



NUTRITIONAL
INFORMATION

FRIES

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Fries, Snack	1 each	170 g	490	25	2	0.1	61	5	1	6	0	50	1400	50	1.75	
Fries, Regular	1 each	312 g	900	46	4	0.1	111	10	1	11	0	85	2550	100	3	
Fries, Large	1 each	397 g	1150	58	5	0.2	142	13	2	15	0	110	3200	125	4	

POUTINE

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Classic Poutine, Snack	1 each	395 g	890	52	20	0.1	77	5	3	27	85	1160	1500	850	2	Contains: Milk, Soy, Sulphites.
Classic Poutine, Regular	1 each	600 g	1420	81	28	0.2	132	10	4	39	115	1510	2650	1150	3.5	Contains: Milk, Soy, Sulphites.
Classic Poutine, Large	1 each	811 g	1920	111	42	0.2	171	13	6	56	170	2160	3450	1650	4.5	Contains: Milk, Soy, Sulphites.
Nacho Fries, Snack	1 each	318 g	600	29	4.5	0.2	76	6	7	9	10	770	1700	125	2.25	Contains: Milk.
Nacho Fries, Regular	1 each	523 g	1040	50	7	0.3	133	12	11	15	10	1160	3000	200	4	Contains: Milk.
Nacho Fries, Large	1 each	685 g	1340	65	9	0.4	171	15	14	20	20	1540	3850	300	5	Contains: Milk.
Butter Chicken Poutine, Snack	1 each	381 g	900	50	18	0.2	75	7	5	35	70	980	1700	600	2.25	Contains: Milk.
Butter Chicken Poutine, Regular	1 each	589 g	1470	81	26	0.3	130	12	7	51	105	1320	2950	900	4	Contains: Milk.
Butter Chicken Poutine, Large	1 each	769 g	1990	112	40	0.4	167	15	9	71	165	1790	3750	1400	5	Contains: Milk.
Bacon Double Cheese Poutine, Snack	1 each	294 g	790	44	15	0.1	73	5	4	22	65	740	1600	600	1.75	Contains: Milk.
Bacon Double Cheese Poutine, Regular	1 each	498 g	1340	75	23	0.2	130	10	6	36	95	1120	2900	900	3.5	Contains: Milk.
Bacon Double Cheese Poutine, Large	1 each	703 g	1870	105	36	0.2	173	13	9	54	155	1790	3800	1450	4.5	Contains: Milk.
Chili Cheese Fries, Snack	1 each	286 g	620	32	6	0.3	72	6	5	11	25	430	1600	125	2.5	Contains: Milk, Soy.
Chili Cheese Fries, Regular	1 each	486 g	1080	55	8	0.4	129	11	8	19	30	720	2850	175	4.5	Contains: Milk, Soy.
Chili Cheese Fries, Large	1 each	672 g	1420	72	11	0.5	169	15	12	27	45	1090	3700	250	6.5	Contains: Milk, Soy.
Chili Fries, Snack	1 each	295 g	640	34	6	0.4	71	7	5	14	30	420	1600	100	3.5	Contains: Milk, Soy.
Chili Fries, Regular	1 each	469 g	1080	56	9	0.5	124	12	7	21	35	580	2800	150	5.5	Contains: Milk, Soy.
Chili Fries, Large	1 each	611 g	1390	73	12	0.5	159	16	9	28	50	770	3550	200	7	Contains: Milk, Soy.
