



MARCH 2017

	NUTRITIONAL INFORMATION														ALLERGENS								OTHER						
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Mustard	Gluten Free	Vegetarian	Vegan		
HOT DOGS																													
All-Dressed Steamed Hot Dog	131	250	14	4.5	0	45	940	29	1	7	8	2	8	8	15						✓	✓		✓					
All-Dressed Toasted Hot Dog	136	280	15	5	0.2	45	970	31	1	7	9	4	8	8	15						✓	✓		✓					
Bacon and Cheese Hot Dog	139	420	28	8	0.3	80	1240	31	1	6	14	4	0	15	15			✓			✓	✓							
Michigan Hot Dog	118	260	13	4.5	0	50	900	27	1	3	10	6	2	6	15						✓	✓							
Valentino Hot Dog	188	500	34	13	0.5	95	1480	34	3	6	18	15	2	35	15			✓	✓		✓	✓							
Chicken Strips Hot Dog	158	350	19	3.5	0.3	25	850	37	2	6	11	0	4	4	15				✓		✓	✓							
HAMBURGERS																													
Classic Hamburger	200	410	24	9	0	60	560	34	2	8	17	0	10	10	25						✓	✓		✓					
Double Hamburger	285	640	43	17	0	115	610	34	2	8	28	0	10	15	35						✓	✓		✓					
Cheeseburger	210	450	26	10	0.1	70	730	35	2	9	19	2	10	20	25			✓			✓	✓		✓					
Double Cheeseburger	305	710	48	20	0.2	135	950	36	2	10	32	4	40	25	35			✓			✓	✓		✓					
Bacon Cheeseburger	218	480	29	11	0.1	80	820	36	2	9	21	2	10	20	25			✓			✓	✓		✓					
Double Cheeseburger with Bacon	320	770	53	22	0.2	155	1140	37	2	10	37	4	10	25	35			✓			✓	✓		✓					
Michigan Burger	175	410	23	9	0	60	470	30	1	4	17	4	2	10	25						✓	✓							
Chicken Burger	218	400	16	3	0.2	50	930	42	1	10	22	0	2	6	20			✓	✓		✓	✓							
SIDES																													
Regular Fries	285	710	29	2.5	0	0	80	101	11	5	14	0	0	4	25												✓	✓	
Medium Fries	382	960	39	3.5	0	0	110	137	15	7	19	0	0	6	35												✓	✓	
Large Fries	638	1610	65	6	0	0	180	228	25	11	31	0	0	10	60												✓	✓	
Extra Large Fries	935	2380	96	8	0	0	270	338	38	17	46	0	0	15	80												✓	✓	
Family Fries	1810	4570	184	16	0	0	520	649	72	32	88	0	0	30	160												✓	✓	
Pogo	85	250	15	2.5	0.2	30	630	22	1	3	6	0	0	6	8			✓	✓		✓	✓							
Onion Rings	113	340	22	2.5	1	0	720	32	3	4	3	0	0	4	3						✓	✓					✓		
MEALS																													
Hot Chicken & Fries	748	1160	33	3	0	85	2220	157	12	12	61	2	0	10	45						✓	✓							
Hot Chicken & Poutine	998	1480	54	16.5	1	150	4020	175	15	14	77	17	0	66	45			✓			✓	✓							
Chicken Strips & Fries Platter	441	1020	43	6.5	0.3	30	1270	131	13	7	33	0	6	8	35				✓		✓	✓							
Chicken Strips & Poutine Platter	691	1340	64	20	1.3	95	3070	149	16	9	49	15	6	64	35			✓	✓		✓	✓							
Chicken Burger & Fries Platter	703	1110	45	6	0.2	50	1010	143	12	15	36	0	2	10	45			✓	✓		✓	✓							
Chicken Burger & Poutine Platter	953	1430	66	19	1.2	115	2810	161	15	17	52	15	2	66	45			✓	✓		✓	✓							
