

Smitty's Nutritional Information

Updated October 20, 2016

*The information presented below is to be used as a guide only. All nutritional values are based on standardized recipe formulations and average figures. Figures are estimates based on manufacturer's ingredients and nutritional declarations, the USDA nutritional database, the Canadian Nutrient Database and standard recipes. Items with declared Allergen content from the supplier are marked with **X**. Items from a source that state 'may contain (an allergen)' on the ingredient list are marked with **x***. Preparation, recipes, ingredients and figures may change without notice and vary from location to location.

**Our menu items are all prepared on equipment that may contain small traces or residue or may have been in contact with allergenic substances such as cereals, gluten, egg and milk products, peanuts and nuts, seeds and soy products, crustacean and fish products, and sulphites.

***Some menu items may not be available at all Smitty's Restaurants and certain locations may, at times, offer test products, limited time offerings, or other regional menu choices not listed. Nutritional information shown does not apply to special or custom orders.

BREAKFAST SKILLETS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Buffalo Chicken Skillet	1,198	78	10.6	0.54	2570	747	79.0	9.3	12.9	43.4	X	X		X			
Farmer's Skillet	1,093	71.0	19.6	0.92	1849	774	63.8	8.0	8.7	48.4	X	X	X	X			
Meatlover's Skillet	1,341	94	27.8	0.94	3278	844	63.2	6.8	4.4	57.6	X	X	X*	X*			
Texas Skillet	1,128	70	21.1	1.29	2420	801	72.1	10.0	16.4	50.8	X	X	X	X			
Ukrainian Skillet	1,264	69	23.4	0.49	2106	804	100.1	6.5	10.2	56.3	X	X		X			
Western Skillet	1,091	70	16.5	0.64	2178	764	75.9	8.2	10.1	38.5	X	X		X			
with Texas Toast (White) add:	273	8	1.2	0.00	493	0	42.0	4.0	4.0	4.0	X	X	X	X			
with Texas Toast (Whole Wheat) add:	273	8.0	1.2	0.00	493	0.0	42.0	4.0	4.0	8.0	X*	X*	X*	X			
NOTE	'Breakfast Skillets' nutritional values do not include Toast. These values are listed separately.																

BREAKFAST SPECIALTIES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Big Country Breakfast	761	56.4	20.0	0.16	3280	694	10.1	0.0	1.1	51.6		X	X	X			
Clubhouse Benedict	635	35.5	11.0	0.04	1899	417	43.9	4.1	7.5	34.3	X	X	X	X			
Eggs Benedict	494	22.5	6.8	0.04	2128	401	43.4	3.0	5.8	30.1	X	X	X	X			
Fiesta Wrap	728	35.7	15.8	0.53	2053	527	58.4	6.0	7.3	41.3	X	X	X*	X			
International Breakfast	889	52.2	17.4	0.25	2012	557	67.33	2.3	10.4	37.0	X	X	X*	X			
Steak & Eggs - New York (8 oz)	696	45.4	10.4	0.06	643	665	1.1	0.0	0.6	67.4		X					
West Coast Benedict	510	27.0	6.3	0.04	870	373	47.9	7.2	7.7	20.9	X	X	X	X			
NOTE	'Breakfast Specialties' nutritional values do not include Toast and Hash Browns, Pancakes, Fresh Fruit, or Yogurt unless noted. These values are listed separately below.																

OMELETTES AND EGGS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Bacon Lover's Bacon & Eggs	743	65.5	23.1	0.04	1782	492	0.7	0.0	0.4	32.6		X					
Farmer's Sausage & Eggs	497	36.3	12.9	0.17	1335	440	6.7	0.0	4.2	35.0		X	X*	X*			
Omelette- Bacon Denver	662	47.7	20.3	0.56	1595	799	8.8	2.9	3.1	45.5	X	X					
Omelette- Ham & Cheese	495	33.6	15.3	0.56	1182	769	5.0	1.9	1.1	39.9	X	X					
Omelette- Mushroom, Bacon & Cheddar	607	46.2	19.8	0.56	1024	776	6.1	27.0	2.2	39.6	X	X					
Omelette- Spinach & Swiss	496	30.9	14.3	0.51	757	739	16.4	3.8	3.0	37.5	X	X		X*			
Two Eggs & Back Bacon	302	16.3	6.5	0.04	2671	429	5.3	0.0	0.4	34.1		X					
Two Eggs & Bacon	443	37.5	13.1	0.04	962	432	0.7	0.0	0.4	22.6		X					
Two Eggs & Ham	256	12.9	4.3	0.04	1287	417	4.1	0.0	1.5	28.4		X					
Two Eggs & Sausage	663	55.5	19.1	0.24	1782	482	10.7	0.0	0.4	30.6		X	X	X			
Two Eggs (Any Style)	143	9.5	3.1	0.04	142	372	0.7	0.0	0.4	12.6		X					

