

## 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 |
|-----------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| <b>Appetizers (dip not included)</b>          |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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 shrimp au gratin                   | 212g    | 340      | 26         | 40          | 8                 | 0,5           | 43                         | 115              | 900         | 38          | 6                 | 2                  | 2          | 8           | 3         | 22           | 25             | 30             | 25           | 6         |
| Neapolitan shrimp au 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        |
| <b>Dips / sauces</b>                          |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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         |

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|-----------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| Arrabbiata dip                                            | 42ml    | 20       | 0,5        | 1           | 0                 | 0             | 0                          | 0                | 380         | 16          | 3                 | 1                  | 1          | 4           | 1         | 0,5          | 0              | 0              | 0            | 2         |
| 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         |
| Sauce tao                                                 | 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                                                     |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| Waffle chips                                              | 140g    | 800      | 51         | 78          | 4,5               | 0,1           | 23                         | 0                | 680         | 28          | 78                | 26                 | 6          | 24          | 1         | 7            | 0              | 0              | 2            | 15        |
| 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        |
| Pasta (no bread roll)                                     |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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        |

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|---------------------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| You're the chef! Alfredo sauce regular 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 classic                                                     | 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 bolognese moderate size                                 | 281g    | 420      | 11         | 17          | 3,5               | 0,1           | 18                         | 25               | 640         | 27          | 60                | 20                 | 4          | 16          | 5         | 17           | 2              | 0              | 4            | 25        |
| Spaghettini bolognese regular size                                  | 561g    | 830      | 23         | 35          | 7                 | 0,1           | 36                         | 50               | 1270        | 53          | 119               | 40                 | 8          | 32          | 9         | 35           | 2              | 0              | 8            | 45        |
| Tortellini with rosée sauce and smoked bacon                        | 412g    | 620      | 41         | 63          | 12                | 1             | 65                         | 90               | 1150        | 48          | 48                | 16                 | 5          | 20          | 5         | 17           | 8              | 0              | 10           | 20        |
| Pizzas                                                              |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| Carnivore 6 inches (traditional)                                    | 300g    | 680      | 29         | 45          | 13                | 0,5           | 68                         | 105              | 1750        | 73          | 62                | 21                 | 3          | 12          | 5         | 42           | 8              | 2              | 30           | 30        |
| Carnivore 6 inches (traditional) with vegan cheese                  | 300g    | 700      | 32         | 49          | 17                | 0,3           | 87                         | 75               | 1840        | 77          | 71                | 24                 | 3          | 12          | 6         | 32           | 0              | 2              | 4            | 30        |
| Carnivore 9 inches (traditional)                                    | 629g    | 1400     | 61         | 94          | 26                | 1             | 135                        | 215              | 3640        | 152         | 127               | 42                 | 6          | 24          | 11        | 86           | 15             | 2              | 60           | 60        |
| Carnivore 9 inches (cauliflower crust)                              | 434g    | 970      | 60         | 92          | 28                | 1             | 145                        | 225              | 2920        | 122         | 38                | 13                 | 3          | 12          | 5         | 71           | 15             | 10             | 70           | 20        |
| Carnivore 9 inches (thin crust)                                     | 504g    | 1110     | 59         | 91          | 26                | 1             | 135                        | 215              | 3130        | 130         | 70                | 23                 | 4          | 16          | 7         | 76           | 15             | 2              | 60           | 40        |
| Carnivore 9 inches (stuffed crust)                                  | 734g    | 1680     | 82         | 126         | 40                | 2             | 210                        | 285              | 4520        | 188         | 127               | 42                 | 6          | 24          | 11        | 114          | 30             | 2              | 110          | 60        |
| Carnivore 12 inches (traditional)                                   | 1062g   | 2420     | 115        | 177         | 51                | 2             | 265                        | 405              | 6370        | 265         | 191               | 64                 | 10         | 40          | 16        | 157          | 30             | 4              | 110          | 90        |
| Carnivore 12 inches (thin crust)                                    | 937g    | 2130     | 112        | 172         | 51                | 2             | 265                        | 405              | 5850        | 244         | 135               | 45                 | 7          | 28          | 12        | 147          | 30             | 2              | 110          | 70        |
