Eggs Benedicts

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Smoked Salmon Benedict	763 g	1080	52	4	0	320	129	39	12	28	2720	1700	350	9
Steak Benedict	763 g	1230	62	16	0	455	107	23	18	51	4560	600	175	3.5
Hot Honey Chicken Waffle Benedict	797 g	1300	49	10	0	405	140	24	29	41	4530	650	300	4.5
Peameal & Spinach Benedict	726 g	960	28	7	0	340	104	23	10	43	1510	950	250	5
Southwest Benedict	730 g	1170	72	10	0.3	340	106	30	11	23	2810	1000	250	4
Mushroom Bruschetta Benedict	599 g	870	39	8	0.2	335	97	23	10	21	2780	450	125	3.5
Turkey Bacon Benedict	588 g	930	48	10	0	380	97	23	10	28	2950	650	250	3.5
Peameal Benedict	661 g	950	40	8	0	340	104	23	10	43	3750	950	250	5
Ham Benedict	698 g	1030	43	10	0	370	96	23	10	34	3550	650	350	4
Bacon Benedict	622 g	1070	62	16	0.1	380	97	23	11	32	3450	450	250	3.5

Hot Drinks

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Espresso	85 g	0	0	0	0	0	0	0	0	0	0	0	0	0
Specialty Tea	376 g	0	0	0	0	0	1	0	0	0	15	150	0	0.1
Coffee	355 g	0	0	0	0	0	0	0	0	0	0	0	0	0
Americano	212 g	0	0	0	0	0	0	0	0	0	0	0	0	0
Cappuccino Sweetened	228 g	80	2.5	1.5	0	10	8	0	7	4	70	100	0	0.1
Cappuccino Unsweetened	212 g	70	2.5	1.5	0	10	7	0	6	4	70	100	0	0.1
Cafe Mocha	136 g	170	6	6	0	0	31	1	24	1	120	400	40	1.5
Hot Chocolate	47 g	170	6	6	0	0	29	1	24	1	105	300	40	1.25

Daily Specials

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Mediterranean Chicken Burger	506 g	720	24	6	0.2	130	71	17	3	43	1740	1500	250	7
Jalapeno BBQ Chicken Burger	424 g	780	40	8	0.4	145	50	6	7	38	3280	700	250	1.75
BBQ Philly Burger	475 g	810	39	18	0	215	51	4	7	55	1410	750	450	5.5
Loaded Mushroom Burger	406 g	770	42	14	0.2	195	48	4	6	54	1200	650	150	5.5
California Burger	497 g	1060	74	25	0.3	250	51	8	4	54	1450	950	500	6
Add French Fries***	248 g	390	23	2	0.2	0	46	4	2	4	3180	700	30	0.75
Add Homefries****	248 g	430	23	0.5	0	0	56	21	0	5	2280	0	0	0

Waffles

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Honey Chicken & Waffles	427 g	1180	64	16	0.5	185	100	1	22	35	3010	400	500	4
Traditional Chicken & Waffles	342 g	1240	14	1.5	0	120	141	0	48	27	1850	550	100	5.5
Strawberries & Cream Waffle w/ Nutella	236 g	780	8	1	0	65	90	0	43	7	810	125	75	3
Gluten-Friendly Waffle	224 g	560	22	2	0	150	57	1	7	8	690	100	50	1
Cookies & Cream Waffle	191 g	700	11	3	0	65	113	1	60	7	840	125	20	3
Strawberry Banana Cookie Butter Waffle	421 g	1200	40	6	0	65	73	1	15	8	810	125	20	3
Waffle	116 g	420	8	1	0	65	50	0	3	7	810	125	20	3

