

		Serving	Cal	Total	Sat Fat	Trans	Cholest	Sodium	CHO	Fibre	Sugars	Pro	Vit A	Vit C	Calc	Iron
		Size	(kcal)	Fat (g)	(g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Proteins																
4 oz burger	1 patty	81 g	230	17	7	0.5	62	128	0	0	0	18	0	0	2	15
6 oz burger	1 patty	130 g	340	27	12	1	90	210	1	0	0	30	0	0	2	25
Chicken	1 breast	91 g	100	2	1	0	50	31	0	0	0	17	0	0	3	0
Turkey burger	1 patty	120 g	210	17	5	0	105	480	2	0	0	17	0	0	0	6
Veggie Burger	1 patty	100 g	190	10	1	0	0	760	11	6	3	19	0	15	8	60
Hot Dog	1 hot dog	75 g	190	18	8	0.5	50	710	2	0	2	9	0	0	0	10
Buns																
Ace White Hamburger Bun, ON	1 bun	68 g	190	3	0.4	0	15	380	36	1	4	6	0	0	2	15
White Hamburger Bun, CAL	1 bun	54 g	130	1	0	0	0	260	29	1	2	5	0	0	2	15
White Hamburger Bun, EDMONTON, FORT McMURRAY, BC	1 bun	68 g	160	2	0	0	0	370	31	1	2	7	0	0	4	15
Ace Multigrain Whole Wheat Bun, ON	1 bun	85 g	240	10	1	0	15	400	39	4	3	8	0	0	4	20
Brown Hamburger Buns, CAL	1 bun	54 g	140	1	0	0	0	135	26	2	1	5	0	2	2	10
Whole Wheat Hamburger Buns, EDMONTON, FORT McMURRAY, BC	1 bun	71 g	160	2	0.5	0	0	400	30	3	2	7	0	0	4	15
Hot Dog/Sausage Bun, ON	1 bun	70 g	170	2	0.4	0	0	340	32	1	2	6	0	0	4	15
Hot Dog Bun, CAL	1 bun	70 g	170	2	0	0	0	340	39	2	2	7	0	0	4	20
Hot Dog Bun/Sausage EDMONTON, FORT McMURRAY, BC	1 bun	62 g	150	2	0.5	0	0	300	29	1	3	5	0	0	4	10
Gluten Free	1 bun	100 g	240	7	1	0	0	530	41	4	9	4	0	0	4	4
Sides																
House-Cut Fries, Regular	1 cup	150 g	430	20	1.5	0.2	0	95	57	5	0	6	0	2	2	15
House-Cut Fries, Medium	1 cup	200 g	580	27	2	0.2	0	125	76	6	0	7	0	4	2	15
House-Cut Fries, Large	1 cup	290 g	840	39	3	0.3	0	180	110	9	0	11	0	4	4	25
Poutine, Regular	1 cup	307 g	710	37	11	0.5	45	860	74	5	2	14	15	2	35	15
Poutine, Large	1 cup	413 g	950	50	15	1	60	1150	100	7	2	19	20	4	45	20
Veggie Fries, Regular	1 cup	278 g	590	28	4.5	0.3	10	410	75	5	4	8	4	10	10	15
Veggie Fries, Large	1 cup	387 g	790	36	5	0.3	10	590	103	7	6	11	6	20	10	25
Breakfast Poutine, Regular	1 cup	282 g	640	2.5	0.8	0	45	726	43	2	3	13	5	2	2.8	2
Breakfast Poutine, Large	1 cup	371 g	800	4	2.5	0.2	15	28	3	0	2	1	6	10	0	2
Onion Rings, Regular	1 each	184 g	630	35	3	0.3	0	1420	70	5	10	9	0	0	6	30
Onion Rings, Large	1 each	276 g	940	52	5	0.4	0	2130	105	8	14	13	0	0	8	45
Salad																
Garden Salad, Side	16 oz cup	169 g	18	0	0	0	0	2	4	0	3	1	0	13	0	0
Garden Salad, Main	24 oz bowl	208 g	29	0	0	0	0	2	4	0	3	1	0	16	0	0
