



JUNE 2023

|                                       | NUTRITIONAL INFORMATION |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          | ALLERGENS |           |      |      |                |     |       |           | OTHER   |             |            |       |   |
|---------------------------------------|-------------------------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------------|--------------------|------------|-------------|---------------|---------------|-------------|----------|-----------|-----------|------|------|----------------|-----|-------|-----------|---------|-------------|------------|-------|---|
|                                       | Serving Size (g)        | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholest rol (mg) | Sodium (mg) | TotalCarbohydrate (g) | Dietary Fibers (g) | Sugars (g) | Protein (g) | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Peanuts   | Tree Nuts | Milk | Eggs | Fish/Shellfish | Soy | Wheat | Sulphites | Mustard | Gluten Free | Vegetarian | Vegan |   |
| HOT-DOGS                              |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| All-Dressed Steamed Hot Dog           | 131                     | 250      | 14            | 4.5               | 0             | 45               | 940         | 29                    | 1                  | 7          | 8           | 2             | 8             | 8           | 15       |           |           |      |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| All-Dressed Steamed Hot Dog           | 136                     | 280      | 15            | 5                 | 0.2           | 45               | 970         | 31                    | 1                  | 7          | 9           | 4             | 8             | 8           | 15       |           |           |      |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Bacon and Cheese Hot Dog              | 139                     | 420      | 28            | 8                 | 0.3           | 80               | 1240        | 31                    | 1                  | 6          | 14          | 4             | 0             | 15          | 15       |           |           | ✓    |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Michigan Hot Dog                      | 118                     | 260      | 13            | 4.5               | 0             | 50               | 900         | 27                    | 1                  | 3          | 10          | 6             | 2             | 6           | 15       |           |           |      |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Valentino Hot Dog                     | 188                     | 500      | 34            | 13                | 0.5           | 95               | 1480        | 34                    | 3                  | 6          | 18          | 15            | 2             | 35          | 15       |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Strips Hot Dog                | 158                     | 350      | 19            | 3.5               | 0.3           | 25               | 850         | 37                    | 2                  | 6          | 11          | 0             | 4             | 4           | 15       |           |           |      | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| HAMBURGERS                            |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| Classic Hamburger                     | 200                     | 410      | 24            | 9                 | 0             | 60               | 560         | 34                    | 2                  | 8          | 17          | 0             | 10            | 10          | 25       |           |           |      |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Double hamburger                      | 285                     | 640      | 43            | 17                | 0             | 115              | 610         | 34                    | 2                  | 8          | 28          | 0             | 10            | 15          | 35       |           |           |      |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Cheeseburger                          | 210                     | 450      | 26            | 10                | 0.1           | 70               | 730         | 35                    | 2                  | 9          | 19          | 2             | 10            | 20          | 25       |           |           | ✓    |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Double cheeseburger                   | 305                     | 710      | 48            | 20                | 0.2           | 135              | 950         | 36                    | 2                  | 10         | 32          | 4             | 40            | 25          | 35       |           |           | ✓    |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Bacon Cheeseburger                    | 218                     | 480      | 29            | 11                | 0.1           | 80               | 820         | 36                    | 2                  | 9          | 21          | 2             | 10            | 20          | 25       |           |           | ✓    |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Double cheeseburger with bacon        | 320                     | 770      | 53            | 22                | 0.2           | 155              | 1140        | 37                    | 2                  | 10         | 37          | 4             | 10            | 25          | 35       |           |           | ✓    |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Michigan Burger                       | 175                     | 410      | 23            | 9                 | 0             | 60               | 470         | 30                    | 1                  | 4          | 17          | 4             | 2             | 10          | 25       |           |           |      |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Burger                        | 218                     | 400      | 16            | 3                 | 0.2           | 50               | 930         | 42                    | 1                  | 10         | 22          | 0             | 2             | 6           | 20       |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| SIDES                                 |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| Regular Fries                         | 285                     | 710      | 29            | 2.5               | 0             | 0                | 80          | 101                   | 11                 | 5          | 14          | 0             | 0             | 4           | 25       |           |           |      |      |                |     |       |           |         |             |            | ✓     | ✓ |
| Medium Fries                          | 382                     | 960      | 39            | 3.5               | 0             | 0                | 110         | 137                   | 15                 | 7          | 19          | 0             | 0             | 6           | 35       |           |           |      |      |                |     |       |           |         |             |            | ✓     | ✓ |