| Carnivore 12 inches (stuffed crust)                                 | 1072g   | 2450     | 117        | 180         | 52                | 2             | 270                        | 410              | 6450        | 269         | 191               | 64                 | 10         | 40          | 16        | 160          | 30             | 4              | 120          | 90        |

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|----------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| Seafood 6 inches (traditional)                           | 270g    | 550      | 19         | 29          | 9                 | 0,4           | 47                         | 80               | 1490        | 62          | 67                | 22                 | 3          | 12          | 6         | 28           | 15             | 2              | 35           | 25        |
| Seafood 6 inches (traditional) with vegan cheese         | 270g    | 570      | 21         | 32          | 13                | 0,1           | 66                         | 50               | 1580        | 66          | 75                | 25                 | 3          | 12          | 7         | 18           | 6              | 2              | 8            | 25        |
| Seafood 9 inches (traditional)                           | 567g    | 1140     | 41         | 63          | 20                | 1             | 105                        | 170              | 3110        | 130         | 135               | 45                 | 6          | 24          | 13        | 57           | 25             | 2              | 70           | 50        |
| Seafood 9 inches (cauliflower crust)                     | 369g    | 710      | 39         | 60          | 21                | 1             | 110                        | 180              | 2360        | 98          | 46                | 15                 | 2          | 8           | 8         | 41           | 25             | 10             | 80           | 10        |
| Seafood 9 inches (thin crust)                            | 442g    | 850      | 38         | 58          | 19                | 1             | 100                        | 170              | 2590        | 108         | 78                | 26                 | 3          | 12          | 10        | 47           | 25             | 2              | 70           | 30        |
| Seafood 9 inches (stuffed crust)                         | 672g    | 1420     | 62         | 95          | 34                | 1,5           | 178                        | 240              | 3980        | 166         | 135               | 45                 | 6          | 24          | 13        | 85           | 40             | 2              | 130          | 50        |
| Seafood 12 inches (traditional)                          | 879g    | 1810     | 68         | 105         | 35                | 1,5           | 183                        | 275              | 4860        | 203         | 202               | 67                 | 9          | 36          | 20        | 95           | 45             | 4              | 130          | 80        |
| Seafood 12 inches (thin crust)                           | 754g    | 1520     | 65         | 100         | 34                | 1,5           | 178                        | 275              | 4340        | 181         | 146               | 49                 | 6          | 24          | 16        | 85           | 45             | 2              | 130          | 60        |
| Seafood 12 inches (stuffed crust)                        | 1029g   | 2210     | 98         | 151         | 55                | 2,5           | 288                        | 375              | 6110        | 255         | 202               | 67                 | 9          | 36          | 20        | 135          | 60             | 4              | 210          | 80        |
| Internationale 6 inches (traditional)                    | 285g    | 610      | 26         | 40          | 12                | 0,5           | 63                         | 70               | 1510        | 63          | 64                | 21                 | 4          | 16          | 6         | 32           | 10             | 15             | 30           | 35        |
| Internationale 6 inches (traditional) with vegan cheese  | 285g    | 630      | 29         | 45          | 15                | 0,2           | 76                         | 40               | 1610        | 67          | 72                | 24                 | 4          | 16          | 7         | 23           | 2              | 15             | 4            | 35        |
| Internationale 9 inches (traditional)                    | 664g    | 1420     | 67         | 103         | 28                | 1             | 145                        | 185              | 3750        | 156         | 132               | 44                 | 8          | 32          | 14        | 76           | 20             | 45             | 60           | 70        |
| Internationale 9 inches (cauliflower crust)              | 465g    | 990      | 66         | 102         | 30                | 1             | 155                        | 200              | 3010        | 125         | 43                | 14                 | 5          | 20          | 8         | 60           | 20             | 50             | 70           | 30        |
| Internationale 9 inches (thin crust)                     | 539g    | 1130     | 65         | 100         | 28                | 1             | 145                        | 185              | 3240        | 135         | 75                | 25                 | 6          | 24          | 10        | 66           | 20             | 40             | 60           | 50        |
| Internationales 9 inches (stuffed crust)                 | 769g    | 1700     | 88         | 135         | 42                | 2             | 220                        | 255              | 4630        | 193         | 132               | 44                 | 8          | 32          | 14        | 104          | 35             | 45             | 110          | 70        |
| Internationale 12 inches (traditional)                   | 1042g   | 2260     | 109        | 168         | 49                | 2             | 255                        | 315              | 5960        | 248         | 199               | 66                 | 13         | 52          | 20        | 125          | 40             | 60             | 110          | 110       |
