

# SMITTY'S CANADA INC. STANDARD NUTRITIONAL GUIDE

information updated Fall 2020

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| Item Name                                   | Nutritional Information |          |              |                   |            |            |              | Common Allergen Present* |       |     |                |          |        |
|---|-------------------------|----------|--------------|-------------------|------------|------------|--------------|--------------------------|-------|-----|----------------|----------|--------|
|   | Energy<br>cal           | Fat<br>g | Sodium<br>mg | Carbohydrate<br>g | Fiber<br>g | Sugar<br>g | Protein<br>g | Gluten                   | Dairy | Soy | Fish/Shellfish | Tree Nut | Peanut |
| <b>BREAKFAST</b>                            |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| <i>Values Below are Without Side Choice</i> |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Back Bacon & 2 Eggs                         | 952                     | 40       | 2671         | 106               | 7          | 29         | 41           |                          |       |     |                |          |        |
| Bacon & 2 Eggs                              | 1093                    | 61       | 2121         | 101               | 7          | 29         | 30           |                          |       |     |                |          |        |
| Bacon Lover's Bacon & Eggs                  | 1393                    | 89       | 2941         | 101               | 7          | 29         | 40           |                          |       |     |                |          |        |
| Big Country Breakfast                       | 833                     | 61       | 3351         | 10                | 0          | 1          | 58           | x                        |       |     |                |          |        |
| Classic Buttermilk Pancakes                 | 684                     | 7        | 2202         | 137               | 10         | 29         | 15           | x                        | x     |     |                |          |        |
| Cinnamon Swirl Pancakes                     | 1876                    | 83       | 2110         | 288               | 44         | 112        | 15           | x                        | x     |     |                |          |        |
| Strawberry Crepes                           | 1294                    | 52       | 583          | 194               | 2          | 101        | 10           | x                        | x     | x   |                |          |        |
| Eggs Benedict                               | 578                     | 31       | 2208         | 44                | 3          | 6          | 30           | x                        | x     | x   |                |          |        |
| So Cal Eggs Benedict                        | 639                     | 36       | 956          | 59                | 9          | 16         | 22           | x                        | x     | x   |                |          |        |
| French Toast                                | 962                     | 29       | 1100         | 161               | 7          | 36         | 21           | x                        |       |     |                |          |        |
| Bacon N Egg French Toast                    | 1088                    | 49       | 1372         | 134               | 5          | 34         | 32           | x                        |       |     |                |          |        |
| Ham & Eggs                                  | 906                     | 36       | 2447         | 105               | 7          | 30         | 36           | x                        |       |     |                |          |        |
| International Breakfast                     | 1302                    | 70       | 2181         | 134               | 3          | 35         | 36           | x                        | x     |     |                |          |        |
| Mushroom Bacon Cheddar Omelette             | 1257                    | 70       | 2183         | 106               | 9          | 31         | 47           | x                        | x     |     |                |          |        |
| Spinach Swiss Omelette                      | 1087                    | 51       | 1857         | 117               | 10         | 35         | 39           | x                        | x     |     |                |          |        |
| Sausage & 2 Eggs                            | 1313                    | 79       | 2941         | 111               | 7          | 29         | 38           | x                        |       |     |                |          |        |
| Short Stack Combo with Bacon                | 1207                    | 52       | 2548         | 165               | 7          | 45         | 20           | x                        | x     |     |                |          |        |
| Short Stack Combo with Sausage              | 1427                    | 70       | 3368         | 175               | 7          | 45         | 28           | x                        | x     |     |                |          |        |
| Meatlover's Skillet                         | 1221                    | 81       | 3278         | 63                | 7          | 4          | 58           | x                        | x     |     |                |          |        |
| Ukrainian Skillet                           | 1749                    | 87       | 3128         | 165               | 11         | 36         | 69           | x                        | x     |     |                |          |        |
| Western Skillet                             | 1402                    | 74       | 2754         | 137               | 12         | 34         | 42           | x                        | x     |     |                |          |        |
| New York Steak & Eggs                       | 1327                    | 68       | 1589         | 96                | 7          | 27         | 75           | x                        |       |     |                |          |        |
| Two Eggs - Any style                        | 793                     | 33       | 1301         | 101               | 7          | 29         | 20           |                          |       |     |                |          |        |
| Waffle                                      | 703                     | 22       | 799          | 124               | 2          | 35         | 5            | x                        | x     |     |                |          |        |
| Bacon N' Egg Waffle                         | 996                     | 46       | 1351         | 125               | 2          | 35         | 23           | x                        | x     |     |                |          |        |



