



NUTRITIONAL INFORMATION

Last updated: May 9, 2024

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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, 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
Pulled Pork Poutine - Small	340 g	1040	65	20	0	160	1000	65	5	5	47
Pulled Pork Poutine - Medium	539 g	1640	101	29	0	220	1370	116	10	6	66
Pulled Pork Poutine - Large	709 g	2190	137	43	0	305	1900	148	13	8	89

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	185 g	510	35	14	0	75	1310	29	1	6	20
Chili Cheese Dog with Cheese	192 g	490	33	12	0	65	1110	31	2	6	17
Chili Cheese Dog with Queso	192 g	510	34	14	0	75	1190	31	2	6	19
Nacho Dog with Cheese	210 g	480	31	12	0	70	1340	31	1	7	16
Nacho Dog with Queso	210 g	490	33	14	0	75	1420	31	1	7	17
Flamin' Bacon Dog	184 g	530	36	13	0	70	1400	31	1	10	18
Pulled Pork Dog	200 g	600	40	16	0	115	1220	28	1	7	28
The Works Dog with Cheese	234 g	580	39	15	0	85	1190	33	3	6	20
The Works Dog with Queso	234 g	620	42	19	0	100	1530	33	3	7	24



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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	144 g	420	27	10	0	60	910	26	1	5	15
Plain Hot Dog No Bun	91 g	280	26	10	0	60	740	2	0	0	10

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	43 g	160	16	3	0	15	400	3	0	3	0
Garlic Pepper Sauce	43 g	220	23	3.5	0	20	370	3	0	3	0
Beef Gravy	85 g	40	1.5	0.5	0	0	420	5	0	0	1
Cheese Sauce	85 g	110	8	1.5	0	0	530	7	0	0	0
Queso	85 g	230	17	11	0	45	1020	6	0	3	11
Dill Pickle Aioli	42 g	180	18	3	0	20	410	3	0	1	1
Chipotle Aioli	42 g	160	11	2	0	0	340	10	0	9	0

TOPPING

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
Pulled Pork	28 g	80	6	2	0	25	150	1	0	1	7
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

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



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BEVERAGES

Beverages 22 oz,
33% Ice
Displacement

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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