

# NUTRITIONAL VALUES



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# SMOOTHIES

|   | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|---|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|-----------------|---------------|---------------|--------------------|
| <b>D-TOX</b>                              | 310      | 1.42    | 0.660             | 74              | 0.000         | 0                | 65.30             | 6.0                      | 46.34             | 5.41        | 8                   | 121.8          | 168             | 1.34          | 3.92          | 26                 |
| <b>MANGO TANGO</b>                        | 290      | 1.90    | 0.776             | 59              | 0.000         | 0                | 61.42             | 3.2                      | 48.00             | 5.29        | 88                  | 129.0          | 151             | 1.01          | 3.40          | 95                 |
| <b>GREEN GIANT</b>                        | 210      | 0.52    | 0.101             | 29              | 0.000         | 0                | 51.93             | 3.3                      | 43.35             | 3.50        | 100                 | 170.3          | 66              | 0.20          | 0.26          | 77                 |
| <b>TROPICAL BLISS</b>                     | 460      | 3.21    | 1.274             | 45              | 0.000         | 0                | 101.56            | 3.0                      | 73.21             | 6.54        | 7                   | 134.8          | 61              | 0.68          |               | 46                 |
| <b>STRAWBERRY &amp; BANANA</b>            | 260      | 1.30    | 0.630             | 75              | 0.000         | 9                | 53.56             | 3.7                      | 35.88             | 5.60        | 7                   | 143.0          | 166             | 2.71          | 3.31          | 31                 |
| <b>VERY BERRY</b>                         | 240      | 1.32    | 0.636             | 81              | 0.000         | 0                | 48.11             | 0.3                      | 36.17             | 3.50        | 2                   | 132.8          | 122             | 0.88          | 3.11          | 2                  |
| <b>ALMOND MILK - SMOOTHIE</b>             | -20      | 0.22    | -0.370            | -27             | 0.000         | 0                | -0.55             | 0.0                      | -2.53             | -0.29       | 0                   | 0.0            | -95             | 0             |               | 0                  |
| <b>OAT MILK - SMOOTHIE</b>                | -20      | 0.58    | -0.430            | -30             | 0.000         | 0                | 0.47              | 0.5                      | -2.41             | -2.03       | 0                   | 0.0            | -15             | 0.26          |               | 0                  |
| <b>REPLACE CRAN FOR ALMOND MILK</b>       | 0        | 3.73    | 0.517             | 80              | 0.000         | 0                | -15.92            | 0.0                      | -18.66            | 7.30        | 0                   | -80.5          | 40              | -0.14         |               | 0                  |
| <b>REPLACE CRAN FOR OAT MILK</b>          | 5        | 4.79    | 0.339             | 71              | 0.000         | 0                | -12.90            | 1.4                      | -18.30            | 2.14        | 0                   | -80.5          | 275             | 0.62          |               | 0                  |
| <b>REPLACE OJ FOR ALM MILK - SMOOTHIE</b> | 25       | 3.92    | 0.534             | 69              | 0.000         | 0                | -8.72             | 0.0                      | -11.75            | 5.87        | 0                   | -64.1          | 24              | -0.19         |               |                    |
| <b>REPLACE OJ FOR OAT MILK - SMOOTHIE</b> | 30       | 4.98    | 0.356             | 61              | 0.000         | 0                | -5.70             | 1.4                      | -11.39            | 0.71        | 0                   | -64.1          | 260             | 0.57          |               |                    |
| <b>REPLACE PINEAPPLE FOR ALMOND MILK</b>  | 2        | 3.69    | 0.519             | 80              | 0.000         | 0                | -14.46            | -0.4                     | -14.89            | 6.62        | 0                   | -82.5          | 21              | -0.58         |               | -34                |
| <b>REPLACE PINEAPPLE FOR OAT MILK</b>     | 7        | 4.76    | 0.341             | 71              | 0.000         | 0                | -11.43            | 1.1                      | -14.53            | 1.46        | 0                   | -82.5          | 257             | 0.18          |               | -34                |

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Actual calories may vary as menu items are individually prepared. Differences in serving size, preparation techniques, and/or sources of supply may affect the actual calories.