NOTE *'Omelettes and Eggs' nutritional values do not include Toast and Hash Browns, Pancakes, Fresh Fruit, or Yogurt unless noted. These values are listed separately below.*

ADD BREAKFAST SIDE CHOICES (for Specialties, Eggs and Omelettes)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
w/ Ancient Grain Pancakes	447	7.55	2.4	0.25	1116	36	85.98	6.1	19.79	10.89	X	X	X*	X			
w/ Buttermilk Pancakes	457	4.9	1.6	0.33	1469	33	91.4	6.5	19.6	9.8	X	X		X			
w/ Fresh Fruit	37	0.2	0.0	0.00	6	0	9.2	0.9	7.4	0.7							
w/ Hash Browns, cubed	393	24.4	1.6	0.34	481	0	39.6	3.7	2.7	4.4				X			
w/ Hash Browns, shredded	245	13.6	0.8	0.00	879	0	28.4	2.6	1.1	2.4							
w/ Muffin - Raisin Bran	426	23.2	5.3	0.00	424	77	51.2	4.0	31.1	6.1	X	X	X*	X			
w/ Yogurt, Fat Free Vanilla	140	0.0	0.0	0.00	85	0	28.0	0.0	25.0	6.0	X						
w/ Texas Toast (White)	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	4.0	X*	X*	X*	X			
w/ Texas Toast (Whole Wheat)	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	8.0	X*	X*	X*	X			
Add Breakfast Poutine to Hash Browns	168	11.9	6.7	0.30	556	26	7.0	0.0	2.3	8.3	X		X*				
Smitty's Syrup (per Tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0							
Whipped Butter (per portion)	35	3.5	2.5	0.10	30	10	0.0	0.0	0.0	0.0	X						
Margarine (Becel) (per portion)	50	6.0	1.0	0.00	50	0	0.0	0.0	0.0	0.0	X		X				

SMITTY'S CLASSIC PANCAKES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Ancient Grains Pancakes (Classic)	744	12.6	3.9	0.41	1860	60	143.3	10.1	33.0	18.1	X	X	X*	X			
Ancient Grains Pancakes (Short)	447	7.6	2.4	0.25	1116	36	86.0	6.1	19.8	10.9	X	X	X*	X			
Buttermilk Pancakes (Classic)	762	8.2	2.7	0.55	2448	54	152.3	10.9	32.6	16.3	X	X		X			
Buttermilk Pancakes (Short)	457	4.9	1.6	0.33	1469	33	91.4	6.5	19.6	9.8	X	X		X			
Blueberry Pancakes*	722	11.9	8.6	0.43	1489	33	144.8	10.5	65.0	10.2	X	X		X			
Strawberry Pancakes*	722	11.9	9.6	0.43	1469	33	136.8	6.5	61.0	10.2	X	X		X			
Short Stack Combo - Bacon	757	32.9	11.6	0.33	2289	93	91.4	6.5	19.6	19.8	X	X		X			
Short Stack Combo - Sausage	977	50.9	17.6	0.53	3109	141	101.4	6.5	19.6	27.8	X	X	X	X			
<i>* Includes Whipped topping and icing sugar</i>																	
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0							
Add Blueberry Topping	160	0.0	0.0	0.00	0	20	44.0	4.0	36.0	0.0							
Add Whipped Topping (3 fl oz serving)	100	7.0	7.0	0.10	0	0	8.0	0.0	8.0	0.4	X						
Smitty's Pancake Syrup (per tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0							
ED Smith No Sugar Added Syrup (per tablespoon)	10	0.0	0.0	0.00	0	25	2.3	0.0	6.0	0.0							
Butter Portions (each)	35	3.5	2.5	0.10	10	30	0.0	0.0	0.0	0.0	X						
Becel Portions (each)	50	6.0	1.0	0.00	0	50	0.0	0.0	0.0	0.0	X		X				

