

		Nutritionals Updated: 01/08/2024																	
		Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Gluten-Free	Vegan		
BURGER PATTIES	Fresh 100% Canadian Beef (5oz)	290	22.0	8.7	1.4	675	80	1.0	1.0	0.0	19.4	0%	0%	2%	12%	Yes	No	No	
	Crispy Chicken	270	11.0	2.0	0.0	610	115	7.0	1.0	0.0	37.0	0%	0%	2%	6%	No	No	No	
	Grilled Chicken Breast	181	3.0	0.0	0.0	420	90	3.0	0.0	0.0	36.0	0%	5%	0%	26%	Yes	No	No	
	Battered Haddock	240	14.0	8.0	0.0	370	0	9.0	3.0	1.0	18.0	0%	0%	13%	28%	Yes	Yes	Yes	
	Veggie (4oz)	174	12.0	1.0	0.0	378	0	7.0	6.0	0.0	16.0	0%	0%	0%	0%	Yes	Yes	Yes	
	Beyond Burger	240	14.0	8.0	0.0	370	0	9.0	3.0	1.0	18.0	0%	0%	13%	28%	Yes	Yes	Yes	
BUNS	White	224	4.0	1.0	0.0	416	80	38.0	2.0	3.0	6.0	0%	0%	0%	0%	No	Yes	No	
	Multigrain	201	4.0	0.0	0.0	367	0	35.0	0.0	4.0	7.0	0%	0%	2%	15%	No	Yes	Yes	
BURGER TOPPING COMBINATIONS	BURGER TOPPING COMBINATIONS (DOES NOT INCLUDE CHOICE OF PATTY OR BUN)																		
	Classic	157	13.7	2.0	0.1	427	6	6.9	0.2	5.8	0.7	0	8	0	0	Yes	No	No	
	Cheeseburger	247	20.7	6.5	0.3	553	24	7.9	0.2	5.8	6.7	0	8	0	0	Yes	No	No	
	Veggie	157	13.7	2.0	0.1	427	6	6.9	0.2	5.8	0.7	0	8	0	0	Yes	Yes	No	
	Beyond Burger	157	13.7	2.0	0.1	427	6	6.9	0.2	5.8	0.7	0	8	0	0	Yes	Yes	No	
	Smokehouse Pulled Pork Burger	358	17.8	9.4	0.2	1271	76	25.6	1.1	19.2	23.6	0	0	0	0	No	No	No	
	Smokey Cheddar Bacon	366	32.4	10.1	0.3	753	45	8.8	0.2	5.8	12.1	0	8	0	0	Yes	No	No	
	Big Smoke	352	29.5	7.6	0.3	351	27	14.3	1.5	8.5	7.4	0	6	0	0	Yes	No	No	
	Blazing Pineapple	281	13.5	2.0	0.1	2102	6	30.3	1.0	26.3	1.4	0	7	0	0	Yes	No	No	
	Swiss Mushroom	279	21.8	7.2	0.1	402	27	11.5	2.0	6.5	10.5	0	0	0	0	Yes	No	No	
	Craft Burger	283	27.7	4.8	0.2	238	13	5.5	2.1	1.2	4.3	0	6	0	0	No	No	No	
	Blues Burger	396	39.2	10.3	0.5	492	35	5.5	2.1	2.7	6.3	0	6	0	0	Yes	No	No	
	The Beast	501	43.3	12.0	0.3	665	49	30.7	2.1	2.6	16.6	0	0	0	0	No	No	No	
	Double Smoke Stack	278	25.6	7.4	0.3	454	26	16.8	0.1	2.6	6.3	0	2	0	0	Yes	No	No	
	Spicy Burger	324	29.0	4.1	0.2	290	12	13.6	1.9	9.3	1.4	0	6	0	0	Yes	No	No	
	BBQ Chicken	69.0	0.0	0.0	0.0	665	0	16.0	0.0	14.0	0.6	0.0	6.0	0.0	0.0	No	No	No	