# COFFEE BAR

|                           | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|---------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|-----------------|---------------|---------------|--------------------|
| CAPPUCCINO                | 70       | 2.45    | 1.521             | 73              | 0.000         | 10               | 6.85              | 0.0                      | 6.47              | 4.87        | 0                   | 1.4            | 176             | 0.08          | 0.56          | 7                  |
| CARAMEL CAPPUCCINO        | 170      | 2.45    | 1.521             | 73              | 0.000         | 10               | 31.20             | 0.0                      | 30.82             | 4.87        | 0                   | 1.4            | 176             | 0.08          |               | 7                  |
| CHOCOLATE MACCHIATO BOWL  | 540      | 17.14   | 12.867            | 304             | 0.000         | 20               | 85.90             | 4.2                      | 76.84             | 14.13       | 0                   | 2.7            | 447             | 5.16          |               | 15                 |
| CHOCOLATE MACCHIATO CUP   | 300      | 10.16   | 7.660             | 178             | 0.000         | 12               | 46.44             | 2.1                      | 41.84             | 8.50        | 0                   | 1.7            | 275             | 2.60          |               | 9                  |
| ICED LATTE                | 90       | 3.06    | 1.900             | 91              | 0.000         | 12               | 8.54              | 0.0                      | 8.09              | 6.08        | 0                   | 1.7            | 220             | 0.10          | 0.70          | 9                  |
| AMERICANO                 | 1        | 0.01    | 0.006             | 1               | 0.000         | 0                | 0.10              | 0.0                      | 0.00              | 0.01        | 0                   | 0.0            | 0               | 0.01          | 0.00          | 0                  |
| AMERICANO DOUBLE          | 1        | 0.02    | 0.011             | 2               | 0.000         | 0                | 0.20              | 0.0                      | 0.00              | 0.01        | 0                   | 0.0            | 0               | 0.02          | 0.01          | 0                  |
| COFFEE                    | 1        | 0.00    | 0.000             | 0               | 0             | 0                | 0.00              | 0.0                      | 0.00              | 0.01        | 0                   | 0.0            | 0               | 0.00          |               | 0                  |
| DELUXE HOT CHOCOLATE BOWL | 610      | 19.56   | 14.371            | 375             | 0.000         | 29               | 92.45             | 4.2                      | 83.31             | 18.97       | 0                   | 4.0            | 623             | 5.22          |               | 22                 |
| DELUXE HOT CHOCOLATE CUP  | 370      | 12.58   | 9.170             | 249             | 0.000         | 22               | 53.09             | 2.1                      | 48.31             | 13.36       | 0                   | 3.0            | 451             | 2.66          |               | 17                 |
| ESPRESSO                  | 1        | 0.01    | 0.006             | 1               | 0.000         | 0                | 0.10              | 0.0                      | 0.00              | 0.01        | 0                   | 0.0            | 0               | 0.01          | 0.00          | 0                  |
| ESPRESSO DOUBLE           | 1        | 0.02    | 0.011             | 2               | 0.000         | 0                | 0.20              | 0.0                      | 0.00              | 0.01        | 0                   | 0.0            | 0               | 0.02          | 0.01          | 0                  |
| LATTE BOWL                | 140      | 4.89    | 3.042             | 147             | 0.000         | 20               | 13.70             | 0.0                      | 12.94             | 9.73        | 0                   | 2.7            | 352             | 0.16          | 1.11          | 15                 |
| LATTE CUP                 | 90       | 3.06    | 1.900             | 91              | 0.000         | 12               | 8.54              | 0.0                      | 8.09              | 6.08        | 0                   | 1.7            | 220             | 0.10          | 0.70          | 9                  |
| VANILLA ICED LATTE        | 190      | 3.06    | 1.900             | 91              | 0.000         | 12               | 32.54             | 0.0                      | 31.09             | 6.08        | 0                   | 1.7            | 220             | 0.10          |               | 9                  |
| VANILLA LATTE BOWL        | 340      | 4.89    | 3.042             | 147             | 0.000         | 20               | 61.70             | 0.0                      | 58.94             | 9.73        | 0                   | 2.7            | 352             | 0.16          |               | 15                 |
| VANILLA LATTE CUP         | 190      | 3.06    | 1.900             | 91              | 0.000         | 12               | 32.54             | 0.0                      | 31.09             | 6.08        | 0                   | 1.7            | 220             | 0.10          |               | 9                  |
| ALMOND MILK - BOWL        | 0        | 0.33    | -2.321            | -34             | 0.000         | -20              | -0.49             | 0.0                      | -7.73             | -0.02       | 0                   | -2.7           | -291            | -0.15         |               | -15                |
| ALMOND MILK - CUP         | 0        | 0.21    | -1.451            | -21             | 0.000         | -12              | -0.31             | 0.0                      | -4.83             | -0.01       | 0                   | -1.7           | -182            | -0.09         |               | -9                 |
| OAT MILK - BOWL           | 5        | 1.75    | -2.558            | -46             | 0.000         | -20              | 3.53              | 1.9                      | -7.26             | -6.88       | 0                   | -2.7           | 22              | 0.87          |               | -15                |
| OAT MILK - CUP            | 5        | 1.10    | -1.598            | -29             | 0.000         | -12              | 2.21              | 1.2                      | -4.54             | -4.30       | 0                   | -1.7           | 14              | 0.54          |               | -9                 |

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Actual calories may vary as menu items are individually prepared. Differences in serving size, preparation techniques, and/or sources of supply may affect the actual calories.

# COCKTAILS, BUBBLES & MOCKTAILS

|                         | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM, CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|-------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|------------------|---------------|---------------|--------------------|
| DELUXE CAESAR - DOUBLE  | 460      | 18.67   | 6.530             | 2,098           | 0.000         | 40               | 12.22             | 0.1                      | 9.01              | 10.79       | 2                   | 0.1            | 5                | 0.64          |               | 1                  |
| DELUXE CAESAR - SINGLE  | 360      | 18.67   | 6.530             | 2,097           | 0.000         | 40               | 12.22             | 0.1                      | 9.01              | 10.79       | 2                   | 0.1            | 5                | 0.64          |               | 1                  |
| PÜR BELLINI             | 180      | 0.09    | 0.009             | 8               | 0.000         | 0                | 29.60             | 0.0                      | 24.95             | 0.24        | 0                   | 54.4           | 12               | 0.39          |               | 0                  |
| PÜR MIMOSA              | 110      | 0.00    | 0.000             | 12              | 0.000         | 0                | 12.65             | 0.0                      | 8.28              | 0.88        | 0                   | 43.3           | 19               | 0.36          |               | 0                  |
| SPARKLING WINE - BOTTLE | 630      | 0.00    | 0.000             | 50              | 0.000         | 0                | 20.03             | 0.0                      | 0.00              | 0.00        |                     |                | 75               | 2.48          |               |                    |
| SPARKLING WINE - GLASS  | 130      | 0.00    | 0.000             | 10              | 0.000         | 0                | 4.01              | 0.0                      | 0.00              | 0.00        |                     |                | 15               | 0.50          |               |                    |
| LEMON LAVENDAR FIZZ     | 150      | 0.02    | 0.003             | 15              | 0.000         | 0                | 37.21             | 0.2                      | 36.14             | 0.12        | 1                   | 3.3            | 9                | 0.09          |               | 1                  |
| NO-GRIA                 | 210      | 0.24    | 0.018             | 16              | 0.000         | 0                | 51.08             | 0.5                      | 45.40             | 0.84        | 0                   | 108.4          | 21               | 0.41          |               | 13                 |