| Large Fries                           | 638                     | 1610     | 65            | 6                 | 0             | 0                | 180         | 228                   | 25                 | 11         | 31          | 0             | 0             | 10          | 60       |           |           |      |      |                |     |       |           |         |             |            | ✓     | ✓ |
| Extra Large Fries                     | 935                     | 2380     | 96            | 8                 | 0             | 0                | 270         | 338                   | 38                 | 17         | 46          | 0             | 0             | 15          | 80       |           |           |      |      |                |     |       |           |         |             |            | ✓     | ✓ |
| Family Fries                          | 1810                    | 4570     | 184           | 16                | 0             | 0                | 520         | 649                   | 72                 | 32         | 88          | 0             | 0             | 30          | 160      |           |           |      |      |                |     |       |           |         |             |            | ✓     | ✓ |
| Pogo                                  | 85                      | 250      | 15            | 2.5               | 0.2           | 30               | 630         | 22                    | 1                  | 3          | 6           | 0             | 0             | 6           | 8        |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Onion Rings                           | 113                     | 340      | 22            | 2.5               | 1             | 0                | 720         | 32                    | 3                  | 4          | 3           | 0             | 0             | 4           | 3        |           |           |      |      |                | ✓   | ✓     |           |         |             |            | ✓     |   |
| MEALS                                 |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| Hot Chicken & Fries                   | 748                     | 1160     | 33            | 3                 | 0             | 85               | 2220        | 157                   | 12                 | 12         | 61          | 2             | 0             | 10          | 45       |           |           |      |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Hot Chicken & Poutine                 | 998                     | 1480     | 54            | 16.5              | 1             | 150              | 4020        | 175                   | 15                 | 14         | 77          | 17            | 0             | 66          | 45       |           |           | ✓    |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Strips & Fries Platter        | 441                     | 1020     | 43            | 6.5               | 0.3           | 30               | 1270        | 131                   | 13                 | 7          | 33          | 0             | 6             | 8           | 35       |           |           |      | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Strips & Poutine Platter      | 691                     | 1340     | 64            | 20                | 1.3           | 95               | 3070        | 149                   | 16                 | 9          | 49          | 15            | 6             | 64          | 35       |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Burger & Fries Platter        | 703                     | 1110     | 45            | 6                 | 0.2           | 50               | 1010        | 143                   | 12                 | 15         | 36          | 0             | 2             | 10          | 45       |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Burger & Poutine Platter      | 953                     | 1430     | 66            | 19                | 1.2           | 115              | 2810        | 161                   | 15                 | 17         | 52          | 15            | 2             | 66          | 45       |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Hamburger Steak & Fries               | 570                     | 1365     | 71            | 20                | 0             | 115              | 1580        | 140                   | 12                 | 10         | 41          | 0             | 0             | 15          | 55       |           |           |      |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Hamburger Steak & Poutine             | 820                     | 1685     | 92            | 33                | 1             | 180              | 3380        | 158                   | 15                 | 12         | 57.4        | 15            | 0             | 70          | 55       |           |           | ✓    |      |                | ✓   | ✓     |           |         | ✓           |            |       |   |
| Club Sandwich, Fries & 20oz Beverage* | 1370                    | 1950     | 95            | 14                | 3.5           | 85               | 1800        | 250                   | 15                 | 95         | 51          | 25            | 70            | 20          | 60       |           |           | ✓    | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| POUTINES                              |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| Regular Quebec's Famous Poutine       | 535                     | 1030     | 50            | 16                | 1             | 65               | 1880        | 119                   | 14                 | 7          | 30          | 15            | 0             | 60          | 25       |           |           | ✓    |      |                |     |       |           |         |             |            | ✓     |   |
| Large Quebec's Famous Poutine         | 1130                    | 2240     | 108           | 32                | 1.5           | 135              | 3790        | 262                   | 31                 | 15         | 64          | 30            | 0             | 120         | 60       |           |           | ✓    |      |                |     |       |           |         |             |            | ✓     |   |
| Italian Poutine                       | 480                     | 1060     | 53            | 17                | 1             | 80               | 1450        | 117                   | 15                 | 7          | 34          | 35            | 4             | 60          | 30       |           |           | ✓    |      |                |     |       |           |         |             |            |       |   |
