

Daily Specials															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
The Smokeshow Burger w/Soup	780-1030	40	8	0.4	145	50	6	7	38	3280	2.5	250	1.75	80	0.3
BBQ Philly Burger W/ Soup	810-1060	43	18	0	215	68	7	11	59	1830	15	500	7.5	150	0.75
Loaded Mushroom Burger W/ Soup	770-1020	42	14	0.2	195	48	4	6	44	1200	11	150	5.5	80	0.2
California Burger W/ Soup	1060-1310	85	26	0.4	255	67	10	8	58	1930	13	550	7.5	150	0.5
Jalapeno Ranch Burger W/ Soup	890-1140	59	23	0	245	66	9	10	58	3160	13	600	7.5	150	0.5
Add French Fries	390	23	2	0.2	0	46	4	2	4	3180	0	30	0.75	0	0
Add Homefries	430	23	0.5	0	0	56	21	0	5	2280	0	0	0	0	0
Hot Drinks															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Espresso	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Specialty Tea	0	0	0	0	0	1	0	0	0	15	0	0	0.1	0	0
Coffee/Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cappuccino Sweetened	80	2.5	1.5	0	10	8	0	7	4	70	0.2	0	0.1	0	0
Cappuccino Unsweetened	70	2.5	1.5	0	10	7	0	6	4	70	0.2	0	0.1	0	0
Cafe Mocha	170	6	6	0	0	31	1	24	1	120	0.2	40	1.5	0	0
Hot Chocolate	170	6	6	0	0	29	1	24	1	105	0	40	1.25	0	0
Smoothies & Lemonades															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Replace with Oat milk - Smoothies	80	1.5	0	0	0	15	0	3	2	60	0	100	0.3	0	0
Tropical Sunrise Smoothie	190	2	0	0	0	41	4	28	3	40	58	40	1.25	0	0
Wake Up Smoothie	180	3	0	0	0	36	3	10	5	85	0	125	1.75	0	0
Rise & Berry Smoothie	170	1	0	0	0	39	4	24	0	30	36	75	1	0	0
Morning Match Smoothie	280	2.5	0	0	0	59	4	33	6	100	12	150	2.25	0	0
Watermelon Splash Lemonade	140	0	0	0	0	42	0	20	0	10	0	20	0.2	0	0
Orange Citrus Lemonade	170	0	0	0	0	51	0	25	0	10	0	30	0.2	0	0
Wild Grape Lemonade	160	0	0	0	0	49	0	25	0	10	0	30	0.2	0	0
Cold Drinks															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Iced Tea - Can	70	0	0	0	0	17	0	17	0	115	0	0	0	0	0
Gingerale - Can	120	0	0	0	0	33	0	33	0	60	0	0	0	0	0
7Up - Can	140	0	0	0	0	39	0	38	0	45	0	0	0	0	0
Diet Pepsi - Can	0	0	0	0	0	0	0	0	0	15	0	0	0	0	0
Pepsi - Can	150	0	0	0	0	41	0	41	0	30	0	0	0	0	0
Cranberry Juice	160	0	0	0	0	38	0	38	0	15	45	30	0	0	0
Lemonade	140	0	0	0	0	46	0	43	0	20	0	50	0.4	0	0
Grapefruit Juice	140	0	0	0	0	37	0	31	0	30	85	50	0	0	0
Orange Juice	160	0	0	0	0	37	0	30	3	15	128	10	0	0	0
Apple Juice	160	0	0	0	0	38	0	35	0	30	85	40	0	0	0
Chocolate Milk	240	4.5	3	0	20	40	0	38	11	310	0	0	0	0	0
White Milk	180	7	4.5	0	30	17	0	17	13	170	0	0	0	0	0
Lattes															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
French Vanilla Latte	260	8	6	0	15	39	0	37	8	115	0.2	0	0.1	0	0
French Vanilla Latte Iced	240	7	6	0	15	36	0	33	7	100	0.2	0	0.1	0	0
Caramel Tiramisu Latte	270	8	6	0	15	30	2	26	8	115	0.2	30	0.4	2	0.1
Caramel Tiramisu Latte Iced	260	7	6	0	15	28	2	24	7	100	0.2	30	0.4	2	0.1
Dirty Chai Latte	260	8	6	0	15	38	0	36	8	125	0.2	0	0.1	0	0
Dirty Chai Latte Iced	240	8	8	0	0	33	0	31	1	45	0.2	10	0.1	0	0
Vanilla Cookie Butter Crunch Latte	300	8	6	0	15	27	0	25	8	115	0.2	0	0.1	0	0
Vanilla Cookie Butter Crunch Latte Iced	280	7	6	0	15	26	0	24	7	100	0.2	0	0.1	0	0
Vanilla Cupcake Latte	300	10	6	0	15	32	0	29	8	115	0.2	0	0.1	0	0
Vanilla Cupcake Iced Latte	290	9	6	0	15	31	0	27	7	100	0.2	0	0.1	0	0
Caramel Macchiato	260	8	6	0	15	39	0	38	8	115	0.2	0	0.1	0	0
Caramel Macchiato Iced	250	7	6	0	15	38	0	36	7	100	0.2	0	0.1	0	0
Latte Sweetened	130	4.5	2.5	0	15	12	0	11	8	110	0.2	0	0.1	0	0
Latte Unsweetened	120	4.5	2.5	0	15	11	0	10	8	110	0.2	0	0.1	0	0
Latte Sweetened Iced	110	3.5	2	0	15	11	0	10	6	100	0.2	0	0.1	0	0