Lunch

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Hot Honey Chicken Grilled Cheese Melt	526 g	1170	47	28	0	165	111	12	21	70	3270	1100	1600	9
Grilled Chicken Sandwich	462 g	1030	60	17	0.4	185	49	8	3	48	2140	850	500	1.75
Chicken Fingers	530 g	900	31	3.5	0.2	70	130	4	32	33	4730	1100	75	3
Sauced & Tossed Buffalo	113 g	220	21	3	0	20	5	1	2	1	1660	0	10	0
Sauced & Tossed BBQ	113 g	270	21	3	0.1	20	18	1	12	1	1160	150	20	0.1
Sauced & Tossed Hot Honey	113 g	270	21	3	0	20	21	1	19	1	1220	0	10	0
Stacked Club	462 g	860	59	24	0.2	245	7	2	2	62	3170	750	450	2
Original Reuben	424 g	770	29	17	0	130	6	2	0	52	3440	600	800	3
Veggie Grilled Cheese	349 g	920	59	23	0.4	120	49	5	5	38	2620	300	950	3
Choice of Gluten-Free Toast****	57 g	140	2	0	0	0	30	1	2	1	320	30	30	0.75
Choice of Brown Toast***	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast****	84 g	200	1.5	0	0	0	39	2	2	8	340	75	75	2.5

Choice of Rye Toast*****	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Add Soup	80 g	110	3.5	0.2	0	0	16	3	4	4	410	350	40	1.75
Add French Fries	248 g	390	23	2	0.2	0	46	4	2	4	3180	700	30	0.75
Add Homefries*	248 g	430	23	0.5	0	0	56	21	0	5	2280	0	0	0
Brunch														
Recipe Name	**Serving Size**	**Calories**	**Fat (g)**	**Saturated (g)**	**Trans (g)**	**Cholesterol (mg)**	**Carbs (g)**	**Fibre (g)**	**Sugars (g)**	**Protein (g)**	**Sodium (mg)**	**Potassium (mg)**	**Calcium (mg)**	**Iron (mg)**
B.L.T. Sandwich	191 g	450	40	12	0.3	70	3	1	2	14	980	150	20	0.5
Ultimate P.E.C	414 g	770	31	11	0	355	15	4	0	44	1510	950	350	3
Toasted Western	148 g	170	10	3.5	0	325	4	0	1	15	420	225	50	1.75
Breakfast Club	289 g	600	52	18	0.2	395	5	1	2	28	1150	300	200	2
Avocado Brunch Sandwich	405 g	970	61	15	0.4	385	51	7	3	35	1140	600	450	2.25
Shaved Ham & Egg Melt	284 g	580	22	11	0	375	2	0	0	31	1180	350	350	2
Choice of Rye Toast*****	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of Gluten-Free Toast****	57 g	140	2	0	0	0	30	1	2	1	320	30	30	0.75
Choice of Brown Toast***	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast****	84 g	200	1.5	0	0	0	39	2	2	8	340	75	75	2.5
Premium Stacks														
Recipe Name	**Serving Size**	**Calories**	**Fat (g)**	**Saturated (g)**	**Trans (g)**	**Cholesterol (mg)**	**Carbs (g)**	**Fibre (g)**	**Sugars (g)**	**Protein (g)**	**Sodium (mg)**	**Potassium (mg)**	**Calcium (mg)**	**Iron (mg)**
Jalapeno Cheddar Chicken Pancakes	542 g	1600	47	19	0.1	135	171	6	52	50	4800	400	550	1.75
Apple Honey Butter Crunch Pancakes	438 g	1500	4.5	0.5	0	0	240	11	111	21	1770	125	50	0.75
Honey Butter Pancakes	350 g	1520	0	0	0	0	204	4	111	15	1710	150	50	1
