

Nutritional values

DV: daily recommended value
g: gram mg: milligram

Menu	Serving	Calories	Lipids (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated fat + trans	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibres (g)	% VQ Fibres	Sugar (g)	Proteins (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Appetizers (dip not included)																				
Chicken wings (6)	78g	200	13	20	3	0	15	115	560	23	1	1	0	0	0	21	0	0	2	6
Chicken wings (12)	156g	400	25	38	6	0,1	31	230	1120	47	1	1	0	0	1	42	0	0	4	15
Garlic sticks (6)	52g	190	12	18	2,5	0,1	13	0	340	14	19	6	1	4	2	3	10	0	0	8
Garlic sticks (12)	103g	380	23	35	4,5	0,3	24	0	670	28	38	13	2	8	3	6	20	0	2	15
Garlic sticks with cheese (6)	73g	250	16	25	5	0,3	27	15	510	21	19	6	1	4	2	8	15	0	10	8
Garlic sticks with cheese (12)	145g	490	32	49	10	0,5	53	30	1020	43	38	13	2	8	3	16	30	0	25	15
Cheese sticks (8)	129g	420	23	35	10	0	50	15	1170	49	34	11	0	0	1	20	4	0	20	4
Chicken bites	207g	390	21	32	3,5	0,4	20	90	1180	49	16	5	2	8	0	36	0	0	2	8
Neapolitan-Style Shrimp Gratin	212g	340	26	40	8	0,5	43	115	900	38	6	2	2	8	3	22	25	30	25	6
Neapolitan-Style Shrimp Gratin with vegan cheese	212g	360	28	43	12	0,3	62	90	910	38	16	5	2	8	4	12	15	30	4	6
Mix Mikes	681g	2130	124	189	21	0,5	108	200	3410	142	202	67	13	52	13	57	80	60	45	70
Vegetable juice (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4
Vegetable juice (large)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6
Tomato juice (small)	224ml	45	0	0	0	0	0	0	530	22	9	3	1	4	6	1	6	20	2	10
Tomato juice (large)	336ml	70	0	0	0	0	0	0	800	33	13	4	2	8	9	2	8	35	4	20
Onion rings (regular size)	148g	480	28	43	2,5	0,1	13	0	1180	49	51	17	3	12	7	6	0	0	8	20
Onion rings (family size)	295g	960	57	88	4,5	0,2	24	0	2350	98	101	34	7	28	13	12	0	0	15	40
Bruschetta rolls (4)	250g	640	37	57	9	0,4	47	30	1200	50	61	20	4	16	5	21	80	4	25	30
Bruschetta rolls (8)	542g	1310	74	114	19	1	100	60	2770	115	124	41	8	32	11	43	150	8	50	60
Dips / sauces																				
Pizza oil	10ml	90	9	14	0,5	0	3	0	2	1	0	0	0	0	0	0,1	4	0	0	2
Submarine oil	10ml	90	9	14	0,5	0	3	0	2	1	0	0	0	0	0	0,1	4	0	0	2
Spicy mustard	42ml	80	0	0	0	0	0	0	530	22	20	7	1	4	17	1	2	0	0	2
Basil aioli dip	42ml	280	34	52	3	0	15	15	220	9	3	1	0	0	0	1	0	0	0	0
Spicy Tempette	42ml	20	0,5	1	0	0	0	0	380	16	3	1	1	4	1	0,5	0	0	0	2

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South-west dip	42ml	160	16	25	1,5	0,2	9	20	320	13	3	1	0	0	1	1	2	2	2	2
Kansas sauce	42ml	70	0,2	1	0	0	0	0	450	19	17	6	1	4	11	1	8	0	2	4
Neapolitan sauce	42ml	20	0,5	0	0	0	0	0	230	10	2	1	1	4	1	0,5	0	0	0	2
Sweet & spicy sauce	42ml	100	0	0	0	0	0	0	640	27	24	8	0	0	20	0,1	0	6	0	2
Tao sauce	42ml	90	4,5	7	0,5	0	3	0	390	16	13	4	0	0	11	1	0	0	2	2
Tartar sauce	42ml	250	25	38	1,5	0	8	15	290	12	0	0	0	0	0	1	0	0	0	6
Soups																				
Tomato & basil bisque	224ml	90	3,5	5	1,5	0	8	5	580	24	13	4	1	4	6	3	6	2	8	2
Broccoli cream	224ml	120	5	8	2	0,1	11	15	820	34	13	4	2	8	5	4	15	8	15	2
Homemade vegetable and beef soup	224ml	80	2	3	0,4	0	2	5	880	37	14	5	3	12	4	3	4	2	2	4
French onion soup	224ml	35	0,4	1	0,3	0	2	0	740	31	6	2	1	4	5	2	0	4	2	2
French onion soup au gratin	395g	400	26	40	15	0,5	78	65	1860	78	16	5	1	4	7	27	25	4	60	6
