

Updated: May 2025



	Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Fibre (g)	Sugars (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)	GMO
Proteins															
Fresh 100% Canadian Beef (5oz)	290	22	8.7	1.4	675	80	1	1	0	19.4	0%	0%	2%	12%	
Chicken Tenders (2pc)	190	8	3.5	0	35	330	15	1	0	14	0	0	10	0.3	
Halal Burger 5.33 oz	390	31	10	2	90	550	5	1	0	21	0	0	4	20	
Veggie Burger, ON	150	5	0.4	0	0	360	0	6	0	16	0	0	8	13	
Veggie Burger, CAL, WIN	190	10	1	0	0	760	11	6	3	19	0	15	8	60	
Buns															
Classic Burger Bun	220	5	1	0	30	420	38	2	2	7	0	0	6	13	
Vegan Multigrain Bun, ON	200	4	0	0	0	370	35	2	4	7	0	0	2	14	
Poutines & Sides															
Fries (5oz)	282	14.1	1.4	0	200	0	36.4	3.6	0.5	4.1	0%	42%	2%	25%	
Fries (10oz)	564	28.2	2.7	0.1	400	0	72.7	7.3	0.9	8.2	0%	84%	4%	50%	
Sweet potato Fries	525	34.3	3	2.8	646	0	50.5	6.1	14.1	4	0%	0%	0%	0%	
Onion rings	365	20	0	0	650	50	0	0	5	5	0%	5%	10%	0%	
Fry-Rings	352	18.5	0.8	0	445	25	21.8	2.2	2.8	5	0%	24%	6%	13%	
Nashville Poutine (large)	1222	66.8	21.8	1.3	1600	1122	112	8.3	7.9	45.6	0%	84%	1004%	84%	
Oh, Brisket Poutine (large)	1390	72.292	23.3	1.3	2223	223.67	102	8.3	14.9	72	0%	86%	7%	54%	
Poutine (combo)	460	26.2	8.7	0.7	782	38	41.6	3.6	0.5	15.8	0%	42%	2%	29%	
Poutine (large)	920	52.5	17.3	1.3	1565	77	83.2	7.3	0.9	31.6	0%	84%	4%	54%	
Pulled Pork Poutine (large)	1590	113.5	29	1.7	2671	158	92.2	8.9	7.6	49	0%	89%	110%	163%	
Signature Burger Builds & Sandwiches															
Big Smoke	352	29.5	7.6	0.3	351	27	14.3	1.5	8.5	7.4	0	6	0	0	
Cheeseburger	247	20.7	6.5	0.3	553	24	7.9	0.2	5.8	6.7	0	8	0	0	
Classic	157	13.7	2	0.1	427	6	6.9	0.2	5.8	0.7	0	8	0	0	
Double Smoke Stack	278	25.6	7.4	0.3	454	26	16.8	0.1	2.6	6.3	0	2	0	0	
Nashville Ont. Hot Chicken Sandwich	302	14.3	4.5	0	35	1045	29	1	7	14	0	0	10	0.3	
Oh, Brisket Burger	340	19.792	6	0	658	146.67	18.8	1	14	40.4	0	0.02	0.03	0	
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	
Smokey Cheddar Bacon	366	32.4	10.1	0.3	753	45	8.8	0.2	5.8	12.1	0	8	0	0	
Spicy Burger	324	29	4.1	0.2	290	12	13.6	1.9	9.3	1.4	0	6	0	0	
Swiss Mushroom	279	21.8	7.2	0.1	402	27	11.5	2	6.5	10.5	0	0	0	0	
The Beast	501	43.3	12	0.3	665	49	30.7	2.1	2.6	16.6	0	0	0	0	
Sauces															
BBQ sauce	60	0	0	0	520	0	15	0	13	0.4	0%	0%	0%	0%	
Big Sauce	179	18.6	2.9	0.1	193	8	14.8	0.1	1.6	0.2	0%	0%	0%	0%	
Chipotle mayo	241	26	3.8	0.2	256	12	0.5	0.1	0.2	0.1	0%	0%	0%	0%	
Gravy	10	0	0	0	160	0	2	0	0	1	0%	0%	0%	2%	
Horseradish mayo	183	19.6	2.9	0.1	191	9	1.1	0.2	0	0.3	0%	0%	0%	0%	
Ketchup	38	0	0	0	265	0	9.4	0	7.6	0.4	0%	0%	0%	0%	
Mayo	246	27	4	0.2	173	12	0	0	0	0	0%	0%	0%	0%	
Nashville Ont. Hot Sauce	60	6	1	0	0	250	3	0	2	0	0%	0%	0%	0%	
Plum Sauce, ON	30	0	0	0	0	60	0	0	12	0	0	0	0	0	
Plum Sauce, WEST	35	0	0	0	8	50	0	0	7	0	0	0	0	0	

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Ranch Dressing	50	0.3	0	0	0	330	11	0	5	0	0	0	0	0	0
Sweet relish	22	0	0	0	367	0	5.5	0.3	4.7	0.3	0%	9%	1%	1%	
Yellow mustard	4	1.1	0.2	0	315	0	1	0.8	0.2	1.2	0%	0%	0%	0%	
Fresh Toppings															
Pickled Jalapenos	3	0	0	0	0	9	0	0	0	0	0	0	0	2	0
Lettuce	0	0	0	0	0	1	0	0	0	0	2	0	0	0	0
Pickles	2	0	0	0	0	135	0	0	0	0	0	0	0	0	0
Spanish Onions	5	0	0	0	0	0	1	0	1	0	0	2	0	0	0
Tomato Slices	5	0	0	0	0	1	1	0	1	0	0	6	0	0	0
Drinks															
7UP	142	0	0	0	0	43	38	0	38	0	0	0	0	0	0
Brisk Lemonade	110	0	0	0	0	155	27	0	27	0	0	0	0	0	0
Brisk tea	116	0	0	0	0	36	30	0	30	0	0	6	0	0	0
Crush Orange	130	0	0	0	0	45	34	0	34	0	0	0	0	0	0
Diet Pepsi	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0
Mountain Dew	170	0	0	0	0	45	45	0	46	0	0	2	0	0	0
Mug Root Beer	180	0	0	0	0	68	47	0	47	0	0	0	0	0	0
Pepsi	156	0	0	0	0	43	43	0	43	0	0	0	0	0	0
Pure Leaf Tea	160	0	0	0	0	0	41	0	41	0	0	0	0	0	0
Milk Shakes															
Vanilla Milk Shake	538	26	15	1	88	276	81	0	54	11	23	0	34	0	
Chocolate Milk Shake	538	22	15	1	70	276	70	4	48	11	23	0	34	7	
Strawberry Milk Shake	474	24	15.4	1	77	232	59	0.7	61	11	18	0	30	0	