	Buffalo Chicken	19	0.0	0.0	0.0	964	0	2.0	0.0	1.0	0.3	0	6	0	0	No	No	No	
	Crispy Chipotle Chicken	354	36.5	5.2	0.2	560	12	3.4	0.9	1.7	0.5	2	0	0	0	No	No	No	
	Battered Fish Burger	233	19.2	2.7	0.1	827	8	11.4	1.1	7.4	1.1	2	6	0	0	No	No	No	
	Grilled Chicken	157	13.7	2.0	0.1	427	6	6.9	0.2	5.8	0.7	0	8	0	0	Yes	No	No	
	SAUCES / DRESSINGS (1oz)	Balsamic	88	8.0	1.0	0.1	245	0	4.0	0.0	3.0	0.0	0%	0%	1%	1%	Yes	Yes	Yes
Greek		91	9.0	1.0	0.1	267	1	2.0	0.0	1.0	0.0	0%	0%	7%	1%	Yes	Yes	Yes	
BBQ sauce		60	0.0	0.0	0.0	520	0	15.0	0.0	13.0	0.4	0%	0%	0%	0%	Yes	Yes	Yes	
Mayo		246	27.0	4.0	0.2	173	12	0.0	0.0	0.0	0.0	0%	0%	0%	0%	Yes	Yes	No	
Big Sauce		179	18.6	2.9	0.1	193	8	14.8	0.1	1.6	0.2	0%	0%	0%	0%	No	Yes	No	
Horseradish mayo		183	19.6	2.9	0.1	191	9	1.1	0.2	0.0	0.3	0%	0%	0%	0%	Yes	Yes	No	
Rosemary Garlic Mayo		236	25.7	3.8	0.2	212	11	0.5	0.1	0.2	0.1	0%	0%	0%	0%	Yes	Yes	No	
Chipotle mayo		241	26.0	3.8	0.2	256	12	0.5	0.1	0.2	0.1	0%	0%	0%	0%	Yes	Yes	No	
Frank's buffalo Sauce		10	0.0	0.0	0.0	819	0	1.0	0.0	0.0	0.1	0%	0%	0%	0%	Yes	Yes	Yes	
tartar sauce		59	4.6	0.7	0.1	303	4	3.6	0.1	2.4	0.2	0%	0%	0%	0%	Yes	Yes	No	
Gravy		10	0.0	0.0	0.0	160	0	2.0	0.0	0.0	1.0	0%	0%	0%	2%	No	Yes	Yes	
ketchup		38	0.0	0.0	0.0	265	0	9.4	0.0	7.6	0.4	0%	0%	0%	0%	yes	yes	yes	
yellow mustard		4	1.1	0.2	0.0	315	0	1.0	0.8	0.2	1.2	0%	0%	0%	0%	yes	yes	yes	
sweet relish		22	0.0	0.0	0.0	367	0	5.5	0.3	4.7	0.3	0%	9%	1%	1%	yes	yes	yes	
SIDES	SIDES																		
	Fries (5oz)	282	14.1	1.4	0.0	200	0	36.4	3.6	0.5	4.1	0%	42%	2%	25%	Yes	Yes	Yes	
	Fries (10oz)	564	28.2	2.7	0.1	400	0	72.7	7.3	0.9	8.2	0%	84%	4%	50%	Yes	Yes	Yes	
	Sweet potato Fries	525	34.3	3.0	2.8	646	0	50.5	6.1	14.1	4.0	0%	0%	0%	0%	Yes	Yes	Yes	
	Onion rings	365	20.0	0.0	0.0	650	50	0.0	0.0	5.0	5.0	0%	5%	10%	0%	No	Yes	No	
	Fry-Rings	352	18.5	0.8	0.0	445	25	21.8	2.2	2.8	5.0	0%	24%	6%	13%	No	Yes	No	
	Garden Salad	25	0.0	0.0	0.0	15	0	5.0	2.0	3.0	1.0	15%	40%	3%	5%	Yes	Yes	Yes	
PREMIUM SIDES	PREMIUM POUTINES																		
	Poutine (small)	460	26.2	8.7	0.7	782	38	41.6	3.6	0.5	15.8	0%	42%	2%	29%	Yes	Yes	No	