Latte Unsweetened Iced	100	3.5	2	0	15	10	0	9	6	100	0.2	0	0.1	0	0
Replace with Oat milk - Reg	70	1.5	0	0	0	14	0	3	2	60	0	100	0.3	0	0
Replace with Oat milk - Iced	60	1	0	0	0	11	0	2	2	50	0	75	0.2	0	0

Breakfast

Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Crepe Stack W/ Strawberry Vanilla	1720	77	20	0.1	385	152	23	61	40	3490	0	75	2.25	0	0
Crepe Stack W/ Banana Berry	1600	76	19	0.1	385	146	23	55	40	3470	0	100	3	0	0
Junior Stack w/ Turkey Bacon	1040-1100	44	6	0	345	98	23	6	26	3150	0	40	1.5	0	0
Express No Meat	700-760	32	3.5	0	310	57	21	0	16	2400	0	40	1.5	0	0
Junior Stack w/ Peameal	1000-1060	28	4.5	0	325	104	23	6	43	1810	1.5	75	3	0	0
Junior Stack	1040-1100	42	10	0	345	99	23	7	29	1240	0	50	1.75	0	0
Pancake Stack	1480	78	18	0.1	385	141	24	13	42	4600	0	75	2.25	0	0
Pancake Stack No Meat	1060	40	3.5	0	310	136	24	13	26	3530	0	40	1.5	0	0
French Toast Stack	1470	81	21	0.2	580	106	23	4	47	3890	0	175	5.5	0	0
Waffle Stack	1180	74	18	0.1	420	87	21	2	35	3860	0	75	3.5	0	0
Steak N Eggs	1330-1390	71	17	0	605	86	32	0	57	2760	6	50	2.25	0	0
The Meatlovers	1500-1560	91	23	0.1	590	90	32	1	54	4570	0	100	3.5	0	0
Jumbo Express Turkey Bacon	1100-1160	58	10	0	535	88	32	0	35	2850	0	50	2.25	0	0
Jumbo Express Ham	1030-1090	46	7	0	515	86	32	0	39	3620	0	75	3	0	0
Jumbo Express Sausage	1400-1460	83	21	0	545	93	32	0	40	3550	0	125	3.5	0	0
Express Sausage	1040-1100	63	16	0	370	63	21	0	28	3200	0	75	2.5	0	0
Jumbo Express Peameal	1160-1220	47	7	0	485	97	32	0	58	4110	2	100	4	0	0
Jumbo Express Bacon	1300-1360	75	17	0.1	540	87	32	1	40	3530	0	50	2.25	0	0
Express Turkey Bacon	830-890	44	7	0	365	59	21	0	24	2680	0	40	1.5	0	0
Express Ham	770-830	35	4.5	0	340	57	21	0	26	3160	0	50	2	0	0
Express Peameal	850-910	36	5	0	325	65	21	0	38	3490	1.5	75	3	0	0
Express Bacon	1000-1060	57	13	0.1	365	58	21	1	28	3190	0	40	1.5	0	0
Choice of Gluten-Free Toast	140	2	0	0	0	30	1	2	1	320	0	30	0.75	30	0
Choice of Rye Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast	200	1.5	0	0	0	39	2	2	8	340	0	75	2.5	0	0
Choice of Brown Toast	200	2.5	0	0	0	37	4	2	8	290	0	75	2	0	0

