

## Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
4 chicken fingers - no sauce	493.3	2061.6	28.2	6.7	15.2	5.8	30.3	27.3	0.2	29.4	3.2	1219.6
4 chicken fingers with BBQ sauce	535.3	2236.9	28.3	6.7	15.2	5.8	40.4	27.3	7.5	29.4	3.4	1532.9
4 chicken fingers with plum sauce	544.8	2277.2	28.5	6.8	15.3	6.0	42.2	27.3	0.2	29.7	3.4	1370.2
4 chicken fingers with sweet & sour sauce	515.4	2154.6	28.4	6.8	15.3	5.8	34.9	27.3	3.2	29.9	3.3	1316.8
Bacon Cheeseburger	448.7	1426.7	25.9	7.3	6.4	2.4	27.7	23.1	4.1	23.7	1.5	833.7
Bacon Chicken Burger	431.9	1107.5	25.5	15.1	4.6	7.9	35.6	23.1	6.7	16.6	2.4	877.8
Bagel BLT Sandwich	283.5	1186.5	6.6	1.9	2.4	1.2	45.2	0.0	1.5	10.3	2.6	527.9
Bagel Burger	546.6	1948.7	15.7	2.1	2.3	1.1	66.8	0.0	0.7	27.3	3.1	998.9
Bagel Chicken Burger	544.2	1563.2	22.1	13.7	2.7	7.2	65.6	0.0	2.9	20.8	3.3	1080.0
Bagel Club sandwich - Ham	521.7	2009.4	18.5	6.9	6.6	2.1	59.7	0.0	1.9	29.7	4.2	1811.4
Bagel Club sandwich - Turkey	460.8	1754.2	11.9	4.6	3.1	1.5	58.1	0.0	2.2	31.8	3.2	1705.5
Bagel vegetarian	475.0	1987.3	21.4	12.7	5.7	1.4	55.4	0.0	0.7	14.9	2.6	699.7
Bagelwich with ham and cheese	503.2	1927.5	18.7	6.8	5.9	2.5	55.8	0.0	0.6	28.4	2.3	1078.7
Bagelwich with sausage and cheese	657.8	2575.2	31.3	9.7	11.1	4.0	55.3	0.0	0.6	38.6	2.3	1228.8
BLT Sandwich	221.4	971.1	7.8	2.6	3.9	1.2	31.0	0.0	5.4	8.0	5.2	357.2
Breakfast sandwich	287.0	1199.6	13.9	4.0	5.3	2.8	27.7	0.0	0.4	12.1	1.6	471.6
Breakfast Special (Bacon side)	961.4	4016.0	45.1	17.3	18.6	4.7	112.0	0.0	5.0	30.6	12.4	786.3
Breakfast Special (sausage side)	1160.9	4850.1	62.4	23.8	27.2	6.5	114.1	0.0	5.0	38.8	12.4	1221.1
Cheese and Bacon dog	475.6	946.9	30.0	11.0	3.7	2.2	35.0	30.6	4.7	21.5	1.6	1306.1
Cheese burger	357.1	1043.1	16.9	4.3	2.4	1.4	27.6	23.1	4.1	21.4	1.5	667.1
Chicken Burger	397.1	961.9	22.3	14.1	3.2	7.6	35.0	23.1	6.4	15.7	2.2	818.1
Chicken Burger with cheese	439.6	961.9	25.7	16.2	3.2	7.6	36.7	23.1	6.4	19.1	2.2	903.1
Chicken fingers (no sauce)	493.3	2061.6	28.2	6.7	15.2	5.8	30.3	27.3	0.2	29.4	3.2	1219.6
Chili dog	460.8	1031.9	23.2	8.2	2.1	1.4	35.9	23.3	7.9	30.2	3.3	1184.4
Club sandwich - Ham	474.3	1874.4	19.1	7.5	8.1	2.0	50.0	0.0	7.1	28.3	8.4	1668.3
Club sandwich - Turkey	455.1	1791.3	17.0	6.0	5.8	3.7	48.4	0.0	7.5	30.7	7.3	1598.0
Double burger	497.3	1522.8	25.1	3.7	4.2	1.6	28.2	23.1	4.1	30.3	1.5	890.5
Double cheese burger	582.3	1522.8	31.9	8.0	4.2	1.6	31.6	23.1	4.1	37.1	1.5	1060.6
Double cheese burger with bacon	614.8	1658.7	35.1	9.1	5.6	1.9	31.7	23.1	4.1	37.9	1.5	1119.6
French fries medium	292.6	1226.4	8.9	1.8	5.5	0.5	48.8	34.2	0.5	4.5	4.4	54.4
French toast	218.8	956.1	7.1	2.3	3.2	1.2	26.8	0.0	4.0	12.7	4.1	296.6
Fried egg Sandwich	193.3	849.4	5.5	1.8	2.6	0.9	25.9	0.0	3.5	10.6	3.9	274.2
Grilled cheese & bacon sandwich	310.9	985.7	17.8	9.0	4.6	1.2	29.0	0.0	3.2	13.6	3.9	501.3

## Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Grilled cheese & Tomato sandwich	253.5	749.3	10.4	6.2	1.6	0.5	32.5	0.0	4.2	12.7	4.6	405.6
Hamburger	422.5	1439.0	17.0	2.9	3.1	2.0	38.5	35.3	6.1	23.5	2.2	792.7
Hot Dog with Bacon	400.6	810.9	23.4	7.8	2.3	1.8	33.2	30.6	4.7	17.3	1.6	1162.0
Hot Dog with cheese	410.6	675.0	23.7	8.9	0.8	1.5	34.9	30.6	4.7	19.9	1.6	1188.0
Omlette - with cheese	185.2	596.7	13.3	5.2	3.8	1.4	2.5	0.0	0.8	16.0	0.0	224.8
Pancakes	331.6	1387.1	7.6	1.6	3.3	2.4	60.8	0.0	15.4	6.8	1.3	626.7
Philly cheese steak sandwich	275.2	734.1	6.5	2.6	1.0	0.5	33.2	0.0	6.1	22.4	5.5	628.1
Plain omelet	142.7	596.7	9.9	3.1	3.8	1.4	0.8	0.0	0.8	12.6	0.0	139.7
Poutine medium	495.2	1959.3	22.6	9.8	9.4	1.1	52.2	34.2	2.4	18.5	4.4	801.7
Pulled pork Sandwich	427.5	1807.1	18.6	6.6	8.4	3.4	41.2	34.7	10.5	23.1	1.9	1419.6
smoked meat on rye	443.3	952.6	18.8	7.3	1.1	0.7	44.0	0.0	5.6	22.3	5.6	1461.1
Veggie Burger	332.5	1401.5	9.1	2.3	2.7	3.4	39.8	29.7	5.4	23.4	7.1	918.8
Veggie Burger with cheese	375.0	1401.5	12.5	4.4	2.7	3.4	41.5	29.7	5.4	26.8	7.1	1003.9
Western omelet	230.0	962.5	15.9	5.1	6.5	2.1	4.2	0.0	2.0	17.9	1.5	494.6
Western omelet - with cheese	272.5	962.5	19.3	7.3	6.5	2.1	5.9	0.0	2.0	21.3	1.5	579.7
Western sandwich	323.2	1405.9	11.9	3.9	5.4	1.8	36.0	0.0	5.4	18.8	5.8	563.5
Western Sandwich with cheese	318.8	1200.7	13.8	5.6	4.7	1.6	32.0	0.0	4.6	19.5	5.0	583.7