Cookie Butter Pancakes	352 g	1630	37	6	0	0	187	4	86	17	1730	20	0	0
Confetti Cookie Pancakes	330 g	1410	20	6	0	0	222	5	112	17	1740	20	0	0
Cinnabun Pancakes	345 g	1480	3.5	2	0	5	156	4	68	16	1760	30	10	0
NY Strawberry Cheesecake Pancakes	410 g	1260	3.5	2	0	5	156	4	68	16	1760	30	10	0
Kids Menu														
Recipe Name	**Serving Size**	**Calories**	**Fat (g)**	**Saturated (g)**	**Trans (g)**	**Cholesterol (mg)**	**Carbs (g)**	**Fibre (g)**	**Sugars (g)**	**Protein (g)**	**Sodium (mg)**	**Potassium (mg)**	**Calcium (mg)**	**Iron (mg)**
Kids Morning Start	328 g	400	6	2	0	160	12	0	12	10	115	300	175	0.75
Kids Gluten Free Pancakes	526 g	830	22	2	0	150	57	1	7	8	690	100	50	1
Kids Pancakes	397 g	630	0	0	0	0	71	3	13	10	1130	0	0	0
Kids Grill Cheese & Bacon w/ Fries	768 g	1180	63	30	0.2	150	89	6	4	46	2750	850	950	3
Kids Strawberry Waffle w/ Nutella	373 g	440	4	0.4	0	35	45	0	21	3	400	50	30	1.5
Kids French Toast	473 g	630	12	3	0.1	195	45	3	3	15	430	150	100	3.5
Kids Chocolate Chip Pancakes	422 g	730	4	2.5	0	0	86	4	26	11	1140	75	0	1.25
Kids Cookies & Cream Pancakes	482 g	1060	8	6	0	0	157	4	83	12	1170	20	0	0
Kids Chicken Fingers	674 g	730	15	2	0.2	35	103	4	31	19	1810	900	50	1.75
Kids Breakfast	504 g	560	29	9	0	195	31	11	0	16	610	125	30	1
Kids Blueberry Pancakes	489 g	720	0.4	0	0	0	73	5	24	11	1150	10	0	0.1
Kids Birthday Cake Pancakes	484 g	980	7	1	0	0	141	3	77	10	1170	20	0	0
Kids Birthday Cake Combo	532 g	980	29	9	0	195	104	1	68	19	1200	150	30	1
Kids Add Sausage	76 g	230	21	8	0	40	4	0	0	8	540	125	30	0.75
Kids Add Bacon	61 g	190	17	6	0.1	35	1	0	1	8	530	0	0	0
Breakfast														
Recipe Name	**Serving Size**	**Calories**	**Fat (g)**	**Saturated (g)**	**Trans (g)**	**Cholesterol (mg)**	**Carbs (g)**	**Fibre (g)**	**Sugars (g)**	**Protein (g)**	**Sodium (mg)**	**Potassium (mg)**	**Calcium (mg)**	**Iron (mg)**
Breakfast Wrap High	602 g	1220	72	17	0	540	108	23	2	47	4080	350	400	6
Breakfast Wrap Low	602 g	960	46	5	0	465	108	24	3	30	3090	250	175	6
Cornbeef Smash	640 g	750	28	6	0	395	89	32	7	44	1980	1200	200	8
Crepe Stack W/ Strawberry Vanilla	920 g	1720	77	20	0.1	385	152	23	61	40	3490	250	75	2.25
Crepe Stack W/ Banana Berry	853 g	1600	76	19	0.1	385	146	23	55	40	3470	250	100	3
Junior Stack w/ Turkey Bacon	437 g	880	40	6	0	345	93	23	6	26	3150	250	40	1.5
Junior Stack w/ Peameal	508 g	840	24	4.5	0	325	100	23	6	43	1810	650	75	3
Junior Stack	444 g	880	38	10	0	345	95	23	7	29	1240	175	50	1.75
Pancake Stack	595 g	1440	70	18	0.1	385	132	24	13	42	4590	250	75	2.25
Pancake Stack No Meat	459 g	1020	32	3.5	0	310	128	24	13	26	3530	125	40	1.5

