



## **Nutritional Information**

Updated May 14, 2019

\* The information provided is to be used as a guide only. All nutritional values are based on standardized recipe formulations and average figures. Figures are estimates based on vendor product ingredient and nutritional declarations, the USDA nutritional database, the Canadian Nutrient Database and standard recipes.

### **Allergen Information**

Items with declared Allergen content from the supplier are marked with **Y**. Items from a source that state 'may contain (an allergen)' on the ingredient list are marked with **M**. Preparation, recipes, ingredients and figures may change without notice and may vary regionally.

\*\* Our menu items are all prepared on equipment that may contain small traces or residue or may have been in contact with allergenic substances such as cereals, gluten, egg and milk products, peanuts and nuts, seeds and soy products, crustacean and fish products, and sulphites.

\*\*\* Some menu items may not be available at all Smitty's Restaurants. Certain locations may, at times, offer test products, limited time offerings, or other regional menu choices not listed below. Nutritional information shown does not apply to special or custom orders.

<b>OMELETTES AND EGGS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Back Bacon & Eggs	302	16.31	6.5	0.04	2671	429	5.3	6.5	0.4	34.1		Y					
Bacon & Eggs	443	37.51	13.1	0.04	962	432	0.7	6.5	0.4	22.6		Y					
Ham & Eggs	256	12.91	4.3	0.04	1287	417	4.1	5.8	1.5	28.4		Y					
Sausage & Eggs	663	55.51	19.1	0.24	1782	482	10.7	5.8	0.4	30.6		Y	Y	Y			
Two Eggs (Any Style)	143	9.51	3.1	0.04	142	372	0.7	6.5	0.4	12.6		Y					
Bacon Lover's Bacon & Eggs	743	65.51	23.1	0.04	1782	492	0.7	6.5	0.4	32.6		Y					
Omelette- Bacon Denver	662	47.74	20.3	0.56	1595	799	8.8	2.9	3.1	45.5	Y	Y					
Omelette- Ham & Cheese	495	33.62	15.3	0.56	1182	769	5.0	1.9	1.1	39.9	Y	Y					
Omelette- Meatlover's	787	59.97	24.9	0.61	2348	829	7.8	1.9	0.8	50.8	Y	Y	Y	Y			
Omelette- Mushroom, Bacon & Cheddar	607	46.21	19.8	0.56	1024	776	6.1	2.7	2.2	39.6	Y	Y					
Omelette- Spinach & Swiss	438	27.24	10.6	0.31	698	724	16.5	3.8	6.0	31.5	Y	Y	Y	Y			
<b>NOTE</b>	<b>'Omelettes and Eggs' nutritional values do not include Dips, Toast and Hash Browns, Pancakes, Fresh Fruit, or Yogurt unless noted. These values are listed separately below.</b>																

<b>BREAKFAST SPECIALTIES</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Eggs Benedict	578	31	8.3	0.04	2209	401	43.6	3	5.8	30.1	Y	Y	Y	Y			
Monte Cristo Benedict	770	43.3	15.6	0.24	1869	478	43.6	3.6	6.4	52.1	Y	Y	Y	Y			
West Coast Benedict	594	35.9	7.8	0.04	951	373	48.1	7.2	7.7	20.9	Y	Y	Y	Y			
Big Country Breakfast	761	56.4	20.0	0.16	3280	694	10.1	0.0	1.1	51.6		Y	Y	Y			
Steak & Eggs - New York (8 oz)	696	45.4	10.4	0.06	643	665	1.1	6.5	0.6	67.4		Y					
<b>NOTE</b>	<b>'Breakfast Specialties' nutritional values do not include Dips, Toast and Hash Browns, Pancakes, Fresh Fruit, or Yogurt unless noted. These values are listed separately below.</b>																

<b>ADD BREAKFAST SIDE CHOICES (Omelettes, Eggs &amp; Specialties)</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
w/ 2 Buttermilk Pancakes	305	3.26	1.1	0.22	979	22	60.9	4.4	13.1	6.5	Y	Y		Y			
w/ Fresh Fruit	37	0.2	0.0	0.00	6	0	9.2	0.8	7.3	0.7							
w/ Hash Browns, cubed	273	10.9	0.9	0.32	481	0	39.6	3.7	2.7	4.4			M	Y			
w/ Hash Browns, shredded	247	13.7	0.8	0.00	880	0	28.8	2.7	1.3	2.5							
w/ Tomato Slices	15	0.2	0.0	0.00	4	0	3.3	1.0	2.2	0.8							
w/ Texas Toast (White)	272	7.7	1.3	0.00	491	0	42.1	4.0	4.0	4.0	Y		Y	Y			
w/ Texas Toast (Whole Wheat)	272	7.7	1.3	0.00	491	0	42.0	4.0	4.0	8.0	Y		Y	Y			
w/ Yogurt, Fat Free Vanilla	140	0.0	0.0	0.00	85	0	28.0	0.0	25.0	6.0	Y						
Strawberry Jam (16 ml Packet)	40	0.0	0.0	0.00	2	0	10.0	0.0	10.0	0.0							
Sour Cream (2 fl oz)	100	9.0	5.0	0.00	60	30	4.0	0.0	4.0	2.0							
Salsa (2 fl oz)	21	0.0	0.0	0.00	544	0	4.3	1.1	3.2	1.1							
Add Breakfast Poutine to Hash Browns	168	11.9	6.7	0.30	556	26	7.0	0.0	2.3	8.3	Y	Y	Y	Y			
Smitty's Syrup (per Tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0							
Whipped Butter (per portion)	35	3.5	2.5	0.10	30	10	0.0	0.0	0.0	0.0							
Margarine (per portion)	50	6.0	1.0	0.00	50	0	0.0	0.0	0.0	0.0							

