



Nutritional values

DV: daily recommended value
g: gram mg: milligram

Menu	Serving	Calories	Lipids (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated fat + trans	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibres (g)	% VQ Fibres	Sugar (g)	Proteins (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Appetizers (dip not included)																				
Chicken wings (6)	78g	200	13	20	3	0	15	115	560	23	1	1	0	0	0	21	0	0	2	6
Chicken wings (12)	156g	400	25	38	6	0,1	31	230	1120	47	1	1	0	0	1	42	0	0	4	15
Crispy chicken wings (6)	242g	600	39	60	7	0,1	36	150	1230	51	28	9	3	12	1	36	2	2	6	25
Crispy chicken wings (12)	428g	1190	78	120	14	0,1	71	300	2410	100	53	18	5	20	1	71	2	2	10	50
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
Fried calamari	168g	540	33	51	1	0,5	8	360	1570	65	35	12	0	0	0	26	0	0	6	30
Mix Mikes	681g	2130	124	189	21	0,5	108	200	3410	142	202	67	13	52	13	57	80	60	45	70
Vegetable juice (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4
Vegetable juice (large)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6
Tomato juice (small)	224ml	45	0	0	0	0	0	0	530	22	9	3	1	4	6	1	6	20	2	10
Tomato juice (large)	336ml	70	0	0	0	0	0	0	800	33	13	4	2	8	9	2	8	35	4	20
Onion rings (regular size)	148g	480	28	43	2,5	0,1	13	0	1180	49	51	17	3	12	7	6	0	0	8	20
Onion rings (family size)	295g	960	57	88	4,5	0,2	24	0	2350	98	101	34	7	28	13	12	0	0	15	40
Bruschetta rolls (4)	250g	640	37	57	9	0,4	47	30	1200	50	61	20	4	16	5	21	80	4	25	30
Bruschetta rolls (8)	542g	1310	74	114	19	1	100	60	2770	115	124	41	8	32	11	43	150	8	50	60
Dips / sauces																				
Pizza oil	10ml	90	9	14	0,5	0	3	0	2	1	0	0	0	0	0	0,1	4	0	0	2
Submarine oil	10ml	90	9	14	0,5	0	3	0	2	1	0	0	0	0	0	0,1	4	0	0	2
Spicy mustard	42ml	80	0	0	0	0	0	0	530	22	20	7	1	4	17	1	2	0	0	2
Basil aioli dip	42ml	280	34	52	3	0	15	15	220	9	3	1	0	0	0	1	0	0	0	0
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

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
Sweet & spicy sauce	42ml	100	0	0	0	0	0	0	640	27	24	8	0	0	20	0,1	0	6	0	2
Tartar sauce	42ml	250	25	38	1,5	0	8	15	290	12	0	0	0	0	0	1	0	0	0	6
Soups																				
Tomato & basil bisque	224ml	90	3,5	5	1,5	0	8	5	580	24	13	4	1	4	6	3	6	2	8	2
Broccoli cream	224ml	120	5	8	2	0,1	11	15	820	34	13	4	2	8	5	4	15	8	15	2
Homemade vegetable and beef soup	224ml	80	2	3	0,4	0	2	5	880	37	14	5	3	12	4	3	4	2	2	4
French onion soup	224ml	35	0,4	1	0,3	0	2	0	740	31	6	2	1	4	5	2	0	4	2	2
French onion soup au gratin	395g	400	26	40	15	0,5	78	65	1860	78	16	5	1	4	7	27	25	4	60	6
Minestrone soup	224ml	60	0,4	1	0	0	0	0	580	24	12	4	3	12	4	3	8	2	4	6
Parmentier soup with bacon	224ml	160	7	11	2,5	0,1	13	20	770	32	21	7	1	4	4	4	0	0	8	4
Chicken noodle soup	224ml	70	1,5	2	0,4	0	2	15	800	33	10	3	1	4	2	5	2	2	2	4
Sides																				
Fries	182g	520	25	38	2	0,1	11	0	55	2	65	22	6	24	0	7	0	0	2	10
Seasoned fries	182g	520	29	45	2,5	0,1	13	0	1280	53	59	20	6	24	0	7	0	0	2	15
Cesar salad (appetizer size)	122g	190	16	25	2	0,1	11	20	330	14	9	3	2	8	2	4	70	6	4	8
House salad, no dressing	109g	30	1	2	0,2	0	1	0	55	2	4	1	1	4	2	1	20	10	4	6
Salads																				
Chicken Ceasar	352g	500	34	52	4,5	0,3	24	100	1160	48	21	7	4	16	4	31	150	15	10	20
Caesar with vegan protein	407g	590	42	65	5	0,5	28	40	1260	53	24	8	5	20	5	34	150	15	15	100
Fresh-Thai	505g	800	42	65	4	0,1	21	40	2000	83	71	24	8	32	38	39	110	130	15	35
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
You're the chef! Alfredo sauceregular size	513g	800	25	38	12	0,4	62	70	840	35	115	38	6	24	9	27	4	2	25	35
You're the chef! Neapolitan sauce with chicken strips moderate size	346g	410	8	12	1,5	0	8	30	960	40	61	20	6	24	4	23	6	2	4	20
You're the chef! Neapolitan sauce with chicken strips regular size	664g	780	15	23	2,5	0,1	13	45	1780	74	120	40	11	44	8	41	8	2	6	40
You're the chef! Neapolitan sauce moderate size	286g	310	3,5	5	0,4	4	2	0	650	27	58	19	6	24	4	11	2	0	4	20
You're the chef! Neapolitan sauce regular size	571g	630	7	11	1	0	5	0	1310	55	116	39	11	44	8	22	2	0	6	40
You're the chef! Rosé sauce with chicken strips moderate size	341g	500	18	28	8	0,5	43	65	770	32	61	20	5	20	3	23	15	2	2	20
You're the chef! Rosé sauce with chicken strips regular size	654g	970	35	54	15	1	80	110	1410	59	121	40	9	36	6	41	25	2	4	40