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|---|-------------------------|----------|--------------|-------------------|------------|------------|--------------|--------------------------|-------|-----|----------------|----------|--------|
|   | Energy<br>cal           | Fat<br>g | Sodium<br>mg | Carbohydrate<br>g | Fiber<br>g | Sugar<br>g | Protein<br>g | Gluten                   | Dairy | Soy | Fish/Shellfish | Tree Nut | Peanut |
| <b>SHAREABLES</b>                           |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Cauliflower Bites                           | 890                     | 39       | 2485         | 127               | 6          | 8          | 12           | x                        | x     |     |                |          |        |
| Chicken Wings - Plain                       | 109                     | 10       | 15           | 0                 | 0          | 0          | 5            | x                        |       | x   |                |          |        |
| Mozzarella Sticks                           | 709                     | 48       | 2831         | 44                | 2          | 5          | 25           | x                        | x     | x   |                |          |        |
| Nachos (includes 1 sour cream & 1 salsa)    | 1276                    | 62       | 2104         | 141               | 21         | 13         | 47           |                          | x     |     |                |          |        |
| Portion- Salsa                              | 21                      | 0        | 544          | 4                 | 1          | 3          | 1            |                          |       |     |                |          |        |
| Portion- Sour Cream                         | 100                     | 9        | 60           | 4                 | 0          | 4          | 2            |                          | x     |     |                |          |        |
| Onion Rings                                 | 592                     | 7        | 874          | 119               | 8          | 18         | 13           | x                        | x     |     |                |          |        |
| Poutine                                     | 725                     | 34       | 2023         | 88                | 7          | 0          | 17           | x                        | x     |     |                |          |        |
| Smitty's French Fries                       | 404                     | 19       | 975          | 54                | 5          | 0          | 5            |                          |       |     |                |          |        |
| Spinach Dip & Chips                         | 1026                    | 72       | 1835         | 63                | 4          | 8          | 35           | x                        | x     |     |                |          |        |
| Sweet Potato Fries                          | 826                     | 42       | 1471         | 106               | 4          | 35         | 5            |                          |       |     |                |          |        |
| <b>SALADS</b>                               |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Chicken Caesar Salad                        | 730                     | 47       | 1484         | 39                | 4          | 2          | 41           | x                        | x     |     |                |          |        |
| Cobb Salad                                  | 967                     | 71       | 2394         | 36                | 9          | 6          | 51           |                          | x     |     |                |          |        |
| Sweet Chili Chicken Salad                   | 739                     | 34       | 2015         | 82                | 8          | 14         | 38           | x                        |       |     |                |          |        |
| <b>CLASSIC HANDHELDS</b>                    |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| <i>Values Below are Without Side Choice</i> |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Bacon Cheeseburger                          | 895                     | 66       | 1838         | 43                | 2          | 7          | 49           | x                        | x     |     |                |          |        |
| Classic Burger                              | 661                     | 45       | 1198         | 43                | 2          | 7          | 37           | x                        | x     |     |                |          |        |
| Crunchy Chicken Burger                      | 619                     | 27       | 1181         | 67                | 5          | 6          | 29           | x                        | x     | x   |                |          |        |
| Great Canadian Burger                       | 1047                    | 66       | 2523         | 82                | 2          | 27         | 51           | x                        | x     |     |                |          |        |
| Honey BBQ Burger                            | 1046                    | 66       | 2239         | 79                | 3          | 26         | 51           | x                        | x     |     |                |          |        |
| Plant Based Burger - Veggie Black Bean      | 200                     | 9        | 520          | 25                | 0          | 0          | 8            |                          | x     | x   |                |          |        |
| Ultimate Mozza Burger                       | 1170                    | 84       | 2494         | 64                | 4          | 8          | 56           | x                        | x     |     |                |          |        |
| Chicken Fingers                             | 372                     | 25       | 795          | 15                | 2          | 0          | 28           | x                        | x     | x   |                |          |        |
| Chicken Quesadilla                          | 785                     | 40       | 1789         | 52                | 4          | 3          | 55           | x                        | x     |     |                |          |        |
| Clubhouse                                   | 763                     | 39       | 1550         | 70                | 8          | 10         | 27           | x                        |       |     |                |          |        |
| Clubhouse 1/2                               | 389                     | 23       | 789          | 25                | 3          | 4          | 20           | x                        |       |     |                |          |        |
