



# 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)	Potassium (mg)	Calcium (% DV)	Iron (% DV)	
<b>FRIES</b>	Fries, Small	1 each	170 g	490	25	2	0.1	0	50	61	5	1	6	1400	4	10	
	Fries, Regular	1 each	312 g	900	46	4	0.1	0	85	111	10	1	11	2550	8	17	
	Fries, Large	1 each	397 g	1150	58	5	0.2	0	110	142	13	2	15	3200	10	22	
<b>POUTINE</b>	Classic Poutine, Small	1 each	360 g	870	51	20	0.1	85	990	74	5	3	27	1500	62	10	
	Classic Poutine, Regular	1 each	565 g	1410	81	28	0.2	115	1340	129	10	4	39	2650	85	19	
	Classic Poutine, Large	1 each	744 g	1890	110	41	0.2	170	1830	166	13	5	55	3400	127	25	
	Nacho Fries, Small	1 each	318 g	600	29	4.5	0.2	15	760	75	6	7	9	1700	10	11	
	Nacho Fries, Regular	1 each	523 g	1040	50	7	0.3	15	1150	132	12	11	15	3000	15	22	
	Nacho Fries, Large	1 each	685 g	1340	65	9	0.4	20	1530	170	15	15	19	3850	19	28	
	Butter Chicken Poutine, Small	1 each	342 g	860	48	17	0.2	70	820	73	7	4	4	31	1650	42	13
	Butter Chicken Poutine, Regular	1 each	551 g	1430	79	25	0.3	100	1160	128	12	6	6	47	2850	65	19
	Butter Chicken Poutine, Large	1 each	730 g	1940	110	39	0.4	160	1620	165	15	7	7	67	3700	108	25
	Bacon Double Cheese Poutine, Small	1 each	294 g	790	44	15	0.1	65	690	73	6	3	3	23	1550	46	10
	Bacon Double Cheese Poutine, Regular	1 each	500 g	1350	75	23	0.2	100	1070	130	10	5	5	37	2800	69	19
	Bacon Double Cheese Poutine, Large	1 each	704 g	1870	106	36	0.2	160	1690	172	13	8	8	55	3650	112	25
	Chili Cheese Fries, Small	1 each	298 g	620	33	6	0.3	30	450	72	7	5	5	13	1600	10	17
	Chili Cheese Fries, Regular	1 each	482 g	1070	56	8	0.5	35	660	127	12	7	7	21	2800	13	28
	Chili Cheese Fries, Large	1 each	666 g	1410	73	12	0.5	50	1040	167	16	11	11	28	3700	19	39
	Chili Poutine, Small	1 each	325 g	900	54	21	0.2	95	710	72	7	3	3	31	1600	62	17
	Chili Poutine, Regular	1 each	534 g	1460	85	29	0.3	130	1010	128	12	5	5	45	2800	85	28
	Chili Poutine, Large	1 each	716 g	1890	109	37	0.5	170	1410	166	16	8	8	59	3650	108	39
	The Works, Small	1 each	269 g	620	33	6	0.3	25	410	70	6	4	4	12	1550	8	14
	The Works, Regular	1 each	478 g	1100	57	9	0.4	35	760	127	11	7	7	22	2800	13	25
The Works, Large	1 each	644 g	1430	74	12	0.5	50	1090	165	15	10	10	29	3650	19	33	
Veggie Works, Small	1 each	268 g	580	29	4.5	0.2	15	350	71	6	4	4	8	1550	10	10	
Veggie Works, Regular	1 each	445 g	1010	50	7	0.3	15	540	126	10	6	6	14	2750	13	19	
Veggie Works, Large	1 each	580 g	1300	65	9	0.4	20	720	162	13	8	8	18	3550	19	22	
<b>SAUCES &amp; DIPS</b>	Gravy	1 each	105 g	40	1	0.5	0	0	510	7	0	2	1	30	3	1	
	Cheese Sauce	1 each	89 g	60	0.5	0.3	0	0	430	12	0	4	1	175	6	0	
	Sour Cream	1 each	89 g	140	12	7	0.4	40	65	5	0	3	2	100	10	0	
	Roasted Garlic Aioli	1 each	40 g	270	29	4.5	0.5	20	160	2	0	0	1	—	1	1	
	Chipotle Aioli	1 each	40 g	270	29	4.5	0.5	20	290	1	0	1	0.4	—	0	1	
<b>HOT DOG</b>	Hot Dog with Bun	1 each	184 g	420	20	7	0.3	90	1370	39	2	2	22	300	12	25	
	Hot Dog without Bun	1 each	1135 g	230	16	6	0.3	90	1090	6	1	0	16	200	8	10	
<b>HOT DOG TOPPINGS</b>	Chili	1 ladle	28 g	30	1.5	0.5	0	5	105	2	0	1	2	50	1	3	
	Cheese Sauce	1/2 pump	0.5 oz vol	10	0.1	0.1	0	0	70	2	0	1	0.2	30	1	0	
	Bacon Pieces	2 tsp	9 g	40	3	1	0	10	105	0	0	0	3	10	0	1	
<b>LOADED DOG</b>	Poutine Dog	1 each	241 g	550	29	13	0.3	120	1650	43	2	3	29	300	31	25	
	Bacon Double Cheese	1 each	252 g	570	30	13	0.4	125	1700	45	2	3	31	400	31	25	
	Chili Cheese	1 each	229 g	550	31	10	0.4	125	1990	43	2	5	26	400	27	28	