Upgrades

Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Crisp Up Homefries	190	11	8	0	40	0	0	0	15	570	0.6	500	0	2	0
Onions in Homefries	90	0.1	0	0	0	6	1	3	1	2	4.5	10	0.1	10	0.1
Spicy Homefries	100	0.2	0	0	0	6	3	3	1	1300	2	75	0.4	6	0.1
Holly Homefries	170	9	6	0	30	1	0	0	7	240	0	225	0	0	0
Homefries Out, Fruit In	220	0.4	0.1	0	0	25	3	19	2	25	86	40	0.5	50	0.3

Starting Light

Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Veggie Scrambler	610-880	40	3.5	0	310	65	26	1	18	2400	2	50	1.75	6	0
Healthy Choice	640	19	3.5	0	90	34	7	19	33	790	86	50	1.25	50	0.4
Healthy Start	660	9	3	0	310	26	3	19	13	140	86	75	2	50	0.3
Yogurt Parfait	660-720	7	2.5	0	10	90	4	65	16	140	5	350	0.75	0	0
Choice of Gluten-Free Toast	140	2	0	0	0	30	1	2	1	320	0	30	0.75	30	0
Choice of Rye Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast	200	1.5	0	0	0	39	2	2	8	340	0	75	2.5	0	0
Choice of Rye Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Avocado Toasts

Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Corn & Black Bean Avocado Toast	780-990	25	3	0	310	11	8	0	13	125	0	50	2	0	0
G.B.C. Avocado Toast	1130-1340	68	23	0.1	420	14	8	1	38	1390	0	500	2	0	0
Avocado Toast	680-890	25	3	0	310	11	8	0	13	125	0	50	2	0	0
Add Fresh Fruit	220	0.4	0.1	0	0	25	3	19	2	25	86	40	0.5	50	0.3
Add Homefries	430	23	0.5	0	0	56	21	0	5	2280	0	0	0	0	0

Eggs Benedicts

Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Steak Benedict	1230	62	16	0	455	107	23	18	51	4560	84	175	3.5	25	0.1
Corn & Black Bean Benedict	1200	55	8	0.2	335	107	30	10	23	2790	41	150	4	25	0.1