| Internationale 12 inches (thin crust)                    | 920g    | 1960     | 106        | 163         | 48                | 2             | 250                        | 315              | 5450        | 227         | 140               | 47                 | 11         | 44          | 16        | 115          | 40             | 60             | 110          | 90        |
| Internationale 12 inches (stuffed crust)                 | 1192g   | 2660     | 139        | 214         | 69                | 3             | 360                        | 415              | 7210        | 300         | 199               | 66                 | 13         | 52          | 20        | 165          | 60             | 60             | 190          | 110       |
| Field of dreams 6 inches (traditional)                   | 258g    | 520      | 19         | 29          | 6                 | 0,2           | 31                         | 20               | 1760        | 73          | 68                | 23                 | 5          | 20          | 8         | 20           | 15             | 35             | 25           | 35        |
| Field of dreams 6 inches (traditional) with vegan cheese | 258g    | 510      | 19         | 29          | 8                 | 0             | 40                         | 0                | 1780        | 74          | 75                | 25                 | 5          | 20          | 9         | 13           | 8              | 35             | 6            | 35        |
| Field of dreams 9 inches (traditional)                   | 533g    | 1030     | 37         | 57          | 12                | 0,4           | 62                         | 40               | 3540        | 148         | 137               | 46                 | 11         | 44          | 17        | 39           | 30             | 70             | 50           | 70        |
| Field of dreams 9 inches (cauliflower crust)             | 334g    | 600      | 36         | 55          | 14                | 0,5           | 73                         | 50               | 2790        | 116         | 48                | 16                 | 7          | 28          | 12        | 23           | 30             | 80             | 60           | 25        |
| Field of dreams 9 inches (thin crust)                    | 405g    | 720      | 33         | 51          | 12                | 0,4           | 62                         | 40               | 2980        | 124         | 80                | 27                 | 9          | 36          | 14        | 28           | 30             | 70             | 45           | 45        |
| Field of dreams 9 inches (stuffed crust)                 | 635g    | 1290     | 57         | 88          | 26                | 1             | 135                        | 110              | 4380        | 183         | 136               | 45                 | 11         | 44          | 17        | 67           | 45             | 70             | 100          | 70        |
| Field of dreams 12 inches (traditional)                  | 869g    | 1680     | 65         | 100         | 23                | 1             | 120                        | 75               | 6250        | 260         | 212               | 71                 | 18         | 72          | 29        | 66           | 50             | 110            | 90           | 110       |
| Field of dreams 12 inches (thin crust)                   | 741g    | 1370     | 61         | 94          | 23                | 1             | 120                        | 75               | 5700        | 238         | 155               | 52                 | 16         | 64          | 26        | 55           | 50             | 110            | 90           | 80        |
| Field of dreams 12 inches (stuffed crust)                | 1016g   | 2060     | 93         | 143         | 43                | 2             | 225                        | 175              | 7460        | 311         | 211               | 70                 | 18         | 72          | 29        | 106          | 70             | 110            | 170          | 110       |
| Neapolitan 6 inches (traditional)                        | 193g    | 430      | 13         | 20          | 7                 | 0,3           | 37                         | 30               | 900         | 38          | 59                | 20                 | 3          | 12          | 4         | 21           | 8              | 6              | 30           | 25        |
| Neapolitan 6 inches (traditional) with vegan cheese      | 193g    | 450      | 16         | 25          | 10                | 0             | 50                         | 0                | 990         | 41          | 68                | 23                 | 3          | 12          | 5         | 11           | 2              | 6              | 2            | 25        |
| Neapolitan 9 inches (traditional)                        | 412g    | 890      | 28         | 43          | 13                | 0,5           | 68                         | 60               | 1910        | 80          | 119               | 40                 | 6          | 24          | 9         | 42           | 20             | 15             | 60           | 50        |
| Neapolitan 9 inches (cauliflower crust)                  | 213g    | 460      | 27         | 42          | 15                | 0,5           | 78                         | 75               | 1160        | 48          | 30                | 10                 | 2          | 8           | 4         | 26           | 20             | 20             | 60           | 10        |
| Neapolitan 9 inches (thin crust)                         | 287g    | 600      | 26         | 40          | 13                | 0,5           | 68                         | 60               | 1390        | 58          | 63                | 21                 | 4          | 16          | 6         | 31           | 20             | 15             | 50           | 30        |

| 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 |
|-------------------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| Neapolitan 9 inches (stuffed crust)                               | 517g    | 1170     | 49         | 75          | 27                | 1,5           | 143                        | 130              | 2780        | 116         | 119               | 40                 | 6          | 24          | 9         | 70           | 30             | 15             | 110          | 50        |
| Neapolitan 12 inches (traditional)                                | 647g    | 1440     | 50         | 77          | 26                | 1             | 135                        | 120              | 3070        | 128         | 179               | 60                 | 9          | 36          | 13        | 72           | 35             | 20             | 110          | 80        |
