

# SOUTH ST. BURGER

Updated: Oct 2020

	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>																	
Ace Multigrain Whole Wheat Bun, ON	1 bun	85 g	240	10	1	0	15	400	39	4	3	8	0	0	4	20	
Ace White Hamburger Bun, ON	1 bun	68 g	190	3	0.4	0	15	380	36	1	4	6	0	0	2	15	
Brown Hamburger Buns, CAL	1 bun	54 g	140	1	0	0	0	135	26	2	1	5	0	2	2	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	54 g	130	1	0	0	0	260	29	1	2	5	0	0	2	15	
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	
<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	
Veggie Poutine, Large	1 cup	387 g	790	36	5	0.3	10	590	103	7	6	11	6	20	10	25	
Veggie Poutine, Regular	1 cup	278 g	590	28	4.5	0.3	10	410	75	5	4	8	4	10	10	15	
<b>Salad</b>																	
Caesar Salad, Side	16 oz cup	124.5 g	255	30	2.6	0.4	26.5	526	23	1.5	0	8	9	0	6.3	7	
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	
Renee's Mighty Caesar	1 oz	30 g	160	18	1	0	16	150	1	0	0	1	0	0	2	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	
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	
Pepper Jack Cheese	1 slice	21 g	70	6	4	0.1	15	150	0	0	0	5	6	0	10	0	
Mushroom Cremini	23 g	23 g	110	12	1	0	0	10	0	0	0	0	0	0	0	0	
Swiss Cheese, AB, BC	1 slice	21 g	80	6	3.5	0.2	15	75	0	0	0	6	8	0	20	0	
Tri-Color Tortilla Strips - 2 TBSP	7 g	7 g	35	2	0	0	0	15	4	0	0	0	0	0	7	0	
<b>Dips</b>																	

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	Size	(kcal)	Fat (g)	(g)	Fat (g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Cajun Onions	15 g	15 g	10	0	0	0	0	135	2	0	1	0	0	2	0	0
Cheese Sauce	3 pumps	3 oz	80	1	0.4	0	4	534	16	0	4	1	0	0	4	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
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
Pico de Gallo	1 tbsp	15 ml	5	0.3	0	0	0	55	1	0	0	0	0	4	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
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
Green Olives, Whytes	1 tbsp	13 g	15	1	0.2	0	0	210	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
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