

Nutritional Values



PÜR&SIMPLE®

©2025 Pür & Simple IP Inc. All rights reserved.

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 (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOLATE, TOTAL (µG)
STRAWBERRY & BANANA	327	2.92	1.404	42	0.000	7	67.82	3.4	49.73	8.05	7	148.9	108	1.35	3.70	31
MANGO TANGO	324	3.04	1.274	20	0.000	6	70.08	3.3	54.03	6.73	98	155.3	87	0.87	3.75	113
GREEN GIANT	255	0.49	0.097	37	0.000	0	61.93	2.9	53.29	4.30	98	204.2	73	0.96	0.24	74
TROPICAL BLISS	388	2.05	1.116	32	0.000	0	89.88	2.9	65.39	3.09	5	128.5	95	0.81		44
VERY BERRY	344	3.88	1.111	19	0.000	6	71.24	7.8	41.05	6.15	1	87.7	61	0.47	3.38	2
RECHARGE	313	2.42	1.135	36	0.000	6	67.07	5.7	47.69	6.74	7	127.7	98	1.02	4.19	26

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

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 (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOLATE, TOTAL (µG)
ESPRESSO DOUBLE	4	0.00	0.000	10	0.000	0	0.00	0.0	0.00	0.60	0	0.0	10	0.00	0.01	0
ESPRESSO	2	0.00	0.000	5	0.000	0	0.00	0.0	0.00	0.30	0	0.0	5	0.00	0.00	0
AMERICAN ICED	4	0.00	0.000	10	0.000	0	0.00	0.0	0.00	0.60	0	0.0	10	0.00		0
AMERICANO DOUBLE	4	0.00	0.000	10	0.000	0	0.00	0.0	0.00	0.60	0	0.0	10	0.00	0.01	0
AMERICANO	2	0.00	0.000	5	0.000	0	0.00	0.0	0.00	0.30	0	0.0	5	0.00	0.00	0
CAPPUCCINO	71	2.44	1.515	78	0.000	10	6.75	0.0	6.47	5.16	0	1.4	181	0.07	0.56	7
CARAMEL CAPPUCCINO	180	2.44	1.515	78	0.000	10	33.92	0.0	33.64	5.16	0	1.4	181	0.07		7
ICED LATTE	88	3.04	1.894	96	0.000	12	8.44	0.0	8.09	6.37	0	1.7	225	0.09	0.70	9
LATTE BOWL	142	4.87	3.031	155	0.000	20	13.50	0.0	12.94	10.32	0	2.7	362	0.15	1.11	15
LATTE CUP	88	3.04	1.894	96	0.000	12	8.44	0.0	8.09	6.37	0	1.7	225	0.09	0.70	9
COFFEE	0	0.00	0.000	0		0	0.00	0.0	0.00	0.00	0	0.0	0	0.00		0
VANILLA ICED LATTE	188	3.04	1.894	96	0.000	12	32.44	0.0	31.09	6.37	0	1.7	225	0.09		9
VANILLA LATTE BOWL	342	4.87	3.031	155	0.000	20	61.50	0.0	58.94	10.32	0	2.7	362	0.15		15
VANILLA LATTE CUP	188	3.04	1.894	96	0.000	12	32.44	0.0	31.09	6.37	0	1.7	225	0.09		9
MATCHA ICED LATTE	173	3.65	2.273	109		15	26.41	0.0	24.82	7.29	0	2.0	264	0.11		11
MATCHA LATTE BOWL	207	4.87	3.031	145		20	29.79	0.0	28.06	9.72	0	2.7	352	0.15		15
MATCHA LATTE CUP	156	3.04	1.894	91		12	24.72	0.0	23.21	6.07	0	1.7	220	0.09		9
HOT CHOCOLATE BOWL	545	22.86	17.086	673	0.000	29	74.09	1.4	64.68	19.08	0	4.0	645	1.61		23
HOT CHOCOLATE CUP	339	14.23	10.527	398	0.000	22	43.91	0.7	38.99	13.41	0	3.0	462	0.86		17