| Neapolitan 12 inches (thin crust)                                 | 522g    | 1150     | 47         | 72          | 25                | 1             | 130                        | 120              | 2550        | 106         | 123               | 41                 | 6          | 24          | 10        | 62           | 35             | 20             | 110          | 50        |
| Neapolitan 12 inches (stuffed crust)                              | 797g    | 1840     | 80         | 123         | 46                | 2             | 240                        | 220              | 4320        | 180         | 179               | 60                 | 9          | 36          | 13        | 112          | 50             | 20             | 190          | 80        |
| Pepperoni 6 inches (traditional)                                  | 221g    | 520      | 19         | 29          | 9                 | 0,4           | 47                         | 55               | 1180        | 49          | 60                | 20                 | 3          | 12          | 4         | 26           | 8              | 6              | 30           | 30        |
| Pepperoni 6 inches (traditional) with vegan cheese                | 221g    | 530      | 22         | 34          | 13                | 0,1           | 66                         | 25               | 1270        | 53          | 69                | 23                 | 3          | 12          | 5         | 16           | 2              | 6              | 2            | 30        |
| Pepperoni 9 inches (traditional)                                  | 497g    | 1140     | 47         | 72          | 21                | 1             | 110                        | 130              | 2760        | 115         | 124               | 41                 | 7          | 28          | 10        | 57           | 20             | 15             | 60           | 60        |
| Pepperoni 9 inches (cauliflower crust)                            | 298g    | 710      | 46         | 71          | 22                | 1             | 115                        | 145              | 2010        | 84          | 35                | 12                 | 3          | 12          | 4         | 41           | 20             | 20             | 60           | 20        |
| Pepperoni 9 inches (thin crust)                                   | 372g    | 850      | 45         | 69          | 20                | 1             | 105                        | 130              | 2240        | 93          | 67                | 22                 | 4          | 16          | 6         | 47           | 20             | 15             | 60           | 40        |
| Pepperoni 9 inches (stuffed crust)                                | 602g    | 1420     | 68         | 105         | 35                | 1,5           | 183                        | 200              | 3640        | 152         | 124               | 41                 | 7          | 28          | 10        | 85           | 35             | 15             | 110          | 60        |
| Pepperoni 12 inches (traditional)                                 | 789g    | 1860     | 81         | 125         | 38                | 2             | 200                        | 240              | 4490        | 187         | 187               | 62                 | 10         | 40          | 14        | 98           | 35             | 20             | 110          | 100       |
| Pepperoni 12 inches (thin crust)                                  | 664g    | 1570     | 79         | 122         | 38                | 2             | 200                        | 240              | 3970        | 165         | 130               | 43                 | 8          | 32          | 11        | 88           | 35             | 20             | 110          | 70        |
| Pepperoni 12 inches (stuffed crust)                               | 939g    | 2260     | 111        | 171         | 58                | 3             | 305                        | 340              | 5740        | 239         | 187               | 62                 | 10         | 40          | 14        | 138          | 60             | 20             | 190          | 100       |
| Pepperoni & smoked bacon 6 inches (traditional)                   | 263g    | 590      | 25         | 38          | 11                | 0,4           | 57                         | 70               | 1430        | 60          | 63                | 21                 | 3          | 12          | 5         | 30           | 8              | 6              | 30           | 30        |
| Pepperoni & smoked bacon 6 inches (traditional) with vegan cheese | 263g    | 620      | 29         | 45          | 15                | 0,2           | 76                         | 40               | 1540        | 64          | 71                | 24                 | 3          | 12          | 6         | 20           | 2              | 6              | 4            | 30        |
| Pepperoni & smoked bacon 9 inches (traditional)                   | 581g    | 1280     | 58         | 89          | 24                | 1             | 125                        | 165              | 3270        | 136         | 128               | 43                 | 7          | 28          | 12        | 66           | 15             | 15             | 60           | 70        |
| Pepperoni & smoked bacon 9 inches (cauliflower crust)             | 382g    | 870      | 57         | 88          | 25                | 1             | 130                        | 175              | 2520        | 105         | 40                | 13                 | 3          | 12          | 7         | 50           | 15             | 25             | 70           | 25        |
| Pepperoni & smoked bacon 9 inches (thin crust)                    | 456g    | 990      | 55         | 85          | 23                | 1             | 120                        | 165              | 2750        | 115         | 72                | 24                 | 5          | 20          | 9         | 55           | 15             | 15             | 60           | 45        |
| Pepperoni & smoked bacon 9 inches (stuffed crust)                 | 686g    | 1590     | 79         | 122         | 38                | 1,5           | 198                        | 235              | 4140        | 173         | 128               | 43                 | 7          | 28          | 12        | 94           | 30             | 15             | 120          | 70        |
| Pepperoni & smoked bacon 12 inches (traditional)                  | 915g    | 2060     | 96         | 148         | 42                | 2             | 220                        | 285              | 5240        | 218         | 194               | 65                 | 11         | 44          | 18        | 11           | 30             | 25             | 120          | 100       |