Hot Honey Chicken Benedict	1230	45	10	0	375	141	23	28	38	4250	41	350	4.5	25	0.1
Peameal & Spinach Benedict	960	28	7	0	340	104	23	10	43	1510	42	250	5	25	0.1
Southwest Benedict	1170	72	10	0.3	340	106	30	11	23	2810	41	250	4	25	0.1
Spinach & Mushroom Benedict	800	36	7	0	325	96	23	10	21	2660	41	250	3.5	25	0.1
Turkey Bacon Benedict	930	48	10	0	380	97	23	10	28	2950	41	250	3.5	25	0.1
Peameal Benedict	950	40	8	0	340	104	23	10	43	3750	42	250	5	25	0.1
Ham Benedict	1020	43	10	0	370	96	23	10	34	3550	41	350	4	25	0.1
Bacon Benedict	1070	62	16	0.1	380	97	23	11	32	3450	41	250	3.5	25	0.1
Omelette															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Mexican Omelette	1050-1110	57	12	0	500	67	26	1	35	3270	1.5	300	3	4	0
Spinach Florentine Omelette	940-1000	41	9	0	480	60	22	1	29	2620	1.5	225	2.25	4	0
Meatlovers Omelette	1010-1070	59	17	0	535	60	21	0	38	3330	0	350	2.5	0	0
Homestyle Omelette	1150-1210	70	23	0	565	64	22	1	46	3680	2	500	3	6	0
Great Canadian Omelette	1120-1180	69	22	0.1	555	60	21	1	42	3420	0	500	2.25	0	0
Deluxe Omelette	980-1040	54	17	0	535	62	22	1	39	3230	2	500	2.5	6	0
Spinach Omelette	880-940	44	10	0.2	495	62	22	1	27	2760	1.5	75	2.25	4	0
Sub Egg Whites	60	0	0	0	0	2	0	0	11	0	0	0	0	0	0
Choice of Rye Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast	200	1.5	0	0	0	39	2	2	8	340	0	75	2.5	0	0
Choice of Gluten-Free Toast	140	2	0	0	0	30	1	2	1	320	0	30	0.75	30	0
Choice of Brown Toast	200	2.5	0	0	0	37	4	2	8	290	0	75	2	0	0
Stacked Hashes															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Southwest Steak Hash	2200-2260	138	27	0.5	505	122	47	2	65	5480	10	300	2	8	0.1
Hot Honey Chicken Hash	2030-2090	105	25	0	445	166	44	21	56	7290	4	700	3	8	0.1
Stacked Hash	1510-1570	64	10	0	360	121	44	4	42	5800	8	300	3	20	0.2
Veggie Hash	1190-1250	51	3.5	0	310	125	48	4	24	2450	8	75	2	20	0.2
Benedict Hash	1710-1770	84	23	0	410	125	43	1	64	6480	5	700	3	8	0.1
Canadian Hash	1820-1880	100	28	0.1	440	147	43	22	71	6990	5	700	3	8	0.1
Cowboy Hash	1590-1650	88	17	0.1	400	128	44	7	44	6450	6	100	2.5	15	0.1
Mexican Hash	1560-1620	86	15	0	365	130	49	3	39	6540	6	350	2.5	15	0.1
Bacon Cheeseburger Hash	2190-2250	148	39	0.5	600	125	44	4	78	6270	15	750	6.5	15	0.2
Choice of Rye Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choice of Brown Toast	200	2.5	0	0	0	37	4	2	8	290	0	75	2	0	0
Choice of White Toast	200	1.5	0	0	0	39	2	2	8	340	0	75	2.5	0	0
Choice of Gluten-Free Toast	140	2	0	0	0	30	1	2	1	320	0	30	0.75	30	0
Premium Stacks															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Banana Berry Cheesecake Pancakes	1310	16	2	0	5	169	5	73	16	1770	0	10	0.1	0	0
Confetti Cookie Pancakes	1410	32	6	0	0	235	5	112	17	1740	0	0	0.1	0	0
Maple Banana Crunch Pancakes	1410	19	1	0	0	222	10	84	24	1720	0	50	1	0	0
Honey Butter Pancakes	1520	12	0	0	0	217	4	111	15	1720	0	50	1	0	0
Double Berry Pancakes	1160	16	2	0	5	169	5	75	16	1780	0	10	0.1	0	0
Biscoff Pancakes	1630	49	6	0	0	199	4	86	17	1740	0	0	0.1	0	0
NY Strawberry Cheesecake Pancakes	1260	15	2	0	5	169	4	68	16	1770	0	10	0.1	0	0
Signature Stacks															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Strawberry w/Nutella Pancakes	1120	12	0	0	0	184	4	84	15	1700	0	75	0.1	0	0
Gluten-Friendly Pancakes	870	33	3	0	225	86	2	11	12	1040	0	75	1.5	0	0
Strawberry Banana Pancakes	960	12	0	0	0	119	4	19	15	1700	0	0	0.1	0	0
Cinnabun Pancakes	1480	15	2	0	5	169	4	68	16	1770	0	10	0.1	0	0
Chocolate Chip Pancakes	940	20	5	0	0	147	6	42	17	1710	0	10	2.5	0	0
Chocolate Banana Pancakes	1020	19	4	0	0	142	6	39	17	1710	0	10	2	0	0
Blueberry Pancakes	850	13	0	0	0	123	7	31	16	1720	0.6	10	0.3	0	0.2
Pancakes	750	12	0	0	0	119	4	19	15	1700	0	0	0.1	0	0

