



## Breakfast Items

	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)
<b>Breakfast Sandwiches</b>															
Egg & Cheese Brekwich	1	350	20	9	0.3	165	960	30	1	6	14	10%	2%	30%	15%
Bacon, Egg & Cheese Brekwich	1	410	24	10	0.3	180	1140	30	1	6	17	10%	2%	30%	15%
Sausage, Egg & Cheese Brekwich	1	510	32	13	0.3	185	1390	35	1	7	21	10%	2%	30%	20%
<b>Bagels</b>															
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%
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%
Poppy Seed	1	360	2	0.2	0	0	630	65	3	3	11	0%	0%	6%	40%
<b>Cream Cheese</b>															
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%



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<b>White Yeast Donuts</b>															
Strawberry	1 Donut	250	9	4	0.3	0	370	38	1	11	4	0%	2%	2%	10%
Blueberry	1 Donut	250	9	4	0.3	0	370	38	1	12	4	0%	0%	2%	10%
Honey Dip	1 Donut	270	8	3.5	0.2	0	360	45	1	21	4	0%	0%	2%	15%
Chocolate Dip	1 Donut	250	8	3.5	0.2	0	360	39	1	13	4	0%	0%	2%	15%
<b>White Cake Donuts</b>															
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	210	6	2.5	0.1	20	330	35	1	15	4	0%	0%	2%	10%
<b>Sour Cream Cake Donut</b>															
Sour Cream Plain	1 Donut	230	8	3.5	0.1	20	350	35	2	15	4	0%	0%	2%	10%
Sour Cream Glazed	1 Donut	300	8	3.5	0.1	20	350	54	2	33	4	0%	0%	2%	10%
<b>Chocolate Cake Donuts</b>															
Chocolate Glaze	1 Donut	240	6	2.5	0	0	360	43	1	23	4	0%	0%	2%	15%
Double Chocolate	1 Donut	230	6	2.5	0	0	360	39	1	18	4	0%	0%	2%	15%
<b>Robin's Eggs</b>															
Cake Eggs--plain	2 Eggs	150	4.5	1.5	0	15	250	23	1	8	3	0%	0%	2%	8%
Cake Eggs--glazed	2 Eggs	180	4.5	1.5	0	15	250	32	1	17	3	0%	0%	2%	8%
Cake Eggs--sugared	2 Eggs	160	4.5	1.5	0	15	250	27	1	12	3	0%	0%	2%	8%



	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)
<b>Muffins</b>															
<b>Blueberry</b>	1 Muffin	490	23	2	0	40	360	68	2	33	6	2%	0%	6%	20%
<b>Chocolate Chip</b>	1 Muffin	510	24	3.5	0	40	330	69	2	35	6	2%	0%	6%	20%
<b>Raisin Bran</b>	1 Muffin	440	13	1.5	0	30	830	76	7	40	7	0%	0%	4%	15%
<b>Carrot</b>	1 Muffin	560	23	2	0	60	370	83	4	48	7	60%	4%	8%	25%
<b>Berry Extreme</b>	1 Muffin	280	13	1.5	0	25	135	38	1	18	3	0%	2%	4%	10%



	Serving Size (g)	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)
<b>Biscuits</b>															
Plain	1 Biscuit	390	20	3.5	0.4	0	990	44	1	6	7	10%	0%	4%	15%
Blueberry	1 Biscuit	390	20	3.5	0.4	0	990	46	1	7	7	10%	0%	4%	20%
Cheese	1 Biscuit	450	25	6	0.5	15	1090	44	1	6	11	15%	0%	15%	20%
<b>Oatmeal Bars</b>															
Raisin	57 g	244	7	2	0.2	0	130	39	2	16	4	0%	1%	9%	15%
Cranberry	57 g	220	7	2	0.2	0	130	34	2	11	4	6%	6%	8%	15%



	Serving Size (g)	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)
<b>Sandwiches</b>															
<b>Classic Club (Smoked Turkey Breast, Bacon, Tomato, Lettuce)</b>	1	340	9	2.5	0	30	1240	47	2	1	18	4%	8%	4%	2%
<b>Robin's Special Sandwich (Smoked Turkey Breast, Black Forest Ham, Bacon, Tomato, Lettuce)</b>	1	360	9	2.5	0	40	1600	48	2	2	22	4%	8%	4%	20%
<b>BLT Sandwich</b>	1	310	8	2	0	20	890	45	2	1	13	4%	8%	4%	20%
<b>Black Forest Ham &amp; Cheese Sandwich</b>	1	370	12	6	0.3	35	1180	47	2	1	20	15%	8%	25%	20%
<b>Smoked Turkey Sandwich</b>	1	260	2.5	0.5	0	10	960	47	2	1	13	4%	8%	4%	20%
<b>Gourmet Tuna Salad Sandwich</b>	1	410	18	1.5	0	25	830	46	3	1	17	4%	8%	6%	20%
<b>Deli Style Egg Salad Sandwich</b>	1	450	24	3	0	230	850	47	3	2	15	10%	8%	8%	30%
<b>Chunky Chicken Salad Sandwich</b>	1	500	27	2.5	0	45	860	46	3	2	21	6%	10%	6%	25%
<b>Garden Vegetable Sandwich</b>	1	230	2	0.2	0	0	610	45	2	1	8	4%	8%	4%	20%



