cream of Potato & Leek | 250 | **180** | 9 | 0.5 | 0 | 20 | 880 | 22 | 1 | 0 | 4 | 6 | 6 | 8 | 4 | | | ✔ | | | ✔ | ✔ | ✔ | |
| | Creamy Tomato & Roasted Red Pepper | 250 | **120** | 2.5 | 1 | 0 | 10 | 860 | 20 | 2 | 0 | 4 | 25 | 70 | 10 | 6 | | | ✔ | | | ✔ | ✔ | | |
| | Garden Vegetable | 250 | **60** | 0.5 | 0.3 | 0 | 0 | 720 | 10 | 1 | 0 | 1 | 20 | 10 | 2 | 4 | | | | | | | | ✔ | |
| | Italian Style Wedding Soup | 250 | **140** | 3.5 | 1 | 0.1 | 5 | 980 | 21 | 1 | 0 | 4 | 6 | 4 | 0 | 8 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | Minestrone | 250 | **100** | 0.4 | 0.1 | 0 | 0 | 790 | 21 | 3 | 0 | 4 | 0 | 0 | 0 | 0 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | Red Thai Curry Chicken with Rice | 250 | **170** | 8 | 5 | 0.1 | 10 | 890 | 22 | 1 | 0 | 4 | 10 | 30 | 2 | 15 | | | ✔ | | | ✔ | ✔ | ✔ | |
| | Smoked Turkey with Wild Rice | 250 | **80** | 1 | 0.3 | 0 | 5 | 640 | 14 | 1 | 0 | 3 | 8 | 15 | 2 | 8 | | | ✔ | ✔ | | ✔ | ✔ | | |
| | Vegetable Beef & Barley | 250 | **90** | 1 | 0.5 | 0 | 5 | 790 | 18 | 3 | 0 | 3 | 0 | 8 | 2 | 6 | | | ✔ | | | ✔ | ✔ | ✔ | |

**The nutrition information listed here was generated with Genesis SQL and is based on standard recipes and formulations. Variation may occur due to, among other things, differences in products assembly and preparation at the restaurant level, differences in suppliers, ingredient substitution, recipe revision or season of the year. MTY Tiki Ming Enterprises Inc. and its employees do not assume any responsibility for any variation in the actual nutritional content of the products offered in its outlets and the nutritional information listed here.**