



# NUTRITIONAL INFORMATION

Product	Serving	Serving Size	Cal (cal)	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)	Data Source
<b>Fries</b>																	
Fries, Small	1 each	150 g	430	20	1.5	0.2	0	95	57	5	0	6	0	2	2	15	Calculated from Maxxam Data
Fries, Regular	1 each	200 g	580	27	2	0.2	0	125	76	6	0	7	0	4	2	15	Calculated from Maxxam Data
Fries, Large	1 each	290 g	840	39	3	0.3	0	180	110	9	0	11	0	4	4	25	Calculated from Maxxam Data
Fries, XL	1 each	360 g	1040	49	4	0.4	0	220	137	11	0	13	0	6	4	30	Calculated from Maxxam Data
<b>Poutine</b>																	
Classic Poutine, Small	1 each	307 g	710	37	11	0.5	45	860	74	5	2	14	15	2	35	15	Calculated from Maxxam and Supplier Data
Classic Poutine, Regular	1 each	413 g	950	50	15	1	60	1150	100	7	2	19	20	4	45	20	Calculated from Maxxam and Supplier Data
Beef Lovers Poutine, Small	1 each	315 g	690	35	9	0.5	30	830	72	5	1	21	8	4	20	20	Calculated from Maxxam and Supplier Data
Beef Lovers Poutine, Regular	1 each	426 g	930	47	12	0.5	45	1130	98	7	2	28	10	6	30	25	Calculated from Maxxam and Supplier Data
Butter Chicken Poutine, Small	1 each	308 g	710	37	10	0.5	65	760	72	6	2	21	15	4	25	20	Calculated from Maxxam and Supplier Data
Butter Chicken Poutine, Regular	1 each	418 g	980	51	15	0.5	90	1040	98	9	3	29	20	4	35	30	Calculated from Maxxam and Supplier Data
Bacon Double Cheese Poutine, Small	1 each	286 g	710	38	11	0.5	50	720	76	5	3	16	15	8	35	15	Calculated from Maxxam and Supplier Data
Bacon Double Cheese Poutine, Regular	1 each	401 g	960	51	15	0.5	70	1030	104	7	4	22	20	15	50	25	Calculated from Maxxam and Supplier Data
Chili Cheese Fries, Small	1 each	320 g	620	28	5	0.2	15	490	80	7	2	13	6	30	10	20	Calculated from Maxxam and Supplier Data
Chili Cheese Fries, Regular	1 each	430 g	830	37	6	0.3	15	690	109	10	3	16	6	40	10	30	Calculated from Maxxam and Supplier Data
Chili Poutine, Small	1 each	282 g	680	35	9	0.5	40	470	75	7	1	18	15	20	30	20	Calculated from Maxxam and Supplier Data
Chili Poutine, Regular	1 each	398 g	940	47	13	0.5	55	670	103	10	2	24	20	35	40	25	Calculated from Maxxam and Supplier Data
Pulled Pork Poutine, Small	1 each	277 g	700	37	9	0.4	50	780	72	6	5	18	15	4	25	20	Calculated from Maxxam and Supplier Data
Pulled Pork Poutine, Regular	1 each	391 g	990	53	14	0.5	70	1160	98	9	8	26	20	6	35	25	Calculated from Maxxam and Supplier Data
The Works, Small	1 each	275 g	600	29	5	0.3	15	420	75	6	3	11	4	15	8	20	Calculated from Maxxam and Supplier Data
The Works, Regular	1 each	412 g	840	39	6	0.4	25	750	106	9	5	16	6	30	10	25	Calculated from Maxxam and Supplier Data
Veggie Works, Small	1 each	278 g	580	28	4.5	0.3	10	410	75	5	4	8	4	10	10	15	Calculated from Maxxam and Supplier Data
Veggie Works, Regular	1 each	387 g	780	36	5	0.3	10	590	103	7	6	11	6	20	10	25	Calculated from Maxxam and Supplier Data
<b>Sauces &amp; Dips</b>																	
Gravy	1 each	3 oz vol	35	1	0.4	0.1	0	460	7	0	2	1	0	0	2	2	Calculated from Supplier Data
Cheese Sauce	1 each	3 oz vol	60	0.5	0.3	0	0	430	12	0	4	1	0	0	4	0	Calculated from Supplier Data
Sour Cream	1 each	3 oz vol	150	13	7	0.3	30	75	6	0	3	3	10	0	10	0	Calculated from Supplier Data
Roasted Garlic Aioli	1 each	1.5 oz vol	240	26	4	0.5	15	140	1	0	0	0.5	0	2	0	0	Calculated from Supplier Data
Chipotle Aioli	1 each	1.5 oz vol	240	26	4	0.5	20	260	1	0	1	0.4	2	0	0	0	Calculated from Supplier Data
Jalapeno Lime Aioli	1 each	1.5 oz vol	230	25	4	0.5	20	330	1	0	0	0.4	0	4	0	0	Calculated from Supplier Data

## Analysis Notes:

Nutrient data is calculated with nutrient analysis software based on standardized recipes using lab data, supplier data, and data from the Canadian Nutrient File. Nutrient analysis software is Genesis R&D from ESHA Research. All nutrient values are rounded in accordance with Canadian nutrition labelling regulations.

Last updated: July/2018



# NUTRITIONAL INFORMATION

Product	Serving	Serving Size	Cal (cal)	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)	Data Source
<b>Hot Dog</b>																	
Hot Dog with Bun	1 each	166 g	410	20	6	0.3	90	1170	40	1	4	17	0	0	20	25	Calculated from Silliker and Supplier Data
<b>Hot Dog Toppings</b>																	
Chili	1 ladle	1 oz vol	25	0.4	0.1	0	0	95	4	1	1	1	0	8	0	2	Calculated from Supplier Data
Cheese Sauce	1/2 pump	0.5 oz vol	10	0.1	0	0	0	75	2	0	1	0.2	0	0	0	0	Calculated from Supplier Data
Bacon Pieces	2 tsp	8.5 g	40	3	1	0	10	105	0	0	0	3	0	0	0	0	Calculated from Supplier Data
<b>Loaded Dogs</b>																	
Poutine Dog	1 each	216 g	530	28	12	0.4	120	1440	44	1	4	24	10	0	40	25	Calculated from Silliker and Supplier Data
Pulled Pork	1 each	216 g	570	30	13	0.4	125	1420	44	1	5	27	10	2	40	25	Calculated from Silliker and Supplier Data
Bacon Double Cheese	1 each	227 g	560	30	12	0.4	125	1490	46	1	5	26	10	2	40	25	Calculated from Silliker and Supplier Data

## Analysis Notes:

Nutrient data is calculated with nutrient analysis software based on standardized recipes using lab data, supplier data, and data from the Canadian Nutrient File. Nutrient analysis software is Genesis R&D from ESHA Research. All nutrient values are rounded in accordance with Canadian nutrition labelling regulations.

*Last updated: July/2018*