<b>SMITTY'S CLASSIC PANCAKES</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Buttermilk Pancakes (3)	457	4.9	1.6	0.33	1469	33	91.4	6.5	19.6	9.8	Y	Y		Y			
Buttermilk Pancakes (5)	762	8.2	2.7	0.55	2448	54	152.3	10.9	32.6	16.3	Y	Y		Y			
Blueberry Pancakes*	722	11.9	8.6	0.43	1489	33	144.8	10.5	65.0	10.2	Y	Y		Y			
Strawberry Pancakes*	722	11.9	9.6	0.43	1469	33	136.8	6.5	61.0	10.2	Y	Y		Y			
Short Stack Combo - Bacon	757	32.9	11.6	0.33	2289	93	91.4	6.5	19.6	19.8	Y	Y		Y			
Short Stack Combo - Sausage	977	50.9	17.6	0.53	3109	141	101.4	6.5	19.6	27.8	Y	Y	Y	Y			
Cinnamon Swirl Pancakes*	1,255	63.8	43.6	2.08	1878	155	158.8	7.9	84.3	12.3	Y	Y		Y			
Crepe- Strawberries*	1,002	39.8	23.9	2.02	436	95	145.6	2.3	82.8	10.4	Y	Y		Y			
<i>* Includes Whipped topping and icing sugar</i>																	
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0							
Add Blueberry Topping	160	0.0	0.0	0.00	0	20	44.0	4.0	36.0	0.0							
Add Whipped Topping (3 fl oz serving)	100	7.0	7.0	0.10	0	0	8.0	0.0	8.0	0.4	Y	Y	Y	Y			
Smitty's Pancake Syrup (per tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0	M	Y	M	Y			
ED Smith No Sugar Added Syrup (per tablespo	10	0.0	0.0	0.00	0	25	2.3	0.0	6.0	0.0	M	Y	M	Y			
Butter Portions (each)	35	3.5	2.5	0.10	10	30	0.0	0.0	0.0	0.0	Y	Y	M	Y			
Margarine Portions (each)	50	6.0	1.0	0.00	0	50	0.0	0.0	0.0	0.0	Y	Y	M	Y			

<b>BELGIAN WAFFLES and FRENCH TOAST</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
International Breakfast	889	52.2	17.4	0.25	2012	557	67.3	2.3	10.4	37.0	Y	Y	Y	Y			
French Toast	498	10.1	3.0	0.05	841	301	83.2	4.1	10.4	21.1	M	Y	M	Y			
Bacon & Egg French Toast	629	30.3	10.1	0.07	1113	603	56.9	2.6	8.2	31.6	M	Y	M	Y			
French Toast - Blueberry*	858	24.1	16.0	0.25	831	301	146.9	7.9	62.4	21.9	Y	Y	M	Y			
French Toast - Strawberry*	858	24.1	17.0	0.25	841	301	134.9	3.9	58.4	21.9	Y	Y	M	Y			
Original Belgian Waffle	336	4.6	0.6	0.18	720	1	66.8	1.9	12.2	6.9	Y	Y	Y	Y			
Bacon & Egg Waffle	629	28.1	8.7	0.22	1272	403	67.5	1.9	12.5	24.5	Y	Y	Y	Y			
Waffle - Blueberry*	618	11.6	7.6	0.28	740	1	124.5	5.9	61.7	7.3	Y	Y	Y	Y			
Waffle - Strawberry*	618	11.6	7.6	0.28	720	1	116.5	1.9	57.7	7.3	Y	Y	Y	Y			
<i>* Includes Whipped topping and icing sugar</i>																	

<b>BREAKFAST SKILLET</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Meatlover's Skillet	1,221	81	27	0.94	3278	844	63.2	6.8	4.4	57.6	Y	Y	Y	Y			
Texas Skillet (w/ Sour Cream & Salsa)	902	48	15	1.29	2076	771	66.4	9.7	9.9	48.2	Y	Y		Y			
Ukrainian Skillet	1,104	54	18	0.49	2046	774	96.1	6.5	6.2	54.3	Y	Y	M	Y			
Western Skillet	1,003	61	16	0.64	2210	764	76.0	8.2	10.1	38.5	Y	Y	Y	Y			
with Texas Toast (White) add:	272	8	1	0.00	491	0	42.1	4.0	4.0	4.0	Y			Y			
with Texas Toast (Whole Wheat) add:	272	7.7	1.3	0.00	491	0	42.0	4.0	4.0	8.0	Y		Y	Y			
<b>NOTE</b>	<b>'Breakfast Skillets' nutritional values do not include Toast. These values are listed separately.</b>																