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# FRESH & COLD

|                          | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|--------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|--------------|---------------|---------------|--------------------|
| ALMOND MILK              | 200      | 7.81    | 1.065             | 167             | 0.000         | 0                | 19.52             | 0.0                      | 7.81              | 14.55       |                     |                | 91           |               |               |                    |
| APPLE JUICE              | 170      | 0.48    | 0.082             | 15              | 0.000         | 0                | 42.05             | 0.7                      | 35.80             | 0.37        | 0                   | 143.3          | 30           | 0.45          |               | 0                  |
| CHOCOLATE MILK           | 230      | 3.75    | 2.191             | 244             |               | 19               | 36.99             | 0.4                      | 37.29             | 12.98       | 195                 | 1.5            | 484          | 0.86          | 1.54          | 11                 |
| CRANBERRY JUICE          | 210      | 0.38    | 0.034             | 7               | 0.000         | 0                | 51.28             | 0.0                      | 45.02             | 0.00        | 0                   | 160.5          | 11           | 0.38          | 0.00          | 0                  |
| FRESHLY SQUEEZED OJ      | 220      | 0.99    | 0.119             | 5               | 0.000         | 0                | 51.58             | 1.0                      | 41.66             | 3.47        | 50                  | 248.0          | 55           | 0.99          |               | 149                |
| LEMONADE                 | 142      | 0       | 0                 | 18              | 0.000         | 0                | 37.27             | 0                        | 35.5              | 0           |                     |                | 35.5         | 0.17          |               |                    |
| MILK                     | 230      | 3.75    | 2.191             | 244             |               | 19               | 36.99             | 0.4                      | 37.29             | 12.98       | 195                 | 1.5            | 484          | 0.86          | 1.54          | 11                 |
| OAT MILK                 | 210      | 9.94    | 0.710             | 149             | 0.000         | 0                | 25.56             | 2.8                      | 8.52              | 4.26        |                     |                | 561          | 1.53          |               |                    |
| ORANGE JUICE             | 160      | 0.00    | 0.000             | 28              | 0.000         | 0                | 36.92             | 0.0                      | 31.24             | 2.84        | 0                   | 127.8          | 43           | 0.28          |               |                    |
| PINEAPPLE JUICE          | 200      | 0.45    | 0.030             | 7               | 0.000         | 0                | 48.35             | 0.7                      | 37.50             | 1.35        | 0                   | 164.6          | 49           | 1.16          | 0.41          | 68                 |
| SOFT DRINKS              | 150      | 0.00    | 0.000             | 15              | 0.000         |                  | 42.00             | 0.0                      | 41.00             | 0.00        | 0                   | 0.0            | 0            | 0.00          |               |                    |
| SOFT DRINKS - 7-UP       | 140      | 0.00    | 0.000             | 45              | 0.000         | 0                | 39.00             | 0.0                      | 38.00             | 0.00        |                     |                | 0            | 0.00          |               |                    |
| SOFT DRINKS - DIET 7-UP  | 0        | 0.00    |                   | 45              |               |                  | 0.00              |                          |                   | 0.00        |                     |                |              |               |               |                    |
| SOFT DRINKS - DIET PEPSI | 0        | 0.00    | 0.000             | 25              | 0.000         |                  | 0.00              | 0.0                      | 0.00              | 0.10        | 0                   | 0.0            | 0            | 0.00          |               |                    |
| SOFT DRINKS - GINGER ALE | 120      | 0.00    |                   | 60              |               |                  | 33.00             |                          | 33.00             | 0.00        |                     |                |              |               |               |                    |
| SOFT DRINKS - ICED TEA   | 70       | 0.00    | 0.000             | 115             | 0.000         | 0                | 17.00             | 0.0                      | 17.00             | 0.00        |                     |                | 0            | 0.00          |               |                    |
| SOFT DRINKS - PEPSI      | 150      | 0.00    | 0.000             | 15              | 0.000         |                  | 42.00             | 0.0                      | 41.00             | 0.00        | 0                   | 0.0            | 0            | 0.00          |               |                    |
| SPARKLING WATER          | 0        | 0.00    | 0.000             | 7               | 0.000         | 0                | 0.00              | 0.0                      |                   | 0.00        | 0                   | 0.0            | 7            | 0.07          |               | 0                  |
| SPRING WATER             | 0        | 0.00    | 0.000             | 0               | 0.000         | 0                | 0.00              |                          | 0.00              | 0.00        | 0                   | 0.0            | 10           | 0.00          |               |                    |

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# BENEDICTS & SKILLETTS

|  | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM, CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOULATE, TOTAL (µG) |
|--|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|------------------|---------------|---------------|---------------------|
| ANGUS  | 1070     | 59.94   | 22.182            | 1,262           | 1.523         | 483              | 69.44             | 4.2                      | 11.11             | 53.42       | 374                 | 46.0           | 431              | 8.69          | 6.88          | 118                 |
| CHEEZ-BURGER                                 | 1090     | 61.13   | 23.479            | 2,521           | 1.163         | 509              | 66.50             | 4.1                      | 9.42              | 53.02       | 373                 | 45.0           | 435              | 7.83          |               | 117                 |
| CHICAGO                                      | 1140     | 70.74   | 26.008            | 2,466           | 0.370         | 505              | 64.53             | 3.4                      | 8.02              | 50.14       | 374                 | 49.4           | 416              | 6.32          | 2.11          | 103                 |
| FRIED CHICKEN                                | 1130     | 61.45   | 20.424            | 1,612           | 0.587         | 482              | 80.05             | 4.9                      | 11.10             | 51.04       | 405                 | 46.5           | 592              | 7.10          | 51.21         | 107                 |
| KICKIN KIMCHI                                | 970      | 44.44   | 14.950            | 2,759           | 0.095         | 425              | 79.09             | 7.0                      | 20.21             | 32.86       | 297                 | 44.1           | 246              | 6.71          |               | 96                  |
| NORWEGIAN                                    | 860      | 40.14   | 13.083            | 3,070           | 0.095         | 425              | 70.51             | 5.5                      | 11.91             | 40.39       | 331                 | 57.4           | 233              | 6.71          | 2.00          | 119                 |
| SANTA FE                                     | 1150     | 59.46   | 19.813            | 1,390           | 0.370         | 435              | 96.77             | 17.2                     | 14.12             | 39.36       | 421                 | 86.6           | 466              | 8.05          | 47.18         | 348                 |
| SIMPLE                                       | 990      | 53.86   | 20.688            | 1,902           | 0.495         | 496              | 62.95             | 3.4                      | 7.88              | 47.31       | 395                 | 59.0           | 563              | 6.01          | 51.17         | 96                  |
| REPLACE ENGLISH MUFFIN FOR GLUTEN FREE BREAD | 110      | 6.86    | -0.164            | 279             | 0             | 0                | 16.46             | -0.6                     | 5.11              | -0.96       | 0                   | 0              | -21              | -1.64         | -             | -36                 |
| REPLACE POTATOES FOR SEASONAL FRUIT BOWL     | 35       | -12.24  | -0.690            | -490            | -0.049        | 0                | 48.97             | 1.8                      | 45.36             | 0.12        | -6                  | 95.2           | 19               | -1.45         |               | 18                  |
| GARDEN FRESH                                 | 1100     | 63.40   | 18.354            | 1,527           | 0.150         | 236              | 82.67             | 8.5                      | 14.41             | 29.82       | 429                 | 61.9           | 197              | 8.59          | 9.41          | 156                 |
| KOREAN SUNRISE                               | 1130     | 51.14   | 14.214            | 2,991           | 0.124         | 239              | 96.24             | 6.7                      | 26.56             | 26.84       | 262                 | 108.4          | 152              | 6.62          |               | 68                  |
| PESTO PHILLY STEAK                           | 1240     | 72.37   | 21.613            | 1,753           | 1.783         | 295              | 73.24             | 3.2                      | 11.07             | 46.15       | 291                 | 51.6           | 358              | 8.20          |               | 60                  |
| RAY'S EXTRAVAGANZA                           | 1340     | 80.55   | 27.069            | 2,663           | 0.508         | 329              | 81.61             | 5.0                      | 15.90             | 48.41       | 447                 | 136.1          | 439              | 6.42          | 26.34         | 93                  |

