

Updated: May 2024



	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)
Proteins																
Burger 4 oz	1 patty	115 g	260	20	9	0.0	80	1216	0	0	0	21	0	0	1	10
Cheese burger		135 g	335	26	13	0	99	1541	1	0	0	25	0	0	1	10
Chicken	1 breast	91 g	100	2	1	0	50	1192	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
Buns																
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
Brown Hamburger Buns, CAL	1 bun	70 g	150	2	0	0	0	150	25	4	2	0	0	0	0	0
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	175	2.5	0	0	0	345	30	3	3	0	0	0	0	0
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	70 g	190	2.5	0	0	0	380	35	3	3	0	0	0	0	0
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, BC	1 bun	71 g	160	2	0.5	0	0	400	30	3	2	7	0	0	4	15
Sides																
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
Waffle Fries - Regular	1 cup	213 g	351	16	2	0	0	818	51	4	2	4	0	0	0	0
Waffle Fries - Large	1 cup	425 g	703	33	4	0	0	1636	101	7	4	9	0	0	0	0
Salad																
Garden Salad, Side	16 oz cup	169 g	18	0	0	0	0	2	4	0	3	1	0	13	0	0
Dressings																
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
Premium Toppings																
Applewood Smoked Bacon, AB, BC	1 slice	5 g	25	2	0.5	0	5	60	0	0	0	2	0	0	0	0
American Cheese	1 slice	20 g	75	6	4	0	19	325	1	0	0	4	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

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	Size	(kcal)	Fat (g)	(g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Mountain Dew	1 cup	355 ml	170	0	0	0	45	45	0	46	0	0	2	0	0	
Mug Root Beer	1 cup	250 ml	180	0	0	0	68	47	0	47	0	0	0	0	0	
Pepsi	1 cup	355 ml	156	0	0	0	43	43	0	43	0	0	0	0	0	
Pure Leaf Tea	1 bottle	547 ml	160	0	0	0	0	41	0	41	0	0	0	0	0	
Apple juice box	1 box	200 ml	90	0	0	0	1	23	0	21	0	0	120	0	0	
Strawberry Banana juice box	1 box	200 ml	80	0	0	0	1	21	0	18	0	0	67	2	1	
Milk Shakes																
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
Mocha Milk Skake	1 each	433 g	434	22	13	1	70	184	71	0	44	4	15	0	10	0
Strawberry Milk Shake	1 each	433 g	474	24	15.4	1	77	232	59	0.7	61	11	18	0	30	0
Vanilla Milk Shake, BC	1 each	433 g	567	28	15	0	116	317	110	0	40	12	15	0	40	0