

Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron
Appetizers																				
Garlic Cheese Bread with fresh salsa	280g	650	28	58	17	1	90	65	1510	63	49	16	3	12	3	30	30	60	50	20
Chicken Wings (6)	120g	240	17	26	5	0,2	26	140	810	34	2	1	1	4	0	22	6	0	4	10
Chicken Wings (6) with spicy sauce and crudités	250g	380	19	29	6	0,2	31	140	2030	85	29	10	2	8	16	23	40	15	6	15
Chicken Wings (6) with BBQ sauce and crudités	250g	380	17	26	5	0,2	26	140	1710	71	34	11	3	12	24	24	40	15	10	15
Chicken Wings (6) with honey-garlic sauce and crudités	250g	370	17	26	5	0,2	26	140	1100	46	32	11	2	8	26	23	40	15	6	15
Chicken Wings (12)	240g	490	23	51	10	0,3	52	285	1630	68	3	1	1	4	1	44	15	0	6	20
Chicken Wings (12) with spicy sauce and crudités	370g	620	35	54	11	0,3	57	285	2840	118	31	10	3	12	17	45	45	15	8	25
Chicken Wings (12) with BBQ sauce and crudités	370g	620	33	51	10	0,3	52	285	2530	105	35	12	3	12	24	46	45	15	10	25
Chicken Wings (12) with honey-garlic sauce and crudités	370g	620	33	51	10	0,3	52	285	1910	80	34	11	3	123	26	45	45	15	8	25
Cheese Sticks (4)	132g	380	18	28	8	0,3	42	40	1710	71	35	12	1	4	1	21	15	0	45	10
Cheese Sticks (4) with tomato sauce and crudités	262g	430	19	29	8	0,3	42	40	2050	85	44	15	3	12	4	22	50	25	50	20
Cheese Sticks (8)	264g	770	36	55	16	0,5	83	80	3410	142	69	23	3	12	2	42	25	0	90	25
Cheese Sticks (8) with tomato sauce and crudités	394g	810	37	57	16	0,5	83	80	3760	157	78	26	5	20	6	43	60	25	90	30
Duo Combo	280g	790	45	69	9	0,3	47	105	1870	78	70	20	2	8	2	38	8	2	25	25
Duo Combo with 3 sauces	460g	1160	65	100	13	0,3	67	125	3710	155	101	34	4	16	28	40	15	10	25	30
Combo Supreme	559g	1580	89	137	18	0,5	93	215	3730	155	119	40	4	16	5	75	20	4	50	50
Combo Supreme with 3 sauces	739g	1950	110	169	22	0,5	113	235	5580	233	161	54	6	24	30	77	25	10	50	60
Poutine	420g	1000	64	98	23	1	120	70	2270	95	79	26	6	24	1	40	25	2	70	10
Poutine with chicken	480g	1090	65	100	23	1	120	70	2330	97	79	26	6	24	1	59	25	2	80	15
Onion Rings (regular)	165g	540	32	49	3,5	0,1	18	5	920	38	58	19	2	8	4	7	0	4	6	15
Onion Rings (large)	410g	1350	79	122	9	0,3	47	10	2300	96	144	48	6	24	10	16	0	10	15	40
Tender Chicken Breast Fillets (3)	150g	410	24	37	2,5	0,1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Tender Chicken Breast Fillets (3) with Dijon sauce and crudités	280g	650	42	65	5	0,1	26	75	860	36	39	13	1	4	12	27	35	15	2	15
Tender Chicken Breast Fillets (3) with sweet & sour sauce and crudités	280g	520	24	37	2,5	0,1	13	55	740	31	49	16	1	4	20	26	30	20	2	15
Tender Chicken Breast Fillets (3) with BBQ sauce and crudités	280g	450	24	37	2,5	0,1	13	55	1000	42	31	10	1	4	2	26	30	15	2	15
Tender Chicken Breast Fillets (3) with honey-mustard sauce and crudités	280g	710	50	77	4,5	0,4	25	75	850	35	38	13	1	4	3	27	30	15	2	15