<b>BREAKFAST EXTRAS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Add Breakfast Poutine to Hash Browns	190	14.3	7.0	0.30	577	26	7.0	0.0	2.3	8.3	Y		Y	Y			
Egg - One Large	190	14.3	7.0	0.30	577	26	7.0	0.0	2.3	8.3		Y					
Fresh Fruit Breakfast Parfait- Strawberries	84	6.1	1.6	0.02	71	186	0.4	0.0	0.2	6.3	Y		M	M		M	M
Fresh Fruit Breakfast Parfait- Mixed	213	4.6	0.9	0.00	46	0	35.9	3.0	22.2	6.5	Y		M	M		M	M
Golden Hash Browns	480	20.8	1.7	0.54	802	0	66.1	6.2	4.5	7.3				Y			
Oatmeal- Steel Cut	170	2.5	0.5	0.08	40	7	30.0	4.0	7.0	6.0				M			
Oatmeal- Steel Cut (with Brown Sugar and 2%	431	4.3	1.7	0.08	219	7	90.0	4.0	66.6	9.1				M			
Side of Back Bacon (4 oz)	159	6.8	3.4	0.00	2529	57	4.5	0.0	0.0	21.6							
Side of Bacon(4 strips)	300	28.0	10.0	0.00	820	60	0.0	0.0	0.0	10.0							
Side of Ham (4 oz)	113	3.4	1.1	0.00	1145	45	3.4	0.0	1.1	15.9							
Side of Sausage (4 oz)	520	46.0	16.0	0.20	1640	110	10.0	0.0	0.0	18.0			Y	Y			
White Toast	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	4.0	Y		Y	Y			
Whole Wheat (60%) Toast	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	8.0	Y		Y	Y			
Yogurt	140	0.0	0.0	0.00	85	0	28.0	0.0	25.0	6.0	Y						
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0							
Add Blueberry Topping	160	0.0	0.0	0.00	0	20	44.0	4.0	36.0	0.0							
Add Whipped Topping (3 fl oz serving)	21	0.0	0.0	0.00	544	0	4.3	1.1	3.2	1.1	Y	Y	Y	Y			
Smitty's Pancake Syrup (per tablespoon)	35	3.5	2.5	0.10	30	10	0.0	0.0	0.0	0.0							
ED Smith No Sugar Added Syrup (per tbsp)	50	6.0	1.0	0.00	50	0	0.0	0.0	0.0	0.0							
Strawberry Jam (16 ml Packet)	40	0.0	0.0	0.00	2	0	10.0	0.0	10.0	0.0							
Sour Cream (2 fl oz)	100	9.0	5.0	0.00	60	30	4.0	0.0	4.0	2.0	Y						
Salsa (2 fl oz)	21	0.0	0.0	0.00	544	0	4.3	1.1	3.2	1.1							
Whipped Butter (per portion)	35	3.5	2.5	0.10	30	10	0.0	0.0	0.0	0.0	Y						
Margarine (per portion)	50	6.0	1.0	0.00	50	0	0.0	0.0	0.0	0.0	Y		Y				

<b>GARDEN FRESH SALADS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Berry Blast Salad	392	17.8	8.7	0.1	1140	105	31.8	4.6	21.3	31.6	Y						
Chicken Caesar Salad	575	40.0	7.0	0.10	1304	130	18.7	2.9	1.7	36.8	Y	Y	Y	Y	Y		
Cobb Salad	802	64.0	17.3	0.02	2217	367	13.1	6.4	3.9	46.5	Y	Y					
Garden Salad (w/o dressing)	57	0.6	0.0	0.00	53	0	12.1	4.3	5.4	3.3							
Sweet Chili Chicken Salad	578	26.8	4.9	0.00	1.835	96	60.3	6.1	12.9	34.0			Y	Y			
Dressings																	
- ranch dressing (Tbsp)	86	9.1	1.3	0.00	134	5	0.5	0.0	0.0	0.0							
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0	Y	Y					
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1							
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0		Y					
Add Avocado	85	7.8	1.1	0.00	4	0	4.5	3.6	0.4	1.1							
Add Chicken -Grilled	110	1.5	0.4	0.03	370	95	24.0	3.0	7.0	25.0							
Add Salmon	110	1.5	0.5	0.00	330	25	0.0	0.0	0.0	21.0							
Garlic Toast with meal	155	7.0	1.8	0.00	180	51	20.5	1.0	0.5	4.0					Y		
<b>NOTE</b>	<b>'Garden Fresh Salads' nutritional values do not include Garlic Toast.</b>																