| Pepperoni & smoked bacon 12 inches (thin crust)                   | 790g    | 1780     | 94         | 145         | 41                | 2             | 215                        | 285              | 4720        | 197         | 138               | 46                 | 8          | 32          | 14        | 100          | 30             | 20             | 120          | 80        |
| Pepperoni & smoked bacon 12 inches (stuffed crust)                | 1065g   | 2490     | 126        | 194         | 62                | 3             | 325                        | 385              | 6490        | 270         | 194               | 65                 | 11         | 44          | 18        | 151          | 50             | 25             | 200          | 100       |
| BBQ Chicken & Bacon 6 inches (traditional)                        | 236g    | 530      | 16         | 25          | 8                 | 0,3           | 42                         | 50               | 1300        | 54          | 68                | 23                 | 3          | 12          | 10        | 28           | 15             | 4              | 30           | 30        |
| BBQ Chicken & Bacon 6 inches (traditional) with vegan cheese      | 236g    | 530      | 16         | 25          | 11                | 0             | 55                         | 20               | 1330        | 55          | 78                | 26                 | 3          | 12          | 11        | 18           | 4              | 4              | 4            | 30        |
| BBQ Chicken & Bacon 9 inches (traditional)                        | 472g    | 1000     | 25         | 38          | 12                | 0,4           | 62                         | 95               | 2510        | 105         | 138               | 46                 | 6          | 24          | 20        | 56           | 25             | 6              | 45           | 60        |
| BBQ Chicken & Bacon 9 inches (cauliflower crust)                  | 273g    | 560      | 24         | 37          | 13                | 0,5           | 68                         | 105              | 1760        | 73          | 49                | 16                 | 2          | 8           | 15        | 40           | 25             | 15             | 50           | 15        |
| BBQ Chicken & Bacon 9 inches (thin crust)                         | 347g    | 710      | 23         | 35          | 11                | 0,4           | 57                         | 95               | 1990        | 83          | 82                | 27                 | 4          | 16          | 17        | 45           | 25             | 6              | 40           | 30        |
| BBQ Chicken & Bacon 9 inches (stuffed crust)                      | 577g    | 1280     | 46         | 71          | 26                | 1             | 135                        | 165              | 3380        | 141         | 138               | 46                 | 6          | 24          | 20        | 84           | 35             | 6              | 100          | 60        |
| BBQ Chicken & Bacon 12 inches (traditional)                       | 740g    | 1590     | 47         | 72          | 23                | 1             | 120                        | 155              | 3990        | 166         | 207               | 69                 | 9          | 36          | 30        | 88           | 40             | 10             | 80           | 90        |
| BBQ Chicken & Bacon 12 inches (thin crust)                        | 615g    | 1300     | 44         | 68          | 22                | 1             | 115                        | 155              | 3470        | 145         | 151               | 50                 | 7          | 28          | 27        | 78           | 40             | 8              | 80           | 60        |
| BBQ Chicken & Bacon 12 inches (stuffed crust)                     | 890g    | 1990     | 77         | 118         | 43                | 2             | 225                        | 255              | 5240        | 218         | 207               | 69                 | 9          | 36          | 30        | 128          | 60             | 10             | 160          | 90        |
| Poulet BBQ with vegan protein 6 inches (traditional)              | 236g    | 520      | 17         | 26          | 8                 | 0,3           | 42                         | 35               | 1280        | 53          | 68                | 23                 | 3          | 12          | 10        | 26           | 15             | 2              | 30           | 40        |

| 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 |
|------------------------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| Poulet BBQ with vegan protein 6 inches (traditional) with vegan cheese | 236g    | 530      | 17         | 26          | 11                | 0,1           | 56                         | 5                | 1300        | 54          | 78                | 26                 | 3          | 12          | 11        | 17           | 4              | 2              | 4            | 40        |
| Poulet BBQ with vegan protein 9 inches (traditional)                   | 472g    | 1010     | 29         | 45          | 12                | 0,5           | 63                         | 45               | 2430        | 101         | 138               | 46                 | 6          | 24          | 21        | 51           | 25             | 4              | 45           | 90        |
| Poulet BBQ with vegan protein 9 inches (cauliflower crust)             | 273g    | 570      | 27         | 42          | 13                | 0,5           | 68                         | 60               | 1680        | 70          | 49                | 16                 | 3          | 12          | 15        | 35           | 25             | 15             | 50           | 50        |
| Poulet BBQ with vegan protein 9 inches (thin crust)                    | 347g    | 710      | 26         | 40          | 11                | 0,5           | 58                         | 45               | 1910        | 80          | 82                | 27                 | 4          | 16          | 17        | 40           | 25             | 4              | 45           | 70        |
| Poulet BBQ with vegan protein 9 inches (stuffed crust)                 | 577g    | 1310     | 50         | 77          | 26                | 1             | 135                        | 115              | 3310        | 138         | 138               | 46                 | 6          | 24          | 21        | 79           | 35             | 4              | 100          | 90        |