	Poutine (large)	920	52.5	17.3	1.3	1565	77	83.2	7.3	0.9	31.6	0%	84%	4%	54%	Yes	Yes	No	
	Pulled Pork Poutine (small)	795	56.7	14.5	0.8	1335	79	46.1	4.4	3.8	24.5	0%	45%	55%	82%	Yes	No	No	
	Pulled Pork Poutine (large)	1590	113.5	29.0	1.7	2671	158	92.2	8.9	7.6	49.0	0%	89%	110%	163%	Yes	No	No	
	Veggie Poutine (small)	577	37.9	10.4	0.7	991	42	51.1	4.9	1.8	16.0	0%	45%	2%	30%	Yes	Yes	No	
	Veggie Poutine (large)	1155	75.7	20.8	1.4	1982	85	102.2	9.7	3.7	32.0	0%	89%	4%	60%	Yes	Yes	No	
	Craft Poutine (small)	608	40.7	10.7	0.7	1045	44	45.0	4.1	0.9	16.9	0%	42%	2%	29%	Yes	Yes	No	
	Craft Poutine (large)	1216	81.4	21.3	1.5	2089	88	90.1	8.2	1.7	33.7	0%	84%	4%	58%	Yes	Yes	No	
	Spicy Poutine (small)	652	42.2	10.8	0.7	1405	44	53.1	5.0	8.1	16.8	0%	42%	4%	30%	Yes	Yes	No	
	Spicy Poutine (large)	1304	84.3	21.7	1.5	2809	88	106.1	10.1	16.1	33.6	0	84%	8%	60%	Yes	Yes	No	
Bacon Poutine (small)	549	35.0	11.4	0.7	933	54	42.3	3.6	0.5	19.9	0%	42%	3%	30%	Yes	No	No		
Bacon Poutine (large)	1098	70.0	22.7	1.3	1866	108	84.5	7.3	0.9	39.7	0%	84%	6%	60%	Yes	No	No		
BEVERAGES	BEVERAGES																		
	7 Up	142	0.0	0.0	0.0	43	0	38.0	0.0	38.0	0.0	0%	0%	0%	0%	Yes	Yes	Yes	
	Diet Pepsi	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0%	0%	0%	0%	Yes	Yes	Yes	
	Gingerale	124	0.0	0.0	0.0	26	0	32.0	0.0	32.0	0.0	0%	0%	1%	5%	Yes	Yes	Yes	
	Pepsi	156	0.0	0.0	0.0	43	0	43.0	0.0	43.0	0.0	0%	0%	0%	0%	Yes	Yes	Yes	
	Root Beer	180	0.0	0.0	0.0	68	0	47.0	0.0	47.0	0.0	0%	0%	0%	0%	Yes	Yes	Yes	
Soda Water	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0.0	0%	0%	0%	0%	Yes	Yes	Yes		
SHAKES / DESSERTS	SHAKES / DESSERTS																		
	Base	545	27.0	16.0	0.1	220	90	74.0	4.0	50.0	9.0	29%	5%	31%	3%	Yes	Yes	No	
	Vanilla	678	27.0	16.0	0.1	228	90	105.5	4.0	81.5	9.0	29%	5%	31%	3%	Yes	Yes	No	
	Chocolate	695	27.4	16.2	0.1	252	90	111.0	5.1	66.0	9.7	29%	5%	31%	3%	Yes	Yes	No	
	Strawberry	678	27.0	16.0	0	228	90	105.5	4.0	81.5	9.0	0	0	0	0	Yes	Yes	No	
Funnel Cake Fries	620	21.0	3.0	0	573	55	81.0	0.0	51.0	6.0	0	0	0	0	No	Yes	No		