<b>SENSATIONAL STARTERS</b>	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Smitty's French Fries	404	18.8	0.3	0.20	975	0	54.4	4.5	0.0	4.5				M			
Mozzarella Sticks	640	42.3	11.8	0.37	2608	54	39.8	1.4	2.1	24.9	Y		Y	Y			
Nachos	1,306	60.0	24.0	0.45	2460	146	141.1	22.0	9.7	57.2	Y						
Poutine	547	47.2	6.7	0.70	1536	35	61.0	4.5	0.0	14.4	Y			Y			
Steak Cut Onion Rings	592	7.3	0.8	0.03	874	0	119.1	7.8	18.4	12.8	Y			Y			
Sweet Potato Fries	611	33.7	4.2	0.33	1158	16	73.8	2.3	24.9	3.8			M	M			
Wings- Plain	841	56.5	14.2	0.00	1091	185	18.0	0.8	0.3	61.0				M			
Add Sauce- Hot	16	0.5	0.9	0.00	1857	0	2.3	1.2	0.4	2.3							
Add Sauce- BBQ	120	0.0	0.0	0.00	700	0	30.0	0.0	26.0	0.6							
Add sauce - Honey Garlic	120	0.0	0.0	0.00	190	0	28.0	0.0	24.0	0.0			Y	Y			
Add Sauce - Teriyaki	127	0.0	0.0	0.00	821	0	30.6	0.0	26.0	1.0			Y	Y			
Sour Cream (2 fl oz)	100	9.0	5.0	0.00	60	30	4.0	0.0	4.0	2.0	Y						
Salsa (2 fl oz)	21	0.0	0.0	0.00	544	0	4.3	1.1	3.2	1.1							
Ranch Dressing (tablespoon)	86	9.1	1.3	0.00	134	5	0.5	0.0	0.0	0.0	Y	Y					
Chipotle Dip (2 fl oz)	134	10.9	1.5	0.06	536	16	9.0	0.1	4.7	0.4		Y					
Marinara (2 fl oz)	45	2.5	0.3	0.00	222	0	4.5	0.5	2.5	0.5							
<b>NOTE</b>	<b>'Sensational Starters' nutritional values do not include Dips</b>																

ALL DAY FAVOURITES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Chicken Caesar Wrap	782	39.9	6.2	0.10	1587	63	59.3	7.7	10.0	22.6	Y	Y	M	Y			
Chicken Fingers	412	27.0	2.2	0.00	810	66	15.0	1.9	0.0	28.2			Y	Y			
Chicken Quesadilla	785	39.6	21.1	0.91	1789	163	51.8	4.2	3.2	55.0	Y		M	Y			
Chipotle Club Wrap	830	48.5	20.6	0.64	1767	131	57.0	5.1	6.7	41.4	Y	Y	M	Y			
Hot Turkey Sandwich	505	13.7	3.4	0.00	1455	128	53.8	4.5	5.6	43.3	Y		Y	Y			
Monte Cristo Sandwich	740	29.8	12.2	0.24	1719	341	66.4	7.2	6.7	46.0	Y	Y	M	Y			
Philly Cheese Melt	816	37.3	14.5	0.00	1090	174	48.8	0.2	5.0	69.3		Y	Y	Y			
Roast Beef Dip w/au jus & Sauce	659	24.6	5.1	0.05	1398	134	52.7	2.5	8.0	55.1		Y	Y	Y			
Steak Sandwich- NY Strip (8 oz)	731	43.7	8.4	0.06	839	107	31.0	2.1	1.9	53.5	Y		Y	Y			
Toasted BLT	556	31.8	9.1	0.03	1329	53	50.1	5.4	9.0	12.8	Y		Y	Y			
Traditional Clubhouse	762	38.9	10.5	0.02	1549	92	69.8	8.0	9.7	26.6	Y		Y	Y			
Sour Cream (2 fl oz)	100	9.0	5.0	0.00	60	30	4.0	0.0	4.0	2.0	Y						
Salsa (2 fl oz)	21	0.0	0.0	0.00	544	0	4.3	1.1	3.2	1.1							
Plum Sauce (2 fl oz)	120	0.2	0.0	0.00	240	0	28.0	0.0	24.0	2.0							
<b>NOTE</b>	<b>'All Day Favourites' nutritional values do not include not include sides. Side choices are listed separately.</b>																

GOURMET BURGERS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Bacon Cheese Burger	895	66.0	22.9	1760.00	1838	190	43.3	2.1	7.1	48.8	Y	Y	M	Y			
BBQ Double Cheese Burger	1376	94.8	35.0	3.52	2923	300	78.6	3.0	35.5	81.9	Y	Y	M	Y			
Beyond Burger	539	28.1	8.7	0.02	2	20	48.4	5.1	5.4	26.9	Y		M	Y			
Beyond Burger -Vegan	448	42.1	8.4	0.00	738	0	35.9	4.5	2.9	25.4				Y			
Classic Burger	661	45.0	13.7	1.76	1198	135	43.3	2.1	7.1	36.8	Y	Y	M	Y			
Great Canadian Burger	1047	65.9	22.8	1.78	2523	19	82.2	2.2	27.3	50.7	Y	Y	M	Y			
Honey BBQ Burger	1045	66.0	22.9	1.78	2239	190	79.0	3.1	26.4	50.6	Y	Y	M	Y			
Ultimate Mozza Burger	1170	84.1	26.4	2.04	2494	193	63.8	4.1	7.9	56.0	Y	Y	M	Y			
Crunchy Chicken Burger	619	26.5	1.0	0.02	1180	65	66.5	5.3	5.7	29.1	Y	Y	M	Y			
<b>NOTE</b>	<b>'Gourmet Burgers' nutritional values do not include sides. Side choices are listed separately.</b>																