| Poulet BBQ with vegan protein 12 inches (traditional)                  | 740g    | 1600     | 51         | 78          | 23                | 1             | 120                        | 95               | 3890        | 162         | 207               | 69                 | 10         | 40          | 31        | 82           | 40             | 8              | 90           | 140       |
| Poulet BBQ with vegan protein 12 inches (thin crust)                   | 615g    | 1320     | 49         | 75          | 22                | 1             | 115                        | 95               | 3370        | 140         | 151               | 50                 | 7          | 28          | 28        | 71           | 40             | 6              | 80           | 110       |
| Poulet BBQ with vegan protein 12 inches (stuffed crust)                | 890g    | 2030     | 81         | 125         | 43                | 2             | 225                        | 195              | 5140        | 214         | 207               | 69                 | 10         | 40          | 31        | 122          | 60             | 8              | 170          | 140       |
| Philly steak 6 inches (traditional)                                    | 286g    | 600      | 24         | 37          | 10                | 0,5           | 53                         | 65               | 1130        | 47          | 65                | 22                 | 3          | 12          | 5         | 33           | 6              | 4              | 35           | 25        |
| Philly steak 6 inches (traditional) with vegan cheese                  | 286g    | 630      | 28         | 43          | 14                | 0,2           | 71                         | 40               | 1240        | 52          | 74                | 25                 | 3          | 12          | 6         | 23           | 0              | 4              | 6            | 25        |
| Philly steak 9 inches (traditional)                                    | 573g    | 1210     | 48         | 74          | 19                | 1             | 100                        | 135              | 2260        | 94          | 131               | 44                 | 6          | 24          | 11        | 66           | 10             | 6              | 70           | 50        |
| Philly steak 9 inches (cauliflower crust)                              | 374g    | 790      | 47         | 72          | 21                | 1             | 110                        | 145              | 1510        | 63          | 42                | 14                 | 2          | 8           | 5         | 50           | 10             | 15             | 70           | 10        |
| Philly steak 9 inches (thin crust)                                     | 448g    | 930      | 46         | 71          | 19                | 1             | 100                        | 135              | 1740        | 73          | 75                | 25                 | 3          | 12          | 7         | 55           | 10             | 6              | 60           | 30        |
| Philly steak 9 inches (stuffed crust)                                  | 678g    | 1510     | 69         | 106         | 33                | 1,5           | 173                        | 205              | 3140        | 131         | 131               | 44                 | 6          | 24          | 11        | 94           | 25             | 6              | 120          | 50        |
| Philly steak 12 inches (traditional)                                   | 872g    | 1800     | 72         | 111         | 27                | 1,5           | 143                        | 190              | 3340        | 139         | 197               | 66                 | 9          | 36          | 17        | 96           | 15             | 10             | 90           | 80        |
| Philly steak 12 inches (thin crust)                                    | 748g    | 1520     | 70         | 108         | 27                | 1,5           | 143                        | 190              | 2830        | 118         | 141               | 47                 | 7          | 28          | 14        | 85           | 15             | 10             | 90           | 60        |
| Philly steak 12 inches (stuffed crust)                                 | 1022g   | 2230     | 102        | 157         | 47                | 2,5           | 248                        | 290              | 4590        | 191         | 197               | 66                 | 9          | 36          | 17        | 136          | 35             | 10             | 170          | 80        |
| All-dressed 6 inches (traditional)                                     | 246g    | 520      | 20         | 31          | 9                 | 0,4           | 47                         | 55               | 1180        | 49          | 62                | 21                 | 3          | 12          | 5         | 26           | 10             | 15             | 30           | 30        |
| All-dressed 6 inches (traditional) with vegan cheese                   | 246g    | 540      | 22         | 34          | 13                | 0,2           | 66                         | 25               | 1280        | 53          | 71                | 24                 | 3          | 12          | 6         | 16           | 2              | 15             | 4            | 30        |
| All-dressed 9 inches (traditional)                                     | 546g    | 1150     | 47         | 72          | 21                | 1             | 110                        | 130              | 2760        | 115         | 127               | 42                 | 8          | 32          | 11        | 58           | 20             | 35             | 60           | 70        |
| All-dressed 9 inches (cauliflower crust)                               | 447g    | 720      | 46         | 71          | 22                | 1             | 115                        | 145              | 2010        | 84          | 38                | 13                 | 4          | 16          | 6         | 42           | 20             | 40             | 60           | 25        |
| All-dressed 9 inches (thin crust)                                      | 421g    | 860      | 45         | 69          | 20                | 1             | 105                        | 130              | 2250        | 94          | 70                | 23                 | 5          | 20          | 8         | 48           | 20             | 30             | 60           | 45        |
