



Nutritional values

DV: recommended daily value

g: gram mg: milligram

| | 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 |
|---|---------|----------|------------|--------------|--------------------|---------------|----------------------------|-------------------|------------|-------------|------------|-------------|--------------|------------------|-------------|-------------|----------------|----------------|--------------|--------------|-----------|-----------|
| Breakfast menu | | | | | | | | | | | | | | | | | | | | | | |
| Morning pizzas (served with seasoned potatoes and fruits) | | | | | | | | | | | | | | | | | | | | | | |
| Lumberjack | 614g | 1280 | 65 | 87 | 21 | 0.5 | 108 | 121 | 8 | 29 | 13 | 13 | 52 | 390 | 2290 | 100 | 1400 | 41 | 350 | 27 | 7.5 | 42 |
| Breakfast panzerotti | 619g | 1230 | 62 | 83 | 19 | 0.3 | 97 | 120 | 9 | 32 | 13 | 13 | 48 | 370 | 2210 | 96 | 1400 | 41 | 350 | 27 | 7.5 | 42 |
| Sweet & salty | 562g | 1120 | 48 | 64 | 16 | 0.3 | 82 | 131 | 8 | 29 | 24 | 24 | 40 | 345 | 1700 | 74 | 1250 | 37 | 350 | 27 | 7 | 39 |
| Western | 656g | 1260 | 63 | 84 | 21 | 0.4 | 107 | 123 | 9 | 32 | 15 | 15 | 50 | 390 | 2360 | 103 | 1400 | 41 | 350 | 27 | 7.5 | 42 |
| Morning classics (served with 2 slices of white toast, seasoned potatoes, and fruits) | | | | | | | | | | | | | | | | | | | | | | |
| 1 egg to taste | 387g | 640 | 22 | 29 | 4 | 0.1 | 21 | 94 | 8 | 29 | 11 | 11 | 20 | 200 | 980 | 43 | 1000 | 29 | 125 | 10 | 5.5 | 31 |
| 1 egg to taste with bacon | 417g | 780 | 32 | 43 | 8 | 0.1 | 41 | 94 | 8 | 29 | 11 | 11 | 31 | 230 | 1520 | 66 | 1150 | 34 | 125 | 10 | 5.5 | 31 |
| 1 egg to taste with cretons | 429g | 720 | 26 | 35 | 6 | 0.1 | 31 | 96 | 8 | 29 | 11 | 11 | 26 | 220 | 1260 | 55 | 1150 | 34 | 125 | 10 | 5.5 | 31 |
| 1 egg to taste with baked beans | 471g | 760 | 24 | 32 | 5 | 0.1 | 26 | 112 | 11 | 39 | 18 | 18 | 25 | 200 | 1290 | 56 | 1400 | 41 | 175 | 13 | 8 | 44 |
| 1 egg to taste with ham | 443g | 750 | 30 | 40 | 7 | 0.1 | 36 | 94 | 8 | 29 | 11 | 11 | 29 | 235 | 1600 | 70 | 1150 | 34 | 125 | 10 | 6 | 33 |
| 1 egg to taste with sausages | 477g | 900 | 43 | 57 | 11 | 0.3 | 57 | 97 | 8 | 29 | 11 | 11 | 33 | 250 | 1520 | 66 | 1250 | 37 | 125 | 10 | 6 | 33 |
| 2 eggs to taste | 442g | 730 | 28 | 37 | 6 | 0.1 | 31 | 94 | 8 | 29 | 12 | 12 | 26 | 400 | 1050 | 46 | 1100 | 32 | 150 | 12 | 6 | 33 |
| 2 eggs to taste with bacon | 472g | 860 | 38 | 51 | 9 | 0.2 | 46 | 95 | 8 | 29 | 12 | 12 | 37 | 430 | 1590 | 69 | 1200 | 35 | 150 | 12 | 6,5 | 36 |
| 2 eggs to taste with cretons | 484g | 800 | 32 | 43 | 7 | 0.1 | 36 | 97 | 8 | 29 | 12 | 12 | 32 | 420 | 1330 | 58 | 1200 | 35 | 150 | 12 | 6,5 | 36 |
| 2 eggs to taste with baked beans | 526g | 840 | 30 | 40 | 7 | 0.1 | 36 | 113 | 11 | 39 | 18 | 18 | 31 | 400 | 1360 | 59 | 1500 | 44 | 200 | 15 | 8.5 | 47 |
| 2 eggs to taste with ham | 498g | 840 | 35 | 47 | 8 | 0.1 | 41 | 95 | 8 | 29 | 12 | 12 | 36 | 430 | 1670 | 73 | 1200 | 35 | 150 | 12 | 6,5 | 36 |
| 2 eggs to taste with sausages | 532g | 990 | 49 | 65 | 13 | 0.3 | 67 | 97 | 8 | 29 | 12 | 12 | 39 | 450 | 1590 | 69 | 1350 | 40 | 150 | 12 | 6,5 | 36 |
| Brunch plate | 839g | 1580 | 64 | 85 | 17 | 0.3 | 87 | 188 | 12 | 43 | 66 | 66 | 63 | 540 | 2900 | 126 | 2200 | 65 | 350 | 27 | 10,5 | 58 |
| Gourmet combos (served with 2 slices of white toast [except for the Classic Béné and Philly combos], seasoned potatoes, fruits, and maple syrup [except for the Banana Split combo]) | | | | | | | | | | | | | | | | | | | | | | |
| Omelet combo - pancake | 849g | 1440 | 55 | 73 | 17 | 0.4 | 87 | 183 | 10 | 36 | 71 | 71 | 57 | 680 | 2290 | 100 | 1900 | 56 | 500 | 38 | 9 | 50 |
| Omelet combo - thin crepes | 853g | 1510 | 63 | 84 | 18 | 0,4 | 92 | 181 | 10 | 36 | 72 | 72 | 58 | 705 | 2030 | 88 | 2100 | 62 | 500 | 38 | 8,5 | 47 |
| Omelet combo - french toast | 831g | 1430 | 57 | 76 | 17 | 0,4 | 87 | 177 | 11 | 39 | 68 | 68 | 56 | 670 | 2150 | 93 | 1850 | 54 | 500 | 38 | 8 | 44 |
| Classic benedict combo - pancake | 694g | 1200 | 53 | 71 | 16 | 0,3 | 82 | 153 | 9 | 32 | 70 | 70 | 34 | 295 | 1860 | 81 | 1700 | 50 | 300 | 23 | 5,5 | 31 |
| Classic benedict combo - thin crepes | 698g | 1280 | 61 | 81 | 17 | 0,3 | 87 | 151 | 8 | 29 | 71 | 71 | 35 | 325 | 1600 | 70 | 1900 | 56 | 300 | 23 | 5 | 28 |
| Classic benedict combo - french toast | 676g | 1190 | 55 | 73 | 16 | 0,4 | 82 | 147 | 9 | 32 | 66 | 66 | 33 | 290 | 1720 | 75 | 1650 | 49 | 300 | 23 | 4,5 | 25 |
| Philly benedict combo - pancake | 717g | 1010 | 28 | 37 | 9 | 0,3 | 47 | 159 | 9 | 32 | 72 | 72 | 34 | 265 | 1510 | 66 | 1800 | 53 | 400 | 31 | 6 | 33 |
| Philly benedict combo - thin crepes | 721g | 1080 | 36 | 48 | 10 | 0,3 | 52 | 156 | 9 | 32 | 73 | 73 | 34 | 290 | 1260 | 55 | 1950 | 57 | 400 | 31 | 5,5 | 31 |

