

# NUTRITION INFORMATION

## OUTTAKES

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Protein (g)	Carbs. (g)	Sodium (mg)	Dietary Fibre (g)	Sugars (g)	Chol. (mg)	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)
<b>POUTINE</b>															
Classic Poutine	329	810	47	13	1	20	76	1180	6	0	60	15	15	45	15
Pulled Pork Poutine	401	970	54	15	1	32	90	1560	6	13	105	15	15	50	20
Bacon Poutine	365	850	48	13	1	27	76	1450	6	1	70	15	15	45	20
Beef Chili Poutine	401	860	49	14	1	23	81	1410	7	2	65	15	15	50	20
Pulled Pork and Bacon Poutine	413	980	54	15	1	34	90	1650	6	13	105	15	15	50	20
Cheese Curds Only	60	220	17	10	1	14	2	410	0	0	60	15	0	45	0
<b>HOT DOGS</b>															
Classic Hot Dog	183	500	26	8	0.5	20	46	1455	1	4	100	0	30	25	25
BBQ Pulled Pork Dog	283	780	47	15	0.5	32	58	2070	1	16	125	6	2	20	35
BBQ Bacon Dog	265	710	41	17	1	32	51	2170	1	10	115	10	4	40	35
Chili Cheese Dog	277	570	31	11	0.5	24	47	1840	2	5	85	6	2	20	35
<b>SANDWICHES</b>															
Pulled Pork Sandwich	178	540	25	7	0.1	18	63	1180	1	22	65	2	6	4	25
Classic Grilled Chicken Sandwich	207	490	25	3.5	0.2	28	39	960	1	5	90	6	10	2	20
Classic Crispy Chicken Sandwich	205	690	42	5	0.2	23	56	1230	2	8	70	6	6	15	25
California Grilled Chicken Sandwich	215	450	20	2.5	0.1	28	40	860	2	5	85	6	15	2	20
California Crispy Chicken Sandwich	213	640	37	3.5	0.1	23	56	1120	3	7	60	6	10	15	25
Spicy Grilled Chicken Club	207	440	18	4.5	0.2	31	39	960	1	5	90	10	10	10	20
Spicy Crispy Chicken Club	205	640	42	5	0.2	23	56	1230	2	8	70	6	6	15	25
<b>WRAPS</b>															
BBQ Pulled Pork Wrap	262	660	33	10	0.1	21	72	1380	3	17	50	15	15	15	25
Buffalo Grilled Chicken Wrap	346	650	31	10	0.4	40	54	2890	3	5	95	20	15	25	25
Buffalo Crispy Chicken Wrap	322	730	40	11	0.4	31	66	2840	3	9	60	20	10	25	25
Sweet Thai Grilled Chicken	305	660	28	6	0.1	30	72	1710	3	22	70	10	15	10	20
Sweet Thai Crispy Chicken	282	750	37	6	0.1	21	84	1660	3	26	35	10	10	10	25
<b>NACHOS</b>															
Premium Nachos	325	800	46	12	0	12	90	1370	11	5	25	10	15	20	15
Premium Nachos with Pulled Pork	397	960	53	15	0	24	104	1760	11	17	70	10	20	20	20
Premium Nachos with Beef Chili	397	860	49	13	0.1	16	95	1600	12	7	30	15	20	20	20
Premium Nachos with Bacon	361	840	48	13	0	19	90	1640	11	5	35	10	15	20	20
<b>SNACKS</b>															
Boneless Chicken Bites (5) Plain	102	330	20	2	0	19	19	620	0	6	45	0	0	2	10
<i>Boneless Chicken Bites (5) BBQ Sauce</i>	136	420	21	2	0	20	37	1180	1	22	45	0	6	2	15
<i>Boneless Chicken Bites (5) Sweet Thai Sauce</i>	136	420	20	2	0	19	40	1110	0	24	45	0	0	2	10
Mac & Cheese Wedges (5)	144	360	17	3.5	0.1	8	45	1450	3	16	15	6	0	15	8
Pretzel Bites (11)	112	500	11	2.5	0.1	11	88	610	3	11	0	0	6	0	20
<i>Pretzel Bites (11) with Nacho Cheese</i>	164	550	14	5	0.1	12	93	1020	3	13	5	0	6	8	20
<i>Pretzel Bites (11) with Caramel Dip</i>	144	610	13	2.5	0.5	11	112	700	3	25	5	0	6	2	20
Chicken Tenders (4)	137	430	26	2	0	24	26	680	0	8	50	0	0	0	10