BELGIAN WAFFLES and FRENCH TOAST	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
French Toast	499	10.1	3.0	0.05	841	301	83.2	4.1	10.4	21.1	X	X		X			
Bacon & Egg French Toast	986	39.0	12.7	0.07	1291	611	130.9	2.7	34.0	31.7	X	X		X			
French Toast - Blueberry*	759	17.1	10.0	0.15	861	301	135.2	8.1	54.4	21.5	X	X		X			
French Toast - Strawberry*	759	17.1	10.0	0.15	861	301	127.2	4.1	50.4	21.5	X	X		X			
Golden Belgian Waffle	336	4.6	0.6	0.18	720	1	66.8	1.9	12.2	6.9	X		X*	X			
Bacon & Egg Waffle	629	28.1	8.7	0.22	1272	403	67.5	1.9	12.5	24.5	X	X	X*	X			
Waffle - Blueberry*	618	11.6	7.6	0.28	740	1	124.5	5.9	61.7	7.3	X		X*	X			
Waffle - Strawberry*	618	11.6	7.6	0.28	720	1	116.5	1.9	57.7	7.3	X		X*	X			
<i>* Includes Whipped topping and icing sugar</i>																	
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0							
Add Blueberry Topping	160	0.0	0.0	0.00	0	20	44.0	4.0	36.0	0.0							
Add Whipped Topping (3 fl oz serving)	100	7.0	7.0	0.10	0	0	8.0	0.0	8.0	0.4	X						
Smitty's Pancake Syrup (per tablespoon)	60	0.0	0.0	0.00	0	0	14.7	0.0	7.1	0.0							
ED Smith No Sugar Added Syrup (per tablespoon)	10	0.0	0.0	0.00	0	25	2.3	0.0	6.0	0.0							
Butter Portions (each)	35	3.5	2.5	0.10	10	30	0.0	0.0	0.0	0.0	X						
Becel Portions (each)	50	6.0	1.0	0.00	0	50	0.0	0.0	0.0	0.0	X		X				

BREAKFAST EXTRAS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Add Breakfast Poutine to Hash Browns	168	11.9	6.7	0.30	556	26	7.0	0.0	2.3	8.3	X		X*				
Egg - One	168	11.9	6.7	0.30	556	26	7.0	0.0	2.3	8.3		X					
Fresh Fruit Breakfast Parfait- Strawberries	72	4.8	1.6	0.02	71	186	0.4	0.0	0.2	6.3	X		X*	X		X*	X*
Fresh Fruit Breakfast Parfait- Mixed	213	4.6	0.9	0.00	46	0	35.9	3.0	22.2	6.5	X		X*	X		X*	X*
Hash Browns (Large)	576	31.6	2.3	0.54	802	0	66.1	6.2	4.5	7.3				X			
Muffin - Blueberry	371	17.1	1.1	0.00	361	60	51.2	4.0	31.1	6.0	X	X	X*	X			
Oatmeal (with Brown Sugar and 2% Milk)	461	5.8	1.2	0.08	219	7	98.0	6.0	59.6	11.1	X			X*			
Oatmeal- Steel Cut (with Brown Sugar and 2% Milk)	431	4.3	1.7	0.08	219	7	90.0	4.0	66.6	9.1	X			X*			
Side of Back Bacon (4 oz)	159	6.8	3.4	0.00	2529	57	4.5	0.0	0.0	21.6							
Side of Bacon(4 strips)	300	28.0	10.0	0.00	820	60	0.0	0.0	0.0	10.0							
Side of Farmer Sausage (5.5 oz)	354	26.8	9.8	0.13	1193	68	6.0	0.0	3.9	22.4	X		X*	X*			
Side of Ham (4 oz)	113	3.4	1.1	0.00	1145	45	3.4	0.0	1.1	15.9							
Side of Sausage (4 oz)	520	46.0	16.0	0.20	1640	110	10.0	0.0	0.0	18.0			X	X			
White Toast	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	4.0	X*	X*	X*	X			
Whole Wheat (60%) Toast	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	8.0	X*	X*	X*	X			
Yogurt	140	0.0	0.0	0.00	85	0	28.0	0.0	25.0	6.0	X						

