

ALIMENTS	QUANTITE	POINTS 100 gr ou unité	POINTS 10 gr ou unité	CALORIES	PROTEINES	GLUCIDES	LIPIDES
Menu mcdto : 2*1 pancake nature, 1 grand café jakes vabre, 1 st	1 portion	5.1	0.5	240	5	34	10
Menu mcdto : 2*1 pancakes nature, 1 pot de beurre, 1 thé tetley	1 portion	5.0	0.5	222	4	25	12
Menu mcdto : 2*4 pancakes nature, 1 sirop d'Érable, 1 confiture e	1 portion	28.2	2.8	1333.1	24.9	188	53.5
Menu mcdto : 9*1 chicken mcnuggets, 1 deluxe potatoes grande, 1	1 portion	25.4	2.5	1195	37	150	49
Menu quick : 1 big bacon, 1 club tomate mozzarella, 10*1 chicken	1 portion	37.9	3.8	1706	76	194	85
Menu quick : 1 big bacon, 1 duo mini hot-dog, 1 medium potatoes,	1 portion	31.7	3.2	1423	50	144	72
Menu quick : 1 big bacon, 1 duo mini hot-dog, 10*1 chicken dips, 1	1 portion	29.7	3.0	1300	67	129	72
Menu quick : 1 big bacon, 1*10 chicken dips, 1 maxi potatoes, 1 dé	1 portion	39.6	4.0	1793	65	221	87
Menu quick : 1 big bacon, 1*4 fish'n dips, 1 medium potatoes, 1 co	1 portion	25.9	2.6	1230	42	159	49
Menu quick : 1 big bacon, 10*1 chicken dips, 1 bière (33 cl)	1 portion	21.2	2.1	918	54	73	53
Menu quick : 1 big bacon, 10*1 chicken dips, 1 sauce barbecue, 1	1 portion	22.5	2.2	988	53	106	54
Menu quick : 1 big bacon, 4*1 fish'n dips, 1 petite frite, 1 coca-cola	1 portion	16.0	1.6	648	40	75	47
Menu quick : 1 cheeseburger, 1 petite potatoes, 1 coca-cola (35 cl)	1 portion	12.7	1.3	624	21	90	21
Menu quick : 1 cheesy intense, 5*1 chicken wings, 1 médium potat	1 portion	22.3	2.2	1018	52	100	48
Menu quick : 1 cheesy intense, 7*1 chicken dips, 1 petite frite, 1 co	1 portion	12.2	1.2	506	26	103	34
Menu quick : 1 chicken filet, 1 club tomate mozzarella, 1 chessy int	1 portion	18.9	1.9	905	39	127	34
Menu quick : 1 chicken filet, 7*1 chicken dips, 1 medium potatoes,	1 portion	23.9	2.4	1108	42	149	49
Menu quick : 1 club 3 fromages, 4*1 chicken dips, 1 maxi frite, 1 m	1 portion	29.1	2.9	1344	40	162	60
Menu quick : 1 club 3 fromages, 5*1 chicken wings, 1 frite normale	1 portion	27.4	2.7	1200	67	87	67
Menu quick : 1 club chicken tandoori, 1 medium potatoes, 1 big bai	1 portion	32.7	3.3	1533	50	191	64
Menu quick : 1 club poulet epices tandoori, 1 long bacon, 2 intense	1 portion	32.8	3.3	1594	69	205	56
Menu quick : 1 club poulet epices tandoori, 2 omar & fred cheesy, '	1 portion	19.7	2.0	942	32	125	36
Menu quick : 1 club tomate mozzarella, 1 cheesy intense, 1 maxi p	1 portion	18.8	1.9	892	28	120	35
Menu quick : 1 club tomate mozzarella, 10*1 chicken dips, 1 moyer	1 portion	27.8	2.8	1014	58	174	98
Menu quick : 1 club tomate mozzarella, 7*1 chicken dips, 1 maxi pc	1 portion	33.3	3.3	1539	63	178	69