French Toast Stack	669 g	1470	81	21	0.2	580	106	23	4	47	3890	400	175	5.5
Waffle Stack	533 g	1180	74	18	0.1	420	87	21	2	35	3860	300	75	3.5
The Meatlovers	735 g	1360	91	23	0.1	590	90	32	1	54	4570	500	100	3.5
Jumbo Express Turkey Bacon	574 g	960	58	10	0	535	88	32	0	35	2850	450	50	2.25
Jumbo Express Ham	604 g	890	46	7	0	515	86	32	0	39	3620	450	75	3
Jumbo Express Sausage	649 g	1240	83	21	0	545	93	32	0	40	3550	450	125	3.5
Jumbo Express Peameal	692 g	1020	47	7	0	485	97	32	0	58	4110	950	100	4
Jumbo Express Bacon	619 g	1160	75	17	0.1	540	87	32	1	40	3530	200	50	2.25
Express No Meat	341 g	560	32	3.5	0	310	57	21	0	16	2400	125	40	1.5
Express Turkey Bacon	396 g	690	44	7	0	365	59	21	0	24	2680	350	40	1.5
Express Ham	410 g	630	35	4.5	0	340	57	21	0	26	3160	300	50	2
Express Peameal	469 g	710	36	5	0	325	65	21	0	38	3490	650	75	3
Express Sausage	453 g	900	63	16	0	370	63	21	0	28	3200	300	75	2.5
Express Bacon	430 g	840	57	13	0.1	365	58	21	1	28	3190	125	40	1.5
Choice of Gluten-Free Toast	57 g	140	2	0	0	0	30	1	2	1	320	30	30	0.75
Choice of Rye Toast	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast	84 g	200	1.5	0	0	0	39	2	2	8	340	75	75	2.5
Choice of Brown Toast	84 g	200	2.5	0	0	0	37	4	2	8	290	0	75	2
Omelette														
Recipe Name	**Serving Size**	**Calories**	**Fat (g)**	**Saturated (g)**	**Trans (g)**	**Cholesterol (mg)**	**Carbs (g)**	**Fibre (g)**	**Sugars (g)**	**Protein (g)**	**Sodium (mg)**	**Potassium (mg)**	**Calcium (mg)**	**Iron (mg)**
Build Your Own High	611 g	1200	87	29	0.1	610	63	21	1	56	4430	450	500	3
Build Your Own Low	611 g	680	36	5	0	465	63	22	2	22	2450	250	75	2.25
Chipotle Chicken Omelette	438 g	640	41	12	0.4	105	9	1	2	42	1110	300	400	0.5
Mexican Omelette	613 g	910	57	12	0	500	67	26	1	35	3270	550	300	3
Harvest Dill Omelette	569 g	840	42	9	0	480	71	26	1	31	2630	550	350	5
Homestyle Omelette	583 g	1010	70	23	0	565	64	22	1	46	3680	400	500	3
Great Canadian Omelette	555 g	980	69	22	0.1	555	60	21	1	42	3420	225	500	2.25
Deluxe Omelette	526 g	840	54	17	0	535	62	22	1	39	3230	350	500	2.5
Spinach Omelette	504 g	740	44	10	0.2	495	62	22	1	27	2760	225	75	2.25
Sub Egg Whites	100 g	60	0	0	0	0	2	0	0	11	0	0	0	0
Choice of Rye Toast*	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast*	84 g	200	1.5	0	0	0	39	2	2	8	340	75	75	2.5
Choice of Gluten-Free Toast*	57 g	140	2	0	0	0	30	1	2	1	320	30	30	0.75
Choice of Brown Toast*	84 g	200	2.5	0	0	0	37	4	2	8	290	0	75	2
Lattes/Matcha														
Recipe Name	**Serving Size**	**Calories**	**Fat (g)**	**Saturated (g)**	**Trans (g)**	**Cholesterol (mg)**	**Carbs (g)**	**Fibre (g)**	**Sugars (g)**	**Protein (g)**	**Sodium (mg)**	**Potassium (mg)**	**Calcium (mg)**	**Iron (mg)**
Iced Latte Unsweetened	274 g	100	3.5	2	0	15	10	0	9	6	100	100	0	0.1
Iced Latte Sweetened	289 g	110	3.5	2	0	15	11	0	10	6	100	100	0	0.1
Latte Sweetened	320 g	130	4.5	2.5	0	15	12	0	11	8	110	100	0	0.1
Latte Unsweetened	305 g	120	4.5	2.5	0	15	11	0	10	8	110	100	0	0.1
French Vanilla Latte	320 g	260	5	2	0	15	40	0	38	6	110	125	0	0.1
French Vanilla Latte Iced	286 g	240	4.5	2	0	10	36	0	34	5	95	125	0	0.1
Dirty Chai Latte	320 g	260	5	2	0	15	38	0	37	7	120	125	0	0.1
Dirty Chai Latte Iced	289 g	240	4.5	2	0	10	37	0	35	5	105	125	0	0.1
Vanilla Cookie Butter Crunch Latte	327 g	300	5	2	0	15	28	0	26	6	110	125	0	0.1
Vanilla Cookie Butter Crunch Latte Iced	296 g	280	4.5	2	0	10	27	0	25	5	95	125	0	0.1
Honey Oat Latte	327 g	260	3.5	0.2	0	0	53	1	36	3	85	200	100	0.4
Honey Oat Iced Latte	297 g	240	3.5	0.2	0	0	50	1	35	3	75	200	100	0.4
Strawberry Iced Matcha	276 g	210	4	1.5	0	10	36	0	36	6	80	100	0	0.2
Strawberry Matcha	333 g	240	5	2.5	0	15	38	0	38	7	105	100	0	0.2
Caramel Macchiato Iced	326 g	250	7	6	0	15	38	0	36	7	100	100	0	0.1
Caramel Macchiato	357 g	260	8	6	0	15	39	0	38	8	115	100	0	0.1
Replace with Oat milk - Reg	170 g	70	1.5	0	0	0	14	0	3	2	60	50	100	0.3
Replace with Oat milk - Iced	142 g	60	1	0	0	0	11	0	2	2	50	50	75	0.2
Starting Light														

