



NUTRITIONAL INFORMATION

Product	Serving Size (g)	Energy (Cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrates (g)	Carbohydrates (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)
FRIES																					
SMALL	140	400	19	29	1.5	0	8	0	0	85	4	53	18	4	16	0	5	0	2	2	10
REGULAR	200	580	27	42	2.0	0.2	11	0	0	125	5	76	25	6	24	0	7	0	4	2	15
LARGE	285	820	38	58	3	0.3	17	0	0	180	8	108	36	9	36	0	11	0	4	4	25
JUMBO	340	980	46	71	3.5	0.4	20	0	0	210	9	129	43	11	44	0	13	0	6	4	30
POUTINE (includes fries, cheese curds and gravy)																					
SMALL	245	710	38	59	10	1	55	45	15	990	41	75	25	5	20	2	19	10	4	30	15
REGULAR	320	950	50	77	13	1	70	60	20	1320	55	102	34	7	28	3	25	15	6	50	20
EXTRA CHEESE CURDS	per 46g	170	13	20	8	0.5	43	45	15	320	13	2	1	1	4	0	11	10	0	30	0
WORKS (includes fries, chili, cheese sauce, sour cream*, bacon, green onions*)																					
SMALL	183	620	31	48	5	0.1	26	20	7	610	25	78	26	8	32	4	12	4	4	10	20
REGULAR	254	880	42	65	6	0.2	31	30	10	1110	46	111	37	13	52	7	18	4	4	15	30
VEGGIE WORKS (includes fries, cheese sauce, sour cream*, green onions* and tomatoes*)																					
SMALL	197	600	29	45	4.5	0.1	23	10	3	650	27	79	26	5	20	5	9	4	6	10	15
REGULAR	278	810	38	58	5	0.2	26	10	3	940	39	108	36	7	28	7	12	6	10	15	20
POUTINE - BUTTER CHICKEN (includes fries, cheese curd and butter chicken sauce [chicken, cream, onions, tomato paste and seasoning])																					
SMALL	280	670	34	53	8	1	44	50	17	637	27	70	23	6	26	2	20	9	5	20	18
REGULAR	386	920	47	72	12	1	62	71	24	898	38	95	32	9	36	2	27	13	7	28	24
POUTINE - BRAISED BEEF (includes fries, cheese curd and braised beef sauce [Angus beef, red wine reduction, carrots, onions, mushrooms and seasonings])																					
SMALL	290	671	34	53	8	1	44	48	16	746	30	72	24	7	26	2	18	9	3	20	17
REGULAR	391	913	47	73	11	1	61	66	22	1007	41	98	32	9	36	3	24	13	5	28	22
HOT DOG (includes weiner and bun*)																					
	155	420	21	32	7	0.4	37	70	23	1140	48	42	14	1	4	3	17	2	0	10	20
HOT DOG TOPPINGS																					
CHILI	30mL	30	0.4	1	0.1	0	1	5	2	135	6	5	2	3	12	1	2	0	0	2	4
CHEESE SAUCE	15mL	15	0.3	1	0	0	0	0	0	130	5	3	1	0	0	1	0.3	0	0	2	0
BACON	8.5	40	3	5	1	0	5	10	3	160	7	0	0	0	0	0	3	0	0	0	2
CONDIMENTS																					
CHEESE SAUCE	per 89mL	100	1.5	2	0.3	0	2	0	0	780	33	19	6	0	0	5	1	0	0	6	0
	per 148mL	160	2.5	4	0.5	0	3	5	2	1300	54	32	11	0	0	8	2	0	0	10	0
GRAVY	per 89mL	45	0.7	1.5	0.4	0	3	0	0	562	24	9	3	0	0	2	1	0	0	3	0
	per 148mL	75	2	2.5	0.7	0	5	0	0	939	40	15	5	0	0	3	2	0	0	5	0
SOUR CREAM*	per 89mL	150	14	21	7	0.4	37	25	9	70	4	5	2	0	0	4	4	15	0	15	0
	per 148mL	250	24	36	12	0.5	62	45	15	120	6	9	3	0	0	6	6	25	0	25	0

ALL PRODUCTS, UNLESS SPECIFIED, HAVE BEEN ANALYZED AND CERTIFIED BY MAXXAM ANALYTICS INC. FOR NEW YORK FRIES. * ANALYSIS PROVIDED BY MANUFACTURER OR SUPPLIER, NOT BY MAXXAM ANALYTICS INC.

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PERCENTAGE DAILY VALUES ARE BASED ON A 2,000 CALORIE DIET. YOUR DAILY VALUES MAY BE HIGHER OR LOWER DEPENDING ON YOUR CALORIE NEEDS. PLEASE NOTE THAT THE INGREDIENT DISCLOSURES CONTAINED IN THIS SECTION RELATE TO THE MENU ITEMS AVAILABLE AT NEW YORK FRIES IN CANADA ONLY. MENU ITEMS AND NUTRITIONAL INFORMATION DISPLAYED AT WWW.NEWEYORKFRIES.COM MAY VARY BASED ON DIFFERENCES IN PRODUCT OFFERINGS. INDIVIDUAL UNIT COMPLIANCE WITH NEW YORK FRIES STANDARD OPERATING PROCEDURES, ALTHOUGH THIS DATA IS BASED ON STANDARD PORTION PRODUCT GUIDELINES. VARIATION CAN BE EXPECTED DUE TO SEASONAL INFLUENCES. MINOR DIFFERENCES IN PRODUCT ASSEMBLY PER RESTAURANT, SOME VARIATION DEPENDING ON LOCAL SUPPLIERS AND OTHER FACTORS. SUBSTITUTION OF INGREDIENTS MAY ALTER NUTRITIONAL VALUES. DURING THE TEST PERIOD OF A NEW RECIPE AND ALSO DURING THE PHASE IN PERIOD OF A NEW PRODUCT, FEATURING A NEW RECIPE, BOTH THE PREVIOUS RECIPE AND THE NEW RECIPE MAY BE OFFERED IN DIFFERENT UNITS.