



NUTRITIONAL INFORMATION

Last updated: August 19, 2026

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FRIES

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Fries, Snack	57 g	160	8	0.5	0	0	15	20	2	0	2
Fries, Small	170 g	490	25	2	0	0	50	61	5	1	6
Fries, Regular	312 g	900	46	4	0	0	85	111	10	1	11
Fries, Large	397 g	1150	58	5	0	0	110	142	13	2	15

POUTINE

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Classic Canadian Poutine - Small	340 g	870	54	18	0	90	1010	66	5	1	29
Classic Canadian Poutine - Medium	539 g	1400	84	25	0	120	1370	119	10	1	42
Classic Canadian Poutine - Large	737 g	1900	115	37	0	180	2040	152	13	2	60
Nacho Fries - Small	328 g	720	41	13	0	45	1350	73	6	6	15
Nacho Fries - Medium	539 g	1220	67	19	0	60	2030	128	10	9	24
Nacho Fries - Large	709 g	1580	88	25	0	85	2760	165	13	12	31
Bacon Double Cheese Fries - Small	268 g	680	39	8	0	25	890	68	6	2	13
Bacon Double Cheese Fries - Medium	448 g	1140	64	11	0	30	1170	121	10	2	20
Bacon Double Cheese Fries - Large	600 g	1520	86	17	0	50	1790	156	13	4	28
Chili Cheese Fries - Small	318 g	720	41	8	0	20	730	76	9	2	12
Chili Cheese Fries - Medium	523 g	1230	68	12	0	25	1060	132	15	3	19
Chili Cheese Fries - Large	699 g	1610	91	17	0	40	1490	172	21	5	25
The Works - Small	297 g	730	43	10	0	40	630	72	8	3	14
The Works - Medium	505 g	1250	71	15	0	55	1030	129	14	4	22
The Works - Large	671 g	1630	94	20	0	75	1440	166	18	5	29
Veggie Fries - Small	274 g	630	35	6	0	20	450	68	6	2	7
Veggie Fries - Medium	463 g	1080	59	9	0	20	670	122	11	3	13
Veggie Fries - Large	609 g	1390	76	12	0	30	900	157	14	4	17
Chili Fries - Small	290 g	700	39	9	0	25	490	74	11	3	13
Chili Fries - Medium	466 g	1170	64	12	0	30	640	129	17	4	20
Chili Fries - Large	586 g	1470	80	15	0	40	770	163	21	5	25
Flamin' Bacon Fries - Small	244 g	680	39	5	0	10	800	71	5	10	9
Flamin' Bacon Fries - Medium	438 g	1210	69	9	0	15	1340	128	10	16	16
Flamin' Bacon Fries - Large	580 g	1600	92	13	0	25	1980	166	13	22	22
Truffle Fries - Small	228 g	790	53	9	0	35	630	64	5	1	15
Truffle Fries - Medium	426 g	1490	102	18	0	70	1240	117	10	1	30
Truffle Fries - Large	596 g	2110	147	27	0	105	1850	161	14	2	43
Triple Cheese Poutine - Small	296 g	810	50	14	0	65	850	66	6	1	23
Triple Cheese Poutine - Regular	507 g	1400	85	23	0	100	1330	120	10	2	37
Triple Cheese Poutine - Large	690 g	1930	120	36	0	170	1980	153	13	2	56
Triple Cheese Poutine with Queso - Small	296 g	890	56	21	0	95	1180	65	6	3	30
Triple Cheese Poutine with Queso - Regular	507 g	1520	93	33	0	145	1820	118	10	4	48
Triple Cheese Poutine with Queso - Large	690 g	2090	132	49	0	225	2630	151	13	6	71



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SNACK DIPPERS

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Buttermilk Ranch Snack Dipper	85 g	270	19	2.5	0	10	280	22	2	2	2
Garlic Pepper Snack Dipper	85 g	310	24	3	0	15	260	22	2	2	2
Beef Gravy Snack Dipper	85 g	180	9	1	0	0	160	22	2	2	2
Cheese Snack Dipper	85 g	200	11	1	0	0	190	23	2	0	2
Queso Snack Dipper	85 g	240	14	4.5	0	15	360	22	2	1	6
Dill Pickle Aioli Snack Dipper	85 g	280	20	2.5	0	15	290	22	2	1	3
Chipotle Aioli Snack Dipper	85 g	270	16	2	0	0	240	27	2	6	2
Truffle Aioli Snack Dipper	85 g	350	29	3	0	10	230	22	2	0	2

LOADED DOGS

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Bacon Double Cheese Dog	208 g	560	39	16	0	70	1630	29	1	6	23
Chili Cheese Dog with Cheese	215 g	540	37	14	0	60	1430	31	2	6	20
Chili Cheese Dog with Queso	215 g	560	38	16	0	70	1510	31	2	6	22
Nacho Dog with Cheese	232 g	530	35	14	0	65	1660	31	1	7	19
Nacho Dog with Queso	232 g	540	37	16	0	70	1740	31	1	7	20
Flamin' Bacon Dog	206 g	580	40	15	0	65	1720	31	1	10	21
The Works Dog with Cheese	256 g	630	43	17	0	80	1650	33	3	6	23
The Works Dog with Queso	256 g	670	46	21	0	95	1850	33	3	7	27
Triple Cheese Dog	217 g	610	43	18	0	85	1530	28	1	5	26
Triple Cheese Dog with Queso	217 g	630	44	20	0	95	1610	27	1	6	28