### 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 2022*



# NUTRITIONAL INFORMATION

16 OZ.  
33% ICE DISPLACEMENT  
BEVERAGES

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)
Coca-Cola	16 oz cup	317 mL	130	0	0	0	0	30	35	0	35	0	0	0	0	0
Diet Coke	16 oz cup	317 mL	1	0	0	0	0	45	0	0	0	0.1	0	0	0	0
Coca-Cola Zero	16 oz cup	317 mL	1	0	0	0	0	35	0	0	0	0.1	0	0	0	0
Sprite	16 oz cup	317 mL	130	0	0	0	0	60	34	0	34	0	0	0	0	0
Barqs (Reg.)	16 oz cup	317 mL	140	0	0	0	0	60	40	0	40	0	0	0	0	0
Fruitopia Strawberry Passion	16 oz cup	317 mL	150	0	0	0	0	30	39	0	38	0	0	130	0	0
Nestea Sweetened Iced Tea	16 oz cup	317 mL	100	0	0	0	0	40	27	0	27	0	0	0	0	0
Fanta Orange	16 oz cup	317 mL	140	0	0	0	0	60	37	0	37	0	0	0	0	0

21 OZ.  
33% ICE DISPLACEMENT  
BEVERAGES

Coca-Cola	21 oz cup	414 mL	170	0	0	0	0	40	46	0	46	0	0	0	0	0
Diet Coke	21 oz cup	414 mL	1	0	0	0	0	60	0	0	0	0.1	0	0	0	0
Coca-Cola Zero	21 oz cup	414 mL	1	0	0	0	0	50	0	0	0	0.1	0	0	0	0
Sprite	21 oz cup	414 mL	160	0	0	0	0	75	44	0	44	0	0	0	0	0
Barqs (Reg.)	21 oz cup	414 mL	190	0	0	0	0	75	52	0	52	0	0	0	0	0
Fruitopia Strawberry Passion	21 oz cup	414 mL	200	0	0	0	0	40	51	0	50	0	0	190	0	0
Nestea Sweetened Iced Tea	21 oz cup	414 mL	130	0	0	0	0	55	35	0	35	0	0	0	0	0
Fanta Orange	21 oz cup	414 mL	180	0	0	0	0	50	48	0	48	0	0	0	0	0

CONDIMENTS

Cajun Seasoning	3 g	3 g	10	0	0	0	0	380	1	0	0	0.3	2	0	0	2
California Seasoning	3 g	3 g	10	0	0	0	0	360	2	0	1	0.1	2	2	0	0
Ketchup	1 tbsp	15 mL	20	0	0	0	0	120	4	0	4	0.2	2	0	0	0
Mayo	1 tbsp	15 mL	100	10	1.5	0	5	70	0	0	0	0.1	0	0	0	0
Yellow Mustard (GFS)	1 tbsp	15 mL	10	0.5	0	0	0	170	1	0	0	1	0	0	0	2
Yellow Mustard (Wings)	1 tbsp	15 mL	10	0.5	0	0	0	160	1	0	0	0.4	0	0	0	2
Yellow Mustard (Heinz)	1 tbsp	15 mL	10	0.5	0	0	0	150	1	0	0	1	0	0	0	2
Green Olives, Sliced (Whyte's / GFS)	2 tbsp	15 g	15	1	0.2	0	0	240	0	0	0	0.2	0	0	0	0
Green Olives, Sliced (GFS - Atlantic & BC)	2 tbsp	15 g	15	1.5	0.3	0	0	350	1	0	0	0.1	0	0	0	0
Spanish Onion, Chopped	2 tbsp	20 g	10	0	0	0	0	1	2	0	1	0.2	0	2	0	0
Hot Pepper Rings (Strub)	6-7 Rings	15 g	3	0	0	0	0	125	2	1	1	0.1	0	15	2	0
Hot Pepper Rings (Bicks)	6-7 Rings	15 g	3	0	0	0	0	240	1	0	0	0.1	0	0	0	0
Hamburger Pickles, Sliced (GFS)	1 tbsp	15 mL	2	0	0	0	0	75	0	0	0	0.1	0	0	0	0
Hamburger Pickles, Sliced (Whyte's)	1 tbsp	15 mL	0	0	0	0	0	120	1	0	1	0.1	0	0	2	0
Bread and Butter Pickles (Bick's)	1 tbsp	15 mL	15	0	0	0	0	80	4	0	4	0	0	0	0	0
Relish, Zesty Green (Bick's)	1 tbsp	15 mL	10	0	0	0	0	90	3	0	2	0	0	0	0	0
Relish, Zesty Green (Whyte's)	1 tbsp	15 mL	10	0	0	0	0	100	3	0	3	0	0	0	0	0
Relish, Sweet Corn (Bick's)	1 tbsp	15 mL	20	0	0	0	0	80	5	0	3	0.3	0	0	2	0
Relish, Sweet Homestyle (GFS)	1 tbsp	15 mL	10	0	0	0	0	170	3	0	1	0	0	0	0	0
Sauerkraut (Bick's)	2 tbsp	30 mL	3	0	0	0	0	240	1	0	1	0.1	0	0	0	0
Sauerkraut (Whyte's)	2 tbsp	30 mL	5	0	0	0	0	290	1	1	0	0.1	0	4	0	0
Sauerkraut (GFS)	2 tbsp	30 mL	3	0	0	0	0	260	1	1	0	0	0	0	0	0
Honey Mustard Sauce (Skollsberg's)	1 tbsp	15 mL	70	7	0.5	0	5	135	2	0	2	0.2	0	0	0	0
Tomatoes, Medium Slices	2 slices	40 g	5	0	0	0	0	2	2	0	1	0.4	4	8	0	0
Tabasco, green pepper sauce	1 tsp	5 mL	10	0	0	0	0	140	2	2	0	0	0	6	0	0
Tabasco, garlic pepper sauce	1 tsp	5 mL	15	0	0	0	0	140	4	2	2	0	0	0	0	0