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

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 (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOLATE, TOTAL (µG)
MIMOSA	115	0.19	0.022	7	0.000	0	13.41	0.2	9.01	0.95	9	60.8	19	0.48		28
PÜR BELLINI	175	0.09	0.009	8	0.000	0	29.05	0.0	24.95	0.30	0	54.4	12	0.39		0
BLOODY MARY SINGLE	247	8.02	2.505	2400	0.000	25	11.43	2.4	6.39	7.36	1	0.1	42	0.04		0
BLOODY MARY DOUBLE	343	8.02	2.505	2400	0.000	25	11.43	2.4	6.39	7.36	1	0.1	42	0.04		0
BLOODY MARIA SINGLE	247	8.02	2.505	2410	0.000	25	11.43	2.4	6.39	7.36	1	0.1	42	0.04		0
BLOODY MARIA DOUBLE	343	8.02	2.505	2410	0.000	25	11.43	2.4	6.39	7.36	1	0.1	42	0.04		0
MULE	145	0.09	0.014	20	0.000	0	19.29	0.6	0.21	0.24	10	2.5	12	0.29		6
LIME MARGARITA	326	0.23	0.027	200	0.000	0	56.30	0.6	51.70	0.48	4	24.8	253	3.57		15
PINEAPPLE MARGARITA	303	0.35	0.032	199	0.000	0	50.37	0.8	42.90	0.97	4	91.3	270	3.98		41
SPARKLING WINE - BOTTLE	623	0.00	0.000	50	0.000	0	15.45	0.0	0.00	0.53			75	2.48		
SPARKLING WINE - GLASS	123	0.00	0.000	10	0.000	0	3.05	0.0	0.00	0.10			15	0.49		
LEMON LAVENDAR FIZZ	179	0.05	0.008	19	0.000	0	44.36	0.7	43.07	0.13	1	5.6	5	0.14		2
NO-GRIA	179	0.23	0.017	14	0.000	0	44.35	0.5	39.83	0.37	0	86.5	13	0.36		12
MULE MOCKTAIL	81	0.09	0.014	20	0.000	0	19.29	0.6	0.21	0.24	10	2.5	12	0.29		6
LIME MARGARITA MOCKTAIL	230	0.23	0.027	200	0.000	0	56.30	0.6	51.70	0.48	4	24.8	253	3.56		15
PINEAPPLE MARGARITA MOCKTAIL	206	0.35	0.032	199	0.000	0	50.37	0.8	42.90	0.97	4	91.3	270	3.98		41

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

FRESH & COLD

	CALORIES	FAT (G)	SATURATED FAT (G)	SODIUM, NA (MG)	TRANSFAT (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)
CHOCOLATE MILK	232	3.75	2.190	244		19	36.98	0.4	37.27	12.97	195	1.5	484	0.86	1.54	11
MILK	207	7.31	4.546	218		29	20.26	0.0	19.41	14.58	0	4.0	528	0.22	1.66	22
OAT MILK	163	8.87	0.745	170	0.000	0	17.74	4.4	5.93	2.95	296		5,059	0.11		
ALMOND MILK	43	2.77	0.000	86	0.000	0	3.70	0.6	3.08	1.23			253	0.12		
SPARKLING WATER	0	0.00	0.000	15	0.000	0	0.00	0.0		0.00	0	0.0	80	0.00		0
SPRING WATER	0	0.00	0.000	0	0.000	0	0.00		0.00	0.00	0	0.0	10	0.00		
SOFT DRINKS - COKE	177			35			48.80		48.80							
SOFT DRINKS - DIET COKE				35						0.09						
SOFT DRINKS - DR PEPPER	188			69			50.00		48.75							
SOFT DRINKS - FANTA	204			53			55.01		55.01							
SOFT DRINKS - ROOT BEER	200			69			56.23		56.23							
SOFT DRINKS - SPRITE	177			75			47.91		47.91							
LEMONADE BREWED	225			38			58.13		58.13							
SWEET ICED TEA	206			47			52.50		48.75							
UNSWEETENED ICED TEA	4	0.00	0.009	13	0.000	0	1.33	0.0	0.00	0.00	0	0.0	0	0.09		22
APPLE JUICE	171	0.48	0.082	15	0.000	0	42.04	0.7	35.79	0.37	0	143.2	30	0.45		0
CRANBERRY JUICE	205	0.38	0.034	7	0.000	0	51.27	0.0	45.01	0.00	0	160.4	11	0.38	0.00	0
PINEAPPLE JUICE	199	0.45	0.030	8	0.000	0	48.36	0.8	37.50	1.35	0	164.6	49	1.16	0.41	68
ORANGE JUICE	184	0.00	0.000	33	0.000	0	43.53	0.0	38.50	3.35	0	150.7	50	0.33		
FRESHLY SQUEEZED ORANGE JUICE	223	0.99	0.119	5	0.000	0	51.58	1.0	41.66	3.47	50	248.0	55	0.99		149
KIDS APPLE JUICE	114	0.32	0.055	10	0.000	0	28.02	0.5	23.86	0.25	0	95.5	20	0.30		0
KIDS CHOCOLATE MILK	155	2.50	1.460	163		13	24.65	0.3	24.85	8.65	130	1.0	322	0.58		8
KIDS CRANBERRY JUICE	137	0.25	0.023	5	0.000	0	34.18	0.0	30.01	0.00	0	106.9	8	0.25		0
KIDS MILK	155	2.50	1.460	163		13	24.65	0.3	24.85	8.65	130	1.0	322	0.58		8
KIDS ORANGE JUICE	123	0.00	0.000	22	0.000	0	29.02	0.0	25.67	2.23	0	100.4	33	0.22		
KIDS PINEAPPLE JUICE	133	0.30	0.020	5	0.000	0	32.23	0.5	24.99	0.90	0	109.7	33	0.78		45