Caesar Salad, Side	16 oz cup	125 g	255	30	3	0	27	526	23	2	0	8	9	0	6	7
Caesar Salad, Main	24 oz bowl	184 g	350	40	3	1	25	586	32	2	1	7	6	6	8	9
Dressings																
Ranch Fat Free Dressing	1 oz	30 g	50	0.3	0	0	0	330	11	0	5	0	0	0	0	0
Balsamic Vinaigrette	1 oz	30 g	90	8	1	0	0	240	4	0	3	0	0	0	0	0
Greek Feta & Oregano	1 oz	30 g	90	9	1	0	0.6	270	2	0	1	0	0	0	0	0
Renee's Mighty Caesar	1 oz	30 g	160	18	1	0	16	150	1	0	0	1	0	0	2	0
SSB BBQ Shake on Seasoning	4 g	4 g	10	1	0	0	0	540	2	0	1	0	2	1	0	2
Premium Toppings																
Bacon, ON	1 slice	6 g	30	3	1	0	5	111	0	0	0	2	0	0	0	0
Applewood Smoked Bacon, AB, BC	1 slice	5 g	25	2	0.5	0	5	60	0	0	0	2	0	0	0	0
Bacon bits	1 level tbsp	7 g	30	2	0.8	0	8	88	0	0	3	4	0	0	0.8	0
Cracker Barrel Medium Cheddar	1 slice	21 g	90	7	5	0	21	150	0	0	0	5	4	0	15	0
Cracker Barrel Swiss, ON	1 slice	21 g	80	6	4	0	20	50	0	0	0	6	4	0	20	0
Swiss Cheese, AB, BC	1 slice	21 g	80	6	3.5	0.2	15	75	0	0	0	6	8	0	20	0
Monterey Jalapeno Cheese (Pepper Jack)	1 slice	21 g	70	6	4	0.1	15	150	0	0	0	5	6	0	10	0
Farmer's Goat Cheese	1 scoop	20 g	50	4	2.3	0	17	80	1	0	0	3	4	0	1	0
Cheese Curd	1 scoop	30 g	120	9	6	0.2	30	140	2	0	0	7	10	0	20	0
Fried Egg	1 egg	62 g	60	0	0	0	35	370	35	2	1	10	0	0	0	2
Ginger Glaze Pineapple	1 tbsp	15 ml	50	4	2.5	0.1	10	1	4	0	4	0	4	0	0	0
Mushroom Cremini	23 g	23 g	110	12	1	0	0	10	0	0	0	0	0	0	0	0
Dips																
Garlic Mayo	1 tbsp	15 g	90	4	0.5	0	5	85	2	0	1	0	0	0	0	0
Wasabi Mayo	1 tbsp	15 ml	80	9	1.5	0	5	55	1	0	1	0	0	0	0	0
Curry Mayo	1 tbsp	15 ml	110	12	2	0.1	5	85	0	0	0	0	0	0	0	0
Gravy	3 pumps	3 oz	35	0.6	1.5	0	0	562	7	0	1	0	0	0	0	0
Cheese Sauce	3 pumps	3 oz	80	1	0.4	0	4	534	16	0	4	1	0	0	4	0
Dijon Horseradish	1 tbsp	15 ml	35	3	0.4	0	0	110	1	0	1	0	0	0	0	0
Sour Cream (14%)	2 tbsp	30 g	50	4	2.5	0.2	15	25	2	0	1	1	4	0	0	2
Jalapeno Sour Cream	1 tbsp	15 ml	25	2	1	0	5	15	1	0	0	1	2	0	2	0
Signature Pink Sauce	1 tbsp	15 ml	80	10	1.5	0.1	5	65	1	0	1	0	0	0	0	0
Maple Syrup	1/2 tsp	2.5 ml	25	0	0	0	0	0	0	0	2.2	0	0	0	0.2	0
Piri Piri Marinade	1 tbsp	15 g	110	12	1.7	0	0	400	2	0.5	0	0	9	3	8	0
Forty Creek BBQ	1 tbsp	15 ml	30	0	0	0	0	215	7	0	6	0	0	3	0	1
Ketchup, Heinz	1 tbsp	15 ml	15	0	0	0	0	120	4	0	4	0	2	0	0	0
Franks Sauce Original	1 ml	1 ml	0	0	0	0	0	35	0	0	0	0	0	0	0	0
Honey Mustard, ON	1 tbsp	15 ml	25	0.5	0	0	0	130	4	0	3	1	0	0	0	4
Honey Mustard, AB, BC	1 tbsp	15 ml	30	0	0	0	0	125	7	0	6	0	0	0	0	0
