

Updated: Oct 2021



**Proteins**

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
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

**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	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

**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

**Salad**

Garden Salad, Side	16 oz cup	169 g	18	0	0	0	0	2	4	0	3	1	0	13	0	0
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**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
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

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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	

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Mocha Milk Shake  
 Strawberry Milk Shake  
 Vanilla Milk Shake, BC



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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	