<b>SIDE CHOICES (Favourites, Burgers)</b>	<b>Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>DAIRY</b>	<b>EGG</b>	<b>SOY</b>	<b>WHEAT/ GLUTEN</b>	<b>FISH / SHELL-FISH</b>	<b>TREE NUT</b>	<b>PEANUT</b>
w/ French Fries	223	8.4	0.0	0.13	610	0	34.0	2.8	0.0	2.8				M			
'Add Poutine' to Fries: add	167	10.9	6.6	0.50	560	35	6.5	0.0	0.0	9.9	Y		Y	Y			
Sub Fresh Fruit	37	0.2	0.0	0.00	6	0	9.2	0.8	7.3	0.7							
Sub Onion Rings	296	3.7	0.4	0.02	437	0	59.5	3.9	9.2	6.4							
Sub Sweet Potato Fries	292	13.6	1.7	0.17	388	0	40.5	1.4	12.6	2.1			M	M			
Chipotle Dip (2 fl oz)	134	10.9	1.5	0.06	536	16	9.0	0.1	4.7	0.4		Y					
Small Caesar Salad	265	21.3	4.5	0.10	623	25	9.8	1.8	1.0	8.1	Y	Y	Y	Y	Y		
Small Tossed Salad	27	0.3	0.0	0.00	24	0	5.8	2.1	2.8	1.5							
- ranch dressing (Tbsp)	86	9.1	1.3	0.00	134	5	0.5	0.0	0.0	0.0	Y	Y					
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0		Y					
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1		Y					
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0							
Soup: Cream of Mushroom (8 fl oz)	280	10.0	4.0	0.00	1740	20	40.0	6.0	6.0	8.0	Y		Y	Y			
Soup: Creamy Garden Broccoli (8 fl oz)	240	9.0	4.0	0.00	1620	20	30.0	8.0	8.0	10.0	Y		Y	Y			
Soup: Creole Chicken Gumbo (8 fl oz)	140	1.0	0.4	0.00	1660	10	28.0	4.0	6.0	8.0			Y				

<b>DINNER FAVOURITES</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>DAIRY</b>	<b>EGG</b>	<b>SOY</b>	<b>WHEAT/ GLUTEN</b>	<b>FISH / SHELL-FISH</b>	<b>TREE NUT</b>	<b>PEANUT</b>
Breaded Veal Cutlets w/ Gravy	540	25.6	7.8	2.00	1899	50	46.0	2.6	11.1	33.1	Y		Y	Y			
Chicken Parmesan (with Alfredo)	1015	48.5	12.7	0.60	1806	104	93.5	6.0	5.6	47.2	Y		Y	Y			
Chicken Parmesan (with Marinara)	926	37.6	7.2	0.24	1650	74	98.6	7.0	8.6	44.2			Y	Y			
Fish, Battered (2 pieces)	486	28.1	1.7	0.01	748	92	25.3	0.9	0.6	30.3				Y			
Homestyle Turkey w/ Stuffing, Gravy	379	10.1	2.5	0.79	1196	128	32.9	3.6	4.7	39.5	Y		Y	Y			
Liver and Onions w/ Bacon Strips	639	27.8	8.7	0.46	692	922	24.8	2.0	4.8	68.6				Y			
Roast Beef w/ Gravy	557	15.7	5.5	0.00	663	241	12.4	2.9	4.2	95.5	Y		Y	Y			
New York Steak	481	31.1	5.7	0.00	430	107	8.7	2.9	3.7	48.6				M			
Asian Rice Bowl- Chicken, no sauce	679	19.0	2.9	0.00	561	96	90.3	8.6	8.1	40.8			Y				
Add Hoisin Sauce (4 fl oz)	237	0.0	0.0	0.00	1735	0	63.1	0.0	47.3	1.6			Y	Y			
Add Szechuan Sauce (4 fl oz)	100	4.0	0.0	0.00	1320	0	16.0	0.0	12.0	4.0			Y	Y			
Add Teriyaki Sauce (4 fl oz)	253	0.0	0.0	0.00	1642	0	61.2	0.0	52.0	2.0			Y	Y			
Penne Alfredo con Pollo	806	37.3	12.9	0.54	1542	154	72.2	4.5	5.4	47.7	Y		Y	Y			
Cavatappi Al Forno	988	43.3	18.3	1.46	1546	176	81.0	5.6	12.6	64.8	Y			Y			
Cranberry Sauce (2 fl oz)	105	0.1	0.0	0.00	20	0	26.9	0.7	26.3	0.1							
Tartar Sauce (18 ml Portion)	32	2.5	0.5	0.00	100	1	2.0	0.1	0.6	0.2		Y					
Garlic Toast with meal	155	7.0	1.8	0.00	180	0	20.5	1.0	0.5	4.0	Y		Y	Y			
<b>NOTE</b>	<b>'Dinner Favourites' nutritional values do not include Dips, Garlic Toast or side choice unless noted. Side choices are listed separately below.</b>																

