



# NUTRITIONAL INFORMATION

Last updated: March 20, 2025

**ALLERGEN WARNING:** Although precaution is taken to manage the risk of allergen cross-contamination in our kitchen, please be advised that there is a possibility of cross-contamination occurring during manufacturing, processing and in-house preparation. Therefore, we cannot guarantee that a menu item is free of peanuts, tree nuts and/or other allergens. Consumers with allergen and ingredient sensitivity concerns are advised to exercise caution.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

## FRIES

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Fries, Snack	1 each	170 g	490	25	2	0.1	61	5	1	6	0	50	1400	50	1.75	
Fries, Regular	1 each	312 g	900	46	4	0.1	111	10	1	11	0	85	2550	100	3	
Fries, Large	1 each	397 g	1150	58	5	0.2	142	13	2	15	0	110	3200	125	4	

## POUTINE

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Classic Poutine, Snack	1 each	395 g	890	52	20	0.1	77	5	3	27	85	1160	1500	850	2	Contains: Milk, Soy, Sulphites.
Classic Poutine, Regular	1 each	600 g	1420	81	28	0.2	132	10	4	39	115	1510	2650	1150	3.5	Contains: Milk, Soy, Sulphites.
Classic Poutine, Large	1 each	811 g	1920	111	42	0.2	171	13	6	56	170	2160	3450	1650	4.5	Contains: Milk, Soy, Sulphites.
Nacho Fries, Snack	1 each	318 g	600	29	4.5	0.2	76	6	7	9	10	770	1700	125	2.25	Contains: Milk.
Nacho Fries, Regular	1 each	523 g	1040	50	7	0.3	133	12	11	15	10	1160	3000	200	4	Contains: Milk.
Nacho Fries, Large	1 each	685 g	1340	65	9	0.4	171	15	14	20	20	1540	3850	300	5	Contains: Milk.
Butter Chicken Poutine, Snack	1 each	381 g	900	50	18	0.2	75	7	5	35	70	980	1700	600	2.25	Contains: Milk.
Butter Chicken Poutine, Regular	1 each	589 g	1470	81	26	0.3	130	12	7	51	105	1320	2950	900	4	Contains: Milk.
Butter Chicken Poutine, Large	1 each	769 g	1990	112	40	0.4	167	15	9	71	165	1790	3750	1400	5	Contains: Milk.
Bacon Double Cheese Poutine, Snack	1 each	294 g	790	44	15	0.1	73	5	4	22	65	740	1600	600	1.75	Contains: Milk.
Bacon Double Cheese Poutine, Regular	1 each	498 g	1340	75	23	0.2	130	10	6	36	95	1120	2900	900	3.5	Contains: Milk.
Bacon Double Cheese Poutine, Large	1 each	703 g	1870	105	36	0.2	173	13	9	54	155	1790	3800	1450	4.5	Contains: Milk.
Chili Cheese Fries, Snack	1 each	286 g	620	32	6	0.3	72	6	5	11	25	430	1600	125	2.5	Contains: Milk, Soy.
Chili Cheese Fries, Regular	1 each	486 g	1080	55	8	0.4	129	11	8	19	30	720	2850	175	4.5	Contains: Milk, Soy.
Chili Cheese Fries, Large	1 each	672 g	1420	72	11	0.5	169	15	12	27	45	1090	3700	250	6.5	Contains: Milk, Soy.
Chili Fries, Snack	1 each	295 g	640	34	6	0.4	71	7	5	14	30	420	1600	100	3.5	Contains: Milk, Soy.
Chili Fries, Regular	1 each	469 g	1080	56	9	0.5	124	12	7	21	35	580	2800	150	5.5	Contains: Milk, Soy.
Chili Fries, Large	1 each	611 g	1390	73	12	0.5	159	16	9	28	50	770	3550	200	7	Contains: Milk, Soy.
Chili Poutine, Snack	1 each	325 g	900	54	21	0.2	72	7	3	31	95	710	1600	800	3	Contains: Milk, Soy.
Chili Poutine, Regular	1 each	534 g	1460	85	29	0.3	128	12	5	45	130	1010	2800	1100	5	Contains: Milk, Soy.
Chili Poutine, Large	1 each	716 g	1890	109	37	0.5	166	16	8	59	170	1410	3650	1400	7	Contains: Milk, Soy.
The Works, Snack	1 each	269 g	620	33	6	0.3	70	6	4	12	25	440	1600	100	2.5	Contains: Milk, Soy.
The Works, Regular	1 each	477 g	1090	56	9	0.4	128	11	8	21	35	810	2900	175	4.5	Contains: Milk, Soy.
The Works, Large	1 each	642 g	1430	74	12	0.5	166	15	11	28	50	1160	3750	250	6	Contains: Milk, Soy.
Veggie Fries, Snack	1 each	268 g	580	30	4.5	0.2	71	6	5	8	15	370	1600	125	1.75	Contains: Milk.
Veggie Fries, Regular	1 each	445 g	1010	51	7	0.3	128	10	7	13	15	560	2850	175	3.5	Contains: Milk.
Veggie Fries, Large	1 each	580 g	1300	65	9	0.4	162	13	9	17	25	750	3650	225	4	Contains: Milk.
Pulled Pork Poutine, Snack	1 each	340 g	840	48	15	0.1	76	7	7	27	75	920	1950	550	3	Contains: Milk, Mustard, Sulphites.
Pulled Pork Poutine, Regular	1 each	539 g	1400	78	23	0.1	131	11	10	41	105	1250	3250	850	4.5	Contains: Milk, Mustard, Sulphites.
Pulled Pork Poutine, Large	1 each	709 g	1900	109	36	0.2	168	14	12	60	165	1700	4100	1400	5.5	Contains: Milk, Mustard, Sulphites.
Flamin' Bacon Fries, Snack	1 each	228 g	720	48	6	0.1	65	6	3	9	20	720	1450	75	1.75	Contains: Egg, Mustard, Soy.
Flamin' Bacon Fries, Regular	1 each	420 g	1350	91	12	0.3	119	11	6	16	40	1320	2650	125	3.5	Contains: Egg, Mustard, Soy.
Flamin' Bacon Fries, Large	1 each	556 g	1820	126	17	0.4	153	14	9	20	60	1890	3350	150	4.5	Contains: Egg, Mustard, Soy.

