



NUTRITIONAL INFORMATION

Product	Serving	Serving Size	Cal (cal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	CHO (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit. A (% DV)	Vit. C (% DV)	Calcium (% DV)	Iron (% DV)	Data Source
Fries																	
Fries, Small	1 each	150 g	430	20	1.5	0.2	0	95	57	5	0	6	0	2	2	15	Calculated from Maxxam Data
Fries, Regular	1 each	200 g	580	27	2	0.2	0	125	76	6	0	7	0	4	2	15	Calculated from Maxxam Data
Fries, Large	1 each	290 g	840	39	3	0.3	0	180	110	9	0	11	0	4	4	25	Calculated from Maxxam Data
Fries, XL	1 each	360 g	1040	49	4	0.4	0	220	137	11	0	13	0	6	4	30	Calculated from Maxxam Data
Poutine																	
Classic Poutine, Small	1 each	307 g	710	37	11	0.5	45	860	74	5	2	14	15	2	35	15	Calculated from Maxxam and Supplier Data
Classic Poutine, Regular	1 each	413 g	950	50	15	1	60	1150	100	7	2	19	20	4	45	20	Calculated from Maxxam and Supplier Data
Beef Lovers Poutine, Small	1 each	315 g	690	35	9	0.5	30	830	72	5	1	21	8	4	20	20	Calculated from Maxxam and Supplier Data
Beef Lovers Poutine, Regular	1 each	426 g	930	47	12	0.5	45	1130	98	7	2	28	10	6	30	25	Calculated from Maxxam and Supplier Data
Butter Chicken Poutine, Small	1 each	308 g	710	37	10	0.5	65	760	72	6	2	21	15	4	25	20	Calculated from Maxxam and Supplier Data
Butter Chicken Poutine, Regular	1 each	418 g	980	51	15	0.5	90	1040	98	9	3	29	20	4	35	30	Calculated from Maxxam and Supplier Data
Bacon Double Cheese Poutine, Small	1 each	286 g	710	38	11	0.5	50	720	76	5	3	16	15	8	35	15	Calculated from Maxxam and Supplier Data
Bacon Double Cheese Poutine, Regular	1 each	401 g	960	51	15	0.5	70	1030	104	7	4	22	20	15	50	25	Calculated from Maxxam and Supplier Data
Chili Cheese Fries, Small	1 each	320 g	620	28	5	0.2	15	490	80	7	2	13	6	30	10	20	Calculated from Maxxam and Supplier Data
Chili Cheese Fries, Regular	1 each	430 g	830	37	6	0.3	15	690	109	10	3	16	6	40	10	30	Calculated from Maxxam and Supplier Data
Chili Poutine, Small	1 each	282 g	680	35	9	0.5	40	470	75	7	1	18	15	20	30	20	Calculated from Maxxam and Supplier Data
Chili Poutine, Regular	1 each	398 g	940	47	13	0.5	55	670	103	10	2	24	20	35	40	25	Calculated from Maxxam and Supplier Data
Pulled Pork Poutine, Small	1 each	277 g	700	37	9	0.4	50	780	72	6	5	18	15	4	25	20	Calculated from Maxxam and Supplier Data
Pulled Pork Poutine, Regular	1 each	391 g	990	53	14	0.5	70	1160	98	9	8	26	20	6	35	25	Calculated from Maxxam and Supplier Data
The Works, Small	1 each	275 g	600	29	5	0.3	15	420	75	6	3	11	4	15	8	20	Calculated from Maxxam and Supplier Data
The Works, Regular	1 each	412 g	840	39	6	0.4	25	750	106	9	5	16	6	30	10	25	Calculated from Maxxam and Supplier Data
Veggie Works, Small	1 each	278 g	580	28	4.5	0.3	10	410	75	5	4	8	4	10	10	15	Calculated from Maxxam and Supplier Data
Veggie Works, Regular	1 each	387 g	780	36	5	0.3	10	590	103	7	6	11	6	20	10	25	Calculated from Maxxam and Supplier Data
Sides																	
Gravy, Regular	1 each	3 oz vol	35	1	0.4	0.1	0	460	7	0	2	1	0	0	2	2	Calculated from Supplier Data
Gravy, Large	1 each	5 oz vol	60	1.5	0.5	0.2	0	760	11	0	3	1	0	0	4	2	Calculated from Supplier Data
Cheese Sauce, Regular	1 each	3 oz vol	60	0.5	0.3	0	0	430	12	0	4	1	0	0	4	0	Calculated from Supplier Data
Cheese Sauce, Large	1 each	5 oz vol	100	1	0.5	0	5	720	21	0	6	2	0	0	8	0	Calculated from Supplier Data
Sour Cream, Regular	1 each	3 oz vol	150	13	7	0.3	30	75	6	0	3	3	10	0	10	0	Calculated from Supplier Data
Sour Cream, Large	1 each	5 oz vol	250	22	12	0.5	50	125	10	0	5	5	20	0	20	0	Calculated from Supplier Data
Hot Dog																	
Hot Dog with Bun (ON + West)	1 each	166 g	400	18	6	0.2	80	1130	40	1	4	17	2	50	15	25	Calculated from Supplier Data
Hot Dog with Bun (Quebec)	1 each	168 g	410	18	6	0.2	80	1180	41	2	5	17	2	50	15	25	Calculated from Supplier Data
Hot Dog with Bun (Atlantic)	1 each	168 g	410	18	6	0.2	80	1180	44	1	5	17	2	50	15	25	Calculated from Supplier Data
Hot Dog Toppings																	
							0										
Chili	1 each	1 oz vol	25	0.4	0.1	0	10	95	4	1	1	1	0	8	0	2	Calculated from Supplier Data
Cheese Sauce	1 each	0.5 oz vol	10	0.1	0	0		75	2	0	1	0.2	0	0	0	0	Calculated from Supplier Data
Bacon Pieces	2 tsp	8.5 g	40	3	1	0		105	0	0	0	3	0	0	0	0	Calculated from Supplier Data