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# FRENCH TOAST, WAFFLES, CREPES & PANCAKES

|                              | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|------------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|-----------------|---------------|---------------|--------------------|
| FRENCH TOAST & FRUITS - 2 PC | 810      | 15.92   | 4.153             | 578             | 0.212         | 186              | 145.76            | 4.3                      | 71.26             | 23.12       | 80                  | 115.5          | 300             | 4.30          | 11.09         | 46                 |
| FRENCH TOAST & FRUITS - 3 PC | 1010     | 22.39   | 5.427             | 845             | 0.318         | 258              | 173.68            | 5.4                      | 77.91             | 31.01       | 106                 | 115.7          | 395             | 6.13          | 11.33         | 55                 |
| FRENCH TOAST CRISP - 2 PC    | 920      | 23.83   | 9.501             | 927             | 0.212         | 186              | 145.93            | 4.2                      | 58.35             | 27.19       | 80                  | 14.7           | 430             | 6.28          | 4.39          | 75                 |
| FRENCH TOAST CRISP - 3 PC    | 1180     | 31.00   | 10.945            | 1,293           | 0.318         | 258              | 184.05            | 5.3                      | 65.85             | 36.93       | 106                 | 15.0           | 553             | 8.82          | 4.84          | 98                 |
| RIRI'S COCONUT CRUNCH - 2PC  | 1090     | 39.60   | 18.138            | 917             | 0.215         | 173              | 153.89            | 3.7                      | 54.75             | 30.88       | 72                  | 18.6           | 423             | 7.16          |               | 76                 |
| RIRI'S COCONUT CRUNCH - 3PC  | 1430     | 47.73   | 20.108            | 1,298           | 0.321         | 260              | 207.68            | 4.8                      | 71.99             | 42.41       | 107                 | 24.9           | 576             | 9.77          |               | 101                |
| SIMPLE DELIGHT - 2 PC        | 950      | 35.15   | 22.502            | 577             | 0.212         | 186              | 147.34            | 8.7                      | 80.54             | 24.86       | 76                  | 75.2           | 340             | 6.46          | 7.22          | 24                 |
| SIMPLE DELIGHT - 3 PC        | 1140     | 41.61   | 23.776            | 844             | 0.318         | 258              | 179.26            | 9.7                      | 89.69             | 33.25       | 101                 | 105.5          | 435             | 8.29          | 7.53          | 33                 |
| BANANABERRY                  | 690      | 27.92   | 15.536            | 522             | 0.000         | 108              | 110.80            | 4.0                      | 56.25             | 15.71       | 85                  | 105.1          | 363             | 3.95          | 7.18          | 49                 |
| CHICKEN N' WAFFLE            | 970      | 40.61   | 4.693             | 1,609           | 0.155         | 107              | 110.50            | 1.4                      | 19.98             | 31.68       | 71                  | 20.0           | 295             | 6.02          |               | 47                 |
| WAFFLE & FRUITS              | 680      | 16.19   | 4.288             | 522             | 0.000         | 108              | 120.72            | 2.2                      | 57.97             | 14.72       | 90                  | 115.4          | 348             | 2.80          | 11.24         | 71                 |
| CREPE & FRUITS               | 760      | 8.29    | 3.485             | 145             | 0.014         | 180              | 155.43            | 2.9                      | 72.72             | 16.85       | 86                  | 115.6          | 208             | 1.84          | 11.13         | 48                 |
| OH LA LA                     | 780      | 20.01   | 14.739            | 144             | 0.014         | 180              | 146.66            | 4.7                      | 71.59             | 17.89       | 81                  | 105.8          | 223             | 2.99          | 7.27          | 26                 |
| SWEET & SALTY                | 1290     | 68.02   | 23.349            | 2,204           | 0.580         | 628              | 99.40             | 1.0                      | 18.11             | 58.36       | 384                 | 26.8           | 568             | 5.75          | 32.97         | 80                 |
| CAROLE'S CINNA-CAKES - 2 PC  | 1580     | 38.16   | 23.729            | 1,045           | 0.002         | 109              | 193.70            | 2.5                      | 144.20            | 11.12       | 263                 | 0.9            | 328             | 2.52          | 0.89          | 53                 |
| CAROLE'S CINNA-CAKES - 3 PC  | 1120     | 54.31   | 33.051            | 1,462           | 0.003         | 163              | 270.32            | 3.7                      | 196.09            | 15.71       | 394                 | 1.2            | 458             | 3.78          | 1.27          | 79                 |
| ESPRESSO AND CHOCOLATE - 2PC | 630      | 22.75   | 16.507            | 908             | 0.002         | 85               | 96.98             | 3.5                      | 47.54             | 13.79       | 53                  | 1.1            | 303             | 2.78          |               | 58                 |
| ESPRESSO AND CHOCOLATE - 3PC | 880      | 31.09   | 22.146            | 1,339           | 0.003         | 128              | 138.57            | 4.8                      | 64.91             | 19.74       | 78                  | 1.3            | 428             | 3.92          |               | 86                 |
| TRIPLE BERRY - 2 PC          | 520      | 13.08   | 7.526             | 902             | 0.002         | 83               | 91.90             | 5.5                      | 35.45             | 15.19       | 52                  | 82.2           | 339             | 2.77          | 4.19          | 71                 |
| TRIPLE BERRY - 3 PC          | 660      | 15.14   | 8.065             | 1,308           | 0.003         | 102              | 119.78            | 6.3                      | 38.64             | 19.75       | 63                  | 112.4          | 435             | 3.81          | 4.57          | 96                 |

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary. Actual calories may vary as menu items are individually prepared. Differences in serving size, preparation techniques, and/or sources of supply may affect the actual calories.