Chili Poutine, Snack	1 each	325 g	900	54	21	0.2	72	7	3	31	95	710	1600	800	3	Contains: Milk, Soy.
Chili Poutine, Regular	1 each	534 g	1460	85	29	0.3	128	12	5	45	130	1010	2800	1100	5	Contains: Milk, Soy.
Chili Poutine, Large	1 each	716 g	1890	109	37	0.5	166	16	8	59	170	1410	3650	1400	7	Contains: Milk, Soy.
The Works, Snack	1 each	269 g	620	33	6	0.3	70	6	4	12	25	440	1600	100	2.5	Contains: Milk, Soy.
The Works, Regular	1 each	477 g	1090	56	9	0.4	128	11	8	21	35	810	2900	175	4.5	Contains: Milk, Soy.
The Works, Large	1 each	642 g	1430	74	12	0.5	166	15	11	28	50	1160	3750	250	6	Contains: Milk, Soy.
Veggie Fries, Snack	1 each	268 g	580	30	4.5	0.2	71	6	5	8	15	370	1600	125	1.75	Contains: Milk.
Veggie Fries, Regular	1 each	445 g	1010	51	7	0.3	126	10	7	13	15	560	2850	175	3.5	Contains: Milk.
Veggie Fries, Large	1 each	580 g	1300	65	9	0.4	162	13	9	17	25	750	3650	225	4	Contains: Milk.
Flamin' Bacon Fries, Snack	1 each	228 g	720	48	6	0.1	65	6	3	9	20	720	1450	75	1.75	Contains: Egg, Mustard, Soy.
Flamin' Bacon Fries, Regular	1 each	420 g	1350	91	12	0.3	119	11	6	16	40	1320	2650	125	3.5	Contains: Egg, Mustard, Soy.
Flamin' Bacon Fries, Large	1 each	556 g	1820	126	17	0.4	153	14	9	20	60	1890	3350	150	4.5	Contains: Egg, Mustard, Soy.
Truffle Fries, Snack	1 each	207 g	670	43	6	0.4	62	6	1	9	20	330	1400	125	1.75	Contains: Egg, Milk, Mustard.
Truffle Fries, Regular	1 each	384 g	1250	82	12	1	114	11	3	16	35	650	2550	225	3.5	Contains: Egg, Milk, Mustard.
Truffle Fries, Large	1 each	534 g	1750	116	17	1.5	155	15	4	23	55	960	3500	300	4.5	Contains: Egg, Milk, Mustard.
Triple Cheese Poutine, Snack	1 each	292 g	740	43	14	0.5	71	6	3	21	60	700	1600	550	1.75	Contains: Milk.
Triple Cheese Poutine, Regular	1 each	498 g	1280	73	22	0.5	127	10	5	34	90	1070	2850	850	3.5	Contains: Milk.
Triple Cheese Poutine, Large	1 each	676 g	1760	103	35	1	164	13	7	51	150	1600	3700	1300	4.5	Contains: Milk.
Triple Cheese Poutine with Queso, Snack	1 each	292 g	740	43	14	0.5	71	6	4	21	60	700	1600	550	2	Contains: Milk.
Triple Cheese Poutine with Queso, Regular	1 each	498 g	1290	73	22	0.5	128	10	6	34	90	1070	2850	850	3.5	Contains: Milk.
Triple Cheese Poutine with Queso, Large	1 each	676 g	1770	103	35	1	164	13	8	52	145	1600	3700	1300	4.5	Contains: Milk.