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
You're the chef! Rosé sauce moderate size	281g	410	14	22	7	0,4	37	30	460	19	58	19	5	20	3	11	10	0	2	20
You're the chef! Rosé sauce regular size	561g	810	27	42	14	1	75	65	930	39	117	39	9	36	6	22	20	0	4	35
Lasagna bolognese	631g	1160	61	94	29	1	150	235	2920	122	84	28	6	24	17	67	15	0	100	45
Linguini carbonara moderate size	288g	530	23	35	9	0,2	46	45	700	29	62	21	3	12	5	17	4	4	15	20
Linguini carbonara with chicken strips moderate size	344g	600	24	37	9	0,2	46	75	950	40	64	21	3	12	5	29	4	6	15	20
Linguini carbonara with vegan protein moderate size	344g	610	27	42	9	0,3	47	45	900	38	65	22	3	12	6	26	4	4	15	45
Linguini carbonara regular size	573g	1060	47	72	17	0,5	88	85	1400	58	123	41	6	24	10	33	4	8	25	35
Linguini carbonara with chicken strips regular size	685g	1200	48	74	18	0,5	93	150	1900	79	128	43	6	24	10	58	4	10	25	35
Linguini carbonara with vegan protein regular size	685g	1210	53	82	18	0,5	93	85	1800	75	129	43	7	28	11	52	4	8	30	90
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
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
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

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
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
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

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
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
BBQ Chicken & Bacon 6 inches (traditional)	236g	540	17	26	9	0,3	47	50	1330	55	68	23	3	12	10	29	15	4	30	30
BBQ Chicken & Bacon 6 inches (traditional) with vegan cheese	236g	540	17	26	11	0	55	20	1350	56	78	26	3	12	11	19	4	4	4	30
BBQ Chicken & Bacon 9 inches (traditional)	472g	1030	28	43	13	0,4	67	100	2560	107	138	46	6	24	20	58	25	6	45	60
BBQ Chicken & Bacon 9 inches (cauliflower crust)	263g	600	26	40	14	0,5	73	110	1810	75	49	16	2	8	14	42	25	15	50	15
BBQ Chicken & Bacon 9 inches (thin crust)	347g	740	25	38	12	0,4	62	100	2040	85	81	27	4	16	16	47	25	6	40	30
BBQ Chicken & Bacon 9 inches (stuffed crust)	577g	1310	49	75	27	1	140	170	3430	143	138	46	6	24	20	86	35	6	100	60
BBQ Chicken & Bacon 12 inches (traditional)	740g	1660	52	80	25	1	130	165	4090	170	206	69	9	36	30	92	40	10	80	90
BBQ Chicken & Bacon 12 inches (thin crust)	615g	1370	49	75	25	1	130	165	3570	149	150	50	7	28	27	82	40	8	80	60
BBQ Chicken & Bacon 12 inches (stuffed crust)	890g	2060	82	126	45	2	235	265	5340	223	206	69	9	36	30	132	60	10	160	90
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

Menu	Serving	Calories	Lipids (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated fat + trans	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibres (g)	% VQ Fibres	Sugar (g)	Proteins (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
All-dressed 9 inches (stuffed crust)	658g	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
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
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
Focaccia club cantonnier	282g	790	55	85	11	0,2	56	80	1270	53	46	15	3	12	4	30	20	10	15	20
Focaccia club cantonnier with vegan protein	282g	800	57	88	11	0,2	56	50	1220	51	46	15	3	12	5	26	20	10	15	45
Hot Luke® 7 inches	309g	600	27	42	10	0,5	53	85	1560	65	55	18	4	16	5	34	10	15	30	35
Hot Luke® 10 inches	433g	820	37	57	14	0,5	73	115	2130	89	79	26	6	24	7	47	15	20	40	45
Field of dreams 7 inches	322g	400	11	17	3	0,2	16	15	1250	52	58	19	6	24	7	20	20	130	30	30
Field of dreams 10 inches	477g	580	17	26	4,5	0,2	24	20	1980	83	85	28	9	36	10	29	35	180	45	45
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																				
Spicy chorizo Poutine	642g	1440	93	143	29	0,5	148	120	3430	143	114	38	11	44	3	50	15	0	60	35
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