Minestrone soup	224ml	60	0,4	1	0	0	0	0	580	24	12	4	3	12	4	3	8	2	4	6
Parmentier soup with bacon	224ml	160	7	11	2,5	0,1	13	20	770	32	21	7	1	4	4	4	0	0	8	4
Chicken noodle soup	224ml	70	1,5	2	0,4	0	2	15	800	33	10	3	1	4	2	5	2	2	2	4
Sides																				
Fries	182g	520	25	38	2	0,1	11	0	55	2	65	22	6	24	0	7	0	0	2	10
Seasoned fries	182g	520	29	45	2,5	0,1	13	0	1280	53	59	20	6	24	0	7	0	0	2	15
Cesar salad (appetizer size)	122g	190	16	25	2	0,1	11	20	330	14	9	3	2	8	2	4	70	6	4	8
House salad, no dressing	109g	30	1	2	0,2	0	1	0	55	2	4	1	1	4	2	1	20	10	4	6
Salads																				
Chicken Ceasar	352g	500	34	52	4,5	0,3	24	100	1160	48	21	7	4	16	4	31	150	15	10	20
Caesar with vegan protein	407g	590	42	65	5	0,5	28	40	1260	53	24	8	5	20	5	34	150	15	15	100
Fresh-Thai	505g	800	42	65	4	0,1	21	40	2000	83	71	24	8	32	38	39	110	130	15	35

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Pasta (no side bread)																				
Cavatappi au gratin	491g	920	40	62	19	1	100	115	1720	72	97	32	6	24	7	41	20	0	30	40
You're the chef! Alfredo sauce with chicken moderate size	319g	500	17	26	7	0,2	36	65	720	30	60	20	3	12	4	26	8	2	15	20
You're the chef! Alfredo sauce with chicken regular size	606g	960	33	51	14	0,5	73	115	1320	55	119	40	6	24	9	45	10	4	25	35
You're the chef! Alfredo sauce moderate size	258g	400	12	18	6	0,2	31	35	420	18	58	19	3	12	4	13	4	2	15	15
You're the chef! Alfredo sauceregular size	513g	800	25	38	12	0,4	62	70	840	35	115	38	6	24	9	27	4	2	25	35
You're the chef! Neapolitan sauce with chicken strips moderate size	346g	410	8	12	1,5	0	8	30	960	40	61	20	6	24	4	23	6	2	4	20
You're the chef! Neapolitan sauce with chicken strips regular size	664g	780	15	23	2,5	0,1	13	45	1780	74	120	40	11	44	8	41	8	2	6	40
You're the chef! Neapolitan sauce moderate size	286g	310	3,5	5	0,4	4	2	0	650	27	58	19	6	24	4	11	2	0	4	20
You're the chef! Neapolitan sauce regular size	571g	630	7	11	1	0	5	0	1310	55	116	39	11	44	8	22	2	0	6	40
You're the chef! Rosé sauce with chicken strips moderate size	341g	500	18	28	8	0,5	43	65	770	32	61	20	5	20	3	23	15	2	2	20
You're the chef! Rosé sauce with chicken strips regular size	654g	970	35	54	15	1	80	110	1410	59	121	40	9	36	6	41	25	2	4	40
You're the chef! Rosé sauce moderate size	281g	410	14	22	7	0,4	37	30	460	19	58	19	5	20	3	11	10	0	2	20
You're the chef! Rosé sauce regular size	561g	810	27	42	14	1	75	65	930	39	117	39	9	36	6	22	20	0	4	35
Lasagna bolognese	631g	1210	72	111	34	1,5	178	255	3000	125	75	25	6	24	14	65	15	0	100	40
Linguini carbonara moderate size	306g	560	26	40	9	0,2	46	50	830	35	62	21	3	12	6	18	4	4	15	20
Linguini carbonara regular size	609g	1120	52	80	19	0,5	98	100	1670	70	124	41	6	24	11	36	4	8	25	35
Seafood Linguini moderate size	355g	520	17	26	5	0,1	26	80	1060	44	68	23	4	16	6	22	8	4	15	25
Seafood Linguini regular size	691g	990	28	43	9	0,3	47	160	2130	89	134	45	8	32	12	44	15	6	25	45
Classic Mac & cheese	504g	880	44	68	21	1	110	90	1610	67	86	29	4	16	10	36	15	2	60	20
Chicken & broccoli penne moderate size	384g	530	17	26	7	0,2	36	65	820	34	67	22	5	20	5	27	15	60	15	20
Vegan protein & broccoli penne moderate size	384g	540	19	29	7	0,3	37	35	770	32	67	22	5	20	5	24	15	60	15	45