DINNER SIDE CHOICES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Baked Potato (10 oz), plain	278	0.4	0.1	0.00	30	0	63.2	6.6	3.5	7.5							
Cavatappi with Alfredo	292	12.6	4.6	0.30	453	23	34.6	1.4	2.6	8.5	Y		Y	Y			
Cavatappi with Marinara	225	4.4	0.5	0.00	335	0	38.4	2.1	4.9	6.3				Y			
French Fries	223	8.4	0.0	0.13	610	0	34.0	2.8	0.0	2.8				M			
Fresh Vegetables	21	0.2	0.0	0.00	25	0	4.7	1.3	2.1	0.9							
Mashed Potatoes (6 oz)	186	5.0	1.3	0.79	760	0	30.7	2.6	1.4	4.3	Y						
Rice (5 oz)	180	3.1	0.8	0.00	35	0	33.9	1.0	0.4	3.2	M						
Vegetable of the Day	65	3.3	0.8	0.00	97	0	8.7	2.9	3.7	1.9	M						

EXTRAS & ADD ONS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELL-FISH	TREE NUT	PEANUT
Add Small Caesar Salad	232	19.2	3.3	0.05	467	18	9.4	1.5	0.8	5.4	Y	Y	Y	Y	Y		
Add Small Tossed Salad	24	0.2	0.0	0.00	20	0	5.2	1.7	2.6	1.2							
- ranch dressing (Tbsp)	86	9.1	1.3	0.00	134	5	0.5	0.0	0.0	0.0	Y	Y					
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0		Y					
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1		Y					
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0							
Soup: Cream of Mushroom (8 fl oz)	280	10.0	4.0	0.00	1740	20	40.0	6.0	6.0	8.0	Y		Y	Y			
Soup: Creamy Garden Broccoli (8 fl oz)	240	9.0	4.0	0.00	1620	20	30.0	8.0	8.0	10.0	Y		Y	Y			
Soup: Creole Chicken Gumbo (8 fl oz)	140	1.0	0.4	0.00	1660	10	28.0	4.0	6.0	8.0			Y				
Gravy (4 fl oz)	36	0.9	0.6	0.00	556	0	5.6	0.0	0.0	1.8	Y		Y	Y			
'Add Poutine' to Fries	167	10.9	6.6	0.50	560	35	6.5	0.0	0.0	9.9	Y		Y	Y			
Sub Onion Rings	292	13.6	1.7	0.17	388	0	40.5	1.4	12.6	2.1			M	M			
Sub Sweet Potato Fries	292	13.6	1.7	0.17	388	0	40.5	1.4	12.6	2.1			M	M			
Chipotle Dip (2 fl oz)	134	10.9	1.5	0.06	536	16	9.0	0.1	4.7	0.4		Y					