| Philly Cheese Melt                          | 816                     | 37       | 1090         | 49                | 3          | 5          | 69           | x                        | x     |     |                |          |        |
| Roast Beef Dip                              | 786                     | 23       | 692          | 83                | 2          | 2          | 58           | x                        | x     |     |                |          |        |
| Roast Beef Dip 1/2                          | 492                     | 13       | 775          | 61                | 4          | 5          | 31           | x                        | x     |     |                |          |        |



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|---|-------------------------|----------|--------------|-------------------|------------|------------|--------------|--------------------------|-------|-----|----------------|----------|--------|
|   | Energy<br>cal           | Fat<br>g | Sodium<br>mg | Carbohydrate<br>g | Fiber<br>g | Sugar<br>g | Protein<br>g | Gluten                   | Dairy | Soy | Fish/Shellfish | Tree Nut | Peanut |
| <b>DINNER FAVOURITES</b>                    |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| <i>Values Below are Without Side Choice</i> |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Veal Cutlet                                 | 245                     | 10       | 1019         | 24                | 1          | 6          | 17           | x                        | -     | -   |                |          |        |
| Chicken Parmesan                            | 1173                    | 56       | 1988         | 115               | 7          | 7          | 51           | x                        | x     |     |                |          |        |
| Fish & Chips - 1 Piece                      | 263                     | 14       | 439          | 17                | 1          | 0          | 16           | x                        |       |     | x              |          |        |
| Fish & Chips - 2 Piece                      | 496                     | 28       | 748          | 27                | 1          | 1          | 31           | x                        |       |     | x              |          |        |
| Home-Style Turkey Dinner                    | 370                     | 10       | 1175         | 32                | 4          | 5          | 39           | x                        | x     | x   |                |          |        |
| Cranberry Sauce Portion                     | 105                     | 0        | 20           | 27                | 1          | 26         | 0            |                          |       |     |                |          |        |
| Penne Alfredo                               | 971                     | 44       | 1731         | 95                | 6          | 6          | 53           | x                        | x     |     |                |          |        |
| Roast Beef                                  | 557                     | 16       | 566          | 4                 | 0          | 0          | 94           | x                        |       |     |                |          |        |
| Salisbury Steak                             | 459                     | 40       | 1120         | 9                 | 1          | 2          | 33           | x                        | x     |     |                |          |        |
| New York Steak Dinner                       | 481                     | 31       | 430          | 0                 | 0          | 0          | 49           | x                        |       |     |                |          |        |
| Salmon Dinner                               | 110                     | 54       | 330          | 0                 | 0          | 0          | 21           |                          |       |     | x              |          |        |
| <b>KID'S MENU</b>                           |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Big Brekkie with Pancakes                   | 460                     | 15       | 1283         | 63                | 5          | 14         | 15           | x                        | x     |     |                |          |        |
| Kid's Burger                                | 426                     | 46       | 604          | 28                | 1          | 2          | 25           | x                        |       |     |                |          |        |
| Cheesy Pizza                                | 350                     | 13       | 740          | 43                | 2          | 2          | 13           | x                        | x     |     |                |          |        |
| Classic KD                                  | 300                     | 9        | 550          | 44                | 2          | 8          | 10           | x                        | x     |     |                |          |        |
| Dino Nuggets                                | 225                     | 10       | 425          | 16                | 0          | 3          | 14           | x                        | x     |     |                |          |        |
| French Toast                                | 425                     | 14       | 726          | 59                | 5          | 15         | 10           | x                        | x     |     |                |          |        |
| Grilled Cheese                              | 407                     | 20       | 771          | 42                | 4          | 4          | 11           | x                        | x     |     |                |          |        |
| Happy Cakes                                 | 485                     | 10       | 979          | 87                | 4          | 37         | 7            | x                        | x     |     |                |          |        |
| Side Choice- Kid's Poutine                  | 190                     | 14       | 577          | 7                 | 0          | 2          | 8            |                          | x     |     |                |          |        |
| Kid's Dessert - Oreo                        | 100                     | 5        | 85           | 16                | 0          | 9          | 1            | x                        | x     |     |                |          |        |
| Kid's Dessert - Oreo Sundae                 | 320                     | 10       | 129          | 50                | 0          | 37         | 2            | x                        | x     |     |                |          |        |
| <b>DESSERT</b>                              |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Apple Pie Slice                             | 500                     | 20       | 431          | 77                | 2          | 41         | 7            | x                        | x     |     |                |          |        |