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

BENEDICTS, HASH & BOWLS

	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)
NORDIC	890	51.13	14.964	2,378	0.086	443	64.83	7.7	6.77	41.00	149	16.6	255	5.03	1.91	27
CHICAGO	1,123	74.98	26.991	2,459	0.086	522	59.81	5.6	4.27	48.52	115	1.9	503	4.67	2.07	4
SANTAFE	1,154	66.24	21.237	1,859	0.086	446	90.45	19.1	8.04	41.03	148	46.8	554	6.96	47.09	245
ANGUS	1,248	80.81	29.481	1,633	0.093	541	64.67	7.1	5.94	61.66	115	6.7	517	7.69	97.81	24
FRIED CHICKEN	1,049	53.78	18.075	2,784	0.277	429	97.55	6.6	4.67	43.30	79	5.7	383	7.01	25.74	19
SIMPLE	929	55.16	20.799	2,182	0.482	472	61.19	5.6	6.48	44.46	230	1.9	579	4.52	51.11	8
RAY'S EXTRAVAGANZA	1,397	91.62	30.545	3,060	0.461	355	89.30	12.8	15.14	52.75	303	85.3	648	4.79	38.64	57
PESTO PHILLY STEAK	1,443	96.13	29.033	2,252	0.312	351	84.34	12.0	11.95	57.68	284	89.3	467	7.65		55
GARDEN FRESH	1,149	68.97	18.711	2,154	0.177	235	96.80	19.9	17.14	34.65	530	173.7	268	7.68	9.49	208
CORNER BEEF	716	49.54	23.902	1,520	0.156	378	10.22	2.2	3.72	56.12	209	68.4	343	5.65		37
BREAKFAST POUTINE	1,453	101.49	37.800	3,430	0.172	389	74.74	9.1	6.96	49.78	230	3.8	549	4.11	0.98	8
SHRIMP & GRITS	650	38.29	23.411	2,112	0.023	260	36.06	1.9	3.36	36.51	103	38.3	625	3.07		53

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

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)	FOULATE, TOTAL (µG)
THE CRISP	1,159	27.30	15.351	1,102	0.000	293	196.72	8.2	79.85	33.50	29	15.4	396	6.01		19
RIRI'S COCONUT CRUNCH	1,267	39.48	20.394	1,076	0.000	293	193.86	8.3	63.25	37.67	29	19.7	426	6.51		13
SIMPLE DELIGHT	1,054	37.24	26.508	912	0.000	293	168.58	9.7	81.52	30.91	25	106.0	397	7.37		10
FRENCH TOAST & FRUITS	886	20.50	10.440	913	0.000	293	150.98	6.2	65.43	28.30	29	108.6	364	5.53		32
WAFFLE & FRUITS	670	4.49	1.533	1,161	0.000	44	142.36	5.1	51.82	12.63	29	107.9	139	4.54	8.44	28
BANANABERRY	842	21.24	17.601	1,160	0.000	44	160.95	8.7	68.89	15.24	25	105.2	171	6.38	7.55	6
CHICKEN N' WAFFLE	922	24.46	2.495	2,085	0.079	38	158.56	8.4	70.63	23.53	142	49.1	99	4.80		24
CREPE & FRUITS	462	7.51	3.204	139	0.000	179	139.56	3.7	63.21	15.95	29	108.4	206	1.36	8.33	31
OH LA LA	634	24.25	19.272	138	0.000	179	158.15	7.2	80.28	18.56	25	105.8	238	3.20	7.44	9
SWEET & SALTY	1,017	67.11	23.223	2,182	0.401	453	105.78	6.2	18.90	52.17	103	2.5	646	3.38	38.31	10
ESPRESSO CHOCOLATE	1,188	35.49	20.326	2,194	0.000	101	199.31	8.6	79.00	31.82	42	0.9	459	9.57		20
CAROLE'S CINNA-CAKES	1,509	36.49	22.062	2,434	0.000	92	281.69	4.9	165.51	26.52	195	0.9	442	7.28		4
TRIPLE BERRY	994	16.86	9.215	2,182	0.000	79	192.70	10.5	64.43	30.89	32	113.0	459	7.93		26