Crepes															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Strawberry Vanilla Crepes W/ HF	1150	30	2.5	0	0	147	23	60	13	2310	0	0	0	0	0
Banana Berry Crepes W/ HF	1030	29	2	0	0	140	23	55	13	2290	0	40	0.5	0	0
Spinach Florentine Crepe W/ HF	1050	47	10	0	480	96	23	8	36	2620	2	225	2.25	6	0
Waffles															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Hot Honey Chicken & Waffles	1180	64	16	0.5	185	100	1	22	35	3010	4.5	500	4	8	0.1
Banana Berry Cheesecake Waffle	1000	12	3	0	75	100	2	62	8	880	0	40	3	0	0
Traditional Chicken & Waffles	1240	49	12	0.5	305	120	0	46	50	2510	0	200	6	60	3.5
Cookies & Cream Waffle	700	11	3	0	65	113	1	60	7	840	0	20	3	0	0
Strawberries & Cream w/ Nutella Waffle	780	10	2	0	70	121	0	73	7	840	0	75	3	0	0
Gluten-Friendly Waffle	560	22	2	0	150	57	1	7	8	690	0	50	1	0	0
Waffle	420	8	1	0	65	50	0	3	7	810	0	20	3	0	0
French Toast															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Banana Bread French Toast	1810	60	11	0.5	445	250	8	132	38	1280	0.2	300	9	0	0.1
Strawberry Banana Cream w/ Nutella French Toast	1260	21	7	0.2	295	148	5	84	23	710	0.2	225	5.5	0	0.1
Banana w/ Nutella French Toast	1010	18	4.5	0.2	290	98	5	35	23	640	0.2	225	5.5	0	0.1
Berries & Cream French Toast	1210	21	7	0.2	295	118	6	64	24	720	0.2	200	5.5	0	0.1
NY Strawberry Cheesecake French Toast	1260	21	7	0.2	295	118	5	54	23	710	0.2	200	5.5	0	0.1
Strawberry Banana French Toast	880	18	4.5	0.2	290	68	5	5	23	640	0.2	175	5.5	0	0.1
Gluten-Friendly French Toast	1030	22	4.5	0.2	290	128	7	9	25	1280	0.2	250	7	60	0.1
French Toast	760	18	4.5	0.2	290	72	7	5	23	650	0.2	225	5.5	0	0.1
Add Ons															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Homemade Strawberry Jam (1oz)	60	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Add Whip (Full Waffle)	240	18	18	0	0	20	0	19	1	15	0	0	0	0	0
Butter Pots (Full Waffle)	150	20	0	0	50	0	0	0	0	180	0	0	0	0	0
Butter Pots (3 Pastries)	90	12	0	0	30	0	0	0	0	105	0	0	0	0	0
Butter Pots (2 Pastries)	60	8	0	0	20	0	0	0	0	70	0	0	0	0	0
Butter Pots (1 Pastry)	30	4	0	0	10	0	0	0	0	35	0	0	0	0	0
Add Whip (3 Pastries)	150	11	11	0	0	12	0	11	0.5	10	0	0	0	0	0
Add Whip (2 Pastries)	100	7	7	0	0	8	0	8	0.3	5	0	0	0	0	0
Add Whip (1 Pastry)	50	3.5	3.5	0	0	4	0	4	0.2	3	0	0	0	0	0
Burgers															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Avocado Breakfast Burger	1300-1620	74	29	0.1	425	51	7	4	67	1900	11	500	6.5	80	0.2
Stacked Burger	1470-1790	83	33	0.3	390	57	5	4	83	3920	11	550	6.5	110	1.75
Banquet Burger	1150-1470	62	28	0.1	270	46	3	4	61	1840	11	450	5.5	80	0.2
Country Burger	790-1110	28	11	0	175	43	3	4	40	840	11	50	5.5	80	0.2
Add Soup	110	3.5	0.2	0	0	16	3	4	4	410	2	40	1.75	70	0.4
Add French Fries	390	23	2	0.2	0	46	4	2	4	3180	0	30	0.75	0	0
Add Homefries	430	23	0.5	0	0	56	21	0	5	2280	0	0	0	0	0
Wraps															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Chipotle Chicken & Guac Wrap	1380-1700	83	22	0.4	205	66	11	6	59	2890	9	650	7	310	0.75
Buffalo Chicken & Ranch Wrap	1230-1660	68	20	0.1	140	89	7	9	46	3350	9	650	7	310	0.5
Crispy Caesar Wrap	1340-1660	77	17	0.5	135	84	7	7	47	2660	10	700	7	310	0.5
Add Soup	110	3.5	0.2	0	0	16	3	4	4	410	2	40	1.75	70	0.4
Add French Fries	390	23	2	0.2	0	46	4	2	4	3180	0	30	0.75	0	0
Add Homefries	430	23	0.5	0	0	56	21	0	5	2280	0	0	0	0	0
Lunch															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
The Hot Chicken Sandwich	840-1160	35	7	0.3	145	52	4	4	30	2700	2.5	75	1.75	110	1.75
Ultimate P.E.C	880-1200	31	11	0	355	15	4	0	44	1510	1.5	350	3	0	0