Hamburger Steak & Fries	570	1365	71	20	0	115	1580	140	12	10	41	0	0	15	55						✓	✓		✓					
Hamburger Steak & Poutine	820	1685	92	33	1	180	3380	158	15	12	57.4	15	0	70	55			✓			✓	✓		✓					
Club Sandwich, Fries & 20oz Beverage*	1370	1950	95	14	3.5	85	1800	250	15	95	51	25	70	20	60			✓	✓		✓	✓							
POUTINES																													
Regular Quebec's Famous Poutine	535	1030	50	16	1	65	1880	119	14	7	30	15	0	60	25			✓									✓		
Large Quebec's Famous Poutine	1130	2240	108	32	1.5	135	3790	262	31	15	64	30	0	120	60			✓									✓		
Italian Poutine	480	1060	53	17	1	80	1450	117	15	7	34	35	4	60	30			✓											
Extreme Poutine	695	1410	82	29	1	175	2470	124	14	9	47	20	4	70	40			✓			✓	✓							
Chicken Poutine	600	1120	51	16	1	110	1910	119	14	7	51	15	0	60	25			✓											
Hot Dog Poutine	625	1290	72	24	1	155	2940	125	14	7	40	20	0	70	35			✓			✓	✓							
Bacon Poutine	558	1130	57	18	1	95	2170	120	14	7	38	15	0	60	25			✓											
Smoked Meat Poutine	613	1130	56	18	1	105	2800	119	15	8	44	15	15	60	35			✓			✓		✓						
SMOKED MEAT																													
Smoked Meat & Fries Platter	495	1080	49	7	0.4	80	2660	137	16	16	48	2	80	12	55						✓	✓	✓	✓					
Smoked Meat Sandwich & Poutine	745	1400	70	20.5	1.4	145	4460	155	19	18	64	17	80	68	55			✓			✓	✓	✓	✓					
Smoked Meat Club & Fries	795	1700	99	17	3.5	80	2930	181	16	27	45	20	80	19	65						✓	✓	✓	✓					
Smoked Meat Club & Poutine	1045	2020	120	30	4.5	145	4730	199	19	29	61	35	80	75	65			✓			✓	✓	✓	✓					
Smoked Meat Poutine	613	1130	56	18	1	105	2800	119	15	8	44	15	15	60	35			✓			✓		✓						
SANDWICHES																													
2 Chicken Wraps	247	480	22	5	0.2	65	820	45	5	9	28	4	10	6	15				✓			✓							
BLT Sandwich	253	650	45	9	2	45	1140	50	2	11	12	15	20	8	20				✓		✓	✓							
Chicken Sandwich	245	660	41	7	2	65	970	46	1	10	27	15	2	6	20				✓		✓	✓							
Tomato Sandwich	238	580	40	7	2	25	950	49	2	11	7	15	20	8	20				✓		✓	✓					✓		
Grilled Cheese Sandwich	130	470	30	8	2	20	890	41	1	6	10	15	0	20	15			✓			✓	✓					✓		
Plain Guedille	171	390	29	5	1	25	690	31	2	9	5	8	10	4	15				✓		✓	✓					✓		
Chicken Guedille	203	440	29	5	1	45	700	31	2	9	15	10	10	4	15				✓		✓	✓							
BREAKFAST**																													
Hearty Breakfast (with bacon)	600	710	40	9	2	390	990	58	2	7	28	25	25	10	35				✓		✓	✓							
Hearty Breakfast (with ham)	652	700	37	8	2	390	1390	59	2	7	30	25	25	10	35				✓		✓	✓							
Hearty Breakfast (with sausage)	652	890	58	16	2	405	1360	61	2	7	28	25	25	10	35				✓		✓	✓							
1 Egg Breakfast (with bacon)	549	640	36	8	2	210	920	57	2	6	22	20	25	10	30				✓		✓	✓							
1 Egg Breakfast (with ham)	602	630	33	7	2	210	1320	58	2	5	24	20	25	10	30				✓										