SENSATIONAL STARTERS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Butter Chicken Dip	968	53	16	0	774	131	95	11	13	28	X			X*			
Cheddar and Potato Perogies & Dip	681	26.5	5.8	0.00	1444	30	94.3	5.1	9.2	15.1	X	X	X*	X			
French Fries- Smitty's Size	780	40.4	3.6	0.20	975	0	54.4	4.5	0.0	4.5	X		X	X			
Mozzarella Sticks & Dip	685	44.8	12.1	0.37	2830	54	44.3	1.9	4.7	25.4	X		X	X			
Nachos & Dip	2,173	129.3	32.7	0.45	3357	176	196.1	21.4	14.3	60.7	X			X*			
Pickle Spears (includes Ranch)	653	44.2	6.8	0.00	2710	21	52.3	4.4	7.1	7.2	X	X		X			
Poutine	887	44.5	9.8	0.70	1536	35	61.0	4.5	0.0	14.4	X		X	X			
Steak Cut Onion Rings	982	62.4	5.6	0.20	2945	0	98.3	36.0	10.2	9.5				X			
Sweet Potato Fries (includes Ranch)	708	53.2	4.6	0.00	1057	21	56.6	4.5	18.1	2.2	X	X		X*			
Texas Skins & Dip	845	48.7	21.6	0.45	1894	137	62.2	8.4	12.7	37.6	X						
Wings- Plain	793	51.1	13.9	0.00	1091	185	18.0	0.8	0.3	61.0				X*			
Add Sauce- Hot	16	0.5	0.9	0.00	1857	0	2.3	1.2	0.4	2.3							
Add Sauce- BBQ	120	0.0	0.0	0.00	700	0	30.0	0.0	26.0	0.6							
Add sauce - Honey Garlic	120	0.0	0.0	0.00	190	0	28.0	0.0	24.0	0.0			X				
Add Sauce - Teriyaki	127	0.0	0.0	0.00	821	0	30.6	0.0	26.0	1.0			X	X			

QUESADILLAS & WRAPS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Beef Quesadilla	931	53.9	28.2	1.36	2571	144	64.3	6.3	14.4	46.9	X			X			
Chicken Quesadilla	942	51.3	26.6	0.94	1889	189	58.8	4.9	10.4	34.0	X			X			
Santa Fe Quesadilla	1092	59.2	27.9	0.03	2964	223	75.1	4.9	24.4	65.6	X			X			
Chipotle Club Wrap	1291	71.2	23.3	0.77	2958	103	91.6	7.9	7.2	41.9	X	X		X			
Chicken Caesar Wrap	885	48.3	6.0	0.10	1752	60	63.8	7.8	15.0	22.5	X	X	X	X			
NOTE	<i>'Quesadillas and Wraps' nutritional values do not include fries, salad or soup unless noted. Side choices are listed separately.</i>																

ALL DAY FAVOURITES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Chicken Fingers	784	49.7	1.8	0.00	1344	60	52.4	2.2	34.1	28.4	X	X	X	X			
Hot Turkey Sandwich	413	8.6	2.7	0.00	2169	28	61.0	2.9	30.3	23.5	X		X	X			
Monte Cristo Sandwich	751	31.6	12.8	0.44	2300	313	66.9	7.2	7.3	43.7	X	X		X			
Philly Cheese	756	31.9	13.6	0.13	712	174	46.9	3.2	4.1	69.1	X		X	X			
Roast Beef Dip	547	15.6	3.9	0.00	973	120	44.6	2.0	2.8	54.7	X		X	X			
Steak Sandwich- NY Strip (8 oz)	737	43.7	8.4	0.06	844	107	32.3	2.5	2.6	53.8	X		X*	X			
Steak Sandwich- Sirloin (6 oz)	647	34.2	11.2	0.06	812	151	32.3	2.5	2.6	51.5	X		X*	X			
California BLT	667	42.6	10.6	0.03	1359	53	54.7	9.0	9.3	13.9	X	X*	X*	X			
Traditional Clubhouse	755	38.1	10.5	0.03	2199	67	72.3	8.0	11.5	24.5	X	X*	X*	X			
NOTE	<i>'All Day Favourites' nutritional values do not include fries, salad or soup unless noted. Side choices are listed separately below.</i>																

GOURMET BURGERS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
	Bacon Cheese Burger	824	47.2	22.9	2.16	1870	172	44.4	2.6	7.2	42.6	X	X		X		
Classic Burger	590	26.2	13.7	1.96	1230	117	44.4	2.6	7.2	30.6	X	X		X			
Great Canadian Burger	976	47.1	22.8	2.17	2556	171	83.2	2.7	27.4	44.5	X	X		X			
Honey BBQ Burger	999	51.4	23.3	2.20	2530	171	77.4	3.0	25.5	44.0	X	X	X	X			
Rocky Mountain Burger	878	48.4	23.4	2.06	2699	186	46.3	2.6	7.5	49.8	X	X		X			
Ultimate Mozza Burger	1195	76.1	27.0	2.23	2526	174	64.8	4.6	8.0	49.8	X	X	X	X			
Crunchy Chicken Burger	505	12.1	2.3	0.06	1464	174	59.8	3.3	6.2	38.9	X	X	X	X			
NOTE	'Gourmet Burgers' nutritional values do not include fries, salad or soup unless noted. Side choices are listed separately below.																

