

Updated: May 2022



	Serving	Serving Size	Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Fibre (g)	Sugars (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)	GMO
<b>Proteins</b>																	
Burger 5 oz	1 patty	142 g	380	31	9	1.5	100	95	0	0	0	24	0	0	2	17	
Chicken	1 breast	91 g	100	2	1	0	50	31	0	0	0	17	0	0	3	0	
Crispy Chicken Breast	1 breast	100 g	200	9	1	0	35	480	16	0	4	13	0	0	2	8	
Halal Burger 5.33 oz	1 patty	151 g	390	31	10	2	90	550	5	1	0	21	0	0	4	20	
Hot Dog - All beef Juicy Jumbo	1 hot dog	75 g	190	18	8	0.5	50	710	2	0	2	9	0	0	0	10	
LightLife Burger	1 patty	113 g	260	17	2.5	0.1	5	540	10	4	1	20	0	0	3	60	
Veggie Burger	1 patty	100 g	190	10	1	0	0	760	11	6	3	19	0	15	8	60	
<b>Buns</b>																	
SSB Artisan Plain Bun, ON	1 bun	82 g	210	2.5	0.5	0	25	340	39	1	5	7	0	0	6	13	
SSB Chia & Multigrain Bun, ON	1 bun	90 g	230	5	1	0	15	420	39	4	5	9	0	0	8	10	
Gluten Free Bun	1 bun	100 g	240	7	1	0	0	530	41	4	9	4	0	0	4	4	
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, ON	1 bun	70 g	170	2	0.4	0	0	340	32	1	2	6	0	0	4	15	
White Hamburger Bun, CAL	1 bun	67 g	130	1.5	0.4	0	0	260	29	1	2	6	0	0	3	14	
White Hamburger Bun, BC	1 bun	68 g	160	2	0	0	0	370	31	1	2	7	0	0	4	15	
Whole Wheat 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, BC	1 bun	71 g	160	2	0.5	0	0	400	30	3	2	7	0	0	4	15	
<b>Sides</b>																	
Fresh-Cut Fries, Large	1 cup	290 g	840	39	3	0.3	0	180	110	9	0	11	0	4	4	25	
Fresh-Cut Fries, Regular	1 cup	150 g	430	20	1.5	0.2	0	95	57	5	0	6	0	2	2	15	
Onion Rings, Large	1 each	340 g	720	36	6	0	0	2120	92	8	12	8	0	0	120	6	
Onion Rings, Regular	1 each	227 g	480	24	4	0	0	1413	61	5	8	5	0	0	80	4	
Poutine, Large	1 cup	413 g	950	50	15	1	60	1150	100	7	2	19	20	4	45	20	
Poutine, Regular	1 cup	307 g	710	37	11	0.5	45	860	74	5	2	14	15	2	35	15	
Sweet Potato Fries - Large	1 cup	340 g	560	14	0	0	0	680	100	12	36	4	0	0	80	1	
Sweet Potato Fries - Regular	1 cup	170 g	280	7	0	0	0	340	50	6	18	2	0	0	40	1	
<b>Salad</b>																	
Garden Salad, Side	16 oz cup	169 g	18	0	0	0	0	2	4	0	3	1	0	13	0	0	
<b>Dressings</b>																	
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	
Ranch Fat Free Dressing	1 oz	30 g	50	0.3	0	0	0	330	11	0	5	0	0	0	0	0	
SSB BBQ Shake on Seasoning	4 g	4 g	10	1	0	0	0	540	2	0	1	0	2	1	0	2	
<b>Premium Toppings</b>																	
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, ON	1 slice	6 g	30	3	1	0	5	111	0	0	0	2	0	0	0	0	
Blue Cheese	.5 oz	30 g	110	10	6	0.3	30	270	1	0	0	6	10	0	13	1	
Carmelized Onions	1 scoop	30 g	20	1.5	0	0	0	60	2	1	1	0	0	0	0	0	
Cheese Curd	1 scoop	35 g	130	10	6	0.5	35	240	1	0	0	8	8	0	25	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	
Crispy Jalapenos - 1 TBSP	7 g	7 g	40	3	0	0	0	15	3	0	0	0	0	0	1	0	
Crispy Onion - 1 1/2 Tbsp	7 g	7 g	40	3	0	0	0	15	3	0	0	0	0	0	2	0	
Fries	2 oz	57 g	165	7.6	0.5	0	0	36	22	2	0	2	0	1	1	6	
Goat Cheese	.5 oz	30 g	80	6	4	0.2	25	90	1	0	0	5	0	0	2	0	
Mango Chutney, Sweet	1 Tbsp	27 ml	80	0	0	0	0	500	20	0	20	0	8	4	0	0	
Mushroom Cremini	23 g	23 g	110	12	1	0	0	10	0	0	0	0	0	0	0	0	
Onion Ring	1 ring	85 g	180	9	1.5	0	0	530	23	2	3	2	0	2	2	8	
Pepper Jack Cheese	1 slice	21 g	70	6	4	0.1	15	150	0	0	0	5	6	0	10	0	
Pineapple, Grilled	1 slice	125 ml	70	0	0	0	0	10	16	1	14	1	0	25	2	2	