# FARM FRESH EGGS

|                                      | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|--------------------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|--------------|---------------|---------------|--------------------|
| <b>CLASSIC - 2 EGGS BACON</b>        | 720      | 42.11   | 10.672            | 1,741           | 0.087         | 424              | 37.69             | 0.8                      | 6.99              | 34.46       | 175                 | 42.7           | 72           | 4.42          | -0.45         | 58                 |
| <b>CLASSIC - 2 EGGS SAUSAGE</b>      | 910      | 63.40   | 18.850            | 1,692           | 0.087         | 453              | 40.08             | 0.8                      | 6.99              | 32.44       | 171                 | 42.7           | 79           | 5.03          |               | 60                 |
| <b>CLASSIC - 2 EGGS TURKEY BACON</b> | 740      | 42.16   | 10.048            | 2,278           | 0.087         | 443              | 39.24             | 0.8                      | 6.99              | 38.02       | 171                 | 42.7           | 74           | 5.26          | -2.07         | 64                 |
| <b>CANADIAN 1/2 WAFFLE</b>           | 990      | 60.14   | 15.884            | 2,460           | 0.087         | 496              | 53.94             | 0.8                      | 6.99              | 45.56       | 205                 | 51.1           | 196          | 6.06          | 3.23          | 81                 |
| <b>CANADIAN CREPE</b>                | 1030     | 56.19   | 15.483            | 2,271           | 0.094         | 532              | 71.29             | 1.2                      | 14.36             | 46.63       | 203                 | 51.1           | 126          | 5.58          | 3.17          | 70                 |
| <b>CANADIAN FRENCH TOAST</b>         | 1060     | 60.01   | 15.817            | 2,488           | 0.193         | 535              | 66.46             | 1.9                      | 13.63             | 49.76       | 200                 | 51.1           | 172          | 6.81          | 3.15          | 69                 |
| <b>CANADIAN PANCAKE</b>              | 990      | 55.61   | 15.082            | 2,628           | 0.088         | 483              | 62.42             | 1.7                      | 7.68              | 45.92       | 185                 | 51.1           | 173          | 6.02          | 3.23          | 85                 |
| <b>BLACK &amp; BLUE</b>              | 1220     | 60.05   | 22.387            | 2,369           | 0.089         | 464              | 118.99            | 5.0                      | 37.33             | 39.94       | 197                 | 43.8           | 272          | 6.80          | 3.34          | 112                |
| <b>BREAKFAST POUTINE</b>             | 1350     | 84.78   | 28.221            | 2,669           | 0.133         | 322              | 67.58             | 0.7                      | 7.06              | 44.60       | 306                 | 45.8           | 218          | 9.01          | 0.98          | 32                 |
| <b>KETO</b>                          | 830      | 57.98   | 17.070            | 1,146           | 0.038         | 428              | 30.96             | 18.4                     | 10.74             | 37.77       | 301                 | 90.9           | 124          | 4.90          | 34.78         | 240                |
| <b>LIGHTEN UP</b>                    | 800      | 22.35   | 4.333             | 634             | 0.087         | 372              | 117.08            | 3.0                      | 55.21             | 20.66       | 175                 | 157.5          | 93           | 4.19          | 8.37          | 80                 |
| <b>GOURMET BACON</b>                 | 1280     | 64.06   | 28.669            | 1,740           | 0.087         | 465              | 128.74            | 4.8                      | 66.29             | 39.00       | 217                 | 54.0           | 263          | 6.63          | 1.26          | 83                 |
| <b>GOURMET HAM</b>                   | 1190     | 54.36   | 24.912            | 1,717           | 0.087         | 477              | 128.23            | 4.8                      | 66.29             | 38.87       | 214                 | 70.3           | 264          | 6.71          | 0.04          | 85                 |
| <b>GOURMET SAUSAGE</b>               | 1380     | 76.58   | 33.571            | 1,615           | 0.087         | 480              | 130.29            | 4.8                      | 66.29             | 36.17       | 214                 | 54.0           | 267          | 6.98          | 1.42          | 84                 |
| <b>GOURMET TURKEY BACON</b>          | 1290     | 64.10   | 28.200            | 2,142           | 0.087         | 479              | 129.91            | 4.8                      | 66.29             | 41.67       | 214                 | 54.0           | 264          | 7.26          | 0.05          | 87                 |
| <b>POPULAR</b>                       | 960      | 64.65   | 18.873            | 2,170           | 0.087         | 465              | 39.57             | 0.8                      | 6.99              | 40.51       | 174                 | 42.7           | 79           | 5.11          | 3.60          | 59                 |
| <b>XPLOSION</b>                      | 1260     | 59.03   | 20.151            | 1,997           | 0.299         | 554              | 133.75            | 6.0                      | 48.68             | 48.92       | 225                 | 109.2          | 291          | 9.12          | 5.52          | 76                 |
| <b>THE BIG 3</b>                     | 1630     | 95.83   | 28.358            | 4,721           | 0.109         | 798              | 94.69             | 2.7                      | 8.74              | 80.95       | 279                 | 67.7           | 332          | 9.66          | 5.52          | 144                |

