



KELSEYS TECHNICAL DATA SHEET MANUAL

Sides

NUTRITION | ALLERGENS | INGREDIENTS

Issued: Aug 14, 2023



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Fries
SIZE/WEIGHT: 227 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-005

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (227 g) pour (227 g)	
Calories 610	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 36 g	48 %
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 70 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 45 mg	2 %
Potassium 500 mg	11 %
Calcium 50 mg	4 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Fries: Potatoes, Canola and/or soybean oil, Sodium acid pyrophosphate, Sugars (dextrose). Fried in canola oil.

Contains: N/A.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Kettle Chips
SIZE/WEIGHT: 208 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-009

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (208 g) pour (208 g)	
Calories 400	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 20 g	27 %
Saturated / saturés 1.5 g	9 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 50 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1390 mg	60 %
Potassium 600 mg	13 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chippers: Potatoes, Canola oil, Salt, Sugars (dextrose), Sodium phosphate, Sea salt. Fried in canola oil. **Cajun Seasoning:** Spices, Salt, Garlic powder, Onion powder, Herbs, Vegetable oil, Silicon dioxide, Natural flavour. **Salt.**

Contains: N/A.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Southwest Rice
SIZE/WEIGHT: 170 g
ISSUED: February 9, 2023
ITEM ID: KSIDE-020

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (170 g) pour (170 g)	
Calories 180	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 40 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 510 mg	22 %
Potassium 200 mg	4 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Southwest Rice: Basmati rice (water, basmati rice, salt), Salsa (crushed tomatoes [water, crushed tomato concentrate], jalapeno peppers, diced tomatoes [tomatoes, tomato juice, citric acid, calcium chloride], onions, vinegar salt, dried onions, garlic, natural flavour), Black beans (black beans, salt, water, calcium chloride).

Contains: N/A.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Rice
SIZE/WEIGHT: 178 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-007

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (178 g) pour (178 g)	
Calories 220	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0.2 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 300 mg	13 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.3 mg	2 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Basmati Rice: Basmati rice, Water, Salt, White pepper.

Contains: N/A.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Mashed Potatoes

SIZE/WEIGHT: 170 g

ISSUED: April 30, 2021

ITEM ID: KSIDE-008

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (170 g) pour (170 g)	
Calories 130	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 5 mg	
Sodium 690 mg	30 %
Potassium 400 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 0.4 mg	2 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Ingredients: Mashed Potatoes: Potatoes, Water, Skim milk, Soybean oil, Cream cheese (pasteurized milk and cream, bacterial culture, salt, locust bean gum), Butter (cream, milk), Salt, Maltodextrin, Mono- and diglycerides, Natural flavour, Onion powder, Disodium dihydrogen pyrophosphate.

Contains: Milk, Soy.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Onion Rings
SIZE/WEIGHT: 184 g
ISSUED: April 24, 2023
ITEM ID: KSIDE-001

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (184 g) pour (184 g)	
Calories 360	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 15 g	20 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 52 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 800 mg	35 %
Potassium 150 mg	3 %
Calcium 20 mg	2 %
Iron / Fer 4.5 mg	25 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Onion Rings: Onions, Wheat flour, Water, Yellow corn flour, Salt, Sugars (sugar, brown sugar, dextrose), Yeast, Whey powder, Baking powder, Tartrazine, Sunset yellow FCF, Hydrolyzed corn protein, Paprika. Fried in canola oil.

Contains: Milk, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Sweet Potato Fries

SIZE/WEIGHT: 286 g

ISSUED: April 30, 2021

ITEM ID: KSIDE-002

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (286 g) pour (286 g)	
Calories 810	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 45 g	60 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 98 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 39 g	39 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 5 mg	
Sodium 1210 mg	53 %
Potassium 700 mg	15 %
Calcium 175 mg	13 %
Iron / Fer 1.75 mg	10 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Sweet Potato Fries: Sweet potatoes, Vegetable oil (canola and/or soybean and/or cottonseed and/or sunflower and/or corn), Modified corn starch, Modified potato starch, Sugar, Rice flour, Potato dextrin, Fibre (pea, corn), Molasses powder (refiners syrup, molasses), Salt, Baking powder, Sodium phosphate, Paprika and turmeric extractives, Xanthan gum. Fried in canola oil. **Cajun Dip:** Sour cream (milk, cream, modified milk ingredients, modified corn starch, propylene glycol, mono fatty acid ester, pectin, titanium dioxide, sodium phosphate, cellulose gel, carrageenan, cellulose gum, bacterial culture), Light mayo type dressing (water, soybean oil, modified corn starch, vinegar, salt, sugar, frozen egg white, mustard flour, xanthan gum, concentrated lemon juice, potassium sorbate, beta-carotene, calcium disodium EDTA, lactic acid, l-cysteine, paprika oleoresin), Frank's red hot sauce (aged cayenne red peppers, vinegar, water, salt, natural flavour, garlic powder), Lemon juice, Cajun seasoning (spices, salt, garlic powder, onion powder, herbs, vegetable oil, silicon dioxide, natural flavour).