Updated: May 2022



	Serving	Cal	Total	Sat Fat	Trans	Cholest	Sodium	CHO	Fibre	Sugars	Pro	Vit A	Vit C	Calc	Iron	GMO
	Size	(kcal)	Fat (g)	(g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Red Peppers, Roasted	1 Tbsp	15 g	31	0.27	0	0	0	296	6.3	3.2	3.1	1	32.1	108	0.7	1.9
Swiss Cheese, AB, BC	1 slice	21 g	80	6	3.5	0.2	15	75	0	0	0	6	8	0	20	0
<b>Dips</b>																
Corn Relish	1 Tbsp	100 g	117	4.5	0.65	0.11	0.02	470	28.6	1.17	16.06	2	0	0	0	0
Cajun Onions	15 g	15 g	10	0	0	0	0	135	2	0	1	0	0	2	0	0
Dijon Horseradish	1 tbsp	15 ml	35	3	0.4	0	0	110	1	0	1	0	0	0	0	0
Dijon Mustard, Fleur de Dijon, AB, BC	1 tbsp	15 ml	30	1.5	0	0	0	465	0	0	0	0	0	0	0	0
Dijon Mustard, Select	1 tbsp	15 ml	30	1.5	0.3	0	0	290	3	0	0	3	0	0	0	6
Dill Pickle Relish, Gielow, ON (gourmet)	1 tbsp	15 g	10	0	0	0	0	166	3	0	3	0	0	0	0	0
40 Creek BBQ	1 tbsp	15 ml	30	0	0	0	0	215	7	0	6	0	0	3	0	1
Franks Sauce Original	1 ml	1 ml	0	0	0	0	0	35	0	0	0	0	0	0	0	0
Garlic Mayo	1 tbsp	15 g	90	4	0.5	0	5	85	2	0	1	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
Hot Pepper Jelly	1 Tbsp	15 ml	40	0	0	0	0	45	10	0	9	0	0	0	0	0
Jalapeno Lime Aioli	1 Tbsp	100 ml	576.2	62.3	9.5	1.2	44.5	816	2.3	0	1.15	1	0	0	0	0
Ketchup, Heinz	1 tbsp	15 ml	15	0	0	0	0	120	4	0	4	0	2	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
Signature Sauce	1 tbsp	15 ml	80	10	1.5	0.1	5	65	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
Spicy Mayo	1 tbsp	100 g	540	56.53		0.8	5.2	685	51	0.5	3.95	0	4	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
Yellow Mustard, Heinz	1 tbsp	15 ml	10	0.5	0	0	0	170	1	0	0	1	0	0	0	2
<b>From the Garden</b>																
Cucumber Slices	2 slices	15 g	2	0	0	0	0	0	1	0	0	0	0	0	0	0
Guacamole, Avo Fresco, ON	1 tbsp	15 g	20	2	0.2	0	0	40	2	1	1	0	0	2	0	0
Guacamole, California Supreme, AB, BC	1 tbsp	15 g	25	2	0.3	0	0	55	1	1	0	0	0	4	0	0
Hot Banana Pepper Rings, GFS, AB, BC	6-7 rings	15 g	3	0	0	0	0	195		0	0	0	1	17	1	0
Hot Pepper Banana Rings, Strub	6-7 rings	15 g	3	0	0	0	0	125	2	1	1	0	0	15	2	0
Leaf Lettuce	1 leaf	3 g	0	0	0	0	0	1	0	0	0	0	2	0	0	0
Pickles, GFS, AB, BC	2 slices	15 g	2	0	0	0	0	140	0	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
Red Onions	heapping spoon	12 g	5	0	0	0	0	0	1	0	1	0	0	2	0	0
Tomato Slices	2 slices	23 g	5	0	0	0	0	1	1	0	1	0	0	6	0	0
<b>Drinks</b>																
7UP	1 cup	250 ml	142	0	0	0	0	43	38	0	38	0	0	0	0	0
Boylan's Birch Beer	1 Bottle	355 ml	160	0	0	0	0	35	40	0	40	0	0	0	0	0
Boylan's Blk Cherry	1 Bottle	355 ml	170	0	0	0	0	0	42	0	42	0	0	0	0	0
Boylan's Cream Soda	1 Bottle	355 ml	160	0	0	0	0	0	0	0	40	0	0	0	0	0
Boylan's Ginger Al	1 Bottle	355 ml	135	0	0	0	0	25	35	0	35	0	0	0	0	0
Brisk Lemonade	1 cup	355 ml	110	0	0	0	0	155	27	0	27	0	0	0	0	0
Brisk tea	1 cup	250 ml	116	0	0	0	0	36	30	0	30	0	0	6	0	0
Crush Orange	1 cup	250 ml	130	0	0	0	0	45	34	0	34	0	0	0	0	0
Diet Pepsi	1 cup	250 ml	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Mountain Dew	1 cup	355 ml	170	0	0	0	0	45	45	0	46	0	0	2	0	0
Mug Root Beer	1 cup	250 ml	180	0	0	0	0	68	47	0	47	0	0	0	0	0
Pepsi	1 cup	355 ml	156	0	0	0	0	43	43	0	43	0	0	0	0	0
Pure Leaf Tea	1 bottle	547 ml	160	0	0	0	0	0	41	0	41	0	0	0	0	0
<b>Milk Shakes</b>																
Vanilla Milk Shake	1 each	433 g	538	26	15	1	88	276	81	0	54	11	23	0	34	0
Chocolate Milk Shake	1 each	433 g	538	22	15	1	70	276	70	4	48	11	23	0	34	7
Cookies 'n Cream, Calgary only	1 each	433 g	610	29	16	1	88	331	78	0	60	11	15	0	38	7

**Updated: May 2022**

- Mocha Milk Skake
- Strawberry Milk Shake
- Vanilla Milk Shake, BC



Serving	Serving Size	Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Fibre (g)	Sugars (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)	GMO
1 each	433 g	434	22	13	1	70	184	71	0	44	4	15	0	10	0	
1 each	433 g	474	24	15.4	1	77	232	59	0.7	61	11	18	0	30	0	
1 each	433 g	567	28	15	0	116	317	110	0	40	12	15	0	40	0	