| All-dressed 9 inches (stuffed crust)                                   | 658g    | 1440     | 68         | 105         | 35                | 1,5           | 183                        | 200              | 3640        | 152         | 127               | 42                 | 8          | 32          | 11        | 86           | 35             | 35             | 110          | 70        |
| All-dressed 12 inches (traditional)                                    | 872g    | 1880     | 82         | 126         | 38                | 2             | 200                        | 240              | 4490        | 187         | 192               | 64                 | 11         | 44          | 16        | 100          | 40             | 50             | 110          | 100       |
| All-dressed 12 inches (thin crust)                                     | 747g    | 1590     | 79         | 122         | 38                | 2             | 200                        | 240              | 3980        | 166         | 135               | 45                 | 9          | 36          | 13        | 89           | 40             | 45             | 110          | 80        |
| All-dressed 12 inches (stuffed crust)                                  | 1022g   | 2280     | 112        | 172         | 58                | 3             | 305                        | 340              | 5740        | 239         | 192               | 64                 | 11         | 44          | 16        | 140          | 60             | 50             | 190          | 100       |
| Végé with vegan protein 9 inches (cauliflower crust)                   | 344g    | 630      | 37         | 57          | 18                | 0,2           | 91                         | 15               | 1650        | 69          | 53                | 18                 | 5          | 20          | 5         | 24           | 6              | 20             | 20           | 50        |
| Vegetarian 6 inches (traditional)                                      | 259g    | 460      | 14         | 22          | 7                 | 0,3           | 37                         | 30               | 1120        | 47          | 63                | 21                 | 3          | 12          | 6         | 22           | 10             | 20             | 30           | 30        |
| Vegetarian 6 inches (traditional) with vegan cheese                    | 259g    | 480      | 17         | 28          | 11                | 0             | 55                         | 0                | 1220        | 51          | 72                | 24                 | 3          | 12          | 7         | 12           | 2              | 20             | 4            | 30        |
| Vegetarian 9 inches (traditional)                                      | 555g    | 950      | 30         | 46          | 14                | 0,5           | 73                         | 60               | 2360        | 98          | 129               | 43                 | 7          | 28          | 13        | 44           | 20             | 45             | 60           | 60        |
| Vegetarian 9 inches (cauliflower crust)                                | 356g    | 520      | 29         | 45          | 15                | 0,5           | 78                         | 75               | 1610        | 67          | 40                | 13                 | 4          | 16          | 7         | 28           | 20             | 50             | 60           | 15        |

| 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 |
|--------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| Vegetarian 9 inches (thin crust)                       | 430g    | 660      | 28         | 43          | 13                | 0,5           | 68                         | 60               | 1850        | 77          | 72                | 24                 | 5          | 20          | 9         | 33           | 20             | 45             | 60           | 35        |
| Vegetarian 9 inches (stuffed crust)                    | 660g    | 1230     | 51         | 78          | 28                | 1,5           | 148                        | 130              | 3240        | 135         | 129               | 43                 | 7          | 28          | 13        | 72           | 35             | 45             | 110          | 60        |
| Vegetarian 12 inches (traditional)                     | 898g    | 1550     | 54         | 83          | 27                | 1             | 140                        | 120              | 3980        | 166         | 195               | 65                 | 11         | 44          | 19        | 75           | 40             | 80             | 110          | 90        |
| Vegetarian 12 inches (thin crust)                      | 773g    | 1260     | 52         | 80          | 26                | 1             | 135                        | 120              | 3460        | 144         | 138               | 46                 | 9          | 36          | 16        | 65           | 40             | 80             | 110          | 60        |
| Vegetarian 12 inches (stuffed crust)                   | 1048g   | 1950     | 84         | 129         | 47                | 2             | 245                        | 220              | 5230        | 218         | 195               | 65                 | 11         | 44          | 19        | 115          | 60             | 80             | 190          | 90        |
| 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        |
| Foccacia club cantonnier                               | 282g    | 790      | 55         | 85          | 11                | 0,2           | 56                         | 80               | 1270        | 53          | 46                | 15                 | 3          | 12          | 4         | 30           | 20             | 10             | 15           | 20        |
| Foccacia 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 vegan 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 vegan 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        |
| 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's                                               |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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        |
| Shrimps au gratin (no sides)                           | 337g    | 610      | 50         | 77          | 14                | 1             | 75                         | 220              | 1210        | 50          | 7                 | 2                  | 2          | 8           | 3         | 35           | 35             | 10             | 40           | 10        |

| 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 |
|------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| Shrimps au gratin with vegan cheese (no sides) | 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        |