Contains: Egg, Milk, Mustard, Soy.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Angry Fries
SIZE/WEIGHT: 241 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-003

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (241 g) pour (241 g)	
Calories 650	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 37 g	49 %
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 78 g	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 0 mg	
Sodium 1950 mg	85 %
Potassium 500 mg	11 %
Calcium 75 mg	6 %
Iron / Fer 2.25 mg	13 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Fries: Potatoes, Canola and/or soybean oil, Sodium acid pyrophosphate, Sugars (dextrose). Fried in canola oil. **Hot Chicken Spice:** Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide), Salt, Sugar.

Contains: N/A.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Angry Kettle Chips
SIZE/WEIGHT: 221 g
ISSUED: April 24, 2023
ITEM ID: KSIDE-031

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (221 g) pour (221 g)	
Calories 430	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 20 g	27 %
Saturated / saturés 1.5 g	9 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 57 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 0 mg	
Sodium 3560 mg	155 %
Potassium 550 mg	16 %
Calcium 40 mg	3 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chippers: Potatoes, Canola oil, Salt, Sugars (dextrose), Sodium phosphate, Sea salt. Fried in canola oil. **Hot Chicken Spice:** Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide), Salt, Sugar.

Contains: N/A.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Baked Potato with Sour Cream

SIZE/WEIGHT: 389 g

ISSUED: June 18, 2022

ITEM ID: KSIDE-014

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (389 g)	
pour (389 g)	
Calories 350	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 64 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 20 mg	
Sodium 80 mg	3 %
Potassium 1500 mg	32 %
Calcium 150 mg	12 %
Iron / Fer 3 mg	17 %
* 5 % or less is a little, 15 % or more is a lot	
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

Ingredients: Potato. **Sour Cream:** Milk, Cream, Modified milk ingredients, Modified corn starch, Propylene glycol, Mono fatty acid ester, Pectin, Titanium dioxide, Sodium phosphate, Cellulose gel, Carrageenan, Cellulose gum, Bacterial culture. **Butter Pot:** Cream (Milk), Salt, Nitrogen, Annatto.

Contains: Milk.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Side House Salad (No dressing)
SIZE/WEIGHT: 116 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-032

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (116 g) pour (116 g)	
Calories 25	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.2 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 20 mg	1 %
Potassium 250 mg	5 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Iceberg lettuce, Romaine lettuce, Spinach, Tomato, Red bell pepper, Spring mix, Red onion.

Contains: N/A.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Side Caesar Salad
SIZE/WEIGHT: 141 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-006

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (141 g) pour (141 g)	
Calories 300	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 24 g	32 %
Saturated / saturés 4 g	
+ Trans / trans 0.3 g	22 %
Carbohydrate / Glucides 14 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 30 mg	
Sodium 590 mg	26 %
Potassium 50 mg	1 %
Calcium 125 mg	10 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Romaine Lettuce. **Bacon Bits:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Croutons:** Enriched wheat, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially hydrogenated soybean oil. **Caesar Dressing:** Canola oil, Water, Liquid egg yolk, Parmesan cheese (milk), Dehydrated garlic, Concentrated lemon juice, Seasonings (mustard), Salt, Spices, Cultured skim milk powder, Cured anchovies, Skim milk powder, Sugars (molasses, glucose-fructose), Xanthan gum. **Parmesan:** Milk, Bacterial culture, Salt, Lipase, Microbial enzymes, Calcium chloride.

Contains: Egg, Fish, Milk, Mustard, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Poutine
SIZE/WEIGHT: 341 g
ISSUED: April 30, 2021
ITEM ID: KSIDE-004

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (341 g) pour (341 g)	
Calories 860	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 55 g	73 %
Saturated / saturés 16 g	82 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 76 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 23 g	
Cholesterol / Cholestérol 60 mg	
Sodium 500 mg	22 %
Potassium 550 mg	12 %
Calcium 550 mg	42 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Fries: Potatoes, Canola and/or soybean oil, Sodium acid pyrophosphate, Sugars (dextrose). Fried in canola oil.

