



Nutritional values

DV: recommended daily value

g: gram mg: milligram

	Serving	Calories	Lipides (g)	% DV Lipids	Saturated fat (g)	Trans fat (g)	% DV saturated + trans fats	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibers (g)	%DV Fibers	Sugars (g)	Proteins (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron
Kid menu																				
Déjeuner																				
The Young Traditionalist with bacon	284g	540	27	42	6	0.2	31	200	720	30	54	18	6	24	8	19	20	50	6	20
The Young Traditionalist with ham	302g	480	20	31	3.5	0.1	18	200	800	33	56	19	6	24	8	20	20	50	6	20
The Young Traditionalist with sausages	297g	560	29	45	6	0.2	31	205	710	30	58	19	6	24	9	18	20	50	6	20
Little Monkey (choco-banana pancake)	250g	470	15	23	5	0.2	26	55	105	4	81	27	6	24	42	9	2	20	8	2
Choco-fruit mini (pancake)	240g	390	2	3	0.5	0.1	3	55	115	5	88	29	3	12	57	8	0	45	8	60
Choco-fruit mini (waffle)	203g	460	12	18	1	0.1	6	10	560	23	83	28	3	12	48	6	0	45	4	70
Choco-fruit mini (french toast)	193g	310	2	3	0.4	0	2	20	230	10	69	23	3	12	44	6	0	45	6	60
Breakfast pizza	504g	940	37	57	11	0.4	57	405	1380	58	116	39	8	32	22	38	30	60	35	45
Main course (without side)																				
Chicken tenders	84g	260	15	23	1.5	0	8	20	480	20	15	5	1	4	3	17	0	0	2	10
Capitaine Pep	217g	410	18.5	28.5	7	0.25	36.5	57.5	1065	44.5	39.5	13	3	12	3.5	23.5	7.5	10	20	22.5
Bambino pizza - Cheese	193g	430	13	20	7	0.3	37	30	900	38	59	20	3	12	4	21	8	6	30	25
Bambino pizza - Pepperoni	221g	520	19	29	9	0.4	47	55	1180	49	60	20	3	12	4	26	8	6	30	30
Bambino pizza - All-dressed	246g	520	20	31	9	0.4	47	55	1180	49	62	21	3	12	5	26	10	15	30	30
Chicken-Brocco Spring	398g	560	20	31	9	0.3	47	75	880	37	66	22	5	20	6	28	15	60	20	20
Mac & cheese Spring	350g	500	18	28	10	0.5	53	50	920	38	64	21	4	16	6	23	10	0	30	20
Bolognese Spring	258g	390	9	14	3	0.1	16	20	510	21	58	19	4	16	4	16	0	0	4	20
Sides																				
Fries	182g	520	25	38	2	0.1	11	0	55	2	65	22	6	24	0	7	0	0	2	10
Ceasar salad	122g	200	16	25	2	0.1	11	20	330	14	9	3	2	8	2	4	80	8	6	10
House salad - no dressing	128g	60	1.5	2	0.2	0	1	0	150	6	10	3	2	8	3	2	30	50	6	8

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Boissons et desserts																				
Shirley Temple	213ml	90	0	0	0	0	0	0	20	1	23	8	0	0	21	0.1	0	0	0	2
Sundae - caramel coulis	101g	190	5	8	3	0.1	16	20	75	3	36	12	0	0	29	1	4	0	4	0
Sundae - chocolate coulis	101g	170	5	8	3	0.1	16	20	50	2	32	11	1	4	28	1	4	0	4	40
Sundae - strawberry coulis	101g	150	5	8	3	0.1	16	20	35	1	26	9	0	0	24	1	4	15	4	0

Notes:

nutrient values are derived from laboratory analysis, supplier data and a database

the percentage of recommended daily value (%DV) is based on the average energy needs of an adult (2000 cal/day)