SIDE CHOICES (for Wraps, Quesadillas, Favourites and Burgers)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
	French Fries	450	21.0	2.0	0.13	610	0	34.0	2.8	0.0	2.8				X		
Sweet Potato Fries	348	23.4	2.2	0.00	32	60	34.0	2.8	11.3	1.4				X*			
Chipotle Dip (fl oz)	134	10.9	1.5	0.06	536	16	9.0	0.1	4.7	0.4		X					
Petite Caesar Salad	265	21.3	4.5	0.10	623	25	9.8	1.8	1.0	8.1	X	X	X	X	X		
Petite Tossed Salad	265	25.8	3.8	0.00	395	15	6.9	2.0	2.7	1.5							
- ranch dressing (Tbsp)	86	9.1	1.3	0.00	134	5	0.5	0.0	0.0	0.0	X	X					
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0							
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1		X					
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0							
Soup: Cream of Mushroom (8 fl oz)	280	10.0	4.0	0.00	1740	20	40.0	6.0	6.0	8.0	X		X	X			
Soup: Creamy Garden Broccoli (8 fl oz)	240	9.0	4.0	0.00	1620	20	30.0	8.0	8.0	10.0	X		X	X			
Soup: Creole Chicken Gumbo (8 fl oz)	140	1.0	0.4	0.00	1660	10	28.0	4.0	6.0	8.0			X				

DINNER FAVOURITES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
	Breaded Veal Cutlets	665	35.7	9.0	2.00	1996	50	54.7	5.5	14.8	35.0	X*			X		
Chicken & Waffle	546	17.67	1.94	0.01	1562	85	62.9	2.6	15.65	33.63	X	X	X	X			
Chicken Parmesan (with Pasta Alfredo)	766	30.0	12.4	0.54	1937	205	67.0	3.3	5.1	53.4	X	X	X	X			
Chicken Parmesan (with Pasta Marinara)	699	21.8	8.2	0.24	1820	182	70.8	4.1	7.4	51.1		X	X	X			
Fish (2 pieces)	372	14.6	1.0	0.01	749	92	27.1	1.5	1.1	30.5	X*	X*		X			
Homestyle Turkey Dinner	562	15.4	4.3	0.00	3197	43	72.5	6.4	34.6	34.9	X		X	X			
Liver and Onions	790	41.9	10.1	0.46	692	922	31.4	4.8	8.5	70.2				X			
Roast Beef Dinner	622	19.0	6.3	0.00	663	241	12.4	2.9	4.2	95.5			X	X			
New York Steak and Shrimp	601	37.7	7.4	0.00	832	212	8.7	2.9	3.7	57.9					X		
New York Steak Dinner	546	34.4	6.5	0.00	527	107	8.7	2.9	3.7	50.4							
Stir Fry Chicken (Szechuan) w/ Rice	689	16.1	2.8	0.03	1916	83	98.9	7.0	19.4	42.5			X	X			
Stir Fry Chicken (Teriyaki) w/ Rice	843	12.1	2.8	0.03	2237	83	144.1	7.0	59.4	40.6			X	X			
Stir Fry Shrimp (Szechuan) w/ Rice	604	12.8	2.1	0.00	1993	210	98.9	7.0	19.4	29.9			X	X			
Stir Fry Shrimp (Teriyaki) w/ Rice	757	8.8	2.1	0.00	2315	210	144.1	7.0	59.4	27.9			X	X			
Swiss Chicken & Spinach Dinner	516	19.1	7.2	0.26	1433	181	21.8	4.8	9.2	67.3	X		X*	X*			
Wild Pink Salmon Dinner	334	8.1	2.4	0.00	1070	51	16.6	3.2	6.3	45.1	X		X*	X*	X		
Garlic Toast with meal	155	7.0	1.8	0.00	180	0	20.5	1.0	0.5	4.0	X		X*	X			
NOTE	'Dinner Favourites' nutritional values do not include Garlic Toast or side choice unless noted. Side choices are listed separately below.																