Last updated: Aug. 20, 2026

SAUCES/ DIPS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Gravy	1 each	105 g	45	1	0.5	0	8	0	2	1	0	520	30	30	0.1	Contains: Milk, Soy, Sulphites.
Cheese Sauce	1 each	89 g	60	1	0.3	0	13	0	4	1	5	450	225	50	0.1	Contains: Milk.
Chipotle Aioli	1 each	40 g	270	29	4.5	0.1	2	0	1	0.5	20	290	20	0	0.1	Contains: Egg, Mustard.
Sour Cream	1 each	89 g	140	12	7	0.4	5	0	3	2	40	65	100	75	0	Contains: Milk.
Queso	1 each	89 g	60	0.5	0.4	0	13	0	4	1	0	450	225	50	0.1	Contains: Milk.
Truffle Aioli	1 each	42 g	220	24	4	0.4	1	0	1	0.4	15	310	20	0	0.1	Contains: Egg, Mustard.

**HOT
DOG**

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Hot Dog with Bun	1 each	184 g	420	20	7	0.3	39	2	2	22	90	1370	300	150	4.5	Contains: Soy, Wheat.
Hot Dog without Bun	1 each	113 g	230	16	6	0.3	6	1	0	16	90	1090	200	100	1.75	

EXTRAS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Chili	1 ladle	28 g	30	1.5	0.5	0	2	0	1	2	5	105	50	10	0.5	Contains: Soy.
Butter Chicken	1 ladle	38 g	45	2	1	0	3	0	1	4	5	160	75	10	0.2	Contains: Milk.
Cheese Curds	1/2 scoop	28 g	100	9	6	0.2	1	0	0	7	30	170	30	225	0	Contains: Milk.
Gravy	1 pump	35 g	15	0.3	0.2	0	3	0	1	0.2	0	170	10	10	0	Contains: Milk, Soy, Sulphites.
Salsa	1 ladle	28 g	10	0	0	0	2	0	1	0.4	0	210	75	10	0.2	
Sour Cream	1 ounce	28 g	45	4	2	0.1	2	0	1	1	10	20	30	20	0	Contains: Milk.
Tomatoes	1 tbsp	7 g	1	0	0	0	0	0	0	0.1	0	0	20	0	0	
Green Onions	1 tbsp	6 g	2	0	0	0	0	0	0	0.1	0	1	20	0	0.1	
Bacon Pieces	1 tsp	3 g	15	1	0.3	0	0	0	0	1	0	55	10	0	0	
Chipotle Aioli	1 ounce	28 g	190	20	3.5	0.1	1	0	1	0.3	15	200	10	0	0.1	Contains: Egg, Mustard.
Cheese Sauce	1 pump	30 g	20	0.3	0.1	0	4	0	1	0.4	0	150	75	20	0	Contains: Milk.
Queso	1 ounce	30 g	20	0.2	0.1	0	4	0	1	0.5	0	150	75	20	0	Contains: Milk.
Truffle Aioli	1 ounce	28 g	140	16	2.5	0.3	1	0	1	0.3	10	210	10	0	0.1	Contains: Egg, Mustard.
Parmesan Cheese	1 tbsp	5.6 g	20	1.5	1	0.1	0	0	0	2	5	60	10	50	0	Contains: Milk.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

All nutrition information for extra toppings are based on a snack-size poutine. Please note extra toppings for a regular poutine is 2x, while a large has 3x.



NUTRITIONAL INFORMATION

LOADED DOGS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Poutine Dog	1 each	241 g	550	28	13	0.3	43	2	3	29	120	1660	250	400	4	Contains: Milk, Soy, Sulphites, Wheat.
Bacon Double Cheese Dog	1 each	236 g	560	29	13	0.3	44	2	3	30	120	1650	350	400	4	Contains: Milk, Soy, Wheat.
Chili Cheese Dog	1 each	226 g	460	21	7	0.4	43	3	4	24	95	1530	350	150	4.5	Contains: Milk, Soy, Wheat.
Nacho Dog	1 each	240 g	460	22	8	0.4	44	3	4	23	95	1620	350	175	4.5	Contains: Milk, Soy, Wheat.
Flamin' Bacon Dog	1 each	220 g	580	36	10	0.4	41	2	3	23	105	1760	250	150	4	Contains: Egg, Mustard, Soy, Wheat.
Butter Chicken Dog	1 each	241 g	570	29	13	0.3	43	2	3	31	120	1640	300	400	4	Contains: Milk, Soy, Wheat.
Triple Cheese Dog	1 each	235 g	550	29	13	0.5	43	2	3	29	120	1640	300	400	4	Contains: Milk, Soy, Wheat.
Triple Cheese Dog with Queso	1 each	235 g	550	29	13	0.5	43	2	3	29	120	1640	300	400	4	Contains: Milk, Soy, Wheat.