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Veggie Scrambler w/ HF	509 g	680	40	3.5	0	310	65	26	1	18	2400	450	50	1.75
Healthy Start	517 g	440	9	3	0	310	26	3	19	13	140	650	75	2
Yogurt Parfait	366 g	520	7	2.5	0	10	90	4	65	16	140	550	350	0.75
Veggie Scrambler w/ Fresh fruit	635 g	430	18	3	0	310	33	7	20	14	150	950	100	2.25
Choice of Gluten-Free Toast***	57 g	140	2	0	0	0	30	1	2	1	320	30	30	0.75
Choice of Rye Toast****	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of White Toast***	84 g	200	1.5	0	0	0	39	2	2	8	340	75	75	2.5
Choice of Rye Toast***	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Stacked Hashes														
Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Southwest Steak Hash	1105 g	2060	138	27	0.5	505	122	47	2	65	5480	450	300	2
Hot Honey Chicken Hash	1041 g	1890	105	25	0	445	166	44	21	56	7290	400	700	3
Veggie Hash	955 g	1050	51	3.5	0	310	125	48	4	24	2450	500	75	2
Maple Benedict Hash	944 g	1570	84	23	0	410	125	43	1	64	6480	750	700	3
Cowboy Hash	906 g	1450	88	17	0.1	400	128	44	7	44	6450	500	100	2.5
Mexican Hash	977 g	1420	86	15	0	365	130	49	3	39	6540	600	350	2.5
Bacon Cheeseburger Hash	986 g	2050	148	39	0.5	600	125	44	4	78	6270	750	750	6.5
Choice of Rye Toast**	72 g	180	0	0	0	0	0	0	0	0	0	0	0	0
Choice of Brown Toast**	84 g	200	2.5	0	0	0	37	4	2	8	290	0	75	2
Choice of White Toast**	84 g	200	1.5	0	0	0	39	2	2	8	340	75	75	2.5
Choice of Gluten-Free Toast**	57 g	140	2	0	0	0	30	1	2	1	320	30	30	0.75
Combos & Takeout														
Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Single Cinnabun Pancake	126 g	470	3.5	2	0	5	85	1	55	6	630	30	10	0
Jug of Lemonade	1001 g	380	0	0	0	0	125	0	115	0	50	200	150	1
Jug of Cranberry Juice	1988 g	830	0	0	0	0	204	0	204	0	75	400	175	0
Jug of Apple Juice	1972 g	830	0	0	0	0	204	0	189	0	150	1500	225	0
Jug of Orange Juice	1565 g	660	0	0	0	0	156	0	126	12	60	2700	50	0
1L White Milk	1043 g	520	20	12	0	80	48	0	48	36	480	0	0	0
1L Chocolate Milk	1043 g	680	12	8	0	60	112	0	108	32	880	0	0	0
Delivery Express	475 g	970	70	18	0.1	385	62	21	1	32	3460	250	75	2.25
Breakfast For 4	2454 g	5320	312	80	0.4	2390	388	90	20	179	16030	1450	450	17
Breakfast For 2	1299 g	3130	151	40	0.1	1090	247	47	63	86	8230	650	225	6
Sides														
Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Fresh Fruit Bowl	374 g	220	0.4	0.1	0	0	25	3	19	2	25	500	40	0.5
Side Fresh Fruit	374 g	220	0.4	0.1	0	0	25	3	19	2	25	500	40	0.5
Side Crepe	63 g	120	3	0.5	0	0	18	1	3	4	0	0	0	0
Side Bowl of Soup	80 g	110	3.5	0.2	0	0	16	3	4	4	410	350	40	1.75
Strawberry Jam Jar	233 g	530	0	0	0	0	137	2	131	1	10	0	0	0
1oz Jam Portion	28 g	60	0	0	0	0	0	0	16	0	0	0	0	0
Side Pancake	62 g	240	0	0	0	0	35	1	6	5	570	0	0	0
Side Real Maple Syrup	26 g	90	0	0	0	0	23	0	20	0	4	75	20	0.4
Side Hollandaise	113 g	160	0	0	0	0	0	0	0	0	0	0	0	0
Side Gravy	140 g	50	0	0	0	0	10	0	0	2	730	0	10	0
Side French Fries	229 g	280	11	1.5	0.2	0	46	4	2	4	1500	700	30	0.75
Side Homefries	243 g	440	11	0	0	0	56	21	0	5	600	0	0	0
Side Extra Egg	46 g	70	4.5	1.5	0	155	1	0	0	6	60	75	20	0.75
Side Turkey Bacon	76 g	180	16	5	0	70	2	0	0	10	380	300	0	0
Side Peameal	195 g	230	6	2	0	20	12	0	0	33	1640	800	40	2
Side Sausage	151 g	460	42	16	0	80	8	0	0	16	1080	250	50	1.5
Side Ham	107 g	110	4.5	1.5	0	50	0	0	0	15	1160	250	10	0.75
Side Bacon	121 g	380	34	12	0.1	75	1	0	1	16	1050	0	0	0