| Carrot Cake Slice                           | 700                     | 44       | 370          | 72                | 3          | 52         | 7            | x                        | x     |     |                |          |        |
| Cheesecake Slice                            | 700                     | 43       | 470          | 67                | 1          | 51         | 13           | x                        | x     |     |                |          |        |
| Milkshake                                   | 721                     | 29       | 313          | 78                | 0          | 62         | 8            |                          | x     |     |                |          |        |
| A la mode (1 scoop)                         | 140                     | 5        | 64           | 16                | 0          | 12         | 1            |                          | x     |     |                |          |        |
| A la mode (2 scoops)                        | 280                     | 10       | 128          | 32                | 0          | 24         | 2            |                          | x     |     |                |          |        |



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|--------------------------------------|-------------------------|----------|--------------|-------------------|------------|------------|--------------|--------------------------|-------|-----|----------------|----------|--------|
|                                      | Energy<br>cal           | Fat<br>g | Sodium<br>mg | Carbohydrate<br>g | Fiber<br>g | Sugar<br>g | Protein<br>g | Gluten                   | Dairy | Soy | Fish/Shellfish | Tree Nut | Peanut |
| <b>SIDE CHOICES</b>                  |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Back Bacon 4 Slices                  | 159                     | 7        | 2529         | 5                 | 0          | 0          | 22           |                          |       |     |                |          |        |
| Bacon 4 Slices                       | 300                     | 28       | 820          | 0                 | 0          | 0          | 10           |                          |       |     |                |          |        |
| Caesar Salad                         | 232                     | 19       | 467          | 9                 | 2          | 1          | 5            | x                        | x     |     |                |          |        |
| Egg                                  | 72                      | 5        | 71           | 0                 | 0          | 0          | 6            |                          |       |     |                |          |        |
| Fresh Fruit                          | 80                      | 0        | 12           | 20                | 2          | 16         | 1            |                          |       |     |                |          |        |
| Ham 2 Slices                         | 113                     | 3        | 1145         | 3                 | 0          | 1          | 16           |                          |       |     |                |          |        |
| Hash Browns Golden Chunky            | 480                     | 21       | 802          | 66                | 6          | 5          | 7            | x                        |       |     |                |          |        |
| Hash Browns Shredded                 | 273                     | 11       | 481          | 40                | 4          | 3          | 4            |                          |       |     |                |          |        |
| Add Breakfast Poutine to Hash Browns | 765                     | 46       | 1379         | 73                | 6          | 7          | 16           | x                        | x     | x   |                |          |        |
| Mashed Potatoes with Gravy           | 222                     | 6        | 1315         | 36                | 3          | 1          | 6            | x                        | x     |     |                |          |        |
| Onion Rings                          | 296                     | 4        | 437          | 60                | 4          | 9          | 6            | x                        | x     |     |                |          |        |
| Poutine                              | 369                     | 16       | 1289         | 47                | 3          | 0          | 9            | x                        | x     |     |                |          |        |
| Sausage 4 Slices                     | 520                     | 46       | 1640         | 10                | 0          | 0          | 18           | x                        |       |     |                |          |        |
| Sweet Potato Fries                   | 399                     | 18       | 544          | 57                | 2          | 18         | 3            |                          |       |     |                |          |        |
| Toast and Jam                        | 403                     | 13       | 545          | 62                | 4          | 24         | 4            | x                        |       |     |                |          |        |
| Tomatoes                             | 20                      | 0        | 6            | 4                 | 1          | 3          | 1            |                          |       |     |                |          |        |
| Tossed Green Salad                   | 28                      | 0        | 20           | 6                 | 2          | 3          | 1            |                          |       |     |                |          |        |
| Yogurt Cup                           | 140                     | 0        | 85           | 28                | 0          | 25         | 6            |                          | x     |     |                |          |        |

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| <b>ADDITIONS</b>        |                         |          |              |                   |            |            |              |                          |       |     |                |          |        |
| Avocado                 | 85                      | 8        | 4            | 5                 | 4          | 0          | 1            |                          |       |     |                |          |        |
| Bacon 2 Pieces          | 150                     | 14       | 410          | 0                 | 0          | 0          | 5            |                          |       |     |                |          |        |
| Breakfast Poutine       | 190                     | 14       | 577          | 7                 | 0          | 2          | 8            | x                        | x     |     |                |          |        |