Chicken & broccoli penne regular size	710g	980	29	45	12	0,4	62	100	1380	58	130	43	10	40	9	47	25	120	25	40
Vegan protein & broccoli penne regular size	710g	990	33	51	12	0,5	63	55	1300	54	130	43	10	40	9	42	25	120	25	80
Spaghettini bolognaise portion modérée	281g	420	11	17	3,5	0,1	18	25	640	27	60	20	4	16	5	17	2	0	4	25
Spaghettini bolognaise portion régulière	561g	830	23	35	7	0,1	36	50	1270	53	119	40	8	32	9	35	2	0	8	45
Tortellini with Rosé Sauce and Smoked Bacon	412g	620	41	63	12	1	65	90	1150	48	48	16	5	20	5	17	8	0	10	20

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Pizzas																				
Carnivore 6 inches (traditional)	258g	650	27	42	12	0,3	62	80	1550	65	67	22	3	12	3	35	ND	ND	27	32
Carnivore 6 inches (traditional) with vegan cheese	258g	660	29	45	15	0,1	76	45	1620	68	75	25	3	12	4	25	ND	ND	4	32
Carnivore 9 inches (traditional)	549g	1330	57	88	25	0,5	128	165	3250	135	133	44	7	28	9	75	ND	ND	59	71
Carnivore 9 inches (cauliflower crust)	350g	780	46	71	22	1	115	175	2580	149	37	12	3	12	5	55	ND	ND	64	21
Carnivore 9 inches (thin crust)	424g	980	49	75	22	0,5	113	165	2790	116	74	25	4	16	6	61	ND	ND	59	43
Carnivore 9 inches (stuffed crust)	654g	1610	78	120	39	1,5	203	235	4120	172	133	44	7	28	9	103	ND	ND	114	71
Carnivore 12 inches (traditional)	951g	2340	110	169	49	1,5	253	345	6070	253	203	68	10	40	13	136	ND	ND	114	111
Carnivore 12 inches (thin crust)	826g	2000	104	160	47	1,5	243	345	5560	232	142	47	8	32	11	126	ND	ND	114	89
Carnivore 12 inches (stuffed crust)	961g	2360	112	172	51	1,5	263	355	6150	256	203	68	10	40	13	139	ND	ND	123	111
Seafood 6 inches (traditional)	270g	620	23	35	11	0,3	57	80	1480	62	72	24	3	12	5	30	ND	ND	32	29
Seafood 6 inches (traditional) with vegan cheese	270g	630	25	38	14	0,1	71	50	1550	65	81	27	3	12	6	20	ND	ND	9	29
Seafood 9 inches (traditional)	568g	1260	50	77	24	0,5	123	170	3050	127	143	48	6	24	12	63	ND	ND	73	61
Seafood 9 inches (cauliflower crust)	369g	710	38	58	21	1	110	185	2390	100	47	16	2	8	8	43	ND	ND	77	13
Seafood 9 inches (thin crust)	443g	920	42	65	21	0,5	108	170	2600	108	84	28	3	12	9	50	ND	ND	68	32
Seafood 9 inches (stuffed crust)	673g	1540	71	109	38	1,5	198	240	3930	164	143	48	6	24	12	91	ND	ND	127	61
Seafood 12 inches (traditional)	880g	2000	80	123	41	1,5	213	285	4830	201	215	72	9	36	17	101	ND	ND	132	86
Seafood 12 inches (thin crust)	755g	1660	75	115	39	1,5	203	285	4330	180	155	52	7	28	15	92	ND	ND	132	64
Seafood 12 inches (stuffed crust)	1030g	2400	110	169	61	2,5	318	385	6080	253	215	72	9	36	17	141	ND	ND	214	86
Internationale 6 inches (traditional)	282g	640	27	42	11	0,3	57	65	1360	57	69	23	3	12	5	31	ND	ND	27	36
Internationale 6 inches (traditional) with vegan cheese	282g	640	29	45	15	0,1	76	35	1430	60	77	26	3	12	5	21	ND	ND	4	36
Internationale 9 inches (traditional)	644g	1380	63	97	26	0,5	133	160	3180	133	138	46	9	36	12	71	ND	ND	59	79
Internationale 9 inches (cauliflower crust)	445g	830	52	80	24	1	125	170	2520	105	42	14	5	20	9	51	ND	ND	64	32
Internationale 9 inches (thin crust)	519g	1030	55	85	23	0,5	118	160	2730	114	80	27	6	24	9	58	ND	ND	59	50
Internationales 9 inches (stuffed crust)	749g	1660	84	129	40	1,5	208	230	4060	169	138	46	9	36	12	99	ND	ND	118	79