DINNER SIDE CHOICES											DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH/ SHELLFISH	TREENUT	PEANUT
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)							
Baked Potato (10 oz) w/ Butter only	333	6.6	3.9	0.00	93	17	63.2	6.6	3.5	7.5	X						
Mashed Potatoes	186	5.0	1.3	1.37	760	0	30.7	2.6	1.4	4.3	X						
Rice	178	3.1	0.8	0.00	37	0	33.8	0.8	0.4	3.2							
French Fries	450	21.0	2.0	0.13	610	0	34.0	2.8	0.0	2.8				X			
'Add Poutine' to Fries	167	10.9	6.6	0.50	560	108	6.5	0.0	0.0	9.9	X		X	X			
Gravy (4 fl oz)	36	0.9	0.6	0.00	556	0	5.6	0.0	0.0	1.8			X	X			
Sweet Potato Fries	348	23.4	2.2	0.00	32	60	34.0	2.8	11.3	1.4							
Chipotle Dip (fl oz)	134	10.9	1.5	0.06	536	16	9.0	0.1	4.7	0.4		X					
Petite Caesar Salad	265	21.3	4.5	0.10	623	25	9.8	1.8	1.0	8.1	X	X	X	X	X		
Petite Tossed Salad	265	25.8	3.8	0.00	395	15	6.9	2.0	2.7	1.5							
- ranch dressing (Tbsp)	70	8.0	1.0	0.00	130	5	1.0	0.0	0.0	0.1	X	X					
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0							
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1		X					
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0							
Soup: Cream of Mushroom (8 fl oz)	280	10.0	4.0	0.00	1740	20	40.0	6.0	6.0	8.0	X		X	X			
Soup: Creamy Garden Broccoli (8 fl oz)	240	9.0	4.0	0.00	1620	20	30.0	8.0	8.0	10.0	X		X	X			
Soup: Creole Chicken Gumbo (8 fl oz)	140	1.0	0.4	0.00	1660	10	28.0	4.0	6.0	8.0			X				

GARDEN FRESH SALADS											DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH/ SHELLFISH	TREENUT	PEANUT
	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)							
Berry Blast Salad w/ Chicken (no dressing)	428	20.13	9.25	0.13	1222	93	31.8	4.6	21.3	33.3	X						
Caesar Salad (with Dressing)	465	38.45	6.56	0.10	934	35	18.7	2.9	1.7	10.8	X	X	X	X	X		
Add Chicken	145	3.82	0.91	0.03	452	83	0.0	0.0	0.0	27.7							
Add Salmon	110	1.5	0.5	0.00	330	25	0.0	0.0	0.0	21.0				X			
Chef's Salad (no dressing)	280	14.38	6.57	0.22	1009	219	15.7	5.7	8.0	25.2		X					
Cobb Salad (w dressing)	838	66.28	17.8	0.05	2299	354	13.1	6.4	3.9	47.8	X	X					
Garden Salad (no dressing)	159	5.87	0.55	0.00	54	0	25.7	5.3	14.9	5.4							
- ranch dressing (Tbsp)	70	8	1	0.00	130	5	1.0	0.0	0.0	0.1	X	X					
- balsamic dressing (Tbsp)	45	4	2	0.00	150	0	2.0	0.0	1.5	0.0							
- 1000 island dressing (Tbsp)	40	3	0.5	0.00	160	5	3.0	0.0	3.0	0.1		X					
- Italian dressing (light) (Tbsp)	5	0.4	0	0.00	230	0	1.0	0.0	1.0	0.0							
Santa Fe Salad (with Dressing)	647	29.54	9.42	0.04	1331	194	46.2	6.3	6.0	45.8	X	X		X			
Garlic Toast with meal	155	7	1.75	0.00	180	51	20.5	1.0	0.5	4.0	X		X*	X			
NOTE	'Garden Fresh Salads' nutritional values do not include Garlic Toast.																