Upgrades

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Protein Up	32g	130	2	1	0	70	2	0	1	25	150	125	175	0.3
Homefries Out, Fruit In	0 g	220	0	0	0	0	0	0	0	0	0	0	0	0
Onions In Homefries	68 g	90	0.1	0	0	0	6	1	3	1	2	100	10	0.1
Spicy Homefries	98 g	100	0.2	0	0	0	6	3	3	1	1300	125	75	0.4
Holly Homefries	85 g	170	9	6	0	30	1	0	0	7	240	20	225	0
Crisp Up Homefries	62 g	190	11	8	0	40	0	0	0	15	570	50	500	0
Sub Caesar Salad	376 g	300	21	3	0.3	20	22	7	5	9	360	800	175	3.5
Sub Classic Poutine	312 g	350	14	3.5	0.2	10	51	4	2	9	1400	700	125	0.75

Cold Drinks

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Iced Tea - Can	362 g	70	0	0	0	0	17	0	17	0	115	0	0	0
Gingerale - Can	362 g	120	0	0	0	0	33	0	33	0	60	0	0	0
7Up - Can	362 g	140	0	0	0	0	39	0	38	0	45	0	0	0
Diet Pepsi - Can	163 g	0	0	0	0	0	0	0	0	0	15	0	0	0
Pepsi - Can	362 g	150	0	0	0	0	41	0	41	0	30	0	0	0
Cranberry Juice	373 g	160	0	0	0	0	38	0	38	0	15	75	30	0
Lemonade	370 g	140	0	0	0	0	46	0	43	0	20	75	50	0.4
Orange Juice	370 g	160	0	0	0	0	37	0	30	3	15	650	10	0
Apple Juice	370 g	160	0	0	0	0	38	0	35	0	30	300	40	0
Chocolate Milk	370 g	240	4.5	3	0	20	40	0	38	11	310	0	0	0
White Milk	370 g	180	7	4.5	0	30	17	0	17	13	170	0	0	0

Smoothies & Lemonades

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Mango Dragon Fruit Lemonade	365 g	300	0	0	0	0	83	0	78	0	30	50	40	0.3
Watermelon Limeade	227 g	210	0	0	0	0	61	0	28	0	10	30	20	0.2
Tropical Sunrise Smoothie	211 g	190	2	0	0	0	41	4	28	3	40	300	40	1.25
Rise & Berry Smoothie	185 g	170	1	0	0	0	39	4	24	0	30	300	75	1
Morning Match Smoothie	211 g	180	1	0	0	0	40	4	25	4	50	400	50	2
Replace with Oat milk - Smoothies	183 g	80	1.5	0	0	0	15	0	3	2	60	75	100	0.3