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# OMELETTES & AVOCADO TOAST

|  | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM, CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|--|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|------------------|---------------|---------------|--------------------|
| <b>HEALTHY WHITE</b>                       | 1170     | 81.46   | 20.883            | 1,596           | 1.136         | 952              | 48.87             | 6.3                      | 10.77             | 49.74       | 623                 | 54.0           | 534              | 9.09          |               | 218                |
| <b>MISH MASH*</b>                          | 1190     | 78.64   | 25.385            | 2,310           | 0.598         | 1,016            | 48.62             | 2.3                      | 12.91             | 64.75       | 577                 | 89.4           | 403              | 7.97          | 1.09          | 154                |
| <b>PUR WESTERN*</b>                        | 800      | 43.94   | 11.985            | 1,319           | 0.310         | 945              | 44.86             | 2.3                      | 11.59             | 43.69       | 478                 | 92.0           | 188              | 6.82          | 0.23          | 146                |
| <b>VEGGIE*</b>                             | 850      | 49.68   | 16.683            | 1,372           | 0.310         | 933              | 47.70             | 6.7                      | 11.88             | 46.03       | 658                 | 52.3           | 267              | 8.07          | 0.58          | 182                |
| <b>AVOCADO BACON</b>                       | 1140     | 62.72   | 15.810            | 2,189           | 0.279         | 432              | 83.02             | 19.5                     | 11.39             | 51.83       | 301                 | 35.9           | 316              | 7.23          |               | 204                |
| <b>AVOCADO LOX</b>                         | 970      | 43.32   | 7.460             | 3,237           | 0.087         | 392              | 85.75             | 20.5                     | 12.68             | 48.26       | 261                 | 38.7           | 177              | 7.85          |               | 212                |
| <b>AVOCADO TOAST</b>                       | 940      | 45.95   | 10.334            | 1,271           | 0.279         | 392              | 83.65             | 19.8                     | 11.72             | 37.28       | 308                 | 38.5           | 326              | 7.04          |               | 213                |
| <b>VEGAN TOAST</b>                         | 870      | 22.90   | 3.341             | 555             | 0.019         | 0                | 147.85            | 24.4                     | 60.40             | 26.70       | 88                  | 145.7          | 156              | 5.64          |               | 270                |
| <b>REPLACE BREAD FOR GLUTEN FREE BREAD</b> | 10       | 4.32    | -0.758            | 148             | 0.000         | 0                | 4.32              | -4.4                     | 0.44              | -7.62       | 0                   | 0.0            | -8               | -2.18         |               | -56                |

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# KIDS MENU

|                             | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|-----------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|--------------|---------------|---------------|--------------------|
| <b>JUNIOR BACON</b>         | 430      | 26.11   | 6.990             | 1,147           | 0.044         | 225              | 19.67             | 0.8                      | 4.20              | 21.72       | 91                  | 22.5           | 46           | 2.36          | 1.72          | 31                 |
| <b>JUNIOR SAUSAGE</b>       | 540      | 38.63   | 11.893            | 1,022           | 0.044         | 240              | 21.21             | 0.8                      | 4.20              | 18.88       | 88                  | 22.5           | 51           | 2.71          | 1.88          | 32                 |
| <b>MARKY MARK</b>           | 620      | 28.38   | 20.274            | 298             | 0.000         | 76               | 88.15             | 4.7                      | 61.33             | 10.33       | 58                  | 18.8           | 246          | 2.50          | 3.04          | 33                 |
| <b>RAINBOW</b>              | 640      | 22.93   | 17.959            | 852             | 0.002         | 39               | 105.51            | 4.2                      | 54.67             | 10.19       | 25                  | 13.2           | 204          | 2.11          | 0.67          | 56                 |
| <b>RORO 123</b>             | 520      | 12.59   | 9.900             | 67              | 0.009         | 91               | 100.32            | 4.2                      | 48.21             | 9.90        | 41                  | 64.1           | 108          | 2.03          | 5.59          | 18                 |
| <b>KIDS APPLE JUICE</b>     | 110      | 0.32    | 0.055             | 10              | 0.000         | 0                | 28.02             | 0.5                      | 23.86             | 0.25        | 0                   | 95.5           | 20           | 0.30          |               | 0                  |
| <b>KIDS CHOCOLATE MILK</b>  | 160      | 2.50    | 1.460             | 163             |               | 13               | 24.65             | 0.3                      | 24.85             | 8.65        | 130                 | 1.0            | 322          | 0.57          |               | 8                  |
| <b>KIDS CRANBERRY JUICE</b> | 140      | 0.25    | 0.023             | 5               | 0.000         | 0                | 34.18             | 0.0                      | 30.01             | 0.00        | 0                   | 106.9          | 8            | 0.25          |               | 0                  |
| <b>KIDS MILK</b>            | 160      | 2.50    | 1.460             | 163             |               | 13               | 24.65             | 0.3                      | 24.85             | 8.65        | 130                 | 1.0            | 322          | 0.57          |               | 8                  |
| <b>KIDS ORANGE JUICE</b>    | 100      | 0.00    | 0.000             | 19              | 0.000         | 0                | 24.61             | 0.0                      | 20.82             | 1.89        | 0                   | 85.2           | 28           | 0.19          |               |                    |
| <b>KIDS PINEAPPLE JUICE</b> | 130      | 0.30    | 0.020             | 5               | 0.000         | 0                | 32.23             | 0.5                      | 24.99             | 0.90        | 0                   | 109.7          | 33           | 0.78          |               | 45                 |

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# BURGERS, SANDWICHES & MORE

|                                    | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM, CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|------------------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|------------------|---------------|---------------|--------------------|
| <b>BREAKFAST BRIOCHE</b>           | 980      | 53.67   | 11.680            | 1,593           | 0.231         | 243              | 78.25             | 6.3                      | 11.02             | 29.98       | 222                 | 31.5           | 155              | 6.03          | 9.04          | 86                 |
| <b>BREAKFAST BURRITO</b>           | 1220     | 56.59   | 12.166            | 1,382           | 1.263         | 428              | 108.28            | 9.0                      | 10.02             | 53.76       | 257                 | 47.5           | 273              | 10.57         | 36.05         | 215                |
| <b>CINNA-BACON</b>                 | 1580     | 66.31   | 22.747            | 1,827           | 0.566         | 489              | 179.57            | 4.3                      | 76.96             | 52.10       | 329                 | 19.7           | 519              | 4.47          | 32.77         | 59                 |
| <b>CLUB SANDWICH</b>               | 1320     | 60.27   | 13.007            | 1,788           | 0.263         | 166              | 108.38            | 20.2                     | 10.24             | 72.37       | 122                 | 12.0           | 343              | 6.37          | 67.56         | 138                |
| <b>CLUCK NORRIS WRAP - CRISPY</b>  | 1230     | 63.78   | 10.982            | 1,896           | 0.420         | 76               | 126.42            | 12.4                     | 10.75             | 39.76       | 152                 | 15.0           | 418              | 5.60          | 15.74         | 28                 |
| <b>CLUCK NORRIS WRAP - GRILLED</b> | 1180     | 53.44   | 11.058            | 1,414           | 0.314         | 147              | 108.33            | 11.4                     | 7.56              | 55.95       | 152                 | 15.0           | 397              | 5.14          |               | 28                 |
| <b>D'S CRISPY CHICKEN</b>          | 1050     | 53.25   | 8.120             | 1,750           | 0.370         | 78               | 107.28            | 8.8                      | 11.32             | 35.21       | 143                 | 8.8            | 235              | 5.12          | 24.92         | 14                 |
| <b>POWER BOWL</b>                  | 650      | 47.31   | 11.950            | 1,263           | 0.327         | 25               | 35.64             | 13.1                     | 10.14             | 20.30       | 520                 | 34.5           | 282              | 5.16          |               | 262                |
| <b>SMASH BURGER</b>                | 1390     | 82.16   | 23.048            | 2,253           | 2.993         | 381              | 89.12             | 7.3                      | 7.77              | 68.18       | 313                 | 4.6            | 313              | 8.62          |               | 59                 |