Cheese Curds: Pasteurized milk, Modified milk ingredients, Salt, Microbial enzyme, Bacterial culture. **Beef Gravy:** Gravy concentrate (water, wheat flour, red wine [sulphites], beef fat, butter [milk], salt, modified corn starch, sugar, soy oil, tomato paste, autolyzed yeast extract, caramel colour, garlic puree [garlic, canola oil, water, citric acid], spices, lactic acid, calcium lactate, dehydrated parsley, flavour and artificial flavour [hydrolyzed soy protein, celery]), Water.

Contains: Milk, Soy, Sulphites, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Sonoma Side Salad

SIZE/WEIGHT: 202 g

ISSUED: April 24, 2023

ITEM ID: KSIDE-021

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (202 g) pour (202 g)	
Calories 350	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 25 g	33 %
Saturated / saturés 4 g	22 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 10 mg	
Sodium 540 mg	23 %
Potassium 350 mg	10 %
Calcium 100 mg	8 %
Iron / Fer 2.25 mg	13 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: House Salad Blend: Iceberg lettuce, Romaine lettuce, Spinach, Spring mix. **Sonoma Trail Mix:** Roasted sunflower seeds (sunflower seeds, canola oil), Thompson raisins (raisins, vegetable oil), Dried cranberries (cranberries, sugar, sunflower oil), Roasted cashews (cashews [tree nuts], canola oil), Roasted pumpkin seeds (pumpkin seeds, canola oil). **May contain peanuts.** **Seasoned Croutons:** Enriched wheat flour, Canola oil, Salt, Sugar, Rice flour, Garlic powder, Yeast, Romano cheese (from cow and sheep milk), Parsley, Onion powder, Yeast extract, Natural flavour, Spices, Soybean oil, Partially hydrogenated soybean oil. **Feta Cheese:** Pasteurized Milk, Modified Milk Ingredients, Salt, Calcium Chloride, Microbial Enzyme, Bacterial Culture, Lipase, Cellulose powder, Potassium sorbate, Lactic acid, Natamycin. **Honey Spiced Vinaigrette:** Canola oil, Water, Concentrated lemon juice, Honey, Red wine vinegar, Prepared mustard (water, vinegar, mustard seed, salt, turmeric), Concentrated orange juice, White vinegar, Spices, Salt, Dijon mustard (water, mustard seed, vinegar, salt, turmeric), Olive oil, Crushed chillies, Xanthan gum, Flavours. **Tomato. Red Bell Pepper. Salt. Pepper.**

Contains: Milk, Mustard, Soy, Tree Nuts Wheat.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Broccoli Cheddar Soup
SIZE/WEIGHT: 303 g
ISSUED: April 24, 2023
ITEM ID: KSIDE-030

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (303 g) pour (303 g)	
Calories 160	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 15 mg	
Sodium 950 mg	41 %
Potassium 350 mg	7 %
Calcium 250 mg	19 %
Iron / Fer 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Broccoli Cheddar Soup: Broccoli, Water, Skim milk powder, Cream, Modified corn starch, Canola and/or soybean oil, Salt, Modified milk ingredients, Wheat flour, Dried onions, Disodium inosinate, Disodium guanylate, Soy protein isolate, Lemon juice concentrate, Spices, Beta-carotene. **Trio Cheese Blend:** Shredded cheese blend (milk ingredients, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, annatto, cellulose, natamycin), Mozzarella (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin).

Contains: Milk, Soy, Wheat.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Beet and Goat Cheese Side Salad

SIZE/WEIGHT: 171 g

ISSUED: April 24, 2023

ITEM ID: KSIDE-022

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (171 g) pour (171 g)	
Calories 150	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 15 mg	
Sodium 410 mg	18 %
Potassium 350 mg	7 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Beets: Beets, Balsamic dressing (canola oil, water, balsamic vinegar [sulphites], balsamic vinegar reduction, sugar, garlic, salt, white vinegar, spices, dijon mustard, [water, mustard seeds, vinegar, salt, turmeric], xanthan gum). **Goat Cheese:** Pasteurized Goat's Milk, Salt, Bacterial Culture, Microbial Enzyme. **House Salad Blend:** Iceberg lettuce, Romaine lettuce, Spinach, Spring mix. **Sweet Onion Dressing:** Water, Sugar, Vinegar, Canola oil, Onions, Salt, Key lime juice from concentrate (water, lime juice), Fried vegetables (red bell peppers, carrots, onions), Xanthan gum, Seasoning, Herbs and spices. **Red Onion. Balsamic Glaze:** Balsamic vinegar of modena, Sugar. **Black Pepper. Salt.**

Contains: Milk, Mustard, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Loaded Fries
SIZE/WEIGHT: 366 g
ISSUED: July 21, 2023
ITEM ID: KSIDE-023

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (366 g) pour (366 g)	
Calories 770	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 49 g	65 %
Saturated / saturés 8 g	42 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 77 g	
Fibre / Fibres 10 g	36 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 25 mg	
Sodium 1130 mg	49 %
Potassium 750 mg	22 %
Calcium 175 mg	13 %
Iron / Fer 2.5 mg	14 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Fries: Potatoes, Canola and/or soybean oil, Sodium acid pyrophosphate, Sugars (dextrose). Fried in canola oil.

