



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	331 g	790	47	20	0.1	85	1320	64	5	2	26	30	0	90	130
	Classic Poutine, Regular	1 each	483 g	1170	69	27	0.1	115	1870	100	8	3	36	40	0	120	210
	Classic Poutine, Large	1 each	687 g	1730	102	40	0.2	170	2640	146	11	5	53	60	0	180	320
	Beef Lovers Poutine, Small	1 each	314 g	690	42	15	0.2	65	1280	60	5	1	26	20	2	60	140
	Beef Lovers Poutine, Regular	1 each	468 g	1070	64	23	0.3	95	1870	95	8	2	39	30	4	100	220
	Beef Lovers Poutine, Large	1 each	673 g	1630	99	37	0.4	155	2660	140	12	2	58	50	4	160	320
	Butter Chicken Poutine, Small	1 each	314 g	770	43	16	0.2	70	1160	62	6	4	30	25	10	70	130
	Butter Chicken Poutine, Regular	1 each	468 g	1190	67	24	0.3	100	1710	98	9	6	44	35	15	100	220
	Butter Chicken Poutine, Large	1 each	673 g	1780	102	38	0.3	160	2460	144	13	7	65	50	15	160	320
	Bacon Double Cheese Poutine, Small	1 each	266 g	700	40	14	0.1	65	1040	63	5	3	22	20	0	70	130
	Bacon Double Cheese Poutine, Regular	1 each	417 g	1110	63	22	0.1	100	1620	100	8	5	34	30	2	100	210
	Bacon Double Cheese Poutine, Large	1 each	647 g	1710	98	36	0.2	160	2530	152	11	7	53	50	2	160	320
	Chili Cheese Fries, Small	1 each	282 g	480	25	4.5	0.2	15	540	56	5	3	7	4	4	25	130
	Chili Cheese Fries, Regular	1 each	416 g	750	38	6	0.2	15	870	90	8	4	11	4	6	35	210
	Chili Cheese Fries, Large	1 each	635 g	1120	57	9	0.3	25	1360	136	11	6	16	8	8	50	320
	Chili Poutine, Small	1 each	297 g	760	46	19	0.1	85	850	58	5	1	25	30	4	90	130
	Chili Poutine, Regular	1 each	451 g	1130	68	26	0.1	115	1260	92	8	1	36	40	8	120	220
	Chili Poutine, Large	1 each	659 g	1570	92	34	0.2	140	1730	135	12	2	46	50	10	160	320
	Pulled Pork Poutine, Small	1 each	255 g	730	42	15	0.1	75	910	59	5	3	25	20	6	60	130
	Pulled Pork Poutine, Regular	1 each	400 g	1140	66	23	0.1	110	1410	94	8	5	38	30	8	100	220
	Pulled Pork Poutine, Large	1 each	623 g	1770	103	37	0.2	185	2220	142	12	8	62	50	15	160	320
	The Works, Small	1 each	241 g	510	27	5	0.2	25	660	57	5	3	9	6	2	25	130
	The Works, Regular	1 each	396 g	810	42	7	0.2	30	1110	93	8	5	15	6	4	35	220
	The Works, Large	1 each	587 g	1190	61	10	0.4	40	1620	138	11	8	21	8	6	50	320
	Veggie Works, Small	1 each	239 g	500	25	4.5	0.2	15	710	61	5	5	7	6	4	25	130
	Veggie Works, Regular	1 each	363 g	780	38	6	0.2	20	1100	97	8	6	11	6	4	40	210
Veggie Works, Large	1 each	523g	1140	57	9	0.4	25	1560	141	11	9	16	10	6	60	320	
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
HOT DOG	Hot Dog with Bun	1 each	176 g	470	26	8	0.3	110	1690	38	1	4	20	0	0	30	30
	Hot Dog without Bun	1 each	105 g	280	22	7	0.3	110	1410	5	0	2	14	0	0	25	15
HOT DOG TOPPING	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	233 g	590	35	14	0.3	140	1960	42	1	4	27	10	0	50	30
	Pulled Pork	1 each	233 g	620	37	15	0.3	145	1940	42	2	5	30	10	2	50	35
	Bacon Double Cheese	1 each	244 g	620	36	15	0.4	145	2020	44	2	5	29	10	2	50	35

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 2019



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