

Nutritional values

DV: daily recommended value
g: gram mg: milligram

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

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
Dips / sauces																				
Pizza oil	10ml	90	9	14	0,5	0	3	0	2	1	0	0	0	0	0	0,1	4	0	0	2
Submarine oil	10ml	90	9	14	0,5	0	3	0	2	1	0	0	0	0	0	0,1	4	0	0	2
Spicy mustard	42ml	80	0	0	0	0	0	0	530	22	20	7	1	4	17	1	2	0	0	2
Basil aioli dip	42ml	280	34	52	3	0	15	15	220	9	3	1	0	0	0	1	0	0	0	0
Spicy Tempette	42ml	20	0,5	1	0	0	0	0	380	16	3	1	1	4	1	0,5	0	0	0	2
South-west dip	42ml	160	16	25	1,5	0,2	9	20	320	13	3	1	0	0	1	1	2	2	2	2
Kansas sauce	42ml	70	0,2	1	0	0	0	0	450	19	17	6	1	4	11	1	8	0	2	4
Neapolitan sauce	42ml	20	0,5	0	0	0	0	0	230	10	2	1	1	4	1	0,5	0	0	0	2
Sweet & spicy sauce	42ml	100	0	0	0	0	0	0	640	27	24	8	0	0	20	0,1	0	6	0	2
Tao sauce	42ml	90	4,5	7	0,5	0	3	0	390	16	13	4	0	0	11	1	0	0	2	2
Tartar sauce	42ml	250	25	38	1,5	0	8	15	290	12	0	0	0	0	0	1	0	0	0	6
Soups																				
Tomato & basil bisque	224ml	90	3,5	5	1,5	0	8	5	580	24	13	4	1	4	6	3	6	2	8	2
Broccoli cream	224ml	120	5	8	2	0,1	11	15	820	34	13	4	2	8	5	4	15	8	15	2
Homemade vegetable and beef soup	224ml	80	2	3	0,4	0	2	5	880	37	14	5	3	12	4	3	4	2	2	4
French onion soup	224ml	35	0,4	1	0,3	0	2	0	740	31	6	2	1	4	5	2	0	4	2	2
French onion soup au gratin	395g	400	26	40	15	0,5	78	65	1860	78	16	5	1	4	7	27	25	4	60	6
Minestrone soup	224ml	60	0,4	1	0	0	0	0	580	24	12	4	3	12	4	3	8	2	4	6
Parmentier soup with bacon	224ml	160	7	11	2,5	0,1	13	20	770	32	21	7	1	4	4	4	0	0	8	4
Chicken noodle soup	224ml	70	1,5	2	0,4	0	2	15	800	33	10	3	1	4	2	5	2	2	2	4
Sides																				
Fries	182g	520	25	38	2	0,1	11	0	55	2	65	22	6	24	0	7	0	0	2	10
Seasoned fries	182g	520	29	45	2,5	0,1	13	0	1280	53	59	20	6	24	0	7	0	0	2	15
Cesar salad (appetizer size)	122g	190	16	25	2	0,1	11	20	330	14	9	3	2	8	2	4	70	6	4	8
House salad, no dressing	109g	30	1	2	0,2	0	1	0	55	2	4	1	1	4	2	1	20	10	4	6
Salads																				
Chicken Ceasar	352g	500	34	52	4,5	0,3	24	100	1160	48	21	7	4	16	4	31	150	15	10	20
Caesar with vegan protein	407g	590	42	65	5	0,5	28	40	1260	53	24	8	5	20	5	34	150	15	15	100
Fresh-Thaï	505g	800	42	65	4	0,1	21	40	2000	83	71	24	8	32	38	39	110	130	15	35

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

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
Submarines (no 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 Plant-Based Protein 7 inches	392g	480	14	22	3,5	0,2	19	15	1450	60	62	21	6	24	8	29	20	130	35	60
Field of dreams with Plant-Based Protein 10 inches	589g	720	22	34	5	0,3	27	20	2290	95	92	31	9	36	12	43	35	190	45	80
Superstar® 7 inches	359g	550	22	34	8	0,4	42	70	1500	63	57	19	5	20	7	34	10	35	30	35
Superstar® 10 inches	524g	790	31	48	11	0,5	58	105	2130	89	82	27	7	28	10	50	15	45	40	45
Western 7 inches	306g	440	14	22	4,5	0,3	24	40	840	35	53	18	4	16	6	27	8	20	30	30
Western 10 inches	462g	660	23	35	7	0,4	37	70	1250	52	77	26	6	24	8	42	10	25	40	35
Poutines																				
Italian Poutine	499g	1230	73	112	22	1	115	90	1530	64	105	35	10	40	6	43	15	0	60	25
Superstar® Poutine	585g	1040	61	94	21	1	110	105	2430	101	86	29	7	28	4	46	20	20	50	20
Superstar Poutine® (large - delivery size)	1169g	2080	121	186	42	2	220	215	4860	203	172	57	15	60	9	93	35	40	110	40
Taste-Thai Poutine	838g	1590	90	138	20	1	105	80	4590	191	143	48	14	56	24	60	50	120	60	45
Traditional Poutine	420g	820	48	74	16	0,5	83	50	1720	72	78	26	6	24	1	29	15	0	50	10
Traditional Poutine (large - delivery & take-out size)	840g	1650	96	148	32	1,5	168	100	3440	143	156	52	12	48	2	58	35	0	110	20
Duetto																				
Seafood casserole (no sides)	408g	530	28	43	12	0,5	63	215	2380	99	30	10	3	12	10	37	20	6	50	15
Crevettes au gratin (sans accompagnement)	337g	610	50	77	14	1	75	220	1210	50	7	2	2	8	3	35	35	10	40	10
Crevettes au gratin avec fromage végétalien (sans accompagnement)	337g	660	55	85	18	1	95	190	1320	55	16	5	2	8	4	25	30	10	10	15
Fried chicken fingers	481g	1310	73	112	7	0,2	36	50	1200	50	126	42	12	48	8	44	35	4	8	35
Fish & chips with tartar sauce (no sides)	535g	1510	101	155	9	0,2	46	60	1650	69	121	40	13	52	5	39	35	4	8	15
Chicken parmigiana (no sides)	310g	560	30	46	9	0,4	47	125	1590	66	28	9	2	8	3	44	8	8	4	20
Pesto salmon	265g	730	62	95	12	0,2	61	120	1110	46	10	3	2	8	3	35	10	0	15	15

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
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
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).