



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)
FRIES	Fries, Small	1 each	150 g	430	20	1.5	0.2	0	95	57	5	0	6	0	2	2	15
	Fries, Regular	1 each	200 g	580	27	2	0.2	0	125	76	6	0	7	0	4	2	15
	Fries, Large	1 each	290 g	840	39	3	0.3	0	180	110	9	0	11	0	4	4	25
	Fries, XL	1 each	360 g	1040	49	4	0.4	0	220	137	11	0	13	0	6	4	30
POUTINE	Classic Poutine, Small	1 each	307 g	710	37	11	0.5	45	860	74	5	2	14	15	2	35	15
	Classic Poutine, Regular	1 each	413 g	950	50	15	1	60	1150	100	7	2	19	20	4	45	20
	Beef Lovers Poutine, Small	1 each	315 g	690	35	9	0.5	30	830	72	5	1	21	8	4	20	20
	Beef Lovers Poutine, Regular	1 each	426 g	930	47	12	0.5	45	1130	98	7	2	28	10	6	30	25
	Butter Chicken Poutine, Small	1 each	308 g	710	37	10	0.5	65	760	72	6	2	21	15	4	25	20
	Butter Chicken Poutine, Regular	1 each	418 g	980	51	15	0.5	90	1040	98	9	3	29	20	4	35	30
	Bacon Double Cheese Poutine, Small	1 each	286 g	710	38	11	0.5	50	720	76	5	3	16	15	8	35	15
	Bacon Double Cheese Poutine, Regular	1 each	401 g	960	51	15	0.5	70	1030	104	7	4	22	20	15	50	25
	Chili Cheese Fries, Small	1 each	320 g	620	28	5	0.2	15	490	80	7	2	13	6	30	10	20
	Chili Cheese Fries, Regular	1 each	430 g	830	37	6	0.3	15	690	109	10	3	16	6	40	10	30
	Chili Poutine, Small	1 each	282 g	680	35	9	0.5	40	470	75	7	1	18	15	20	30	20
	Chili Poutine, Regular	1 each	398 g	940	47	13	0.5	55	670	103	10	2	24	20	35	40	25
	Pulled Pork Poutine, Small	1 each	277 g	700	37	9	0.4	50	780	72	6	5	18	15	4	25	20
	Pulled Pork Poutine, Regular	1 each	391 g	990	53	14	0.5	70	1160	98	9	8	26	20	6	35	25
	The Works, Small	1 each	275 g	600	29	5	0.3	15	420	75	6	3	11	4	15	8	20
	The Works, Regular	1 each	412 g	840	39	6	0.4	25	750	106	9	5	16	6	30	10	25
Veggie Works, Small	1 each	278 g	580	28	4.5	0.3	10	410	75	5	4	8	4	10	10	15	
Veggie Works, Regular	1 each	387 g	780	36	5	0.3	10	590	103	7	6	11	6	20	10	25	
SAUCES & DIPS	Gravy	1 each	3 oz vol	35	1	0.4	0.1	0	460	7	0	2	1	0	0	2	2
	Cheese Sauce	1 each	3 oz vol	60	0.5	0.3	0	0	430	12	0	4	1	0	0	4	0
	Sour Cream	1 each	3 oz vol	150	13	7	0.3	30	75	6	0	3	3	10	0	10	0
	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
	Chipotle Aioli	1 each	1.5 oz vol	240	26	4	0.5	20	260	1	0	1	0.4	2	0	0	0
	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
HOT DOG TOPPINGS	Hot Dog with Bun	1 each	154 g	410	22	7	0.3	90	1090	37	1	3	17	0	0	19	23
	Chili	1 ladle	1 oz vol	25	0.4	0.1	0	0	95	4	1	1	1	0	8	0	2
	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
	Bacon Pieces	2 tsp	8.5 g	40	3	1	0	10	105	0	0	0	3	0	0	0	0
LOADED DOG	Poutine Dog	1 each	216 g	530	28	12	0.4	120	1440	44	1	4	24	10	0	40	25
	Pulled Pork	1 each	216 g	570	30	13	0.4	125	1420	44	1	5	27	10	2	40	25
	Bacon Double Cheese	1 each	227 g	560	30	12	0.4	125	1490	46	1	5	26	10	2	40	25

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: October/2018



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 (Skollberg'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