Queso Sauce: Alfredo sauce ([water, cream (milk, cream), modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum], partly skimmed milk), Processed cheddar cheese product (cheese [milk, modified milk ingredients, cream, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme, annatto, lipase], modified milk ingredients, water, sodium citrate and/or sodium phosphate, sugars [glucose], skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil, carboxymethyl cellulose, annatto and/or β -apo- 8'-carotenal, citric acid), Salsa (crushed tomatoes [water, crushed tomato concentrate], jalapeno peppers, diced tomatoes [tomatoes, tomato juice, citric acid, calcium chloride], onions, vinegar, salt, dried onions, garlic, natural flavour), Water, Frank's red hot pepper sauce (aged cayenne red peppers, vinegar, water, salt, natural flavour, garlic powder). **Tomatoes. Jalapenos:** Jalapeno peppers, Water, Salt, Acetic acid, Citric acid, Sodium benzoate, Potassium sorbate, Calcium chloride, Sodium metabisulphite, Curcumin. **Double Smoked Bacon:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Green Onion.**

Contains: Milk, Soy, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Loaded Kettle Chips

SIZE/WEIGHT: 345 g

ISSUED: July 21, 2023

ITEM ID: KSIDE-024

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (345 g)	
pour (345 g)	
Calories 550	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 32 g	43 %
Saturated / saturés 7 g	37 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 56 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 25 mg	
Sodium 2270 mg	99 %
Potassium 800 mg	24 %
Calcium 150 mg	12 %
Iron / Fer 2.25 mg	13 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Kettle Chips: Potatoes, Canola oil, Salt, Sugars (dextrose), Sodium phosphate, Sea salt. Fried in canola oil. **Queso Sauce:** Alfredo sauce ([water, cream (milk, cream), modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum], partly skimmed milk), Processed cheddar cheese product (cheese [milk, modified milk ingredients, cream, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme, annatto, lipase], modified milk ingredients, water, sodium citrate and/or sodium phosphate, sugars [glucose], skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil, carboxymethyl cellulose, annatto and/or β -apo- 8'-carotenal, citric acid), Salsa (crushed tomatoes [water, crushed tomato concentrate], jalapeno peppers, diced tomatoes [tomatoes, tomato juice, citric acid, calcium chloride], onions, vinegar, salt, dried onions, garlic, natural flavour), Water, Frank's red hot pepper sauce (aged cayenne red peppers, vinegar, water, salt, natural flavour, garlic powder). **Tomatoes. Jalapenos:** Jalapeno peppers, Water, Salt, Acetic acid, Citric acid, Sodium benzoate, Potassium sorbate, Calcium chloride, Sodium metabisulphite, Curcumin. **Double Smoked Bacon:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Green Onion.**

Contains: Milk, Soy, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Loaded Baked Potato

SIZE/WEIGHT: 463 g

ISSUED: July 21, 2023

ITEM ID: KSIDE-025

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (463 g)	
pour (463 g)	
Calories 420	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 13 g	17 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 65 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 25 mg	
Sodium 1100 mg	48 %
Potassium 1600 mg	47 %
Calcium 175 mg	13 %
Iron / Fer 3.5 mg	19 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Potato.** **Queso Sauce:** Alfredo sauce ([water, cream (milk, cream), modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum], partly skimmed milk), Processed cheddar cheese product (cheese [milk, modified milk ingredients, cream, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme, annatto, lipase], modified milk ingredients, water, sodium citrate and/or sodium phosphate, sugars [glucose], skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil, carboxymethyl cellulose, annatto and/or β -apo-8'-carotenal, citric acid), Salsa (crushed tomatoes [water, crushed tomato concentrate], jalapeno peppers, diced tomatoes [tomatoes, tomato juice, citric acid, calcium chloride], onions, vinegar, salt, dried onions, garlic, natural flavour), Water, Frank's red hot pepper sauce (aged cayenne red peppers, vinegar, water, salt, natural flavour, garlic powder). **Tomatoes.** **Jalapenos:** Jalapeno peppers, Water, Salt, Acetic acid, Citric acid, Sodium benzoate, Potassium sorbate, Calcium chloride, Sodium metabisulphite, Curcumin. **Double Smoked Bacon:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Green Onion.**