Internationale 12 inches (traditional)	1029g	2240	106	163	47	1,5	243	290	5300	221	209	70	13	52	18	119	ND	ND	114	118
Internationale 12 inches (thin crust)	904g	1900	100	154	45	1,5	233	290	4790	200	149	50	11	44	16	110	ND	ND	114	96
Internationale 12 inches (stuffed crust)	1179g	2640	136	209	67	2,5	348	390	6550	273	209	70	13	52	18	159	ND	ND	195	118
Field of dreams 6 inches (traditional)	251g	560	22	34	8	0,2	41	25	1020	43	71	24	4	16	4	21	ND	ND	20	36
Field of dreams 6 inches (traditional) with vegan cheese	251g	550	22	34	10	0	50	0	1060	44	76	25	4	16	4	14	ND	ND	5	36
Field of dreams 9 inches (traditional)	520g	1110	45	69	17	0,5	88	50	2020	84	139	46	9	36	10	44	ND	ND	45	75
Field of dreams 9 inches (cauliflower crust)	321g	550	34	52	14	0,5	73	60	1360	57	43	14	4	16	6	24	ND	ND	50	25

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Field of dreams 9 inches (thin crust)	395g	760	37	57	14	0,5	73	50	1570	65	81	27	6	24	7	31	ND	ND	41	46
Field of dreams 9 inches (stuffed crust)	625g	1390	66	102	31	1	160	120	2900	121	139	46	9	36	10	72	ND	ND	100	75
Field of dreams 12 inches (traditional)	845g	1780	74	114	30	1	155	95	3350	140	216	72	13	52	14	72	ND	ND	82	111
Field of dreams 12 inches (thin crust)	720g	1430	69	106	28	1	145	95	2840	118	155	52	11	44	12	62	ND	ND	82	89
Field of dreams 12 inches (stuffed crust)	995g	2180	104	160	50	2	260	195	4600	192	216	72	13	52	14	112	ND	ND	164	111
Neapolitan 6 inches (traditional)	193g	510	18	28	8	0,3	42	30	900	38	64	21	2	8	3	23	ND	ND	27	29
Neapolitan 6 inches (traditional) with vegan cheese	193g	520	20	31	12	0	60	0	970	40	73	24	2	8	3	12	ND	ND	3	25
Neapolitan 9 inches (traditional)	412g	1030	39	60	18	0,5	93	65	1870	78	127	42	6	24	7	47	ND	ND	55	61
Neapolitan 9 inches (cauliflower crust)	213g	480	28	43	15	0,5	78	75	1210	50	31	10	2	8	4	27	ND	ND	64	11
Neapolitan 9 inches (thin crust)	287g	690	31	48	15	0,5	78	65	1420	59	69	23	3	12	4	34	ND	ND	55	32
Neapolitan 9 inches (stuffed crust)	517g	1310	60	92	32	1	165	135	2750	115	127	42	6	24	7	75	ND	ND	114	61
Neapolitan 12 inches (traditional)	647g	1650	65	100	32	1	165	125	3070	128	192	64	9	36	10	78	ND	ND	109	82
Neapolitan 12 inches (thin crust)	522g	1310	60	92	30	1	155	125	2570	107	131	44	7	28	8	68	ND	ND	109	61
Neapolitan 12 inches (stuffed crust)	797g	2050	95	195	52	2	270	225	4320	180	192	64	9	36	10	118	ND	ND	191	82
Pepperoni 6 inches (traditional)	221g	590	24	37	10	0,3	52	55	1140	48	65	22	3	12	3	28	ND	ND	27	32
Pepperoni 6 inches (traditional) with vegan cheese	221g	600	26	40	14	0,1	71	25	1210	50	74	25	3	12	4	17	ND	ND	4	32
Pepperoni 9 inches (traditional)	497g	1270	58	89	25	0,5	128	135	2600	108	130	43	7	28	8	62	ND	ND	59	71
Pepperoni 9 inches (cauliflower crust)	298g	710	46	71	22	1	115	145	1930	80	34	11	3	12	4	42	ND	ND	64	25
Pepperoni 9 inches (thin crust)	372g	920	50	77	22	0,5	113	135	2140	89	71	24	4	16	5	49	ND	ND	55	43
Pepperoni 9 inches (stuffed crust)	602g	1550	79	122	39	1,5	203	205	3470	145	130	43	7	28	8	90	ND	ND	114	71
Pepperoni 12 inches (traditional)	789g	2050	96	148	43	1,5	223	245	4280	178	196	65	10	40	11	103	ND	ND	114	104
Pepperoni 12 inches (thin crust)	664g	1710	90	138	41	1,5	213	245	3770	157	136	45	8	32	9	93	ND	ND	114	82