BEVERAGES

Beverages 20 oz.
33% Ice
Displacement

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Pepsi	20 oz cup	396 mL	180	0	0	0	49	0	0	49	0	40	10	0	0	
Diet Pepsi	20 oz cup	396 mL	0	0	0	0	0	0	0	0	0	60	0	0	0	
Pepsi Zero Sugar	20 oz cup	396 mL	0	0	0	0	0	0	0	0.1	0	70	30	0	0.1	
7-Up	20 oz cup	396 mL	170	0	0	0	43	0	43	0	0	110	0	0	0	
Mug Root Beer	20 oz cup	396 mL	180	0	0	0	46	0	46	0	0	55	10	0	0	
Mountain Dew	20 oz cup	396 mL	210	0	0	0	62	0	62	0	0	60	10	0	0	
Dr. Pepper	20 oz cup	396 mL	160	0	0	0	44	0	44	0	0	60	0	0	0	
Brisk Iced Tea	20 oz cup	396 mL	90	0	0	0	21	0	21	0	0	60	0	0	0	

CONDIMENTS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Cajun Seasoning	1 package	5 g	10	0.2	0	0	2	0	1	0.4	0	630	30	10	0.3	Contains: Soy.
California Seasoning	1 package	5 g	15	0.1	0	0	3	0.1	2	0.2	0	590	40	0	0.2	
Ketchup	1 tbsp	15 mL	20	0	0	0	5	0	4	0.3	0	140	50	0	0.1	
Mayo	1 tbsp	15 mL	90	10	1.5	0.2	1	0	1	0.2	5	120	0	0	0	Contains: Egg.
Dijon Mustard (French)	1 tbsp	15 mL	15	1	0.1	0	1	0	0	1	0	330	20	10	0.3	Contains: Mustard.
Yellow Mustard (Heinz)	1 tbsp	15 mL	10	0.4	0	0	1	0	0	0.5	0	180	10	10	0.2	Contains: Mustard.
Spanish Onion, Chopped	2 tbsp	20 g	10	0	0	0	2	0	1	0.2	0	1	30	0	0	
Hot Pepper Rings (Sysco)	1 tbsp	15 g	10	0	0	0	2	1	0	0	0	300	10	10	0	Contains: Sulphites
Hot Pepper Rings (Bicks)	1 tbsp	15 g	2	0	0	0	0	0	0	0.1	0	230	20	10	0	
Hot Pepper Rings	1 tbsp	15 g	3	0	0	0	1	0	0	0.2	0	200	20	10	0	
Hamburger Pickles, Sliced	1 tbsp	15 mL	1	0	0	0	0	0	0	0.2	0	140	20	10	0	
Bread and Butter Pickles (Bick's)	1 tbsp	15 mL	15	0	0	0	4	0	4	0	0	75	10	20	0	
Relish, Sweet Green	1 tbsp	15 mL	15	0	0	0	4	0	3	0.2	0	160	0	20	0	
Relish, Sweet Corn (Bick's)	1 tbsp	15 mL	20	0.1	0	0	5	0	3	0.2	0	95	20	0	0.1	Contains: Mustard.
Relish, Sweet Homestyle (Heinz)	1 tbsp	15 mL	10	0	0	0	3	0	3	0	0	60	0	0	0	
Sauerkraut (Bick's)	2 tbsp	30 g	5	0	0	0	2	1	0	0.3	0	200	20	10	0.1	Contains: Sulphites.
Tomatoes, Medium Slices	2 slices	40 g	10	0.1	0	0	2	0	1	0.4	0	2	100	0	0.1	
Hot Wing Sauce	2 tbsp	30 mL	40	2.5	0.4	0	5	0	4	0.3	0	520	50	0	0	Contains: Soy, Sulphites, Mustard
Malt Vinegar	1 package	9 mL	2	0	0	0	0	0	0	0	0	0	0	0	0	Contains: Barley.
White Vinegar	1 package	7 mL	0	0	0	0	0	0	0	0	0	0	0	0	0	

Last updated: Aug. 20, 2026

ALLERGEN WARNING:
Although precaution is taken to manage the risk of allergen cross-contamination in our kitchen, please be advised that there is a possibility of cross-contamination occurring during manufacturing, processing and in-house preparation. Therefore, we cannot guarantee that a menu item is free of peanuts, tree nuts and/or other allergens. Consumers with allergen and ingredient sensitivity concerns are advised to exercise caution.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.