Contains: Milk, Soy, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Loaded Mashed Potatoes

SIZE/WEIGHT: 310 g

ISSUED: July 21, 2023

ITEM ID: KSIDE-026

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (310 g) pour (310 g)	
Calories 310	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 15 g	20 %
Saturated / saturés 6 g	31 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 35 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 30 mg	
Sodium 1770 mg	77 %
Potassium 650 mg	19 %
Calcium 175 mg	13 %
Iron / Fer 1 mg	6 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Mashed Potatoes: Potatoes, Water, Skim milk, Soybean oil, Cream cheese (pasteurized milk and cream, bacterial culture, salt, locust bean gum), Butter (cream, milk), Salt, Maltodextrin, Mono- and diglycerides, Natural flavour, Onion powder, Disodium dihydrogen pyrophosphate. **Queso Sauce:** Alfredo sauce ([water, cream (milk, cream), modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum], partly skimmed milk), Processed cheddar cheese product (cheese [milk, modified milk ingredients, cream, bacterial culture, salt, calcium chloride, rennet and/or microbial enzyme, annatto, lipase], modified milk ingredients, water, sodium citrate and/or sodium phosphate, sugars [glucose], skim milk powder, salt, acetic acid, sorbic acid, soy lecithin, soybean oil, carboxymethyl cellulose, annatto and/or β -apo-8'-carotenal, citric acid), Salsa (crushed tomatoes [water, crushed tomato concentrate], jalapeno peppers, diced tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), onions, vinegar, salt, dried onions, garlic, natural flavour), Water, Frank's red hot pepper sauce (aged cayenne red peppers, vinegar, water, salt, natural flavour, garlic powder). **Tomatoes. Jalapenos:** Jalapeno peppers, Water, Salt, Acetic acid, Citric acid, Sodium benzoate, Potassium sorbate, Calcium chloride, Sodium metabisulphite, Curcumin. **Double Smoked Bacon:** Pork, Water, Salt, Sugar, Applewood smoke flavour, Sodium phosphate, Sodium erythorbate, Sodium nitrite, Smoke. **Green Onion.**

Contains: Milk, Soy, Sulphites.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Carrots and Celery with Ranch Dressing

SIZE/WEIGHT: 170 g

ISSUED: June 18, 2022

ITEM ID: KSIDE-012

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (170 g) pour (170 g)	
Calories 220	% Daily Value* % valeur quotidienne*
Fat / Lipides 19 g	25 %
Saturated / saturés 4 g	22 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 11 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 20 mg	
Sodium 520 mg	23 %
Potassium 350 mg	7 %
Calcium 50 mg	4 %
Iron / Fer 0.4 mg	2 %
* 5 % or less is a little, 15 % or more is a lot * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

Ingredients: Carrot. Celery. Ranch Dressing: Water, Soybean oil, Vinegar, Sugar, Salt, Frozen egg yolk, Dehydrated garlic, Black peppercorns, Xanthan gum, Propylene glycol alginate, Dehydrated onion, Potassium sorbate, Sodium benzoate, Concentrated lemon juice, Flavour (contains soy lecithin), Yeast extract, Phospholipase, Calcium disodium EDTA.

Contains: Egg, Soy.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Carrots and Celery with Blue Cheese Dressing

SIZE/WEIGHT: 169 g

ISSUED: June 18, 2022

ITEM ID: KSIDE-013

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (169 g)	
pour (169 g)	
Calories 230	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 20 g	27 %
Saturated / saturés 4 g	22 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 11 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 600 mg	26 %
Potassium 350 mg	10 %
Calcium 50 mg	4 %
Iron / Fer 0.3 mg	2 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Carrot. Celery. Blue Cheese Dressing: Water, Soybean oil, Vinegar, Blue cheese (milk, salt, bacterial culture, calcium chloride, microbial enzyme, penicillium roqueforti), Sugar, Salt, Modified corn starch, Frozen egg yolk, Xanthan gum, Worcestershire sauce (vinegar, blackstrap molasses, glucose-fructose, anchovies [fish] salt, tamarind, shallots, garlic, spices, flavour, seasoning), Garlic powder, Mustard flour, Potassium sorbate, Sodium benzoate, Onion powder, Natural and artificial flavour, Spices, Phospholipase, Calcium disodium EDTA.

Contains: Egg, Fish, Milk, Mustard, Soy.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.