

SMITTY'S CANADA INC. STANDARD NUTRITIONAL GUIDE

Information updated Fall 2022

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Item Name	Nutritional Information							Common Allergen Present*					
	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
BREAKFAST													
<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 or Blueberry Crepes	1280	60	910	167	6	46	19	x	x	x			
Apple Cinnamon Crepes	1190	66	940	131	6	39	19	x	x	x			
Eggs Benedict	578	31	2208	44	3	6	30	x	x	x			
So Cal Eggs Benedict	390	21	970	33	2	2	18	x	x				
Southwest Benedict	700	41	1690	43	2	3	38	x	x				
Florentine Benedict	1110	76	2030	80	7	5	38	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					
Bacon Breakfast Sandwich	460	26	760	36	9	1	20	x	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	430	30	600	11	8	7	30	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				
Steak & Eggs	650	32	1080	36	5	4	52	x	x	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 cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
SHAREABLES													
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	-		-	-	-	-
Roasted Cauliflower & Artichoke Dip	1010	77	3050	44	2	8	25	x	x	x			
Ginger Beef	390	9	1990	37	2	28	44	x		-	-	-	
Sweet Potato Fries	826	42	1471	106	4	35	5	-		-	-	-	-
SALADS													
Chicken Caesar Salad	730	47	1484	39	4	2	41	x	x				
Cobb Salad	590	36	1240	10	3	4	56		x	x			
Mediterranean Salad	660	36	610	72	16	35	16		x	x	-	-	
CLASSIC HANDHELDS													
<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	630	27	720	40	1	6	55	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	380	13	770	55	5	8	13	x		x			
Cajun Chicken Cheddar Sandwich	1070	76	1760	42	1	7	58	x	x				
Steak Sandwich	760	53	2000	40	4	5	33	x	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	830	33	2060	81	5	7	49	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	1020	41	1870	76	5	6	84	x	x				
Roast Beef Dip	1020	54	2070	71	4	3	58	x	x				
Roast Beef Dip 1/2	492	13	775	61	4	5	31	x	x				



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	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
MAINS													
<i>Values Below are Without Side Choice</i>													
Veal Cutlet	245	10	1019	24	1	6	17	x	-	-			
Ginger Beef Rice Bowl	700	21	2810	80	19	30	51	x	x	-			-
Grilled Citrus Herb Chicken	610	25	910	24	3	4	66	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						
Fettuccine Alfredo	780	48	1430	50	2	7	47	x	x				
Roast Beef Dinner	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		
KID'S MENU													
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				
Fettuccine Alfredo	520	25	44	55	3	4	17	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				
DESSERT													
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				
Mini Donuts	640	34	150	79	3	60	6	x	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 cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
SIDE CHOICES													
Back Bacon 4 Slices	159	7	2529	5	0	0	22						
Bacon 4 Slices	300	28	820	0	0	0	10						
Basmati Rice Side	260	2	200	53	0	0	7						
Caesar Salad	232	19	467	9	2	1	5	x	x				
Side Lemon-Herb Mixed Green Salad	170	12	220	14	3	7	2		x	x	-	-	
Side French Fries	300	8	610	34	3	0	3	-		-	-	-	-
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						
Yogurt Cup	140	0	85	28	0	25	6		x				



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	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
ADDITIONS													
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				
Lemon Herb Marinated Chicken Breast	250	11	370	1	0	1	32			-			
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						
Topping- Apple Cinnamon	80	5	3	9	0	9	0						

indicates may contain