Analysis Notes:

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Last updated: Aug/2017

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Condiments																	
Cajun Seasoning	3 g	3 g	10	0	0	0	0	380	1	0	0	0.3	2	0	0	2	Calculated from Supplier Data
California Seasoning	3 g	3 g	10	0	0	0	0	360	2	0	1	0.1	2	2	0	0	Calculated from Supplier Data
Ketchup	1 tbspc	15 mL	20	0	0	0	0	120	4	0	4	0.2	2	0	0	0	Calculated from Supplier Data
Mayo	1 tbspc	15 mL	100	10	1.5	0	5	70	0	0	0	0.1	0	0	0	0	Calculated from Supplier Data
Yellow Mustard (GFS)	1 tbspc	15 mL	10	0.5	0	0	0	170	1	0	0	1	0	0	0	2	Calculated from Supplier Data
Yellow Mustard (Wings)	1 tbspc	15 mL	10	0.5	0	0	0	160	1	0	0	0.4	0	0	0	2	Calculated from Supplier Data
Yellow Mustard (Heinz)	1 tbspc	15 mL	10	0.5	0	0	0	150	1	0	0	1	0	0	0	2	Calculated from Supplier Data
Green Olives, Sliced (Whyte's / GFS)	2 tbspc	15 g	15	1	0.2	0	0	240	0	0	0	0.2	0	0	0	0	Calculated from Supplier Data
Green Olives, Sliced (GFS - Atlantic & BC)	2 tbspc	15 g	15	1.5	0.3	0	0	350	1	0	0	0.1	0	0	0	0	Calculated from Supplier Data
Spanish Onion, Chopped	2 tbspc	20 g	10	0	0	0	0	1	2	0	1	0.2	0	2	0	0	Calculated from Canadian Nutrient File
Hot Pepper Rings (Strub)	6-7 Rings	15 g	3	0	0	0	0	125	2	1	1	0.1	0	15	2	0	Calculated from Supplier Data
Hot Pepper Rings (Bicks)	6-7 Rings	15 g	3	0	0	0	0	240	1	0	0	0.1	0	0	0	0	Calculated from Supplier Data
Hamburger Pickles, Sliced (GFS)	1 tbspc	15 mL	2	0	0	0	0	75	0	0	0	0.1	0	0	0	0	Calculated from Supplier Data
Hamburger Pickles, Sliced (Whyte's)	1 tbspc	15 mL	0	0	0	0	0	120	1	0	1	0.1	0	0	2	0	Calculated from Supplier Data
Bread and Butter Pickles (Bick's)	1 tbspc	15 mL	15	0	0	0	0	80	4	0	4	0	0	0	0	0	Calculated from Supplier Data
Relish, Zesty Green (Bick's)	1 tbspc	15 mL	10	0	0	0	0	90	3	0	2	0	0	0	0	0	Calculated from Supplier Data
Relish, Zesty Green (Whyte's)	1 tbspc	15 mL	10	0	0	0	0	100	3	0	3	0	0	0	0	0	Calculated from Supplier Data
Relish, Sweet Corn (Bick's)	1 tbspc	15 mL	20	0	0	0	0	80	5	0	3	0.3	0	0	2	0	Calculated from Supplier Data
Relish, Sweet Homestyle (GFS)	1 tbspc	15 mL	10	0	0	0	0	170	3	0	1	0	0	0	0	0	Calculated from Supplier Data
Sauerkraut (Bick's)	2 tbspc	30 mL	3	0	0	0	0	240	1	0	1	0.1	0	0	0	0	Calculated from Supplier Data
Sauerkraut (Whyte's)	2 tbspc	30 mL	5	0	0	0	0	290	1	1	0	0.1	0	4	0	0	Calculated from Supplier Data
Sauerkraut (GFS)	2 tbspc	30 mL	3	0	0	0	0	260	1	1	0	0	0	0	0	0	Calculated from Supplier Data
Honey Mustard Sauce (Skollberg's)	1 tbspc	15 mL	70	7	0.5	0	5	135	2	0	2	0.2	0	0	0	0	Calculated from Supplier Data
Tomatoes, Medium Slices	2 slices	40 g	5	0	0	0	0	2	2	0	1	0.4	4	8	0	0	Calculated from Canadian Nutrient File
Tabasco, green pepper sauce	1 tsp	5 mL	10	0	0	0	0	140	2	2	0	0	0	6	0	0	Calculated from Supplier Data
Tabasco, garlic pepper sauce	1 tsp	5 mL	15	0	0	0	0	140	4	2	2	0	0	0	0	0	Calculated from Supplier Data