<b>LIGHTER APPETITES &amp; SENIORS</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>DAIRY</b>	<b>EGG</b>	<b>SOY</b>	<b>WHEAT/ GLUTEN</b>	<b>FISH / SHELL-FISH</b>	<b>TREE NUT</b>	<b>PEANUT</b>
Sr. Fish	263	14.1	0.9	0.00	439	46	16.9	0.6	0.4	15.5				Y			
Sr. Half Club Sandwich	363	20.1	6.0	0.01	764	75	24.6	3.3	3.9	19.5	Y		Y	Y			
Sr. Liver and Onions	367	15.9	5.1	0.23	394	461	20.1	3.9	6.1	36.0				Y			
Sr. Roast Beef Dinner	346	11.2	3.6	0.00	462	120	11.0	2.9	4.2	48.7	Y		Y	Y			
Sr. Salisbury Steak Dinner	454	24.3	14.3	1.96	1250	96	18.8	4.2	5.5	28.6	Y		Y	Y	M		
Sr. Turkey Dinner	381	12.9	3.1	0.40	1095	85	38.6	5.9	8.0	29.4	Y		Y	Y			
Sr. Breaded Veal Cutlets	245	9.6	3.8	1.00	1019	25	23.7	1.3	5.6	16.8	Y		Y	Y			
Sr. Wild Pink Salmon Fillet	207	6.4	1.7	0.00	589	25	13.1	3.2	5.1	23.6	Y		Y	Y			
Cranberry Sauce (2 fl oz)	105	0.1	0.0	0.00	20	0	26.9	0.7	26.3	0.1							
Tartar Sauce (18 ml Portion)	32	2.5	0.5	0.00	100	1	2.0	0.1	0.6	0.2		Y					
Garlic Toast with meal	155	7.0	1.8	0.00	180	51	20.5	1.0	0.5	4.0	Y		Y	Y			
_____	-	-	-	-	-	-	-	-	-	-							
Sr. Breakfast (w/ Bacon)	222	19	7	0	481	216	0	0	0	11		Y					
Sr. Breakfast (w/ Sausage)	332	27.8	9.6	0.12	891	241	5.4	0.0	0.2	15.3		Y	Y	Y			
Sr. French Toast - with Blueberry Topping	596	13.8	9.0	0.13	561	201	108.4	6.7	51.8	14.5	Y	Y	Y	Y			
Sr. French Toast - with Strawberry Topping	596	13.8	9.0	0.13	561	201	100.4	2.7	47.8	14.5	Y	Y	Y	Y			
Sr. Denver Omelette	332	22.2	10.1	0.37	694	509	5.7	2.0	1.9	25.7	Y	Y					
Sr. Ham & Cheese Omelette	321	22.1	10.1	0.37	693	509	3.1	1.2	0.6	25.3	Y	Y					
Sr. Pancakes - Buttermilk Short Stack (3)	457	4.9	1.6	0.33	1469	33	91.4	6.5	19.6	9.8	Y	Y		Y			
Sr. Pancakes- with Blueberry Topping	576	10.3	8.1	0.32	999	22	115.8	8.4	59.8	6.9	Y	Y		Y			
Sr. Pancakes- with Strawberry Topping	576	10.3	8.1	0.32	979	22	107.8	4.4	55.8	6.9	Y	Y		Y			
Sr. Meatlover's Skillet	759	50.1	17.7	0.69	1882	552	38.7	8.4	2.8	36.6	Y	Y	Y	Y			
Sr. Western Skillet	602	34.8	9.3	0.39	1300	500	48.2	5.4	6.8	24.0	Y	Y	Y	Y			
Sr. Waffle & Egg (with Bacon)	390	21.1	6.8	0.11	841	216	33.8	1.0	6.3	14.7	Y	Y	Y	Y			
Sr. Waffle- with Blueberry Topping	439	9.3	7.3	0.19	380	0	88.3	5.0	52.9	3.9	Y	Y	Y	Y			
Sr. Waffle- with Strawberry Topping	439	9.3	7.3	0.19	360	0	80.2	1.0	48.9	3.9	Y	Y	Y	Y			
<b>NOTE</b>	<i>'Lighter Appetites and Seniors' nutritional values do not include Garlic Toast or side choice or unless noted. Side choices are listed Separately.</i>																

<b>KIDS MENU</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>DAIRY</b>	<b>EGG</b>	<b>SOY</b>	<b>WHEAT/ GLUTEN</b>	<b>FISH / SHELL-FISH</b>	<b>TREE NUT</b>	<b>PEANUT</b>
Campfire French Toast	500	20.8	11.5	0.13	726	216	59.6	4.7	15.1	13.0	Y	Y	M	Y			
Mini- Meatlovers Skillet- no toast	483	31.1	10.2	0.43	1077	283	29.2	3.1	2.1	20.3	Y	Y	Y	Y			
Happy 'Cakes	485	10.3	8.1	0.32	979	22	86.9	4.4	37.1	6.9	Y	Y		Y			
Pile O' Pancakes w/ Bacon	380	10.3	3.6	0.22	1184	37	60.9	4.4	13.1	9.0	Y	Y		Y			
Pile O' Pancakes w/Sausage	435	14.8	5.1	0.27	1389	49	65.9	4.4	13.1	15.5	Y	Y	Y	Y			
Super Platter- Bacon & Pancakes	460	15.1	5.2	0.24	1283	223	63.0	4.5	13.6	15.5	Y	Y		Y			
Very Berry Waffle	378	5.8	3.8	0.14	360	0	73.4	1.0	42.1	3.7	Y	Y	Y	Y			
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Classic KD	300	9.0	2.5	0.10	550	15	44.0	2.0	8.0	10.0	Y			Y			
Dino Nuggets	225	10.0	1.0	0.00	425	25	16.0	0.0	2.5	13.8	M	M	Y	Y			
Goey Grilled Cheese	357	15.0	5.4	0.20	723	25	42.0	4.0	4.0	11.0	Y		Y	Y			
Perfecto Pizza	350	13.0	5.0	0.10	740	15	43.0	2.0	2.0	13.0	Y		Y	Y			
Burger	450	44.0	0.4	0.00	600	75	28.0	1.0	2.0	25.0	Y		Y	Y			
Cheesy Quesadilla	432	28.7	14.1	0.46	755	68	27.5	1.0	4.5	17.1							
Scoobi Doo	225	4.4	0.5	0.00	335	0	38.4	2.1	4.9	6.3							
Plum Sauce (2 fl oz)	120	0.2	0.0	0.00	240	0	28.0	0.0	24.0	2.0							
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Kids Caesar Salad	129	1.5	2.3	0.05	302	13	4.4	0.9	0.5	3.9	Y	Y	Y	Y	Y		
Kids French Fries	360	16.8	1.6	0.10	488	0	27.2	2.3	0.0	2.3				M			
Kids Dinner Vegetables	40	0.3	0.1	0.00	57	0	8.7	2.9	3.7	1.9	M						
Kids Tossed Salad	16	0.2	0.0	0.00	13	0	3.6	1.2	1.8	0.9							
- ranch dressing (Tbsp)	70	8.0	1.0	0.00	130	5	1.0	0.0	0.0	0.1	Y	Y					
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0		Y					
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1		Y					
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0							
Kids Fresh Vegetables and Dip	278	27.5	4.0	0.00	427	16	6.3	1.3	2.1	0.9	Y	Y					
Kids Fresh Fruit	37	0.2	0.0	0.00	6	0	9.2	0.8	7.3	0.7							
Oreo Cookies (2 pack)	110	4.5	1.0	0.00	75	0	17.0	0.0	9.0	1.0							
Strawberry Ice Cream (3 fl oz)	154	6.72	4.152	0	48	23	22.08	0.7	0	2.56				Y			