Pepperoni 12 inches (stuffed crust)	939g	2450	126	194	63	2,5	328	345	5530	230	196	65	10	40	11	143	ND	ND	195	104
Pepperoni and smoked bacon 6 inches (traditional)	263g	670	31	48	13	0,3	67	70	1400	58	67	22	3	12	4	32	ND	ND	27	32
Pepperoni and smoked bacon 6 inches (traditional) with vegan cheese	263g	680	33	51	17	0,1	86	40	1480	62	76	25	3	12	5	21	ND	ND	4	32
Pepperoni and smoked bacon 9 inches (traditional)	581g	1440	72	111	30	0,5	153	170	3130	130	134	45	7	28	10	70	ND	ND	59	75
Pepperoni and smoked bacon 9 inches (cauliflower crust)	382g	890	60	92	27	1	140	180	2460	103	38	13	3	12	7	50	ND	ND	64	25
Pepperoni and smoked bacon 9 inches (thin crust)	456g	1090	64	98	27	0,5	138	170	2670	111	75	25	4	16	7	57	ND	ND	55	46
Pepperoni and smoked bacon 9 inches (stuffed crust)	686g	1720	93	143	44	1,5	228	240	4000	167	134	45	7	28	10	98	ND	ND	114	75
Pepperoni and smoked bacon 12 inches (traditional)	915g	2310	117	180	51	1,5	263	295	5080	212	202	67	11	44	15	115	ND	ND	114	107
Pepperoni and smoked bacon 12 inches (thin crust)	790g	1960	112	172	49	1,5	253	295	4570	190	142	47	9	36	13	106	ND	ND	114	86
Pepperoni and smoked bacon 12 inches (stuffed crust)	1065g	2710	147	226	71	2,5	368	395	6330	264	202	67	11	44	15	155	ND	ND	195	107

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BBQ Chicken & Bacon 6 inches (traditional)	240g	600	20	31	10	0,4	52	65	1220	51	74	25	3	12	9	30	ND	ND	27	32
BBQ Chicken & Bacon 6 inches (traditional) with vegan cheese	240g	590	21	32	13	0	65	25	1290	54	83	28	3	12	9	20	ND	ND	4	32
BBQ Chicken & Bacon 9 inches (traditional)	480g	1110	35	54	16	0,5	83	125	2310	96	145	48	7	28	19	60	ND	ND	41	68
BBQ Chicken & Bacon 9 inches (cauliflower crust)	281g	560	23	35	13	0,5	68	135	1640	68	49	16	3	12	15	40	ND	ND	50	18
BBQ Chicken & Bacon 9 inches (thin crust)	355g	770	26	40	13	0,5	68	125	1850	77	86	29	4	16	16	47	ND	ND	41	39
BBQ Chicken & Bacon 9 inches (stuffed crust)	585g	1390	56	86	30	1	155	195	3180	133	145	48	7	28	19	88	ND	ND	100	68
BBQ Chicken & Bacon 12 inches (traditional)	755g	1760	59	91	29	1	150	205	3700	154	219	73	10	40	28	92	ND	ND	82	96
BBQ Chicken & Bacon 12 inches (thin crust)	630g	1420	53	82	27	1	140	205	3190	133	158	53	8	32	26	83	ND	ND	77	75
BBQ Chicken & Bacon 12 inches (stuffed crust)	905g	2160	89	137	49	2	255	305	4950	206	219	73	10	40	28	132	ND	ND	159	96
BBQ Chicken with Plant-Based Protein 6 inches (traditional)	240g	600	21	32	10	0,4	52	40	1210	50	75	25	3	12	9	28	ND	ND	32	43
BBQ Chicken with Plant-Based Protein 6 inches (traditional) with vegan cheese	240g	600	22	34	13	0	65	5	1280	53	83	28	3	12	10	18	ND	ND	5	43
BBQ Chicken with Plant-Based Protein 9 inches (traditional)	480g	1130	38	58	16	0,5	83	55	2280	95	147	49	7	28	19	56	ND	ND	45	100
BBQ Chicken with Plant-Based Protein 9 inches (cauliflower crust)	281g	580	27	42	13	0,5	68	70	1620	68	51	17	3	12	15	36	ND	ND	50	54
BBQ Chicken with Plant-Based Protein 9 inches (thin crust)	355g	790	30	46	13	0,5	68	55	1830	76	89	30	4	16	16	43	ND	ND	41	71
BBQ Chicken with Plant-Based Protein 9 inches (stuffed crust)	585g	1410	59	91	30	1,5	158	125	3160	132	147	49	7	28	19	84	ND	ND	100	100
