



	Serving Size	Calories	Fat (g)	Fat %Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated + Trans Fat %DV	Cholesterol (mg)	Sodium (mg)	Sodium %DV	Carbohydrates (g)	Carbohydrates % DV	Fibre (g)	Fibre %DV	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium % DV	Iron %DV
English Muffin with Trans Fat Free Liquid Margarine	59g	180	5	8	0.5	0	3	0	300	13	28	9	2	8	1	5	8	0	15	10
Fruit & Maple Oatmeal	270g	290	2.5	4	0.4	0	2	0	90	4	62	21	5	20	33	5	0	50	2	15
Hash Browns	55g	160	10	15	1.5	0	8	0	360	15	16	5	2	8	0	1	0	0	0	2
Hotcakes with Syrup and Butter	206g	600	16	25	6	0.2	31	45	660	28	106	35	3	12	57	8	10	0	10	20
Kale and Feta More-ning McWrap®	217g	400	19	29	7	0.4	37	420	840	35	37	12	7	28	3	21	30	20	15	20
Multigrain Bagel with Margarine	112g	390	9	14	1	0	5	0	470	20	64	21	4	16	5	12	6	0	4	25
Regular Bagel with Margarine	106g	340	5	8	0.5	0	3	0	530	22	64	21	2	8	7	11	6	0	2	25
Sausage and Hash Brown More-ning McWrap®	273g	710	42	65	14	0.5	73	450	1400	58	56	19	8	32	3	28	20	0	20	25
Sausage McGriddles® sandwich	139g	420	21	32	9	0.2	46	30	1110	46	47	16	2	8	16	12	0	0	8	10
Sausage McMuffin®	112g	370	20	31	8	0.3	42	45	830	35	32	11	2	8	2	14	8	0	25	15
Sausage 'N Egg McMuffin®	159g	440	25	38	10	0.3	52	220	880	37	32	11	2	8	2	20	15	0	25	20
Sausage, Egg & Cheese McGriddles® sandwich	198g	540	29	45	13	0.4	67	240	1400	58	49	16	2	8	16	20	10	0	20	15
Salads																				
Caesar Salad with Crispy Chicken	263g	520	31	48	10	0.3	52	100	1140	48	28	9	3	12	2	27	35	40	30	25
Caesar Salad with Grilled Chicken	243g	360	17	26	7	0.2	36	120	970	40	14	5	3	12	2	31	35	45	30	20
Greek Salad with Crispy Chicken	291g	440	26	40	6	0.3	32	60	930	39	31	10	4	16	3	23	35	70	10	25
Greek Salad with Grilled Chicken	271g	280	12	18	3.5	0.2	19	80	770	32	17	6	3	12	3	27	35	70	10	20
Side Caesar Salad	85g	150	8	12	3	0.1	16	25	400	17	12	4	1	4	1	6	15	20	10	10
Side Garden Salad	78g	40	2	3	1	0	5	5	70	3	3	1	1	4	1	3	15	30	8	6
Snacks & Sides																				
Apple Slices	68g	40	0	0	0	0	0	0	5	0	10	3	2	8	8	0.1	0	130	2	2
Chocolate Chip Cookie	33g	160	7	11	3.5	0.1	18	5	90	4	21	7	1	4	13	2	0	0	0	8
Cinnamon Melts®	114g	460	20	31	8	0.2	41	25	400	17	66	22	3	12	19	6	4	2	4	20
French Fries - Large	178g	560	27	42	3.5	0.3	19	0	420	18	74	25	6	24	0	6	0	0	2	8
French Fries - Medium	110g	350	17	26	2	0.2	11	0	260	11	46	15	4	16	0	4	0	0	2	6
French Fries - Small	75g	240	11	17	1.5	0	8	0	180	8	31	10	3	12	0	3	0	0	2	4
Fruit 'n Yogurt Parfait	211g	200	2	3	1	0	5	10	100	4	41	14	3	12	28	6	2	50	15	6
Ginger Cookie	33g	150	6	9	2.5	0.1	13	5	210	9	22	7	0	0	13	2	2	0	2	6
Mini Fry	38g	120	6	9	0.5	0	3	0	90	4	16	5	1	4	0	1	0	0	0	2
Muffin - Apple Oatmeal	119g	410	13	20	1.5	0	8	0	430	18	67	22	3	12	35	7	0	0	4	15
Muffin - Blueberry	121g	410	15	23	1.5	0	8	0	320	13	63	21	2	8	33	6	0	0	2	15
Muffin - Carrot	123g	430	16	25	1.5	0	8	0	330	14	65	22	3	12	35	6	110	4	2	15
Muffin - Cranberry Orange	121g	360	8	12	1	0	5	0	330	14	66	22	2	8	35	6	0	6	4	45
Muffin - Double Chocolate with OREO® Crumble	127g	450	15	23	3.5	0.1	18	0	490	20	73	24	3	12	43	6	0	0	2	20
Muffin - Fruit & Fibre	120g	380	14	22	1.5	0	8	0	470	20	56	19	6	24	28	6	2	2	4	15
Muffin - Golden Bran & Raisin	124g	390	15	23	1	0	5	0	360	15	57	19	8	32	30	7	0	0	6	20
Oatmeal Raisin Cookie	33g	140	5	8	2.5	0	13	5	130	5	22	7	1	4	11	2	0	0	2	6
Poutine	225g	510	30	46	12	1	65	60	1010	42	44	15	3	12	1	17	10	2	40	6
Beverages																				
1% Partly Skimmed Chocolate Milk - 250 ml	250ml	170	2.5	4	1.5	0	8	10	180	8	26	9	0	0	26	9	10	0	30	2
Barq's® Root Beer - Child	250ml	120	0	0	0	0	0	0	25	1	30	10	0	0	30	0	0	0	0	0
Barq's® Root Beer - Large	730ml	340	0	0	0	0	0	0	70	3	87	29	0	0	87	0	0	0	0	0
Barq's® Root Beer - Medium	495ml	230	0	0	0	0	0	0	45	2	59	20	0	0	59	0	0	0	0	0
Barq's® Root Beer - Small	345ml	160	0	0	0	0	0	0	35	1	41	14	0	0	41	0	0	0	0	0
Coca-Cola® - Child	250ml	110	0	0	0	0	0	0	4	0	28	9	0	0	28	0	0	0	0	0
Coca-Cola® - Large	730ml	320	0	0	0	0	0	0	10	0	82	27	0	0	82	0	0	0	0	0
Coca-Cola® - Medium	495ml	220	0	0	0	0	0	0	10	0	56	19	0	0	56	0	0	0	0	0
Coca-Cola® - Small	345ml	150	0	0	0	0	0	0	5	0	39	13	0	0	39	0	0	0	0	0
Diet Coke® - Child	250ml	1	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Large	730ml	2	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Medium	495ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Diet Coke® - Small	345ml	1	0	0	0	0	0	0	15	1	0	0	0	0	0	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Child	250ml	120	0	0	0	0	0	0	10	0	31	10	0	0	30	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Large	730ml	350	0	0	0	0	0	0	35	1	91	30	0	0	88	0	0	0	0	0
Fruitopia® Strawberry Passion Awareness® - Medium	495ml	240	0	0	0	0	0	0	20	1	61	20	0	0	59	0	0	0	0	0