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<b>Salads</b>															
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%
<b>Salad Dressings</b>															
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%



	Serving Size (ml)	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)
<b>Soup (8 oz)</b>															
Chicken Noodle Soup	250 ml	80	1.5	0.5	0	15	890	10	1	1	6	2%	2%	2%	4%
Hearty Beef with Vegetable	250 ml	80	1	0.3	0	5	780	14	3	1	5	15%	2%	2%	4%
Cream of Mushroom	250 ml	140	5	2	0	10	1020	20	3	3	4	0%	0%	10%	2%
Cream of Potato with Bacon	250 ml	150	4.5	1.5	0	10	800	24	2	2	5	2%	2%	6%	4%
Chicken Gumbo	250 ml	70	0.5	0.2	0	5	830	14	2	3	4	2%	2%	4%	2%
Country Vegetable	250 ml	80	0	0	0	0	890	16	3	1	3	10%	2%	2%	4%
Creamy Garden Broccoli	250 ml	120	4.5	2	0	10	810	15	4	4	5	2%	15%	15%	2%
Chicken with White and Wild Rice	250 ml	80	1	0.3	0	10	880	13	1	1	5	6%	20%	2%	2%
Homestyle Minestrone	250 ml	90	0.5	0	0	0	980	19	5	2	3	10%	0%	4%	6%
Italian Style Wedding	250 ml	140	5	2.5	0.1	15	960	15	1	1	8	0%	2%	2%	10%
Broccoli and Cheese	250 ml	120	6	3	0.1	15	780	13	3	3	5	2%	20%	10%	2%
Creamy Garden Cauliflower	250 ml	120	6	2.5	0	10	690	13	2	5	4	2%	15%	8%	2%
Split Pea with Ham	250 ml	170	3	0.5	0	5	1050	27	6	2	10	2%	4%	2%	10%
Tomato Tortellini	250 ml	110	1	0.4	0	0	1060	21	2	7	4	4%	4%	4%	6%
<b>Chili (8 oz)</b>															
Klondike Chili	250 ml	240	3.5	2	0	30	1130	32	10	6	19	6%	6%	10%	25%
<b>Stew (8oz)</b>															
Chunky Chicken and Vegetable Stew	250 ml	190	6	1.5	0	30	1140	20	3	1	12	20%	0%	4%	2%
Chunky Beef and Vegetable Stew	250 ml	200	4.5	1	0	25	990	25	7	2	16	8%	8%	2%	4%



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<b>Hot</b>															
Robin's Coffee 10oz	284 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee 10oz	284 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Organic Coffee 10oz	284 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Robin's Tea 10oz	284 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Green Tea 10oz	284 ml	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot Chocolate 10oz	284 ml	170	4	4	0	0	180	30	0	25	2	0	0	4	15
Vanilla Cappuccino 10oz	284 ml	240	9	7	0	0	310	42	0	31	1	0	0	6	0
<b>Cold</b>															
French Vanilla Iced Cappuccino 14oz	398 ml	410	10	2.5	4.5	0	370	81	0	41	1	0	0	0	6
Dutch Mocha Iced Cappuccino 14oz	398 ml	410	10	2.5	4.5	0	420	81	0	41	2	0	0	0	6
Peach Crystal Drink 14oz	350 ml	150	0	0	0	0	0	37	0	37	0	0	180	0	0
Iced Tea Crystal Drink 14 oz	350 ml	120	0	0	0	0	0	30	0	30	0	0	0	0	0
Grape Crystal Drink 14oz	350 ml	150	0	0	0	0	0	37	0	37	0	0	180	0	0
<b>Cream, Milk &amp; Sugar</b>															
Cream (18%) Single Portion	10 ml	20	2	1	0	5	10	0	0	0	0.2	2	0	0	0
Milk (2%) Single Portion	10 ml	5	0.3	0.2	0	0	5	0	0	0	0.3	0	0	0	0
White Sugar Single Portion	4 g	15	0	0	0	0	0	4	0	4	0	0	0	0	0