

Updated: May 2025

SOUTH STREET BURGER

	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
Proteins																	
Burger 4 oz	1 patty	113 g	260	20	9	0.0	100	55	0	0	0	21	0	0	1	10	
Chicken	1 breast	91 g	100	2	1	0	50	31	0	0	0	17	0	0	3	0	
Chicken Tenders (2pc)	2 pcs	100 g	190	8	3.5	0	35	330	15	1	0	14	0	0	10	0.3	
Halal Burger 5.33 oz	1 patty	151 g	390	31	10	2	90	550	5	1	0	21	0	0	4	20	
Veggie Burger, ON	1 patty	113 g	150	5	0.4	0	0	360	0	6	0	16	0	0	8	13	
Veggie Burger, BC, CAL	1 patty	100 g	190	10	1	0	0	760	11	6	3	19	0	15	8	60	
Buns																	
Classic Burger Bun	1 bun	74 g	220	5	1	0	30	420	38	2	2	7	0	0	6	13	
Vegan Multigrain Bun, ON	1 bun	90 g	201	4	0	0	0	367	35	0	4	7	0	0	2	15	
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	
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	
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	
Bacon, ON	1 slice	6 g	30	3	1	0	5	111	0	0	0	2	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 Onion - 1 1/2 Tbsp	7 g	7 g	40	3	0	0	0	15	3	0	0	0	0	0	2	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	
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	1 slice	21 g	80	6	3.5	0.2	15	75	0	0	0	6	8	0	20	0	
Dips																	
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	
Ultimate BBQ Sauce	1 tbsp	15 ml	30	0	0	0	0	240	7	0.5	6	0	0	2	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	
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	
Plum Sauce, ON	1 tbsp	15 ml	30	0	0	0	0	60	0	0	12	0	0	0	0	0	
Plum Sauce, CAL, BC	1 tbsp	15 ml	35	0	0	0	8	50	0	0	7	0	0	0	0	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	

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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	0	2
From the Garden																	
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	
Pickled Jalapenos	3 rings	15 g	3	0	0	0	0	9	0	0	0	0	0	0	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	
Drinks																	
7UP	1 cup	250 ml	142	0	0	0	0	43	38	0	38	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	
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, CAL	1 each	433 g	610	29	16	1	88	331	78	0	60	11	15	0	38	7	
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	