| Extreme Poutine                       | 695                     | 1410     | 82            | 29                | 1             | 175              | 2470        | 124                   | 14                 | 9          | 47          | 20            | 4             | 70          | 40       |           |           | ✓    |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Poutine                       | 600                     | 1120     | 51            | 16                | 1             | 110              | 1910        | 119                   | 14                 | 7          | 51          | 15            | 0             | 60          | 25       |           |           | ✓    |      |                |     |       |           |         |             |            |       |   |
| Hot Dog Poutine                       | 625                     | 1290     | 72            | 24                | 1             | 155              | 2940        | 125                   | 14                 | 7          | 40          | 20            | 0             | 70          | 35       |           |           | ✓    |      |                | ✓   | ✓     |           |         |             |            |       |   |
| Bacon Poutine                         | 558                     | 1130     | 57            | 18                | 1             | 95               | 2170        | 120                   | 14                 | 7          | 38          | 15            | 0             | 60          | 25       |           |           | ✓    |      |                |     |       |           |         |             |            |       |   |
| Smoked Meat Poutine                   | 613                     | 1130     | 56            | 18                | 1             | 105              | 2800        | 119                   | 15                 | 8          | 44          | 15            | 15            | 60          | 35       |           |           | ✓    |      |                | ✓   |       | ✓         |         |             |            |       |   |
| SMOKED MEAT                           |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| Smoked Meat & Fries Platter           | 495                     | 1080     | 49            | 7                 | 0.4           | 80               | 2660        | 137                   | 16                 | 16         | 48          | 2             | 80            | 12          | 55       |           |           |      |      |                | ✓   | ✓     | ✓         | ✓       |             |            |       |   |
| Smoked Meat Sandwich & Poutine        | 745                     | 1400     | 70            | 20.5              | 1.4           | 145              | 4460        | 155                   | 19                 | 18         | 64          | 17            | 80            | 68          | 55       |           |           | ✓    |      |                | ✓   | ✓     | ✓         | ✓       |             |            |       |   |
| Smoked Meat Club & Fries              | 795                     | 1700     | 99            | 17                | 3.5           | 80               | 2930        | 181                   | 16                 | 27         | 45          | 20            | 80            | 19          | 65       |           |           |      |      |                | ✓   | ✓     | ✓         | ✓       |             |            |       |   |
| Smoked Meat Club & Poutine            | 1045                    | 2020     | 120           | 30                | 4.5           | 145              | 4730        | 199                   | 19                 | 29         | 61          | 35            | 80            | 75          | 65       |           |           | ✓    |      |                | ✓   | ✓     | ✓         | ✓       |             |            |       |   |
| Smoked Meat Poutine                   | 613                     | 1130     | 56            | 18                | 1             | 105              | 2800        | 119                   | 15                 | 8          | 44          | 15            | 15            | 60          | 35       |           |           | ✓    |      |                | ✓   |       | ✓         |         |             |            |       |   |
| SANDWICHES                            |                         |          |               |                   |               |                  |             |                       |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |
| 2 Chicken Wraps                       | 247                     | 480      | 22            | 5                 | 0.2           | 65               | 820         | 45                    | 5                  | 9          | 28          | 4             | 10            | 6           | 15       |           |           |      | ✓    |                |     | ✓     |           |         |             |            |       |   |
| BLT Sandwich                          | 253                     | 650      | 45            | 9                 | 2             | 45               | 1140        | 50                    | 2                  | 11         | 12          | 15            | 20            | 8           | 20       |           |           |      | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Chicken Sandwich                      | 245                     | 660      | 41            | 7                 | 2             | 65               | 970         | 46                    | 1                  | 10         | 27          | 15            | 2             | 6           | 20       |           |           |      | ✓    |                | ✓   | ✓     |           |         |             |            |       |   |
| Tomato Sandwich                       | 238                     | 580      | 40            | 7                 | 2             | 25               | 950         | 49                    | 2                  | 11         | 7           | 15            | 20            | 8           | 20       |           |           |      | ✓    |                | ✓   | ✓     |           |         |             |            | ✓     |   |
| Grilled Cheese Sandwich               | 130                     | 470      | 30            | 8                 | 2             | 20               | 890         | 41                    | 1                  | 6          | 10          | 15            | 0             | 20          | 15       |           |           | ✓    |      |                | ✓   | ✓     |           |         |             |            | ✓     |   |
| Plain Guedille                        | 171                     | 390      | 29            | 5                 | 1             | 25               | 690         | 31                    | 2                  | 9          | 5           | 8             | 10            | 4           | 15       |           |           |      | ✓    |                | ✓   | ✓     |           |         |             |            | ✓     |   |
| Chicken Guedille                      | 203                     | 440      | 29            | 5                 | 1             | 45               | 700         | 31                    |                    |            |             |               |               |             |          |           |           |      |      |                |     |       |           |         |             |            |       |   |