BBQ Chicken with Plant-Based Protein 12 inches (traditional)	755g	1790	64	98	29	1	150	115	3670	153	223	74	10	40	28	87	ND	ND	82	143
BBQ Chicken with Plant-Based Protein 12 inches (thin crust)	630g	1450	58	89	27	1	140	115	3160	132	162	54	8	32	27	77	ND	ND	82	121
BBQ Chicken with Plant-Based Protein 12 inches (stuffed crust)	905g	2190	94	145	49	2	255	215	4920	205	223	74	10	40	28	127	ND	ND	164	143
Philly steak 6 inches (traditional)	287g	650	26	40	12	0,3	62	60	1140	48	71	24	3	12	4	32	ND	ND	32	36
Philly steak 6 inches (traditional) with vegan cheese	287g	650	28	43	15	0,1	76	30	1210	50	80	27	3	12	5	22	ND	ND	7	36
Philly steak 9 inches (traditional)	575g	1280	53	82	25	0,5	128	120	2240	93	140	47	6	24	10	66	ND	ND	68	75
Philly steak 9 inches (cauliflower crust)	376g	730	41	63	22	1	115	130	1570	65	43	14	2	8	6	46	ND	ND	73	25
Philly steak 9 inches (thin crust)	450g	940	45	69	22	0,5	113	120	1780	74	81	27	3	12	7	53	ND	ND	64	46
Philly steak 9 inches (stuffed crust)	680g	1560	74	114	39	1,5	203	190	3110	130	140	47	6	24	10	94	ND	ND	123	75
Philly steak 12 inches (traditional)	875g	1890	76	117	34	1	175	170	3320	138	211	70	9	36	15	93	ND	ND	91	107
Philly steak 12 inches (thin crust)	750g	1550	70	108	32	1	165	170	2810	117	150	50	7	28	13	84	ND	ND	91	86
Philly steak 12 inches (stuffed crust)	1025g	2290	106	163	54	2	280	270	4570	190	211	70	9	36	15	133	ND	ND	173	107
All-dressed 6 inches (traditional)	249g	600	24	37	11	0,3	57	55	1140	48	67	22	3	12	4	28	ND	ND	27	32
All-dressed 6 inches (traditional) with vegan cheese	246g	600	26	40	14	0,1	71	25	1200	50	74	25	3	12	4	17	ND	ND	4	32
All-dressed 9 inches (traditional)	553g	1280	58	89	25	0,5	128	135	2600	108	133	44	8	32	10	63	ND	ND	59	75
All-dressed 9 inches (cauliflower crust)	354g	730	47	72	22	1	115	145	1930	80	37	12	4	16	6	43	ND	ND	64	29
All-dressed 9 inches (thin crust)	428g	940	50	77	22	0,5	113	135	2140	89	75	25	5	20	7	50	ND	ND	55	46

Menu	Serving	Calories	Lipids (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated fat + trans	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibres (g)	% VQ Fibres	Sugar (g)	Proteins (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
All-dressed 9 inches (stuffed crust)	658g	1560	79	122	39	1,5	203	205	3470	145	133	44	8	32	10	91	ND	ND	114	75
All-dressed 12 inches (traditional)	887g	2070	97	149	43	1,5	223	245	4280	178	202	67	12	48	14	104	ND	ND	114	114
All-dressed 12 inches (thin crust)	762g	1730	91	140	41	1,5	213	245	3780	158	142	47	10	40	12	95	ND	ND	114	93
All-dressed 12 inches (stuffed crust)	1037g	2470	127	195	63	2,5	328	345	5530	230	202	67	12	48	14	144	ND	ND	195	114
Vegetarian Pizza with Plant-Based Protein 9 inches (Cauliflower Crust)	343g	570	33	51	17	0,2	86	15	1520	63	49	16	5	20	6	23	ND	ND	18	57
Vegetarian 6 inches (traditional)	263g	540	19	29	9	0,3	47	30	1130	47	69	23	3	12	5	24	ND	ND	27	29
Vegetarian 6 inches (traditional) with vegan cheese	263g	550	21	32	12	0	60	0	1200	50	77	26	3	12	5	13	ND	ND	3	29
Vegetarian 9 inches (traditional)	566g	1090	42	65	18	0,5	93	65	2330	97	137	46	8	32	11	49	ND	ND	59	68
Vegetarian 9 inches (cauliflower crust)	367g	540	30	46	16	0,5	83	75	1660	69	41	14	4	16	8	29	ND	ND	64	18
Vegetarian 9 inches (thin crust)	441g	750	33	51	15	0,5	78	65	1870	78	78	26	5	20	8	36	ND	ND	55	39