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

FARM FRESH EGGS & SIGNATURE COMBOS

	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)
CLASSIC HAM	527	28.85	5.529	1,812	0.079	401	39.62	4.6	6.48	28.02	11	1.9	95	3.43		4
CLASSIC BACON	852	58.35	14.279	2,337	0.079	470	39.87	4.6	6.73	38.02	11	1.9	95	3.43	1.68	4
CLASSIC SAUSAGE	839	60.96	16.493	1,751	0.079	462	35.87	4.6	2.73	34.30	11	1.9	95	4.24	2.13	4
CLASSIC TURKEY BACON	572	36.35	6.279	1,457	0.079	410	35.87	4.6	2.73	26.02	11	1.9	95	3.43	0.06	4
POPULAR	1,010	73.42	19.922	2,530	0.079	506	38.87	4.6	5.73	43.88	11	1.9	95	3.97	3.54	4
XPLOSION	1,332	70.53	25.843	2,566	0.079	611	131.07	10.1	44.23	50.41	11	54.9	293	7.83	6.01	7
GOURMET BACON	1,312	65.22	23.171	2,569	0.079	467	138.65	9.8	52.17	41.23	24	17.0	185	7.06	1.26	9
GOURMET HAM	1,087	43.72	16.921	2,394	0.079	423	139.40	9.8	52.92	36.23	24	17.0	185	7.06	0.04	9
GOURMET SAUSAGE	1,270	64.30	23.814	2,062	0.079	453	135.65	9.8	49.17	37.09	24	17.0	185	7.60	1.42	9
GOURMET TURKEY BACON	1,102	48.72	17.171	1,909	0.079	422	135.65	9.8	49.17	32.23	24	17.0	185	7.06	0.05	9
BLACK & BLUE	1,438	69.65	21.406	3,308	0.079	474	156.22	11.0	42.15	50.46	13	2.8	313	9.61	3.28	12
ALL AMERICAN 1/2 WAFFLE	1,085	63.89	16.476	3,254	0.079	491	75.46	6.1	9.12	46.47	11	1.9	110	5.66	3.17	4
ALL AMERICAN CREPE	981	65.40	17.311	2,743	0.079	559	74.06	5.4	14.81	48.13	11	2.2	143	4.07	3.12	5
ALL AMERICAN FRENCH TOAST	1,100	68.98	19.444	2,986	0.079	574	66.43	6.0	12.83	50.68	11	2.2	180	5.34	3.09	5
ALL AMERICAN PANCAKE	1,153	65.74	17.392	3,393	0.079	503	86.31	6.0	15.30	51.22	11	2.0	195	6.01	3.17	5
THE BIG 3	1,866	99.60	29.433	5,753	0.079	795	152.21	8.3	32.41	88.09	13	25.3	355	10.52	5.52	12
KETO	935	67.43	19.497	1,363	0.000	462	32.73	18.4	13.36	38.89	138	90.9	121	4.63	34.78	192