| Blue Cheese Crumble     | 97                      | 8        | 936          | 0                 | 0          | 0          | 6            |                          | x     |     |                |          |        |
| Cheddar Cheese Slice    | 84                      | 7        | 230          | 0                 | 0          | 0          | 7            |                          | x     |     |                |          |        |
| Mozzarella Cheese Slice | 70                      | 6        | 140          | 0                 | 0          | 0          | 5            |                          | x     |     |                |          |        |
| Swiss Cheese Slice      | 80                      | 6        | 80           | 0                 | 0          | 0          | 6            |                          | x     |     |                |          |        |
| Chicken Breast          | 110                     | 2        | 370          | 0                 | 0          | 0          | 26           |                          |       | -   |                |          |        |
| Egg                     | 72                      | 5        | 71           | 0                 | 0          | 0          | 6            |                          |       |     |                |          |        |
| English Muffin          | 150                     | 1        | 200          | 30                | 3          | 2          | 5            | x                        |       |     |                |          |        |
| French Toast 1 Piece    | 280                     | 8        | 361          | 40                | 5          | 6          | 13           | x                        |       |     |                |          |        |
| Garlic Toast 2 Piece    | 310                     | 14       | 360          | 41                | 2          | 1          | 8            | x                        |       |     |                |          |        |
| Gravy Portion           | 37                      | 1        | 554          | 6                 | 0          | 0          | 2            | x                        |       |     |                |          |        |
| Green Pepper            | 6                       | 0        | 1            | 1                 | 1          | 1          | 0            |                          |       |     |                |          |        |
| Ham 2 Slices            | 57                      | 2        | 573          | 2                 | 0          | 1          | 8            |                          |       |     |                |          |        |
| Hamburger Beef Patty    | 405                     | 39       | 563          | 0                 | 0          | 0          | 30           |                          |       |     |                |          |        |
| Hollandaise Portion     | 60                      | 1        | 360          | 10                | 0          | 4          | 2            |                          | x     | x   |                |          |        |
| Hot Oatmeal- Steel Cut  | 323                     | 4        | 91           | 62                | 4          | 39         | 9            | x                        |       |     |                |          |        |
| Jalapenos               | 15                      | 1        | 947          | 3                 | 2          | 1          | 1            |                          |       |     |                |          |        |
| Mashed Potatoes Plain   | 185                     | 5        | 761          | 31                | 3          | 1          | 4            |                          | x     |     |                |          |        |
| Mushrooms               | 12                      | 0        | 3            | 2                 | 1          | 1          | 2            |                          |       |     |                |          |        |
| Grilled Onions          | 45                      | 0        | 5            | 11                | 2          | 5          | 1            |                          |       |     |                |          |        |
| Pancake                 | 228                     | 2        | 734          | 46                | 3          | 10         | 5            | x                        | x     |     |                |          |        |
| Poutine to Fries        | 167                     | 11       | 560          | 7                 | 0          | 0          | 10           | x                        |       |     |                |          |        |
| Ranch                   | 343                     | 36       | 536          | 2                 | 0          | 0          | 0            |                          | x     |     |                |          |        |
| Red Pepper              | 9                       | 0        | 1            | 2                 | 1          | 1          | 0            |                          |       |     |                |          |        |
| Sausages 2 pieces       | 260                     | 23       | 820          | 5                 | 0          | 0          | 9            |                          |       |     |                |          |        |
| Soup - Broth            | 106                     | 2        | 827          | 16                | 1          | 2          | 5            | -                        |       |     |                |          |        |
| Soup - Cream            | 160                     | 8        | 854          | 18                | 3          | 4          | 5            | -                        | x     |     |                |          |        |
| Taco Beef               | 49                      | 1        | 907          | 8                 | 2          | 4          | 3            | x                        |       |     |                |          |        |
| Tomato Diced            | 5                       | 0        | 1            | 1                 | 0          | 1          | 0            |                          |       |     |                |          |        |
| Tomato Slice            | 10                      | 0        | 3            | 2                 | 1          | 1          | 1            |                          |       |     |                |          |        |
| Topping- Blueberry      | 382                     | 14       | 20           | 66                | 4          | 58         | 1            |                          |       |     |                |          |        |
| Topping- Strawberry     | 382                     | 14       | 0            | 58                | 0          | 54         | 1            |                          |       |     |                |          |        |

indicates may contain

