

Nutritional values

DV: recommended daily value
g: gram mg: milligram

Menu	Serving	Calories	Lipids (g)	% DV Lipides	Saturated fats (g)	Trans fat (g)	% DV Saturated + trans fat	Carbohydrates (g)	Fibers (g)	% DV Fibers	Sugars (g)	% DV Sugars	Proteins (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Appetizers (dip not included)																						
Garlic sticks (6)	135g	400	12	16	3	0	15	62	2	7	2	2	12	0	580	25	100	3	20	2	3,5	19
Garlic sticks (12)	256g	770	22	29	7	0	35	121	5	18	5	5	25	0	1070	47	250	7	50	4	7,5	42
Garlic sticks with cheese (6)	156g	470	16	21	6	0,2	31	63	2	7	2	2	17	15	720	31	125	4	150	12	3,5	19
Garlic sticks with cheese (12)	307g	900	31	41	13	0,3	67	122	5	18	5	5	36	30	1360	59	300	9	350	27	7,5	42
Chicken bites	133g	210	9	12	2	0,1	11	11	1	4	0	0	24	60	780	34	350	10	10	1	0,75	4
RedHot chicken bites	190g	220	10	13	2	0,2	11	12	2	7	0	0	25	60	2780	121	400	12	20	2	0,75	4
Melting brie bruschetta with spiced honey	244g	670	34	45	20	1	105	58	3	11	13	13	34	115	1110	48	250	7	500	38	3	17
Meatballs brochette with ranch sauce	348g	780	60	80	18	0,5	93	23	1	4	5	5	32	120	1760	77	750	22	100	8	3,5	19
Poutines																						
Pulled porchetta poutine	627g	1460	96	128	22	1	115	110	8	29	2	2	42	125	2480	108	400	12	550	42	3	17
Traditional poutine (side dish)	496g	1030	54	72	17	0,5	88	104	8	29	1	1	26	65	1710	74	75	2	500	38	2,25	13
Traditional poutine	992g	2060	109	145	33	1,5	173	208	16	57	3	3	52	125	3430	149	150	4	1050	81	4,5	25
Salads																						
Grilled chicken César moderate portion	180g	250	18	24	3	0,2	16	9	2	7	2	2	16	70	630	27	400	12	75	6	1,75	10
Grilled chicken César regular portion	415g	750	55	73	8	0,4	42	15	4	14	4	4	46	175	1410	61	1100	32	150	12	3	17
Roasted salmon with bacon and spiced honey moderate portion	222g	290	25	33	3	0	15	12	3	11	7	7	7	20	360	16	500	15	75	6	1,5	8
Roasted salmon with bacon and spiced honey regular portion	403g	580	52	69	6	0	30	22	4	14	14	14	15	45	640	28	800	24	125	10	2,5	14
Pasta (no side bread)																						
Cavatappi with braised pork cheeks	536g	800	28	37	8	0,4	42	94	7	25	10	10	43	110	1370	60	1100	32	100	8	8,5	47
Linguine with brie, pesto, and grilled vegetables moderate portion	493g	740	35	47	12	0,4	62	80	8	29	10	10	25	60	1680	73	800	24	300	23	4,5	25
Linguine with brie, pesto, and grilled vegetables regular portion	981g	1460	70	93	23	0,5	118	157	15	54	20	20	50	120	3360	146	1600	47	600	46	7,5	42
Linguine with chicken, parmesan, and pepper moderate portion	389g	610	24	32	7	0,3	37	73	5	18	7	7	29	75	800	35	600	18	200	15	4	22
Linguine with chicken, parmesan, and pepper regular portion	770g	1210	47	63	14	0,5	73	143	9	32	13	13	56	150	1600	70	1200	35	350	27	6	33
Linguine with plant-based protein, parmesan, and pepper moderate portion	389g	630	26	35	7	0,3	37	75	5	18	7	7	26	30	790	34	650	19	225	17	7	39
Linguine with plant-based protein, parmesan, and pepper regular portion	770g	1240	52	69	14	0,5	73	146	9	32	14	14	51	60	1560	68	1300	38	400	31	12,5	69
Linguine with salmon, pesto, and brie moderate portion	454g	710	33	44	12	0,4	62	73	5	18	7	7	31	80	890	39	600	18	300	23	3	17
Linguine with salmon, pesto, and brie regular portion	904g	1410	66	88	24	1	125	142	8	29	13	13	62	165	1780	77	1200	35	550	42	5	28