Vegetarian 9 inches (stuffed crust)	671g	1370	63	97	32	1	165	135	3200	133	137	46	8	32	11	77	ND	ND	114	68
Vegetarian 12 inches (traditional)	913g	1770	70	108	33	1	170	125	3980	166	208	69	11	44	17	82	ND	ND	114	96
Vegetarian 12 inches (thin crust)	788g	1430	64	98	31	1	160	125	3470	145	148	49	9	36	15	72	ND	ND	109	75
Vegetarian 12 inches (stuffed crust)	1063g	2170	100	154	53	2	275	225	5230	218	208	69	11	44	17	122	ND	ND	191	96
Submarines (without sides)																				
Co-Star® 7 inches	301g	560	24	37	9	0,5	48	75	1340	56	54	18	4	16	5	32	10	15	30	30
Co-Star® 10 inches	445g	820	36	55	13	0,5	68	115	1970	82	78	26	6	24	7	49	15	20	40	40
Focaccia club cantonnier	282g	790	55	85	11	0,2	56	80	1270	53	46	15	3	12	4	30	20	10	15	20
Focaccia club cantonnier with vegan protein	282g	800	57	88	11	0,2	56	50	1220	51	46	15	3	12	5	26	20	10	15	45
Hot Luke® 7 inches	309g	600	27	42	10	0,5	53	85	1560	65	55	18	4	16	5	34	10	15	30	35
Hot Luke® 10 inches	433g	820	37	57	14	0,5	73	115	2130	89	79	26	6	24	7	47	15	20	40	45
Field of dreams 7 inches	336g	410	11	17	3	0,2	16	15	1250	52	59	20	6	24	8	20	20	130	35	30
Field of dreams 10 inches	505g	600	17	26	4,5	0,2	24	20	1990	83	88	29	9	36	11	29	35	190	45	45
Field of dreams with chicken strips 7 inches	392g	480	12	18	3,5	0,2	19	45	1500	63	62	21	6	24	8	33	20	130	35	35
Field of dreams with chicken strips 10 inches	589g	700	18	28	4,5	0,2	24	65	2360	98	92	31	9	36	11	48	35	190	45	45
Field of dreams with Plant-Based Protein 7 inches	392g	480	14	22	3,5	0,2	19	15	1450	60	62	21	6	24	8	29	20	130	35	60
Field of dreams with Plant-Based Protein 10 inches	589g	720	22	34	5	0,3	27	20	2290	95	92	31	9	36	12	43	35	190	45	80
Superstar® 7 inches	359g	550	22	34	8	0,4	42	70	1500	63	57	19	5	20	7	34	10	35	30	35
Superstar® 10 inches	524g	790	31	48	11	0,5	58	105	2130	89	82	27	7	28	10	50	15	45	40	45
Western 7 inches	306g	440	14	22	4,5	0,3	24	40	840	35	53	18	4	16	6	27	8	20	30	30
Western 10 inches	462g	660	23	35	7	0,4	37	70	1250	52	77	26	6	24	8	42	10	25	40	35

Menu	Serving	Calories	Lipids (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated fat + trans	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibres (g)	% VQ Fibres	Sugar (g)	Proteins (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Poutines																				
Italian Poutine	499g	1230	73	112	22	1	115	90	1530	64	105	35	10	40	6	43	15	0	60	25
Superstar® Poutine	585g	1040	61	94	21	1	110	105	2430	101	86	29	7	28	4	46	20	20	50	20
Superstar Poutine® (large - delivery size)	1169g	2080	121	186	42	2	220	215	4860	203	172	57	15	60	9	93	35	40	110	40
Taste-Thai Poutine	838g	1590	90	138	20	1	105	80	4590	191	143	48	14	56	24	60	50	120	60	45
Traditional Poutine	420g	820	48	74	16	0,5	83	50	1720	72	78	26	6	24	1	29	15	0	50	10
Traditional Poutine (large - delivery & take-out size)	840g	1650	96	148	32	1,5	168	100	3440	143	156	52	12	48	2	58	35	0	110	20
Duetto																				
Seafood casserole (no sides)	408g	530	28	43	12	0,5	63	215	2380	99	30	10	3	12	10	37	20	6	50	15
Crevettes au gratin (sans accompagnement)	337g	610	50	77	14	1	75	220	1210	50	7	2	2	8	3	35	35	10	40	10