| 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        |
| Salmon pesto                                   | 265g    | 730      | 62         | 95          | 12                | 0,2           | 61                         | 120              | 1110        | 46          | 10                | 3                  | 2          | 8           | 3         | 35           | 10             | 0              | 15           | 15        |
| Promo automne 2025                             |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| Gnocchis philly                                | 524g    | 820      | 48         | 74          | 12                | 1             | 65                         | 110              | 1400        | 58          | 64                | 21                 | 4          | 16          | 8         | 35           | 6              | 70             | 20           | 20        |
| Linguine cacio e pepe                          | 215g    | 320      | 14         | 22          | 7                 | 0,3           | 37                         | 40               | 580         | 24          | 38                | 13                 | 2          | 8           | 4         | 11           | 2              | 0              | 15           | 10        |
| Crispy raviolis                                | 303g    | 780      | 21         | 32          | 4,5               | 0,4           | 25                         | 75               | 1550        | 65          | 120               | 40                 | 7          | 28          | 12        | 31           | 25             | 2              | 25           | 50        |
| Raviolis wagyu                                 | 465g    | 780      | 40         | 62          | 10                | 1             | 55                         | 80               | 1140        | 48          | 79                | 26                 | 6          | 24          | 3         | 29           | 4              | 4              | 15           | 40        |
| Crispy spaghetti                               | 573g    | 900      | 53         | 82          | 19                | 0,5           | 98                         | 145              | 2140        | 89          | 53                | 18                 | 5          | 20          | 8         | 46           | 2              | 0              | 10           | 40        |
| Apple pie                                      | 129g    | 430      | 22         | 34          | 16                | 0             | 80                         | 30               | 360         | 15          | 50                | 17                 | 3          | 12          | 25        | 4            | 2              | 10             | 2            | 2         |
| Promo Noël 2025                                |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| Brie and cranberry gondola                     | 181g    | 430      | 16         | 25          | 9                 | 0,4           | 47                         | 50               | 670         | 28          | 56                | 19                 | 2          | 8           | 23        | 16           | 20             | 2              | 25           | 15        |
| Chocolate hazelnut doughnuts (3)               | 94g     | 370      | 21         | 32          | 9                 | 0,3           | 47                         | 30               | 210         | 9           | 39                | 13                 | 2          | 8           | 22        | 6            | 0              | 0              | 2            | 8         |
| Lunch menu rapido (no sides)                   |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| Fried chicken fillets                          | 126g    | 390      | 22         | 34          | 2                 | 0,1           | 11                         | 30               | 720         | 30          | 23                | 8                  | 2          | 8           | 5         | 25           | 0              | 0              | 2            | 15        |
| Chicken, bacon, & pesto sandwich               | 316g    | 850      | 38         | 58          | 12                | 0,2           | 61                         | 80               | 2080        | 87          | 86                | 29                 | 86         | 24          | 8         | 41           | 35             | 8              | 30           | 35        |
| Chicken, bacon, & pesto sandwich (half)        | 159g    | 440      | 20         | 31          | 6                 | 0,1           | 31                         | 40               | 1040        | 43          | 43                | 14                 | 3          | 12          | 4         | 20           | 15             | 4              | 15           | 20        |
| Pizza style sandwich                           | 380g    | 1030     | 64         | 98          | 14                | 0,5           | 73                         | 95               | 2440        | 102         | 85                | 28                 | 6          | 24          | 9         | 38           | 45             | 2              | 25           | 40        |
| Pizza style sandwich (half)                    | 184g    | 510      | 31         | 48          | 6                 | 0,2           | 31                         | 45               | 1160        | 48          | 43                | 14                 | 3          | 12          | 4         | 17           | 25             | 2              | 10           | 20        |

| 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 |
|------------------------------------------------------|---------|----------|------------|-------------|-------------------|---------------|----------------------------|------------------|-------------|-------------|-------------------|--------------------|------------|-------------|-----------|--------------|----------------|----------------|--------------|-----------|
| <b>Drinks</b>                                        |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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         |
| 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         |
| <b>Desserts</b>                                      |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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         |
| <b>Lunch desserts</b>                                |         |          |            |             |                   |               |                            |                  |             |             |                   |                    |            |             |           |              |                |                |              |           |
| 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).