HOT DOG

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Plain Hot Dog	166 g	470	32	13	0	55	1230	26	1	5	18
Plain Hot Dog No Bun	113 g	330	30	12	0	55	1060	2	0	0	13

SAUCES/ DIPS

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Buttermilk Ranch Dipper	28 g	110	11	2	0	10	260	2	0	2	0
Buttermilk Ranch	43 g	160	16	3	0	15	400	3	0	3	0
Garlic Pepper Sauce Dipper	28 g	150	16	2.5	0	15	240	2	0	2	0
Garlic Pepper Sauce	43 g	220	23	3.5	0	20	370	3	0	3	0
Beef Gravy Dipper	28 g	15	0	0	0	0	140	2	0	0	0
Beef Gravy	85 g	40	1.5	0.5	0	0	420	5	0	0	1
Cheese Sauce Dipper	28 g	35	2.5	0	0	0	180	2	0	0	0
Cheese Sauce	85 g	110	8	1.5	0	0	530	7	0	0	0
Queso Dipper	28 g	80	6	4	0	15	340	2	0	1	4
Queso	85 g	230	17	11	0	45	1020	6	0	3	11
Dill Pickle Aioli Dipper	28 g	120	12	2	0	15	270	2	0	1	1
Dill Pickle Aioli	43 g	180	18	3	0	20	410	3	0	1	1
Chipotle Aioli Dipper	28 g	100	8	1.5	0	0	230	7	0	6	0
Chipotle Aioli	43 g	160	11	2	0	0	340	10	0	9	0
Truffle Aioli Dipper	28 g	180	20	2	0	10	210	2	0	0	0
Truffle Aioli	43 g	270	30	3	0	15	320	3	0	0	0



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TOPPINGS

Product	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Cheese Curds	57 g	220	18	10	0	60	360	0	0	0	14
Gravy	28 g	15	0	0	0	0	140	2	0	0	0
Green Onions	6 g	0	0	0	0	0	0	0	0	0	0
Bacon	3.5 g	20	1.5	0	0	5	70	0	0	0	2
Chipotle Aioli	28 g	100	8	1.5	0	0	230	7	0	6	0
Cheese Sauce	28 g	35	2.5	0	0	0	180	2	0	0	0
Beef Chili	28 g	50	3.5	1.5	0	5	110	3	1	0	2
Parmesan Cheese	6 g	20	1.5	1	0	5	70	0	0	0	2

CONDIMENTS

Product	Serving	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Cajun Seasoning	1 pinch	1 g	0	0	0	0	0	60	0	0	0	0
Chipotle Seasoning	1 pinch	1 g	0	0	0	0	0	90	0	0	0	0
Relish	1 packet	9 g	5	0	0	0	0	60	2	0	2	0
Mustard	1 packet	6 g	0	0	0	0	0	65	0	0	0	0
Ketchup	1 packet	9 g	10	0	0	0	0	85	2	0	2	0
Hot Sauce	1 packet	7 g	0	0	0	0	0	180	0	0	0	0
Mayonnaise	1 packet	9 g	70	7	1	0	0	40	0	0	0	0
BBQ Sauce	2 tbsp	34 g	35	0	0	0	0	500	8	0	6	0
Malt Vinegar	1 tbsp	15 g	0	0	0	0	0	0	0	0	0	0
Hot Banana Peppers	8 rings	28 g	5	0	0	0	0	440	1	1	1	0
Pickle Slices	9 slices	28 g	0	0	0	0	0	230	0	1	0	0
Jalapeno Slices	14 slices	28 g	0	0	0	0	0	460	1	0	1	0
Sauerkraut	2 tbsp	30 g	5	0	0	0	0	180	1	1	0	0
Green Olives	1 tbsp	14 g	20	2	0	0	0	210	0	0	0	0
Green Onions	1 tbsp	6 g	0	0	0	0	0	0	0	0	0	0
White Onion	2 slices	28 g	10	0	0	0	0	0	3	0	1	0
Tomatoes	2 slices	40 g	5	0	0	0	0	0	2	0	1	0

BEVERAGES

Product	Serving	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pepsi	22 oz cup	436 mL	230	0	0	0	0	50	63	0	63	0
Diet Pepsi	22 oz cup	436 mL	0	0	0	0	0	85	0	0	0	0
Mug Root Beer	22 oz cup	436 mL	220	0	0	0	0	85	59	0	58	0
Mountain Dew	22 oz cup	436 mL	260	0	0	0	0	80	67	0	67	0
Pepsi Zero Sugar	22 oz cup	436 mL	0	0	0	0	0	100	0	0	0	0
Brisk Raspberry Iced Tea	22 oz cup	436 mL	110	0	0	0	0	75	28	0	27	0
Starry	22 oz cup	436 mL	220	0	0	0	0	50	60	0	60	0
Lipton Iced Tea Sweetened	22 oz cup	436 mL	160	0	0	0	0	75	42	0	42	0
Lipton Iced Tea Unsweetened	22 oz cup	436 mL	0	0	0	0	0	160	0	0	0	0
Pure Craft Lemonade	22 oz cup	436 mL	170	0	0	0	0	35	47	0	44	0
Pure Craft Strawberry Lemonade	22 oz cup	436 mL	150	0	0	0	0	5	39	0	37	0

Beverages 22 oz,
33% Ice
Displacement