

NUTRITIONAL VALUES



PÜR&SIMPLE®

©2024 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 CA (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOLATE, TOTAL (µG)
D-TOX	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
MANGO TANGO	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
GREEN GIANT	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
TROPICAL BLISS	460	3.21	1.274	45	0.000	0	101.56	3.0	73.21	6.54	7	134.8	61	0.68		46
STRAWBERRY & BANANA	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
VERY BERRY	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
ALMOND MILK - SMOOTHIE	-20	0.22	-0.370	-27	0.000	0	-0.55	0.0	-2.53	-0.29	0	0.0	-95	0		0
OAT MILK - SMOOTHIE	-20	0.58	-0.430	-30	0.000	0	0.47	0.5	-2.41	-2.03	0	0.0	-15	0.26		0
REPLACE CRAN FOR ALMOND MILK	0	3.73	0.517	80	0.000	0	-15.92	0.0	-18.66	7.30	0	-80.5	40	-0.14		0
REPLACE CRAN FOR OAT MILK	5	4.79	0.339	71	0.000	0	-12.90	1.4	-18.30	2.14	0	-80.5	275	0.62		0
REPLACE OJ FOR ALM MILK - SMOOTHIE	25	3.92	0.534	69	0.000	0	-8.72	0.0	-11.75	5.87	0	-64.1	24	-0.19		
REPLACE OJ FOR OAT MILK - SMOOTHIE	30	4.98	0.356	61	0.000	0	-5.70	1.4	-11.39	0.71	0	-64.1	260	0.57		
REPLACE PINEAPPLE FOR ALMOND MILK	2	3.69	0.519	80	0.000	0	-14.46	-0.4	-14.89	6.62	0	-82.5	21	-0.58		-34
REPLACE PINEAPPLE FOR OAT MILK	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 (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

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.

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 CA (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOULATE, 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		

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.

BENEDICTS & SKILLETS

	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)
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

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.

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)
CLASSIC - 2 EGGS BACON	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
CLASSIC - 2 EGGS SAUSAGE	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
CLASSIC - 2 EGGS TURKEY BACON	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
CANADIAN 1/2 WAFFLE	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
CANADIAN CREPE	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
CANADIAN FRENCH TOAST	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
CANADIAN PANCAKE	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
BLACK & BLUE	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
BREAKFAST POUTINE	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
KETO	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
LIGHTEN UP	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
GOURMET BACON	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
GOURMET HAM	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
GOURMET SAUSAGE	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
GOURMET TURKEY BACON	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
POPULAR	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
XPLOSION	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
THE BIG 3	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

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.

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 (MG)	IRON, FE (MG)	ZINC, ZN (MG)	FOULATE, TOTAL (µG)
HEALTHY WHITE	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
MISH MASH*	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
PUR WESTERN*	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
VEGGIE*	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
AVOCADO BACON	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
AVOCADO LOX	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
AVOCADO TOAST	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
VEGAN TOAST	870	22.90	3.341	555	0.019	0	147.85	24.4	60.40	26.70	88	145.7	156	5.64		270
REPLACE BREAD FOR GLUTEN FREE BREAD	10	4.32	-0.758	148	0.000	0	4.32	-4.4	0.44	-7.62	0	0.0	-8	-2.18		-56

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.

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)
JUNIOR BACON	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
JUNIOR SAUSAGE	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
MARKY MARK	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
RAINBOW	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
RORO 123	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
KIDS APPLE JUICE	110	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	160	2.50	1.460	163		13	24.65	0.3	24.85	8.65	130	1.0	322	0.57		8
KIDS CRANBERRY JUICE	140	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	160	2.50	1.460	163		13	24.65	0.3	24.85	8.65	130	1.0	322	0.57		8
KIDS ORANGE JUICE	100	0.00	0.000	19	0.000	0	24.61	0.0	20.82	1.89	0	85.2	28	0.19		
KIDS PINEAPPLE JUICE	130	0.30	0.020	5	0.000	0	32.23	0.5	24.99	0.90	0	109.7	33	0.78		45

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.

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)
BREAKFAST BRIOCHE	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
BREAKFAST BURRITO	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
CINNA-BACON	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
CLUB SANDWICH	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
CLUCK NORRIS WRAP - CRISPY	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
CLUCK NORRIS WRAP - GRILLED	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
D'S CRISPY CHICKEN	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
POWER BOWL	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
SMASH BURGER	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

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.

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 (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 - CRUMBLED 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

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.

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)
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

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.

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)
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

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.