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# SIDES & MISC.

|                            | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µg) | VITAMIN C (MG) | CALCIUM, CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µg) |
|----------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|------------------|---------------|---------------|--------------------|
| BACON                      | 260      | 20.04   | 6.596             | 1,108           | 0.000         | 52               | 0.68              | 0.0                      | 0.00              | 17.76       | 4                   | 0.0            | 4                | 0.68          | 1.68          | 0                  |
| BRIOCHE BREAD              | 520      | 23.84   | 3.860             | 610             | 1.235         | 20               | 64.68             | 3.3                      | 15.00             | 14.48       | 100                 | 1.8            | 115              | 3.54          |               | 9                  |
| CARAMEL                    | 170      | 0.00    | 0.000             | 268             | 0.000         | 0                | 44.81             | 0.0                      | 44.81             | 0.95        | 0                   | 0.4            | 38               | 0.00          | 0.15          | 2                  |
| CHEESE - CHEDDAR           | 180      | 14.99   | 8.490             | 294             | 0.413         | 45               | 1.39              | 0.0                      | 0.22              | 10.29       | 149                 | 0.0            | 320              | 0.06          | 0.05          | 12                 |
| CHEESE - CRUMBLD GOAT      | 100      | 7.80    | 5.393             | 170             |               | 17               | 0.00              | 0.0                      | 0.00              | 6.85        | 107                 | 0.0            | 52               | 0.70          | 0.34          | 4                  |
| CHEESE - SWISS             | 240      | 18.60   | 10.920            | 120             | 0.600         | 60               | 0.60              | 0.0                      | 0.00              | 16.20       | 180                 | 0.0            | 540              | 0.00          | 74.40         | 0                  |
| CHEESE CURDS               | 120      | 4.80    | 0.720             | 0               | 0.000         | 0                | 4.20              | 0.0                      | 1.20              | 7.80        | 0                   | 0.0            | 120              | 3.60          |               | 0                  |
| CHEESY P&S POTATOES        | 660      | 41.36   | 17.619            | 871             | 0.911         | 90               | 32.70             | 0.3                      | 3.06              | 26.25       | 293                 | 19.4           | 731              | 1.95          |               | 16                 |
| CHICKEN - CRISPY           | 250      | 13.33   | 0.952             | 533             | 0.095         | 38               | 16.18             | 1.0                      | 2.86              | 17.14       |                     |                | 19               | 1.43          |               |                    |
| CHICKEN - GRILLED          | 230      | 4.56    | 1.140             | 114             |               | 114              | 0.00              | 0.0                      | 0.00              | 35.34       | 0                   | 0.0            | 0                | 1.14          |               | 0                  |
| CHIPOTLE MAYONNAISE        | 500      | 49.40   | 7.420             | 591             | 0.109         | 25               | 12.34             | 0.0                      | 7.34              | 0.88        | 10                  | 0.0            | 15               | 0.43          |               | 3                  |
| CINNAMON DANISH            | 750      | 30.15   | 13.575            | 420             | 0.000         | 70               | 106.00            | 4.0                      | 34.00             | 14.15       | 105                 | 0.0            | 40               | 0.40          |               | 0                  |
| CREPE                      | 310      | 4.45    | 1.570             | 84              | 0.011         | 113              | 59.77             | 1.1                      | 16.03             | 8.25        | 49                  | 23.6           | 88               | 1.09          | 0.50          | 23                 |
| EGG                        | 70       | 4.76    | 1.563             | 71              | 0.019         | 186              | 0.36              | 0.0                      | 0.19              | 6.28        | 80                  | 0.0            | 28               | 0.88          |               | 24                 |
| ENGLISH CREAM              | 100      | 4.08    | 2.023             | 65              | 0.000         | 66               | 11.80             | 0.0                      | 11.69             | 5.05        | 37                  | 0.4            | 127              | 0.28          | 0.16          | 9                  |
| ENGLISH MUFFIN             | 350      | 15.98   | 3.024             | 351             | 1.035         | 0                | 44.22             | 3.9                      | 11.89             | 9.44        | 100                 | 1.8            | 116              | 2.18          | 1.16          | 45                 |
| FAMOUS CHEESY P&S POTATOES | 660      | 41.45   | 17.627            | 875             | 0.912         | 90               | 32.94             | 0.3                      | 3.08              | 26.28       | 293                 | 19.6           | 731              | 1.96          | 55.85         | 16                 |
| FAMOUS P&S POTATOES        | 300      | 12.52   | 0.946             | 491             | 0.049         | 0                | 31.10             | 0.3                      | 2.87              | 3.84        | 10                  | 19.6           | 6                | 1.90          |               | 3                  |
| FINE HERB MAYONNAISE       | 570      | 62.91   | 9.847             | 534             | 0.153         | 35               | 1.09              | 0.4                      | 0.50              | 0.90        | 16                  | 0.3            | 23               | 0.92          |               | 7                  |
| FRENCH FRIES               | 350      | 17.15   | 1.268             | 489             | 0.038         | 0                | 45.19             | 5.6                      | 0.00              | 3.76        | 0                   | 0.0            | 19               | 0.94          |               | 0                  |
| FRENCH TOAST               | 220      | 6.50    | 1.278             | 267             | 0.106         | 71               | 33.10             | 1.6T                     | 10.39             | 8.20        | 27                  | 23.4           | 101              | 1.92          | 0.30          | 16                 |