LIGHTER APPETITES & SENIORS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Sr. Fish	238	9.9	1.0	0.00	539	47	19.8	1.0	1.3	15.8	X*	X*		X			
Sr. Half Club Sandwich	375	21.8	6.6	0.01	1345	46	25.2	3.3	4.4	17.3	X		X*	X			
Sr. Liver and Onions	427	22.6	5.4	0.23	394	461	20.1	3.9	6.1	36.0				X			
Sr. Roast Beef Dinner	346	11.2	3.6	0.00	462	120	11.0	2.9	4.2	48.7			X	X			
Sr. Salisbury Steak Dinner	454	24.3	14.3	1.96	1250	96	18.8	4.2	5.5	28.6	X		X	X			
Sr. Swiss Chicken & Spinach Dinner	334	14.3	6.0	0.23	811	98	15.8	4.1	6.6	38.0	X		X*	X*			
Sr. Turkey Dinner	487	13.1	3.4	0.00	2419	28	68.9	5.8	33.6	25.3	X		X	X			
Sr. Breaded Veal Cutlets	430	26.4	5.3	1.00	1116	25	32.4	4.2	9.3	18.7	X*			X			
Sr. Wild Pink Salmon Fillet	201	5.7	1.6	0.00	583	25	13.1	3.2	5.1	23.6	X		X*	X*	X		
Garlic Toast with meal	155	7.0	1.8	0.00	180	51	20.5	1.0	0.5	4.0	X		X*	X			
-----	--	--	--	--	--	--	--	--	--	--							
Sr. Bacon & Egg French Toast	395	22	8	0	761	316	30	1	5	18	X	X		X			
Sr. Breakfast (w/ Bacon)	222	18.8	6.6	0.02	481	216	0.4	0.0	0.2	11.3		X					
Sr. Breakfast (w/ Sausage)	332	27.8	9.6	0.12	891	241	5.4	0.0	0.2	15.3		X					
Sr. French Toast - with Blueberry Topping	596	13.8	9.0	0.13	561	201	108.4	6.7	51.8	14.5		X					
Sr. French Toast - with Strawberry Topping	596	13.8	9.0	0.13	561	201	100.4	2.7	47.8	14.5		X	X	X			
Sr. Denver Omelette	332	22.2	10.1	0.37	694	509	5.7	2.0	1.9	25.7	X	X		X			
Sr. Ham & Cheese Omelette	321	22.1	10.1	0.37	693	509	3.1	1.2	0.6	25.3	X	X		X			
Sr. Pancakes - Buttermilk Short Stack (3)	457	4.9	1.6	0.33	1469	33	91.4	6.5	19.6	9.8	X	X					
Sr. Pancakes- with Blueberry Topping	576	10.3	8.1	0.32	999	22	115.8	8.4	59.8	6.9	X	X					
Sr. Pancakes- with Strawberry Topping	576	10.3	8.1	0.32	979	22	107.8	4.4	55.8	6.9	X	X		X			
Sr. Meatlover's Skillet	831	67.6	18.1	0.71	2374	552	82.8	8.4	6.8	45.0	X	X		X			
Sr. Western Skillet	663	51.0	9.5	0.40	1782	500	92.3	9.4	10.8	32.5	X	X		X			
Sr. Waffle & Egg (with Bacon)	390	21.1	6.8	0.11	841	216	33.8	1.0	6.3	14.7	X	X	X	X			
Sr. Waffle- with Blueberry Topping	439	9.3	7.3	0.19	380	0	88.3	5.0	52.9	3.9	X		X*	X			
Sr. Waffle- with Strawberry Topping	439	9.3	7.3	0.19	360	0	80.2	1.0	48.9	3.9	X		X*	X			
NOTE	<i>'Lighter Appetites and Seniors' nutritional values do not include Garlic Toast or side choice or unless noted. Side choices are listed Separately.</i>																

LIGHTER APPETITES & SENIORS SIDE CHOICES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
w/ Fresh Fruit	37	0.2	0.0	0.00	6	0	9.2	0.8	7.3	0.7							
w/ Buttermilk Pancakes (2)	305	3.3	1.1	0.22	979	22	60.9	4.4	13.1	6.5	X	X		X			
w/ Ancient Grain Pancakes (2)	298	5.0	1.6	0.17	744	24	57.3	4.0	13.2	7.3	X	X	X	X			
w/ Hash browns, cubed	254	22.8	1.0	0.23	321	0	26.1	2.5	1.8	2.8				X			
w/ Hash browns, shredded	220	13.6	0.8	0.00	703	0	22.7	2.0	0.9	1.9							
w/ White Toast	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	4.0	X*	X*	X*	X			
w/ Whole Wheat Toast	273	8.0	1.2	0.00	493	0	42.0	4.0	4.0	8.0	X*	X*	X*	X			
Yogurt	140	0.0	0.0	0.00	85	0	28.0	0.0	25.0	6.0	X						
-----	--	--	--	--	--	--	--	--	--	--							
Baked Potato (plain)	278	0.4	0.1	0.00	30	0	63.2	6.6	3.5	7.5							
Mashed Potatoes (3 oz)	93	2.5	0.6	0.40	380	0	15.4	1.3	0.7	2.2	X						
Rice (4 oz)	178	3.1	0.8	0.00	37	0	33.8	0.8	0.4	3.2							
w/ French Fries (4 oz)	360	16.8	1.6	0.10	488	0	27.2	2.3	0.0	2.3				X			
'Add Poutine'	167	10.9	6.6	0.50	560	35	6.5	0.0	0.0	9.9	X		X	X			
Gravy (4 fl oz)	36	0.9	0.6	0.00	556	0	5.6	0.0	0.0	1.8			X	X			