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
Traditional Poutine (large - delivery & take-out size)	840g	1650	96	148	32	1,5	168	100	3440	143	156	52	12	48	2	58	35	0	110	20
Duetto																				
Seafood casserole (no sides)	408g	530	28	43	12	0,5	63	215	2380	99	30	10	3	12	10	37	20	6	50	15
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)	446g	1300	89	137	8	0,2	41	40	1060	44	110	37	11	44	3	25	35	4	6	15
Panzerotti	247g	550	22	34	9	0,5	48	60	1490	62	61	20	3	12	5	29	10	6	30	30
Artisan smoked bacon Panzerotti	363g	840	45	69	17	0,5	88	105	2190	91	71	24	3	12	12	39	8	4	35	30
All-dressed Pizza & Ceasar salad	368g	720	36	55	11	0,5	58	75	1510	63	71	24	6	24	7	30	80	20	35	40
All-dressed Pizza & spaghetti bolognese	526g	940	31	48	13	0,5	68	80	1820	76	122	41	8	32	10	44	10	15	35	50
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
Bruschettas pizza rolls & linguini carbonara with Neapolitan sauce	610g	1360	67	103	21	1	110	85	2300	96	143	48	8	32	12	47	80	15	50	60
Lobster 2026 promo																				
Lobster bisque	238g	340	22	34	9	0,4	47	95	1500	63	26	9	1	4	7	11	6	2	10	8
Lobster rolls	323g	460	16	25	2,5	0,1	13	105	1120	47	53	18	4	16	11	30	50	8	25	30
Shrimp rolls	323g	430	15	23	2,5	0,1	13	130	1340	56	52	17	4	16	11	26	50	8	20	30
Lobster & shrimps rolls duet	323g	440	15	23	2,5	0,1	13	115	1230	51	53	18	4	16	11	28	50	8	25	30
Lobster & shrimp Linguine casserole au gratin	515g	750	35	54	16	0,5	83	215	2120	88	68	23	5	20	7	44	20	6	50	25
Lobster & shrimp gondola	317g	580	23	35	10	0,4	52	130	1740	73	63	21	3	12	6	32	45	4	40	25
Drinks																				
Soft drink (Pepsi)	453ml	200	0	0	0	0	0	0	10	1	54	18	0	0	54	0	0	0	0	0
Soft drink (Diet Pepsi)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Chocolate oat drink	250ml	160	5	8	1	0	5	0	135	6	26	9	2	8	13	3	10	0	25	8
Unsweetened oat beverage	250ml	130	5	8	0,5	0	3	0	120	5	19	6	2	8	6	4	10	0	25	6
Unsweetened vanilla oat beverage	250ml	140	5	8	0,5	0	3	0	120	5	20	7	2	8	6	4	10	0	25	6
Guru	250ml	80	0	0	0	0	0	0	0	0	21	7	0	0	25	0	0	0	0	0
Milk 2 % (small)	227ml	110	4,5	7	2,5	0,2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
Milk 2 % (large)	340ml	170	7	11	4	0,3	22	25	140	6	16	5	0	0	17	11	20	2	35	0
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

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
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	1	0	140	2	2
Desserts																				
Beignes d'antan honey glaze doughnuts without coulis	132g	600	19	29	10	0	50	0	220	9	87	29	4	16	43	6	0	0	2	20
Classic Brownie	179g	700	34	52	15	0	75	50	220	9	89	30	4	16	62	8	0	0	4	50
Hercule chocolate cake	290g	990	51	78	21	1	110	180	450	19	128	43	6	24	91	10	10	2	6	35
Timeless cheese cake without coulis	179g	610	40	62	24	0,5	123	80	510	21	51	17	1	4	39	9	0	0	15	8
Velvety carrot cake without coulis	192g	670	35	54	12	0,4	62	115	400	17	84	28	2	8	63	8	0	0	10	15
Homestyle sugar pie	137g	440	13	20	6	0,1	31	70	1440	60	74	25	1	4	55	6	4	4	8	8
Lunch desserts																				
Beignes d'antan honey glaze doughnuts without coulis	72g	320	11	17	6	0	30	0	110	5	45	15	2	8	23	3	0	0	0	10
Classic Brownie	96g	370	18	28	8	0	40	25	110	5	46	15	2	8	33	4	0	0	2	25
Velvety carrot cake without coulis	102g	360	19	29	7	0,2	36	60	200	8	44	15	1	4	33	4	0	0	4	6

Notes:

Nutritional values are derived from laboratory analyses, supplier data and a database.
 The percentage of recommended daily value (%RDV) is based on the average energy needs of an adult (2,000 cal/day).