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|                         | CALORIES | FAT (G) | SATURATED FAT (G) | SODIUM, NA (MG) | TRANS FAT (G) | CHOLESTEROL (MG) | CARBOHYDRATES (G) | FIBER, TOTAL DIETARY (G) | SUGARS, TOTAL (G) | PROTEIN (G) | VITAMIN A, RAE (µG) | VITAMIN C (MG) | CALCIUM CA (MG) | IRON, FE (MG) | ZINC, ZN (MG) | FOLATE, TOTAL (µG) |
|-------------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|-----------------|---------------|---------------|--------------------|
| GREEK YOGURT            | 90       | 1.70    | 0.851             | 85              |               | 0                | 5.95              | 0.0                      | 5.95              | 4.25        | 0                   | 0.0            | 170             | 0.00          | 0.76          | 0                  |
| HALF AVOCADO            | 170      | 12.75   | 1.785             | 0               | 0.000         | 0                | 7.65              | 8.5                      | 0.85              | 1.70        | 0                   | 8.5            | 0               | 0.85          | 15.30         | 85                 |
| HALF WAFFLE             | 150      | 6.64    | 1.345             | 239             | 0.000         | 32               | 20.58             | 0.5                      | 3.74              | 4.00        | 32                  | 23.3           | 125             | 1.17          | 0.38          | 28                 |
| HAM                     | 160      | 8.00    | 1.786             | 1,213           |               | 77               | 0.00              | 0.0                      | 0.00              | 19.78       | 0                   | 24.5           | 6               | 0.89          | 0.07          | 3                  |
| HAZELNUT CHOCOLATE      | 350      | 21.26   | 20.128            | 0               |               | 0                | 43.94             | 7.1                      | 38.27             | 3.54        | 0                   | 0.0            | 71              | 2.84          | 0.75          | 0                  |
| HOLLANDAISE SAUCE       | 200      | 19.37   | 11.966            | 270             | 0.012         | 50               | 0.00              | 0.0                      | 0.00              | 2.48        | 155                 | 0.0            | 45              | 0.06          |               | 0                  |
| HOLLANDAISE SPICY       | 200      | 19.37   | 11.966            | 418             | 0.012         | 50               | 0.12              | 0.0                      | 0.06              | 2.48        | 155                 | 4.1            | 45              | 0.06          | 0.01          | 0                  |
| PANCAKE                 | 150      | 2.10    | 0.542             | 406             | 0.001         | 19               | 29.07             | 1.3                      | 4.44              | 4.37        | 13                  | 23.4           | 102             | 1.13          | 0.38          | 32                 |
| PUR MAPLE SYRUP         | 320      | 0.07    | 0.009             | 15              |               | 0                | 81.61             | 0.0                      | 73.60             | 0.05        | 0                   | 0.0            | 124             | 0.13          | 1.76          | 0                  |
| RASPBERRY COULIS        | 320      | 0.00    | 0.000             | 20              | 0.000         | 0                | 80.20             | 0.0                      | 44.11             | 0.41        |                     |                | 40              | 0.00          |               |                    |
| SAUSAGE                 | 450      | 41.33   | 14.774            | 1,059           |               | 81               | 3.08              | 0.0                      | 0.00              | 15.73       | 0                   | 0.0            | 11              | 1.29          | 2.13          | 2                  |
| SEASONAL BERRY BOWL     | 100      | 0.45    | 0.013             | 1               | 0.000         | 0                | 26.36             | 4.5                      | 15.09             | 2.64        | 1                   | 96.3           | 17              | 0.48          | 3.46          | 15                 |
| SEASONAL FRUIT BOWL     | 340      | 0.27    | 0.257             | 1               | 0.000         | 0                | 80.07             | 2.2                      | 48.22             | 3.96        | 4                   | 114.8          | 25              | 0.44          | 10.50         | 22                 |
| SMALL BREAKFAST POUTINE | 590      | 33.46   | 11.638            | 716             | 0.059         | 41               | 35.30             | 0.3                      | 4.07              | 13.70       | 139                 | 19.6           | 164             | 5.54          |               | 3                  |
| SMOKED SALMON           | 120      | 3.91    | 0.847             | 2,056           | 0.000         | 20               | 5.63              | 1.7                      | 1.81              | 16.55       | 53                  | 16.5           | 30              | 1.24          |               | 16                 |
| TOAST 14 GRAIN          | 450      | 18.52   | 3.618             | 482             | 1.035         | 0                | 56.36             | 7.7                      | 16.56             | 16.10       | 100                 | 1.8            | 103             | 2.72          | 2.03          | 65                 |
| TOAST BRIOCHE BREAD     | 520      | 23.84   | 3.860             | 610             | 1.235         | 20               | 64.68             | 3.3                      | 15.00             | 14.48       | 100                 | 1.8            | 115             | 3.54          | 0.55          | 9                  |
| TOAST GLUTEN FREE       | 460      | 22.84   | 2.860             | 630             | 1.035         | 0                | 60.68             | 3.3                      | 17.00             | 8.48        | 100                 | 1.8            | 95              | 0.54          | 0.55          | 9                  |
| TOAST RYE               | 530      | 18.80   | 3.612             | 874             | 1.035         | 0                | 76.64             | 8.3                      | 15.62             | 14.68       | 100                 | 2.2            | 103             | 3.94          | 1.92          | 141                |
| TOAST SIDE WHITE        | 340      | 16.13   | 3.184             | 383             | 1.035         | 0                | 42.00             | 2.6                      | 12.30             | 9.01        | 100                 | 1.8            | 44              | 1.90          |               | 9                  |
| TOAST WHITE             | 330      | 15.82   | 3.150             | 370             | 1.049         | 0                | 38.88             | 5.5                      | 13.30             | 9.38        | 100                 | 1.8            | 329             | 2.78          | 0.99          | 67                 |

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|-------------------|----------|---------|-------------------|-----------------|---------------|------------------|-------------------|--------------------------|-------------------|-------------|---------------------|----------------|------------------|---------------|---------------|--------------------|
| TOAST WHOLE WHEAT | 350      | 16.04   | 3.212             | 418             | 1.053         | 0                | 43.26             | 6.5                      | 13.80             | 10.44       | 100                 | 1.8            | 399              | 3.28          | 1.08          | 81                 |
| TURKEY BACON      | 280      | 20.09   | 5.972             | 1,645           |               | 71               | 2.23              | 0.0                      | 0.00              | 21.31       | 0                   | 0.0            | 6                | 1.52          |               | 6                  |
| WHIPPED CREAM     | 60       | 3.90    | 3.390             | 30              |               | 0                | 7.20              | 0.0                      | 7.20              | 0.90        | 0                   | 0.0            | 30               | 0.00          |               | 0                  |

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