KIDSMENU	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Campfire French Toast	500	20.8	11.5	0.13	726	216	59.6	4.7	15.1	13.0	X	X		X			
The Cheesy-O	189	13.4	5.9	0.21	244	367	1.7	0.9	0.3	14.2	X	X					
Happy 'Cakes	485	10.3	8.1	0.32	979	22	86.9	4.4	37.1	6.9	X	X		X			
Pile O' Pancakes w/ Bacon	380	10.3	3.6	0.22	1184	37	60.9	4.4	13.1	9.0	X	X		X			
Pile O' Pancakes w/Sausage	435	14.8	5.1	0.27	1389	49	65.9	4.4	13.1	15.5	X	X	X	X			
Super Platter- Bacon & Pancakes	460	15.1	5.2	0.24	1283	223	63.0	4.5	13.6	15.5	X	X		X			
Very Berry Waffle	378	5.8	3.8	0.14	360	0	73.4	1.0	42.1	3.7	X		X*	X			
-----	0	0.0	0.0	0.00	0	0	0.0	0.0	0.0	0.0							
Classic KD	300	9.0	2.5	0.10	550	15	44.0	2.0	8.0	10.0	X			X			
Dino Nuggets	465	23.7	1.8	0.00	665	25	44.0	0.0	26.5	14.0	X*	X*	X	X			
Goey Grilled Cheese	357	15.0	5.4	0.20	723	25	42.0	4.0	4.0	11.0	X	X*	X*	X			
Perfecto Pizza	350	13.0	5.0	0.10	740	15	43.0	2.0	2.0	13.0	X		X	X			
Pterodactyl Toes	391	18.2	0.5	0.00	790	30	40.0	1.0	29.0	14.2	X	X	X	X			
-----	0	0.0	0.0	0.00	0	0	0.0	0.0	0.0	0.0							
Kids Caesar Salad	129	1.5	2.3	0.05	302	13	4.4	0.9	0.5	3.9	X	X	X	X			
Kids French Fries	360	16.8	1.6	0.10	488	0	27.2	2.3	0.0	2.3				X			
Kids Dinner Vegetables	40	0.3	0.1	0.00	57	0	8.7	2.9	3.7	1.9							
Kids Tossed Salad	16	0.2	0.0	0.00	13	0	3.6	1.2	1.8	0.9							
- ranch dressing (Tbsp)	70	8.0	1.0	0.00	130	5	1.0	0.0	0.0	0.1	X	X					
- balsamic dressing (Tbsp)	45	4.0	2.0	0.00	150	0	2.0	0.0	1.5	0.0							
- 1000 island dressing (Tbsp)	40	3.0	0.5	0.00	160	5	3.0	0.0	3.0	0.1		X					
- Italian dressing (light) (Tbsp)	5	0.4	0.0	0.00	230	0	1.0	0.0	1.0	0.0							
Kids Fresh Vegetables and Dip	278	27.5	4.0	0.00	427	16	6.3	1.3	2.1	0.9	X	X					
Kids Fresh Fruit	37	0.2	0.0	0.00	6	0	9.2	0.8	7.3	0.7							
NOTE	'Kid's Menu Items' nutritional values do not include side choice. Side choices are listed separately.																

Dessert Choices	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	DAIRY	EGG	SOY	WHEAT/ GLUTEN	FISH / SHELLFISH	TREENUT	PEANUT
Apple Pie	500	20.4	3.4	0.00	431	0	77.2	2.3	40.9	6.8	X	X	X	X			
Apple Pie A la Mode	640	25.4	7.4	0.20	495	20	93.2	2.3	52.9	7.8	X	X	X	X			
Carrot Cake	485	10.3	8.1	0.32	979	22	86.9	4.4	37.1	6.9	X	X	X*	X			
Milkshake (Vanilla)	581	24.4	20.5	0.80	249	70	61.9	0.0	50.2	7.4	X	X	X*	X			
Tower of Power Cheesecake	600	36.0	21.0	1.00	470	195	59.0	1.0	43.0	13.0	X	X	X	X		X	
Add Blueberry Topping	160	0.0	0.0	0.00	20	0	44.0	4.0	36.0	0.0							
Add Strawberry Topping	160	0.0	0.0	0.00	0	0	36.0	0.0	32.0	0.0							
NOTE	Dessert choices may vary from Location to Location.																