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

OMELETS & 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)
PUR WESTERN	754	44.92	11.191	1,655	0.204	923	45.36	6.0	9.06	42.43	68	41.9	216	6.51	0.17	23
MISH MASH	1,166	80.00	25.362	2,437	0.211	1,024	48.35	6.7	9.75	63.60	69	43.3	501	7.15	1.08	35
VEGGIE	954	61.89	17.081	1,655	0.212	922	54.91	12.8	12.78	47.37	426	157.7	302	8.86	0.96	127
HEALTHY WHITE	1,094	77.31	18.114	1,701	0.311	940	52.28	10.7	9.76	49.10	181	38.1	527	8.99		116
AVOCADO BACON	1,240	70.23	16.331	2,442	0.178	447	104.78	20.0	6.99	44.92	157	25.6	283	8.70		113
AVOCADO LOX	1,133	57.50	9.707	2,929	0.079	410	107.34	20.8	8.37	45.02	128	27.8	136	8.84		114
AVOCADO TOAST	1,040	53.09	10.615	1,870	0.178	390	104.78	20.0	6.99	33.49	157	25.6	283	8.70		113
VEGAN TOAST	847	16.27	2.346	709	0.008	0	150.40	19.1	45.99	23.32	141	153.7	102	7.80		293

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

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, CA (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOLATE, TOTAL (µG)
JUNIOR BACON	682	45.35	10.279	1,917	0.079	260	38.87	4.6	5.73	27.02	11	1.9	67	2.43	1.69	4
JUNIOR SAUSAGE	640	44.42	10.922	1,410	0.079	246	35.87	4.6	2.73	22.88	11	1.9	67	2.97	1.85	4
PARTY PANCAKES	819	10.76	6.324	1,752	0.026	27	164.29	3.4	63.77	19.88	236	6.6	268	7.11		107
MARKY MARK	641	24.47	17.026	606	0.000	44	101.78	6.9	56.06	10.13	25	5.9	142	4.60	3.01	11
RORO 123	361	12.02	9.754	63	0.000	90	97.82	4.1	45.41	9.59	0	51.4	94	1.69	5.56	2

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

BREAKFAST HANDHELDS & ALL DAY LUNCH

	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)
BREAKFAST BURRITO	1,307	71.22	20.662	2,214	0.129	457	107.02	11.3	14.92	60.41	106	30.1	282	10.91	126.14	160
PUR BELT	1,099	63.47	14.965	2,220	0.103	257	95.35	11.5	14.62	35.72	72	14.0	224	4.52	9.04	58
BREAKFAST TACOS	959	64.39	21.874	777,155	0.451	645	49.43	6.8	7.86	47.49	127	8.3	1,112	11.22		16
BREAKFAST QUESADILLA	874	50.35	16.223	776,977	0.401	241	71.06	18.4	10.03	34.31	147	76.6	1,050	11.15		73
CORNEB BEEF MELT	1,223	64.01	18.979	3,128	0.198	153	109.80	5.9	21.54	57.30	100	41.0	285	9.99		15
CLUB SANDWICH	1,436	93.50	17.484	3,031	0.376	170	93.46	12.7	10.09	52.90	130	8.1	326	5.38	57.15	14
SMASH BURGER	1,706	111.79	28.454	3,161	3.573	403	99.79	4.8	10.37	75.25	131	4.9	312	9.32		30
D'S CRISPY CHICKEN	1,178	66.05	12.143	2,727	0.351	57	119.21	5.8	11.06	30.72	130	9.1	267	3.74	24.92	16
CHICKEN WRAP - CRISPY	766	39.37	12.268	1,448	0.160	66	77.24	4.3	10.16	28.98	109	15.0	361	4.33	15.74	26
CHICKEN WRAP - GRILLED	754	40.85	13.012	1,271	0.160	123	58.51	3.8	10.16	41.81	109	15.0	351	4.67		26
POWER BOWL	925	34.98	9.629	347	0.188	41	119.28	15.5	10.09	26.26	323	89.2	850	14.71		560
BISCUITS & GRAVY	842	45.25	21.726	2,752	0.000	21	92.32	4.0	6.08	15.86	38	69.9	223	5.35		24