Menu quick : 1 country chicken salad, 1 donut framboise, 1 coca-cl	1 portion	13.6	1.4	613	32	56	30
Menu quick : 1 country chicken salad, 1 sauce cocktail, 1 coca-col	1 portion	10.9	1.1	467	28	26	28
Menu quick : 1 crousti chicken, 4*1 fish'n dips, 1 maxi frite, 1 coca-	1 portion	24.4	2.4	1155	29	160	46
Menu quick : 1 duo mini hot-dog, 1 club chicken tandoori, 7*1 chick	1 portion	25.8	2.6	1166	49	137	57
Menu quick : 1 duo mini hot-dog, 1 frite normale, 1 sauce fromagèr	1 portion	14.1	1.4	661	17	86	28
Menu quick : 1 duo mini hot-dog, 4*1 fish'n dips, 1 coca-cola (35 cl)	1 portion	15.6	1.6	723	27	85	32
Menu quick : 1 duo mini hot-dog, 5*1 chicken wings, 1 barre d'anar	1 portion	22.0	2.2	979	59	76	51
Menu quick : 1 duo mini hot-dog, 5*1 chicken wings, 1 fanta (35 cl)	1 portion	21.5	2.2	951	59	70	51
Menu quick : 1 giant, 1 maxi frites, 4*fish'n dips, 1 maxi coca-cola,	1 portion	36.8	3.7	1643	49	174	85
Menu quick : 1 giant, 10*1 chicken dips, 1 maxi potatoes, muffin ca	1 portion	41.0	4.1	1834	63	218	94
Menu quick : 1 giant, 10*1 chicken dips, 4*1 fish'n dips, 1 coca-col	1 portion	30.5	3.1	1291	64	111	81
Menu quick : 1 grande assiette 3 fromages (salade), 1 sauce oseill	1 portion	14.7	1.5	618	27	43	40
Menu quick : 1 grande assiette campagnarde (salade), 3*1 brioche	1 portion	11.2	1.1	561	38	67	17
Menu quick : 1 hamburger, 1 petite potatoes, 1 muffin caramel	1 portion	16.1	1.6	766	21	106	30
Menu quick : 1 hamburger, 10*1 chicken dips, 1 maxi potatoes, 1 n	1 portion	25.7	2.6	1149	48	139	59
Menu quick : 1 intense bacon, 4*1 chicken dips, 1 frites normales, 1	1 portion	27.0	2.7	1207	54	111	62
Menu quick : 1 intense classic, 1 cheesy intense, 1 medium potato	1 portion	29.5	3.0	1405	44	186	55
Menu quick : 1 intense classic, 1 club chicken tandoori, 1 petite frit	1 portion	27.2	2.7	1304	78	195	49
Menu quick : 1 intense classic, 1 duo mini hot-dog, 4*1 chicken dip	1 portion	34.3	3.4	1596	58	186	69
Menu quick : 1 intense classic, 2 intense cheesy, 1 frite normale, 1	1 portion	23.9	2.4	1166	39	165	40
Menu quick : 1 king fish, 1*10 chicken dips, 1 maxi potatoes, 1 sau	1 portion	37.5	3.8	1752	60	242	75
Menu quick : 1 king fish, 2 cheesy mix, 7*1 chicken dips, 1 fanta (3	1 portion	27.1	2.7	1219	55	135	61
Menu quick : 1 king fish, 4*1 fish'n dips, 1 barre d'ananas, 1 minute	1 portion	17.4	1.7	833	36	104	32
Menu quick : 1 king fish, 7*1 chicken dips, 1 petite frite, 1 softy, 1 b	1 portion	22.6	2.3	972	48	128	58
Menu quick : 1 long bacon, 2 intense cheesy, 1 mix mania pomme-	1 portion	27.3	2.7	1316	52	171	48
Menu quick : 1 long chicken, 1 club 3 fromages, 1 maxi frite, 1 fant	1 portion	31.6	3.2	1491	47	191	61
Menu quick : 1 long chicken, 1*5 chicken wings, 1 coca-cola (25 cl)	1 portion	24.1	2.4	1072	67	81	56