Yellow Mustard	1 tbsp	15 ml	10	0.5	0	0	0	170	1	0	0	1	0	0	0	2
Dijon Mustard	1 tbsp	15 ml	30	1.5	0.3	0	0	290	3	0	0	3	0	0	0	6
Dijon Mustard, AB, BC	1 tbsp	15 ml	30	1.5	0	0	0	465	0	0	0	0	0	0	0	0
Relish Sweet	1 tbsp	15 g	10	0	0	0	0	110	3	0	3	0	0	0	2	0
Relish Hot Pepper	1 tbsp	20 g	4	0	0	0	0	200	1	0	1	0	0	10	2	0
Dill Pickle Relish, ON (gourmet)	1 tbsp	15 g	10	0	0	0	0	166	3	0	3	0	0	0	0	0
Sweet Green Relish Portion	1 packet	8 g	10	0	0	0	0	50	2	0	2	0	0	0	0	0
Ultimate BBQ Sauce	1 tbsp	15 ml	25	0	0	0	0	190	6	0	5	0	0	2	0	0
3rd Degree Hot Sauce	12	12 g	10	0	0	0	0	510	2	0	2	0	0	0	0	0
Tabasco Sauce Green Jalapeno	1 ml	1 ml	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Cajun Onions	15 g	15 g	10	0	0	0	0	135	2	0	1	0	0	2	0	0
Pico de Gallo	1 tbsp	15 ml	5	0.3	0	0	0	55	1	0	0	0	0	4	0	0
From the Garden																
Leaf Lettuce	1 leaf	3 g	0	0	0	0	0	1	0	0	0	0	2	0	0	0
Tomato Slices	2 slices	23 g	5	0	0	0	0	1	1	0	1	0	0	6	0	0
Red Onions	heapping sp	12 g	5	0	0	0	0	0	1	0	1	0	0	2	0	0
Cucumber Slices	2 slices	15 g	2	0	0	0	0	0	1	0	0	0	0	0	0	0
Green Olives	1 tbsp	13 g	15	1	0.2	0	0	210	1	0	0	0	0	0	0	0
Pickles, Gielow, ON	2 slices	15 g	2	0	0	0	0	135	0	0	0	0	0	0	0	0
Pickles, AB, BC	2 slices	15 g	2	0	0	0	0	140	0	0	0	0	0	0	0	0
Guacamole, ON	1 tbsp	15 g	20	2	0.2	0	0	40	2	1	1	0	0	2	0	0
Guacamole, AB, BC	1 tbsp	15 g	25	2	0.3	0	0	55	1	1	0	0	0	4	0	0
Hot Pepper Banana Rings	6-7 rings	15 g	3	0	0	0	0	125	2	1	1	0	0	15	2	0
Hot Pepper Jalapeno	6-7 rings	15 g	3	0	0	0	0	125	2	1	1	0	0	15	2	0
Hot Banana Pepper Rings, AB, BC	6-7 rings	15 g	3	0	0	0	0	195	0	0	0	1	17	1	0	0
Mango Chutney, ON	1 tbsp	15 g	45	0	0	0	0	105	11	0	8	0	0	0	0	5
Mango Chutney, AB, BC	1 tbsp	15 g	40	0	0	0	0	250	10	0	10	0	8	4	0	0
Drinks																
Coca-Cola Classic	1 cup	470 ml	190	0	0	0	0	45	52	0	52	0	0	0	0	0
Diet Coke	1 cup	470 ml	1	0	0	0	0	70	0	0	0	0	0	0	0	0
Coca-Cola Zero	1 cup	470 ml	0	0	0	0	0	55	0	0	0	0	0	0	0	0
Barq's Root Beer	1 cup	470 ml	210	0	0	0	0	90	59	0	59	0	0	0	0	0
Nestea Sweetened Lemon Tea	1 cup	470 ml	150	0	0	0	0	60	40	0	40	0	0	0	0	0
Fruitopia Strawberry	1 cup	470 ml	230	0	0	0	0	50	58	0	56	0	0	190	0	2
Fanta Orange	1 cup	470 ml	200	0	0	0	0	55	55	0	54	0	0	0	0	0
Milk Shakes																
Vanilla Milk Shake	1 each	433 g	538	26	15	1	88	276	81	0	54	11	23	0	34	0
Vanilla Milk Shake, BC	1 each	433 g	567	28	15	0	116	317	110	0	40	12	15	0	40	0
Chocolate Milk Shake	1 each	433 g	538	22	15	1	70	276	70	4	48	11	23	0	34	7