



# NUTRITIONAL INFORMATION

Last updated: May 23, 2023

## Analytic 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.

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.

### FRIES

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (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 Fatty Acid (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	360 g	870	51	20	0.1	74	5	3	27	85	990	1500	800	1.75	Contains: Milk, Soy, Sulphites.
Classic Poutine, Regular	1 each	565 g	1410	81	28	0.2	129	10	4	39	115	1340	2850	1100	3.5	Contains: Milk, Soy, Sulphites.
Classic Poutine, Large	1 each	744 g	1900	110	41	0.2	166	13	5	55	170	1830	3400	1650	4	Contains: Milk, Soy, Sulphites.
Nacho Fries, Snack	1 each	318 g	600	29	4.5	0.2	75	6	7	9	15	770	1700	125	2.25	Contains: Milk.
Nacho Fries, Regular	1 each	523 g	1040	50	7	0.3	133	12	10	15	15	1160	3000	200	4	Contains: Milk.
Nacho Fries, Large	1 each	685 g	1340	65	9	0.4	171	15	14	19	20	1540	3900	300	5	Contains: Milk.
Butter Chicken Poutine, Snack	1 each	342 g	860	48	17	0.2	73	7	4	31	70	820	1650	550	2.25	Contains: Milk.
Butter Chicken Poutine, Regular	1 each	551 g	1430	79	25	0.3	128	12	6	47	100	1160	2850	850	3.5	Contains: Milk.
Butter Chicken Poutine, Large	1 each	730 g	1940	110	39	0.4	165	15	7	67	160	1620	3700	1400	4.5	Contains: Milk.
Bacon Double Cheese Poutine, Snack	1 each	291 g	770	43	14	0.1	73	5	4	21	60	690	1600	600	1.75	Contains: Milk.
Bacon Double Cheese Poutine, Regular	1 each	495 g	1330	74	23	0.1	130	10	6	35	95	1070	2850	900	3.5	Contains: Milk.
Bacon Double Cheese Poutine, Large	1 each	700 g	1860	105	36	0.2	173	13	9	53	155	1730	3750	1450	4	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	3850	1400	7	Contains: Milk, Soy.
The Works, Snack	1 each	266 g	600	32	5	0.3	70	6	4	11	20	390	1550	100	2.25	Contains: Milk, Soy.
The Works, Regular	1 each	474 g	1080	55	8	0.4	128	11	7	20	30	750	2850	175	4.5	Contains: Milk, Soy.
The Works, Large	1 each	640 g	1420	73	12	0.5	166	15	11	27	45	1110	3700	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	3850	225	4	Contains: Milk.
Pulled Pork Poutine, Snack	1 each	321 g	820	46	15	0.1	74	7	7	25	70	810	1850	550	2.5	Contains: Milk, Mustard, Sulphites.
Pulled Pork Poutine, Regular	1 each	522 g	1380	77	23	0.1	130	12	9	38	100	1150	3150	850	4.5	Contains: Milk, Mustard, Sulphites.
Pulled Pork Poutine, Large	1 each	695 g	1890	108	36	0.2	167	15	12	56	160	1620	4000	1350	5.5	Contains: Milk, Mustard, Sulphites.
Flamin' Bacon Fries, Snack	1 each	231 g	740	49	7	0.1	65	6	3	10	25	780	1450	75	2	Contains: Egg, Mustard, Soy.
Flamin' Bacon Fries, Regular	1 each	429 g	1390	93	13	0.3	119	11	7	19	50	1480	2850	125	3.5	Contains: Egg, Mustard, Soy.
Flamin' Bacon Fries, Large	1 each	570 g	1880	130	18	0.4	153	14	9	26	75	2160	3450	150	4.5	Contains: Egg, Mustard, Soy.

### SAUCES/ DIPS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Fiber (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.
Roasted Garlic Aioli	1 each	40 g	280	30	5	0.1	2	0	0	1	20	250	20	10	0.2	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.

### HOT DOG

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Fiber (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	

### HOT DOG TOPPINGS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens	
Chili	1 ladle	29 g	30	1.5	0.5	0	2	0	0	1	2	5	105	50	10	0.5	Contains: Soy.
Cheese Sauce	1/2 pump	0.5 oz vol	10	0.1	0.1	0	2	0	0	1	0.2	0	70	30	10	0	Contains: Milk.
Bacon Pieces	2 tsp	6 g	25	2	0.5	0	0	0	0	0	2	5	105	20	0	0.1	

### LOADED DOGS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Poutine Dog	1 each	234 g	540	29	13	0.3	43	2	2	29	120	1610	300	400	4.5	Contains: Milk, Soy, Sulphites, Wheat.
Bacon Double Cheese Dog	1 each	250 g	570	30	13	0.3	46	2	4	30	125	1710	400	400	4.5	Contains: Milk, Soy, Wheat.
Chili Cheese Dog	1 each	222 g	450	21	7	0.4	43	2	3	24	95	1520	350	150	5	Contains: Milk, Soy, Wheat.
Nacho Dog	1 each	240 g	460	22	8	0.4	44	3	4	23	100	1610	400	175	5	Contains: Milk, Soy, Wheat.
Flamin' Bacon Dog	1 each	220 g	580	36	10	0.4	41	2	3	23	105	1750	300	150	4.5	Contains: Egg, Mustard, Soy, Wheat.
Pulled Pork Dog	1 each	244 g	570	30	13	0.3	44	3	4	30	125	1670	450	400	5	Contains: Milk, Mustard, Soy, Sulphites, Wheat.