B.L.T. Sandwich	700-1080	40	12	0.3	70	3	1	2	14	980	2.5	20	0.5	80	0.1
Buffalo Chicken & Bacon Poutine	1600	107	30	1	175	136	9	5	51	7970	0.6	950	2.5	0	0
Veggie Grilled Cheese	1170-1550	59	23	0.4	120	49	5	5	38	2620	2	950	3	6	0.1
Sauced & Tossed Buffalo	220	21	3	0	20	5	1	2	1	1660	0	10	0	0	0
Sauced & Tossed BBQ	270	21	3	0.1	20	18	1	12	1	1160	0	20	0.1	0	0
Shaved Ham & Egg Melt	690-1010	22	11	0	375	2	0	0	31	1180	0	350	2	0	0
Add Soup	110	3.5	0.2	0	0	16	3	4	4	410	2	40	1.75	70	0.4
Add French Fries	390	23	2	0.2	0	46	4	2	4	3180	0	30	0.75	0	0
Add Homefries	430	23	0.5	0	0	56	21	0	5	2280	0	0	0	0	0
Choice of Rye Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choice of Gluten-Free Toast	140	2	0	0	0	30	1	2	1	320	0	30	0.75	30	0
Choice of Brown Toast	180	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast	200	1.5	0	0	0	39	2	2	8	340	0	75	2.5	0	0
Salads															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Chicken Avocado Chopped Salad w/ Grilled	940	64	18	0	180	22	9	6	44	2260	9	550	3.5	310	0.75
Chicken Avocado Chopped Salad w/ Crispy	950	66	18	0	130	47	9	7	34	1990	9	550	3.5	310	0.5
Grilled Chicken Caesar Salad	1240	91	16	1	195	34	7	5	52	2490	11	650	4.5	310	0.75
Lunch Upgrades															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Sub Caesar Salad	300	21	3	0.3	20	22	7	5	9	360	13	175	3.5	430	0.75
Sub Classic Poutine	350	14	3.5	0.2	10	51	4	2	9	1400	0	125	0.75	0	0
Sub Buffalo Chicken & Bacon Poutine	800	56	17	0.5	110	73	4	3	31	3230	0.2	500	1.5	0	0
Sides															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Side Fresh Fruit	220	0.4	0.1	0	0	25	3	19	2	25	86	40	0.5	50	0.3
Side Crepe	120	3	0.5	0	0	18	1	3	4	0	0	0	0	0	0
Side Bowl of Soup	110	3.5	0.2	0	0	16	3	4	4	410	2	40	1.75	70	0.4
Side Yogurt	100	1.5	1	0	5	16	0	16	6	75	1	200	0.1	0	0
Homemade Strawberry Jam Jar	650	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Side Toast n' Jam	260	1.5	0	0	0	39	2	2	8	340	0	75	2.5	0	0
Side Pancake	260	4	0	0	0	40	1	6	5	570	0	0	0	0	0
Side French Toast	360	7	1.5	0.1	95	41	2	3	12	380	0	100	3	0	0
Side Real Maple Syrup	90	0	0	0	0	23	0	20	0	4	0	20	0.4	0	0
Side Hollandaise	160	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Side Gravy	50	0	0	0	0	10	0	0	2	730	0	10	0	0	0
Side French Fries	390	11	1.5	0.2	0	46	4	2	4	1500	0	30	0.75	0	0
Side Homefries	430	11	0	0	0	56	21	0	5	600	0	0	0	0	0
Side Extra Egg	70	4.5	1.5	0	155	1	0	0	6	60	0	20	0.75	0	0
Side Turkey Bacon	180	16	5	0	70	2	0	0	10	380	0	0	0	0	0
Side Peameal	230	6	2	0	20	12	0	0	33	1640	2	40	2	0	0
Side Sausage	460	42	16	0	80	8	0	0	16	1080	0	50	1.5	0	0
Side Ham	110	4.5	1.5	0	50	0	0	0	15	1160	0	10	0.75	0	0
Side Bacon	380	34	12	0.1	75	1	0	1	16	1050	0	0	0	0	0
Combos & Takeout															
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)
Single Cinnabun Pancake	490	7	2	0	5	90	1	55	6	630	0	10	0	0	0
Jug of Lemonade	380	0	0	0	0	125	0	115	0	50	0	150	1	0	0
Jug of Grapefruit Juice	380	0	0	0	0	100	0	84	0	75	230	150	0	0	0
Jug of Cranberry Juice	830	0	0	0	0	204	0	204	0	75	242	175	0	0	0
Jug of Apple Juice	830	0	0	0	0	204	0	189	0	150	454	225	0	0	0
Jug of Orange Juice	660	0	0	0	0	156	0	126	12	60	540	50	0	0	0
1L White Milk	520	20	12	0	80	48	0	48	36	480	0	0	0	0	0
1L Chocolate Milk	680	12	8	0	60	112	0	108	32	880	0	0	0	0	0
Delivery Express	970	70	18	0.1	385	62	21	1	32	3460	0	75	2.25	0	0
Breakfast For 4	5360	320	80	0.4	2390	397	90	20	179	16040	0	450	17	0	0
Breakfast For 2	3170	160	40	0.1	1090	256	47	63	86	8230	0.2	225	6.5	0	0.1