**NOTE**

'Kid's Menu Items' nutritional values do not include Dips or side choices, unless noted. Side choices are listed separately.

<b>Dessert Choices</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>DAIRY</b>	<b>EGG</b>	<b>SOY</b>	<b>WHEAT/ GLUTEN</b>	<b>FISH / SHELL-FISH</b>	<b>TREE NUT</b>	<b>PEANUT</b>
Apple Pie	500	20.4	3.4	0.00	431	0	77.2	2.3	40.9	6.8		M	M	Y			
Apple Pie A la Mode	640	25.4	7.4	0.20	495	20	93.2	2.3	52.9	7.8	Y	M	M	Y			
Carrot Cake	485	10.3	8.1	0.32	979	22	86.9	4.4	37.1	6.9	Y	Y	M	Y			
Milkshake (Vanilla)	581	24.4	20.5	0.80	249	70	61.9	0.0	50.2	7.4	Y						
Tower of Power Cheesecake	600	36.0	21.0	1.00	470	195	59.0	1.0	43.0	13.0	Y	Y	Y	Y			
Add Blueberry Topping & Whipped	160	0.0	0.0	0.00	20	0	44.0	4.0	36.0	0.0	Y						
Add Strawberry Topping & Whipped	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0	Y						

**NOTE**

Dessert choices may vary from Location to Location.

<b>Beverages</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Sodium (mg)</b>	<b>Cholesterol (mg)</b>	<b>Carbs (g)</b>	<b>Dietary Fiber (g)</b>	<b>Total Sugars (g)</b>	<b>Protein (g)</b>	<b>DAIRY</b>	<b>EGG</b>	<b>SOY</b>	<b>WHEAT/ GLUTEN</b>	<b>FISH / SHELL-FISH</b>	<b>TREE NUT</b>	<b>PEANUT</b>
Coffee, Black	0	0.0	0.0	0.00	0	0	0.0	0.0	0.0	0.2							
Creamer, 18%, each	15	1.5	0.0	0.00	10	5	0.0	0.0	0.0	0.0	Y						
Sugar Packet, each	16	0.0	0.0	0.00	0	0	4.0	0.0	4.0	0.0							
Milk, 2%, Small	183	7.3	4.6	0.31	172	29	17.6	0.0	18.5	12.1	Y						
Milk, 2%, Large	305	12.1	7.7	0.52	287	49	29.3	0.0	30.9	20.1	Y						
Chocolate Milk, 1%, Small	233	4.1	0.0	0.11	244	26	38.3	0.4	36.8	11.3	Y						
Chocolate Milk, 1%, Large	388	6.9	0.0	0.19	406	44	63.8	0.6	61.3	18.9	Y						
Juice, Apple, Small	111	0.2	0.0	0.00	5	0	27.3	0.2	25.3	0.3							
Juice, Apple, Medium	166	0.4	0.1	0.00	8	0	41.0	0.3	38.0	0.5							
Juice, Apple, Large	277	0.6	0.1	0.00	14	0	68.3	0.5	63.3	0.8							
Juice, Orange, Small	111	0.1	0.0	0.00	2	0	26.6	0.1	23.8	1.7							
Juice, Orange, Medium	166	0.2	0.0	0.00	3	0	40.0	0.2	35.6	2.6							
Juice, Orange, Large	277	0.4	0.1	0.00	6	0	66.6	0.3	59.4	4.3							
Juice Blend, Berry, Small	125	0.1	0.0	0.00	2	0	33.6	0.0	31.7	0.1							
Juice Blend, Berry, Medium	187	0.1	0.0	0.00	3	0	50.4	0.4	47.5	0.1							
Juice Blend, Berry, Large	312	0.1	0.0	0.00	6	0	83.9	0.6	79.2	0.2							
Pepsi, 20 fl oz	250	0.0	0.0	0.00	55	0	69.0	0.0	69.0	0.0							
Diet Pepsi, 20 fl oz	0	0.0	0.0	0.00	95	0	0.0	0.0	0.0	0.0							
7- Up, 20 fl oz	240	0.0	0.0	0.00	85	0	58.0	0.0	58.0	0.0							
Mug Root Beer, 20 fl oz	280	0.0	0.0	0.00	75	0	65.0	0.0	65.0	0.0							