Menu	Serving	Calories	Lipids (g)	% DV Lipides	Saturated fats (g)	Trans fat (g)	% DV Saturated + trans fat	Carbohydrates (g)	Fibers (g)	% DV Fibers	Sugars (g)	% DV Sugars	Proteins (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Spaghetti with meatballs moderate portion	572g	1010	52	69	17	0,5	88	83	6	21	10	10	47	130	1910	83	1200	35	150	12	6,5	36
Spaghetti with meatballs regular portion	874g	1490	67	89	19	0,5	98	152	10	36	17	17	67	155	2570	112	1800	53	175	13	9	50
Meat and Fish (no side)																						
Braised pork cheeks	493g	510	32	43	9	0,4	47	17	4	14	8	8	41	155	2280	99	1250	37	75	6	5	28
Chicken breast au gratin with bruschetta	417g	760	52	69	15	0,5	78	11	3	11	4	4	57	165	2080	90	1050	31	450	35	2,5	14
Chicken breast with Forestière sauce	407g	600	42	56	10	0,5	53	11	3	11	5	5	42	150	1860	81	1000	29	50	4	2,25	13
Duetto (no side)																						
Pizza Bowl all dressed	500g	990	60	80	24	1	125	60	5	18	10	10	51	140	3270	142	950	28	650	50	5,5	31
Pizzas																						
Parmesan and garlic crust 6 inches	135g	400	11	15	3,5	0,1	18	62	2	7	2	2	13	5	590	26	100	3	50	4	3,5	19
Parmesan and garlic crust 9 inches	270g	790	23	31	8	0,1	41	121	5	18	5	5	28	10	1130	49	250	7	125	10	7,5	42
Parmesan and garlic crust 12 inches	405g	1170	33	44	12	0,2	61	182	7	25	7	7	39	15	1730	75	350	10	175	13	10,5	58
White pulled porchetta 6 inches	259g	790	48	64	12	0,2	61	70	3	11	4	4	25	50	1150	50	300	9	225	17	4	22
White pulled porchetta 9 inches	516g	1500	87	116	23	0,5	118	136	6	21	8	8	56	105	2350	102	800	24	500	38	9	50
White pulled porchetta 12 inches	787g	2330	135	180	41	1	210	208	9	32	12	12	86	175	3770	164	1100	32	900	69	13	72
Chicken, Alfredo, and brie 6 inches	308g	650	25	33	10	0,4	52	67	3	11	3	3	40	110	1310	57	500	15	300	23	4,5	25
Chicken, Alfredo, and brie 9 inches	544g	1220	48	64	22	1	115	130	6	21	7	7	70	175	2320	101	850	25	550	42	9	50
Chicken, Alfredo, and brie 12 inches	857g	1980	83	111	39	1,5	203	197	9	32	10	10	112	295	3820	166	1250	37	1050	81	13	72
Plant-based protein, Alfredo, and brie 6 inches	308g	680	28	37	10	0,4	52	70	3	11	4	4	36	40	1290	56	600	18	300	23	9,5	53
Plant-based protein, Alfredo, and brie 9 inches	544g	1250	53	71	22	1	115	134	7	25	8	8	64	85	2280	99	950	28	600	46	15,5	86
Plant-based protein, Alfredo, and brie 12 inches	857g	2020	90	120	39	1,5	203	203	10	36	11	11	103	165	3760	163	1450	43	1100	85	22,5	125
Submarines and Sandwiches (no side)																						
Deli sandwich	427g	780	41	55	14	0,5	73	65	4	14	5	5	39	100	2380	103	900	26	400	31	6,5	36
Boss sandwich	502g	860	46	61	14	0,5	73	67	4	14	6	6	48	135	2020	88	1100	32	400	31	7,5	42
Gourmet Sub 7 inches	335g	670	40	53	9	0,5	48	45	3	11	3	3	39	140	1220	53	550	16	300	23	3,5	19
Gourmet Sub 10 inches	482g	960	60	80	13	0,5	68	60	4	14	4	4	56	205	1710	74	800	24	400	31	4,5	25
Gourmet Sub with plant-based protein 7 inches	335g	690	44	59	9	0,5	48	49	3	11	4	4	34	50	1180	51	650	19	300	23	10	56
Gourmet Sub with plant-based protein 10 inches	482g	1010	67	89	13	0,5	68	66	4	14	5	5	48	70	1660	72	1000	29	400	31	14,5	81

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).