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

A LITTLE 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)
BACON	400	32.00	10.000	1,400	0.000	100	4.00	0.0	4.00	20.00	0	0.0	0	0.00		0
BISCUIT	334	18.92	8.954	1,019	1.035	0	36.11	1.0	1.00	4.02	100		50	2.51		0
BREAKFAST POUTINE	716	49.64	21.967	1,493	0.088	106	38.01	4.6	2.73	20.94	141	1.9	483	1.47		4
BRIOCHE BREAD	310	12.51	5.385	555	1.035	44	41.88	2.5	1.27	8.88	100		80	2.54		0
CHEESE CHEDDAR	233	19.05	10.582	381		63	2.12			12.70			421			
CHEESE SWISS	236	18.59	10.938	112	0.594	56	0.86	0.0	0.00	16.18	173	0.0	534	0.08		6
EGG (1)	429	25.76	6.659	920	0.227	30	36.61	4.6	2.73	13.24	55	1.9	277	1.45		5
CREPE	111	3.77	1.392	79	0.000	113	57.52	1.3	13.96	7.80	0	0.4	81	0.62	0.44	2
CRISPY CHICKEN	142	1.52	0.253	567	0.000	33	18.73	0.5	0.00	13.16			10	0.76		
1 EGG	70	5.00	1.500	70		185				6.00			28	1.00		
ENGLISH MUFFIN	154	5.92	0.954	164	1.035	0	21.11	1.0		4.02	100		98	1.01	0.61	0
FAMOUS P&S POTATOES	312	16.35	1.279	797	0.079	0	35.87	4.6	2.73	6.02	11	1.9	39	1.43		4
FRENCH FRIES	303	17.44	2.380	625	0.035	0	34.72	1.7	0.00	1.74	0	0.0	17	0.87		0
FRENCH TOAST	189	5.84	2.969	290	0.000	83	27.68	1.3	7.17	7.24	0	0.2	85	1.64	0.24	1
GRILLED CHICKEN BREAST	130	3.00	0.997	390		90				26.00				1.10		
GRITS	530	36.88	23.048	1,222		104	27.66			18.44			530	2.31		
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		85
HALF WAFFLE	174	0.75	0.000	559		0	36.71	1.5	3.47	3.02	0	0.0	15	1.96	0.32	0
HAM	113	3.75	1.875	1,313		47	5.63		5.63	15.00						
HAZELNUT CHOCOLATE	425	25.51	24.154	0		0	52.73	8.5	45.93	4.25	0	0.0	85	3.40	0.90	0
HOLLANDAISE SAUCE	202	19.37	11.966	270	0.012	50	0.00	0.0	0.00	2.48	155	0.0	45	0.06		0

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.

A LITTLE 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 (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOLATE, TOTAL (µG)
HOLLANDAISE SPICY	189	18.08	11.169	400	0.011	46	0.12	0.0	0.06	2.32	145	4.1	42	0.05	0.01	0
HOUSE MADE SLAW	177	11.60	1.925	323	0.000	9	18.14	3.0	13.07	2.05	80	81.6	64	1.15		26
PANCAKE	243	2.60	0.916	697	0.000	12	47.57	1.4	9.65	7.77	0	0.1	100	2.31	0.32	1
PUR MAPLE SYRUP	317	0.07	0.009	15		0	81.61	0.0	73.60	0.05	0	0.0	124	0.13		0
SAUSAGE	387	34.61	12.214	814		92				16.29				0.81		
SAUSAGE GRAVY	120	8.51	2.835	404		11	7.80		0.71	3.54			53			
SEASONAL BERRY BOWL	96	0.45	0.013	1	0.000	0	26.36	4.5	15.09	2.64	1	96.3	17	0.48		15
SEASONAL FRUIT BOWL	261	0.27	0.184	1	0.000	0	63.07	2.1	39.05	3.22	4	107.6	24	0.43		22
SMOKED SALMON	180	10.77	2.688	1,145	0.000	39	5.63	1.7	1.81	16.80	31	16.5	29	0.52		14
TOAST SOURDOUGH	284	4.92	0.954	669	1.035	0	52.11	2.0		8.02	100		12	4.01		0
TOAST GLUTEN FREE	344	14.92	0.954	589	1.035	0	48.11	2.0	4.00	4.02	100		100	0.01	0.00	0
TOAST SIDE WHITE	167	6.83	1.338	279	1.035	0	23.11	0.8	1.53	3.85	100		39	1.31		0
TOAST WHITE	167	6.83	1.338	279	1.035	0	23.11	0.8	1.53	3.85	100		39	1.31	0.00	0
TOAST WHOLE WHEAT	212	7.72	0.954	320	1.035	0	29.04	6.5	3.73	5.62	100		76	1.88	0.00	0
TURKEY BACON	120	10.00	2.000	520		40	0.00	0.0	0.00	8.00	0	0.0	0	0.00		0
VANILLA CREAM CUSTARD	103	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
WHIPPED CREAM	60	3.90	3.390	30		0	7.20	0.0	7.20	0.90	0	0.0	30	0.00		0

Abbreviations and/or symbols associated with menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. 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.