Kids Menu																
Recipe Name	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Folate DFE (mg)	Zinc (mg)	
Kids Morning Start	470-500	6	2	0	160	12	0	12	10	115	4.5	175	0.75	0	0	
Kids Confetti Waffle Bites	910	15	3	0	65	123	1	68	7	840	0	20	3	0	0	
Kids Gluten Free Pancakes	830	22	2	0	150	57	1	7	8	690	0	50	1	0	0	
Kids Add Sausage	230	21	8	0	40	4	0	0	8	540	0	30	0.75	0	0	
Kids Add Bacon	190	17	6	0.1	35	1	0	1	8	530	0	0	0	0	0	
Kids Pancakes	630	8	0	0	0	79	3	13	10	1140	0	0	0	0	0	
Kids Grill Cheese & Fries	1020	47	24	0.2	115	89	6	4	38	2220	0	950	3	0	0	
Kids French Toast	630	12	3	0.1	195	45	3	3	15	430	0	100	3.5	0	0	
Kids Chocolate Chip Pancakes	730	12	2.5	0	0	95	4	26	11	1140	0	0	1.25	0	0	
Kids Chicken Fingers	730	15	2	0.2	35	103	4	31	19	1810	0.4	50	1.75	0	0	
Kids Breakfast	630-660	29	9	0	195	31	11	0	16	610	0	30	1	0	0	
Kids Blueberry Pancakes	720	9	0	0	0	81	5	24	11	1150	0.2	0	0.2	0	0	
Kids Birthday Cake Pancakes	980	15	1	0	0	149	3	77	10	1170	0	0	0	0	0	
Kids Birthday Cake Combo	970	33	9	0	195	108	1	68	19	1200	0	30	1.25	0	0	
Kids Cookies & Cream Pancakes	1060	17	6	0	0	166	4	83	12	1170	0	0	0	0	0	