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Beverages																		
Coca-Cola Classic - Regular	16 oz.	16 oz.	150	0	0	0	0	35	42	0	42	0	0	0	0	0	0	Calculated from Supplier Data
Coca-Cola Classic - Large	24 oz.	24 oz.	210	0	0	0	0	50	57	0	57	0	0	0	0	0	0	Calculated from Supplier Data
Coca-Cola Zero - Regular	16 oz.	16 oz.	0	0	0	0	0	45	0	0	0	0	0	0	0	0	0	Calculated from Supplier Data
Coca-Cola Zero - Large	24 oz.	24 oz.	0	0	0	0	0	60	0	0	0	0	0	0	0	0	0	Calculated from Supplier Data
Diet Coke - Regular	16 oz.	16 oz.	1	0	0	0	0	55	0	0	0	0	0	0	0	0	0	Calculated from Supplier Data
Diet Coke - Large	24 oz.	24 oz.	2	0	0	0	0	75	0	0	0	0	0	0	0	0	0	Calculated from Supplier Data
Barq's Root Beer - Regular	16 oz.	16 oz.	170	0	0	0	0	35	48	0	48	0	0	0	0	0	0	Calculated from Supplier Data
Barq's Root Beer - Large	24 oz.	24 oz.	230	0	0	0	0	50	65	0	65	0	0	0	0	0	0	Calculated from Supplier Data
Fruitopia Strawberry Passion - Regular	16 oz.	16 oz.	180	0	0	0	0	40	48	0	46	0	0	150	0	0	0	Calculated from Supplier Data
Fruitopia Strawberry Passion - Large	24 oz.	24 oz.	250	0	0	0	0	55	64	0	62	0	0	210	0	2	0	Calculated from Supplier Data
Fanta Orange - Regular	16 oz.	16 oz.	170	0	0	0	0	10	44	0	44	0	0	0	0	0	0	Calculated from Supplier Data
Fanta Orange - Large	24 oz.	24 oz.	220	0	0	0	0	15	60	0	60	0	0	0	0	0	0	Calculated from Supplier Data
Nestea Sweetened Lemon Tea - Regular	16 oz.	16 oz.	120	0	0	0	0	15	33	0	33	0	0	0	0	0	0	Calculated from Supplier Data
Nestea Sweetened Lemon Tea - Large	24 oz.	24 oz.	160	0	0	0	0	20	44	0	44	0	0	0	0	0	0	Calculated from Supplier Data
Sprite - Regular	16 oz.	16 oz.	150	0	0	0	0	35	41	0	41	0	0	0	0	0	0	Calculated from Supplier Data
Sprite - Large	24 oz.	24 oz.	210	0	0	0	0	50	55	0	55	0	0	0	0	0	0	Calculated from Supplier Data
Nestea Sweetened Lemon Tea	500 ML	500 ML	160	0	0	0	0	50	43	0	43	0	0	0	0	0	0	Calculated from Supplier Data
Nestea Lemon Green Tea	500 ML	500 ML	130	0	0	0	0	50	35	0	35	0	0	200	0	0	0	Calculated from Supplier Data
Minute Maid Cranberry Cocktail	450 ML	450 ML	230	0	0	0	0	35	62	0	57	0	0	0	0	0	0	Calculated from Supplier Data
Minute Maid Apple Juice	450 ML	450 ML	210	0	0	0	0	40	52	0	48	1	0	260%	0	0	0	Calculated from Supplier Data
Minute Maid Orange Juice	450 ML	450 ML	220	0	0	0	0	30	51	0	45	3	0	140%	0	0	0	Calculated from Supplier Data
Five Alive	250 ML	450 ML	210	0	0	0	0	30	55	0	51	1	0	180%	0	0	0	Calculated from Supplier Data
Dasani Water	591 ML	591 ML	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Calculated from Supplier Data
Glacéau VitaminWater	591 ML	591 ML	130	0	0	0	0	0	32	0	32	0	6%	100%	0	0	0	Calculated from Supplier Data
Glacéau VitaminWater Zero	591 ML	591 ML	0	0	0	0	0	0	4	0	1	0	6%	100%	0	0	0	Calculated from Supplier Data

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