Wraps

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Chipotle Chicken & Guac Wrap	756 g	1270	83	22	0.4	205	66	11	6	59	2890	1300	650	7
Buffalo Chicken & Ranch Wrap	699 g	1120	68	20	0.1	140	89	7	9	46	3350	850	650	7
Crispy Caesar Wrap	614 g	1230	77	17	0.5	135	84	7	7	47	2660	850	700	7
Add Soup**	80 g	110	3.5	0.2	0	0	16	3	4	4	410	350	40	1.75
Add French Fries**	248 g	390	23	2	0.2	0	46	4	2	4	3180	700	30	0.75
Add Homefries***	248 g	430	23	0.5	0	0	56	21	0	5	2280	0	0	0

Burgers

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Avocado Breakfast Burger	580 g	1210	59	24	0	395	54	7	4	71	1920	1200	500	7
Banquet Burger	473 g	1040	62	28	0.1	270	46	3	4	61	1840	650	450	5.5
Country Burger	356 g	680	28	11	0	175	43	3	4	40	840	600	50	5.5
Veggie Smash Burger	366 g	640	20	2	0	15	71	15	6	31	820	600	175	5.5
Add Soup*	80 g	110	3.5	0.2	0	0	16	3	4	4	410	350	40	1.75
Add French Fries*	248 g	390	23	2	0.2	0	46	4	2	4	3180	700	30	0.75
Add Homefries**	248 g	430	23	0.5	0	0	56	21	0	5	2280	0	0	0

Salads

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Avocado Chicken Bowl	770 g	800	36	15	0	150	53	22	6	52	1670	2200	850	11
Grilled Chicken Caesar Salad	619 g	1240	91	16	1	195	34	7	5	50	2490	1050	650	4.5

Avocado Toasts

Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Smoked Salmon Avocado Toast	423 g	610	29	3.5	0	320	38	17	4	22	300	1450	250	8
Hot Honey Avocado Toast	489 g	1020	68	23	0.1	420	22	8	9	38	1790	700	500	2
Avocado Toast	313 g	500	25	3	0	310	11	8	0	13	125	650	50	2
Add Fresh Fruit	374 g	180	0.4	0.1	0	0	25	3	19	2	25	500	40	0.5
Add Homefries	248 g	430	23	0.5	0	0	56	21	0	5	2280	0	0	0
Crepes														
Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Strawberry Vanilla Crepes W/ HF	688 g	1150	30	2.5	0	0	147	23	60	13	2310	20	0	0
Banana Berry Crepes W/ HF	621 g	1030	29	2	0	0	140	23	55	13	2290	30	40	0.5
Spinach Florentine Crepe W/ HF	713 g	1050	47	10	0	480	96	23	8	36	2620	250	225	2.25
French Toast														
Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Strawberry Banana w/ Nutella French Toast	516 g	1310	18	4.5	0.2	290	98	5	35	23	640	250	225	5.5
Caramel Apple Crisp French Toast	493 g	1160	22	5	0.2	290	151	10	51	28	700	250	175	5.5
Berries Cheesecake French Toast	581 g	1210	21	7	0.2	295	118	6	64	24	720	250	200	5.5
Strawberry Banana French Toast	486 g	880	18	4.5	0.2	290	68	5	5	23	640	250	175	5.5
Gluten-Friendly French Toast	408 g	1030	22	4.5	0.2	290	128	7	9	25	1280	300	250	7
French Toast	298 g	760	18	4.5	0.2	290	72	7	5	23	650	250	225	5.5
Signature Stacks														
Recipe Name	Serving Size	Calories	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
Strawberry w/Nutella Pancakes	330 g	1120	0	0	0	0	171	4	84	15	1700	0	75	0
Gluten-Friendly Pancakes	344 g	870	33	3	0	225	86	2	11	12	1040	125	75	1.5
Strawberry Banana Pancakes	306 g	960	0	0	0	0	106	4	19	15	1700	0	0	0
Chocolate Chip Pancakes	224 g	940	8	5	0	0	134	6	42	17	1710	150	10	2.25
Blueberry Pancakes	301 g	850	0.4	0	0	0	111	7	31	16	1710	20	10	0.2
Pancakes	180 g	750	0	0	0	0	106	4	19	15	1700	0	0	0