Crevettes au gratin avec fromage végétalien (sans accompagnement)	337g	660	55	85	18	1	95	190	1320	55	16	5	2	8	4	25	30	10	10	15
Fried chicken fingers	481g	1310	73	112	7	0,2	36	50	1200	50	126	42	12	48	8	44	35	4	8	35
Fish & chips with tartar sauce (no sides)	535g	1510	101	155	9	0,2	46	60	1650	69	121	40	13	52	5	39	35	4	8	15
Artisan smoked bacon Panzerotti	363g	840	46	71	18	0,5	93	105	2290	95	70	23	3	12	12	39	10	4	30	30
Artisan smoked bacon Panzerotti with vegan cheese	363g	870	49	75	22	0,2	111	80	2300	96	80	27	3	12	12	29	2	4	8	30
Panzerotti	247g	550	22	34	9	0,5	48	60	1490	62	61	20	3	12	5	29	10	6	30	30
Chicken parmigiana (no sides)	310g	560	30	46	9	0,4	47	125	1590	66	28	9	2	8	3	44	8	8	4	20
Pesto salmon	265g	730	62	95	12	0,2	61	120	1110	46	10	3	2	8	3	35	10	0	15	15
Drinks																				
Soft drink (Pepsi)	453ml	200	0	0	0	0	0	0	10	1	54	18	0	0	54	0	0	0	0	0
Soft drink (Diet Pepsi)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Chocolate oat drink	250ml	160	5	8	1	0	5	0	135	6	26	9	2	8	13	3	10	0	25	8
Unsweetened oat beverage	250ml	130	5	8	0,5	0	3	0	120	5	19	6	2	8	6	4	10	0	25	6
Unsweetened vanilla oat beverage	250ml	140	5	8	0,5	0	3	0	120	5	20	7	2	8	6	4	10	0	25	6
Guru	250ml	80	0	0	0	0	0	0	0	0	21	7	0	0	25	0	0	0	0	0
Milk 2 % (small)	227ml	110	4,5	7	2,5	0,2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
Milk 2 % (large)	340ml	170	7	11	4	0,3	22	25	140	6	16	5	0	0	17	11	20	2	35	0

Menu	Serving	Calories	Lipids (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated fat + trans	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibres (g)	% VQ Fibres	Sugar (g)	Proteins (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Chocolate milk 1% (small)	227ml	140	2,5	4	1	0	5	10	190	8	24	8	0	0	23	7	10	0	25	10
Chocolate milk 1% (large)	336ml	200	3,5	5	1,5	0	8	15	290	12	35	12	0	0	34	10	15	0	35	15
Apple juice (small)	227ml	100	0	0	0	0	0	0	15	1	25	8	0	0	23	0	0	35	2	2
Apple juice (large)	340ml	150	0	0	0	0	0	0	20	1	37	12	0	0	34	0	0	50	2	2
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	1	0	90	2	2
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	1	0	140	2	2
Desserts																				
Beignes d'antan honey glaze doughnuts without coulis	132g	600	19	29	10	0	50	0	220	9	87	29	4	16	43	6	0	0	2	20
Classic Brownie	179g	700	34	52	15	0	75	50	220	9	89	30	4	16	62	8	0	0	4	50
Hercule chocolate cake	290g	990	51	78	21	1	110	180	450	19	128	43	6	24	91	10	10	2	6	35
Timeless cheese cake without coulis	179g	610	40	62	24	0,5	123	80	510	21	51	17	1	4	39	9	0	0	15	8
Velvety carrot cake without coulis	192g	670	35	54	12	0,4	62	115	400	17	84	28	2	8	63	8	0	0	10	15
Homestyle sugar pie	137g	440	13	20	6	0,1	31	70	1440	60	74	25	1	4	55	6	4	4	8	8
Lunch desserts																				
Beignes d'antan honey glaze doughnuts without coulis	72g	320	11	17	6	0	30	0	110	5	45	15	2	8	23	3	0	0	0	10
Classic Brownie	96g	370	18	28	8	0	40	25	110	5	46	15	2	8	33	4	0	0	2	25
Velvety carrot cake without coulis	102g	360	19	29	7	0,2	36	60	200	8	44	15	1	4	33	4	0	0	4	6

Notes:

Nutritional values are derived from laboratory analyses, supplier data and a database.

The percentage of recommended daily value (%RDV) is based on the average energy needs of an adult (2,000 cal/day).