## SAUCES/ DIPS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Gravy	1 each	105 g	45	1	0.5	0	8	0	2	1	0	520	30	30	0.1	Contains: Milk, Soy, Sulphites.
Cheese Sauce	1 each	89 g	60	1	0.3	0	13	0	4	1	5	450	225	50	0.1	Contains: Milk.
Chipotle Aioli	1 each	40 g	270	29	4.5	0.1	2	0	1	0.5	20	290	20	0	0.1	Contains: Egg, Mustard.
Roasted Garlic Aioli	1 each	40 g	280	30	5	0.1	2	0	0	1	20	250	20	10	0.2	Contains: Egg, Mustard.
Sour Cream	1 each	89 g	140	12	7	0.4	5	0	3	2	40	65	100	75	0	Contains: Milk.
Queso	1 each	89 g	60	0.5	0.4	0	13	0	4	1	0	450	225	50	0.1	Contains: Milk.

## HOT DOG

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Hot Dog with Bun	1 each	184 g	420	20	7	0.3	39	2	2	22	90	1370	300	150	4.5	Contains: Soy, Wheat.
Hot Dog without Bun	1 each	113 g	230	16	6	0.3	6	1	0	16	90	1090	200	100	1.75	

## EXTRAS

Product	Serving	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)	Allergens
Pulled Pork	1 ladle	28 g	30	1.5	0.3	0	3	0	2	2	5	150	125	10	0.3	Contains: Mustard, Sulphites.
Chili	1 ladle	28 g	30	1.5	0.5	0	2	0	1	2	5	105	50	10	0.5	Contains: Soy.
Butter Chicken	1 ladle	38 g	45	2	1	0	3	0	1	4	5	160	75	10	0.2	Contains: Milk.
Cheese Curds	1/2 scoop	28 g	110	9	6	0	2	0	0	7	30	140	20	250	0	Contains: Milk.
Gravy	1 pump	35 g	15	0.3	0.2	0	3	0	1	0.2	0	170	10	10	0	Contains: Milk, Soy, Sulphites.
Salsa	1 ladle	28 g	10	0	0	0	2	0	1	0.4	0	210	75	10	0.2	
Sour Cream	1 ounce	28 g	45	4	2	0.1	2	0	1	1	10	20	30	20	0	Contains: Milk.
Tomatoes	1 tbsp	7 g	1	0	0	0	0	0	0	0.1	0	0	20	0	0	
Green Onions	1 tbsp	6 g	2	0	0	0	0	0	0	0.1	0	1	20	0	0	
Bacon Pieces	1 tsp	3 g	15	1	0.3	0	0	0	0	1	0	55	10	0	0	
Chipotle Aioli	1 ounce	28 g	190	20	3.5	0.1	1	0	1	0.3	15	200	10	0	0.1	Contains: Egg, Mustard.
Cheese Sauce	1 pump	30 g	20	0.3	0.1	0	4	0	1	0.4	0	150	75	20	0	Contains: Milk.
Garlic Aioli	1 ounce	28 g	200	21	3.5	0.1	1	0	0	1	15	170	20	10	0.1	Contains: Egg, Mustard.
Queso	1 ounce	30 g	20	0.2	0.1	0	4	0	1	0.5	0	150	75	20	0	Contains: Milk.

All nutrition information for extra toppings are based on a snack-size poutine. Please note extra toppings for a regular poutine is 2x, while a large has 3x.