Menu quick : 1 long fish, 1*5 chicken wings, 1 coca-cola (35 cl)	1 portion	23.4	2.3	1085	66	102	48
Menu quick : 1 long fish, 4*1 chicken dips, 1 donut fourré à la fram	1 portion	20.1	2.0	938	37	109	40
Menu quick : 1 long fish, 5*1 chicken wings, 1 maxi frites, 1 nouve	1 portion	36.8	3.7	1687	75	175	78
Menu quick : 1 maxi frite, 1 mayonnaise, 4*1 fish'n dips, 1 long bac	1 portion	31.7	3.2	1401	60	125	75
Menu quick : 1 milkshake intense chocolat (30 cl), 4*1 chicken dips	1 portion	10.3	1.0	472	17	54	22
Menu quick : 1 ocean salad, 1 coca-cola light (35 cl)	1 portion	5.1	0.5	254	25	22	8
Menu quick : 1 ocean salad, 1 intense classic, 1 coca-cola light (35	1 portion	16.0	1.6	745	53	64	32
Menu quick : 1 ocean salad, 1 sauce vinaigrette allégée moutardée	1 portion	11.0	1.1	519	25	59	21
Menu quick : 1 ocean salad, 1 vinaigrette allégée au vinaigre, 1 co	1 portion	10.5	1.0	441	25	24	28
Menu quick : 1 omar burger, 10*1 chicken dips, 1 maxi frites, 1 nes	1 portion	31.5	3.1	1382	68	157	76
Menu quick : 1 omar burger, 4*1 chicken dips, 1 frite normale, 1 for	1 portion	31.3	3.1	1386	55	145	74
Menu quick : 1 quick'n toast, 4*1 fish'n dips, 1 frite normale, 1 may	1 portion	30.5	3.1	1358	56	127	71
Menu quick : 1 side salad, 1 sauce cocktail, 1 coca-cola light (35 cl	1 portion	5.0	0.5	204	4	10	14
Menu quick : 1 side salad, 1 softy, 1 coca-cola light (35 cl)	1 portion	5.7	0.6	264	7	27	12
Menu quick : 1 suprême cheese, 1 club tomate mozzarella, 1 medi	1 portion	32.0	3.2	1476	60	163	67
Menu quick : 1 suprême cheese, 4*1 fish'n dips, 1 petite frite, 1 coc	1 portion	27.1	2.7	1204	53	166	63
Menu quick : 1 suprême cheese, 5*1 chicken wings, 1 petite frite, 1	1 portion	36.5	3.6	1521	90	137	100
Menu quick : 10*1 chicken dips, 1 maxi potatoes, 1 délice chocolat	1 portion	28.4	2.8	1285	41	171	63
Menu quick : 10*1 chicken dips, 1 petite potatoes, 1 brownie	1 portion	22.1	2.2	943	36	104	57
Menu quick : 2 big bacon, 1 petite frite, 1 coca-cola (35 cl)	1 portion	22.9	2.3	995	53	126	57
Menu quick : 2 cheeseburger, 10*1 chicken dips, 1 sauce tartare, 1	1 portion	26.9	2.7	1158	73	107	68
Menu quick : 2 cheesy intense, 10*1 chicken dips, 1 maxi potatoes	1 portion	31.5	3.2	1457	45	204	65
Menu quick : 2 chicken filet, 10*1 chicken dips, 1 muffin caramel, 1	1 portion	34.3	3.4	1593	67	207	70
Menu quick : 2 chicken filet, 10*1 chicken dips, 1 sauce curry, 1 br	1 portion	38.7	3.9	1740	71	185	87
Menu quick : 2 chicken filet, 4*1 fish'n dips, 1 medium potatoes	1 portion	28.3	2.8	1316	53	152	57
Menu quick : 2 crousti chicken, 4*1 fish'n dips, 1 fondant au chocol	1 portion	28.5	2.8	1316	43	158	59