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<b>SIDES</b>															
Regular French Fries	146	460	24	2	0	5	56	210	5	0	0	0	10	2	15
Large French Fries	296	940	49	4	0	10	114	440	10	0	0	0	25	6	25
Sweet Potato Fries with Cheddar Chipotle Dip	224	680	52	6	0.5	4	51	890	3	17	15	60	20	8	8
Tasti Tater Snacks	120	390	31	2	0.1	2	27	730	2	1	0	0	10	0	4
Mini Churros (5) with Caramel Dip	180	690	30	2.5	0.4	10	95	550	0	20	5	0	0	8	30
<b>SHAREABLE SAMPLERS</b>															
Shareable Sampler with Plain Wings	363	1100	44	9	0.2	33	146	2720	5	33	50	4	6	20	35
Shareable Sampler with BBQ Wings	390	1160	44	9	0.2	34	160	3170	5	45	50	4	10	20	40
Shareable Sampler with Sweet Thai Wings	390	1160	44	9	0.2	34	162	3110	5	47	50	4	6	20	35
Veggie Sampler	377	1150	52	9	0.2	20	152	2810	7	29	15	4	15	20	30

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<b>WAFFLE FRY POUTINE</b>															
Classic Poutine	341	610	35	12	1	18	55	1940	4	0	60	15	10	45	8
Pulled Pork Poutine	413	780	42	14	1	30	69	2330	4	13	105	15	15	45	15
Bacon Poutine	377	650	36	12	1	25	56	2210	4	1	70	15	10	45	10
Beef Chili Poutine	413	660	37	13	1	21	61	2170	5	2	65	15	15	45	15
Pulled Pork and Bacon Poutine	425	790	42	14	1	32	70	2420	4	13	105	15	15	45	15
Cheese Curds Only	60	220	17	10	1	14	2	410	0	0	60	15	0	45	0
<b>HOT DOGS</b>															
Classic Hot Dog	183	500	26	8	0.5	20	46	1455	1	4	100	0	30	25	25
BBQ Pulled Pork Dog	283	780	47	15	0.5	32	58	2070	1	16	125	6	2	20	35
BBQ Bacon Dog	265	710	41	17	1	32	51	2170	1	10	115	10	4	40	35
Chili Cheese Dog	277	570	31	11	0.5	24	47	1840	2	5	85	6	2	20	35
<b>SANDWICHES</b>															
Pulled Pork Sandwich	178	540	25	7	0.1	18	63	1180	1	22	65	2	6	4	25
Classic Grilled Chicken Sandwich	207	490	25	3.5	0.2	28	39	960	1	5	90	6	10	2	20
Classic Crispy Chicken Sandwich	205	690	42	5	0.2	23	56	1230	2	8	70	6	6	15	25
California Grilled Chicken Sandwich	215	450	20	2.5	0.1	28	40	860	2	5	85	6	15	2	20
California Crispy Chicken Sandwich	213	520	37	4	0.1	23	56	1180	4	7	60	4	10	15	25
Spicy Grilled Chicken Club	207	440	18	4.5	0.2	31	39	960	1	5	90	10	10	10	20
<b>WRAPS</b>															
Buffalo Grilled Chicken Wrap	346	650	31	10	0.4	40	54	2890	3	5	95	20	15	25	25
Buffalo Crispy Chicken Wrap	326	710	35	10	0.4	32	70	3020	4	6	60	20	10	30	30
Sweet Thai Grilled Chicken	305	660	28	6	0.1	30	72	1710	3	22	70	10	15	10	20
Sweet Thai Crispy Chicken	286	730	33	6	0.1	22	89	1840	4	23	40	10	10	10	25
BBQ Pulled Pork Wrap	262	660	33	10	0.1	21	72	1380	3	17	50	15	15	15	25
<b>NACHOS</b>															
Premium Nachos	325	800	46	12	0	12	90	1370	11	5	25	10	15	20	15
Premium Nachos with Pulled Pork	397	960	53	15	0	24	104	1760	11	17	70	10	20	20	20
Premium Nachos with Beef Chili	397	860	49	13	0.1	16	95	1600	12	7	30	15	20	20	20
Premium Nachos with Bacon	361	840	48	13	0	19	90	1640	11	5	35	10	15	20	20
<b>SIDES</b>															
Waffle Fries - Regular	185	350	17	1.5	0.3	4	46	1020	4	0	0	0	10	0	8
Waffle Fries - Large	372	710	34	3	0.5	7	93	2050	7	0	0	0	20	0	15
Mini Churros with Caramel Dip	180	690	30	2.5	0.4	10	95	550	0	20	5	0	0	8	30
Chicken Tenders (4)	145	400	17	1.5	0	26	36	1030	2	2	55	0	0	2	15

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