



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	170 g	490	25	2	0.1	0	50	61	5	1	6	0	0	4	10	
	Fries, Regular	1 each	312 g	900	46	4	0.1	0	85	111	10	1	11	0	0	8	20	
	Fries, Large	1 each	397 g	1150	58	5	0.2	0	110	142	13	2	15	0	0	10	30	
POUTINE	Classic Poutine, Small	1 each	360 g	870	51	20	0.1	85	970	74	6	3	27	30	0	70	15	
	Classic Poutine, Regular	1 each	565 g	1410	81	28	0.2	115	1320	129	10	4	39	40	0	100	25	
	Classic Poutine, Large	1 each	744 g	1900	110	41	0.2	170	1800	166	13	5	55	60	0	150	30	
	Nacho Fries, Small	1 each	318 g	600	29	4.5	0.2	15	760	75	6	7	9	6	25	10	15	
	Nacho Fries, Regular	1 each	523 g	1040	50	7	0.3	15	1150	132	12	11	15	8	35	20	25	
	Nacho Fries, Large	1 each	685 g	1340	65	9	0.4	20	1530	170	15	15	19	10	50	25	35	
	Butter Chicken Poutine, Small	1 each	342 g	860	48	17	0.2	70	820	73	7	4	4	31	25	10	50	15
	Butter Chicken Poutine, Regular	1 each	551 g	1430	79	25	0.3	100	1160	128	12	6	47	35	15	80	25	
	Butter Chicken Poutine, Large	1 each	730 g	1940	110	39	0.4	160	1620	165	15	7	67	50	15	130	35	
	Bacon Double Cheese Poutine, Small	1 each	294 g	790	44	15	0.1	65	690	73	6	3	23	20	0	50	15	
	Bacon Double Cheese Poutine, Regular	1 each	550 g	1350	75	23	0.2	100	1070	130	10	5	37	30	2	80	25	
	Bacon Double Cheese Poutine, Large	1 each	704 g	1870	106	36	0.2	160	1690	172	13	8	55	50	2	130	30	
	Chili Cheese Fries, Small	1 each	310 g	560	29	4.5	0.2	15	180	66	6	2	8	4	4	8	15	
	Chili Cheese Fries, Regular	1 each	499 g	980	50	7	0.3	15	310	119	10	4	13	4	4	15	25	
	Chili Cheese Fries, Large	1 each	692 g	1280	65	9	0.4	20	520	156	13	6	17	6	6	20	30	
	Chili Poutine, Small	1 each	325 g	840	51	20	0.1	85	500	68	6	1	26	30	4	70	15	
	Chili Poutine, Regular	1 each	534 g	1370	80	28	0.1	115	700	122	11	2	39	40	8	100	25	
	Chili Poutine, Large	1 each	716 g	1740	101	34	0.2	140	890	155	14	2	49	50	10	120	30	
	Pulled Pork Poutine, Small	1 each	283 g	810	46	15	0.1	75	560	69	6	4	26	20	6	50	15	
	Pulled Pork Poutine, Regular	1 each	482 g	1380	78	24	0.1	110	850	124	11	5	41	30	8	80	25	
Pulled Pork Poutine, Large	1 each	680 g	1940	112	38	0.2	185	1380	162	14	9	64	50	15	120	30		
The Works, Small	1 each	269 g	590	31	5	0.2	20	300	67	6	3	10	4	2	10	15		
The Works, Regular	1 each	478 g	1040	54	8	0.3	25	550	123	10	5	17	4	4	15	25		
The Works, Large	1 each	644 g	1340	69	11	0.4	35	780	159	13	7	23	6	6	20	30		
Veggie Works, Small	1 each	268 g	580	29	4.5	0.2	15	350	71	6	4	8	4	15	10	15		
Veggie Works, Regular	1 each	445 g	1010	50	7	0.3	15	540	126	10	6	14	4	4	15	25		
Veggie Works, Large	1 each	580 g	1300	65	9	0.4	20	720	162	13	8	18	8	6	20	30		
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: March 2020



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