| Breakfast 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 |
|---|---------|----------|------------|--------------|--------------------|---------------|----------------------------|-------------------|------------|-------------|------------|-------------|--------------|------------------|-------------|-------------|----------------|----------------|--------------|--------------|-----------|-----------|
| Philly benedict combo - french toast | 699g | 990 | 30 | 40 | 9 | 0,4 | 47 | 153 | 10 | 36 | 68 | 68 | 33 | 255 | 1380 | 60 | 1750 | 51 | 400 | 31 | 5 | 28 |
| Banana split combo - 1 egg with bacon | 653g | 1290 | 49 | 65 | 15 | 0,2 | 76 | 178 | 11 | 39 | 59 | 59 | 40 | 280 | 1750 | 76 | 1650 | 49 | 250 | 19 | 7 | 39 |
| Banana split combo - 2 eggs with bacon | 708g | 1370 | 54 | 72 | 17 | 0,3 | 87 | 178 | 11 | 39 | 60 | 60 | 46 | 475 | 1820 | 79 | 1700 | 50 | 300 | 23 | 7,5 | 42 |
| Banana split combo - 1 egg with cretons | 665g | 1230 | 43 | 57 | 13 | 0,2 | 66 | 180 | 11 | 39 | 59 | 59 | 35 | 265 | 1490 | 65 | 1650 | 49 | 250 | 19 | 7 | 39 |
| Banana split combo - 2 eggs with cretons | 720g | 1310 | 49 | 65 | 15 | 0,2 | 76 | 180 | 11 | 39 | 60 | 60 | 42 | 465 | 1560 | 68 | 1700 | 50 | 300 | 23 | 7,5 | 42 |
| Banana split combo - 1 egg with baked beans | 707g | 1270 | 41 | 55 | 12 | 0,2 | 61 | 196 | 14 | 50 | 65 | 65 | 34 | 250 | 1520 | 66 | 1900 | 56 | 300 | 23 | 9 | 33 |
| Banana split combo - 2 eggs with baked beans | 762g | 1350 | 47 | 63 | 14 | 0,2 | 71 | 196 | 14 | 50 | 66 | 66 | 40 | 450 | 1590 | 69 | 2000 | 59 | 350 | 27 | 10 | 56 |
| Banana split combo - 1 egg with ham | 679g | 1270 | 46 | 61 | 14 | 0,2 | 71 | 178 | 11 | 39 | 59 | 59 | 39 | 280 | 1830 | 80 | 1650 | 49 | 250 | 19 | 7 | 39 |
| Banana split combo - 2 eggs with ham | 734g | 1350 | 52 | 69 | 15 | 0,2 | 76 | 179 | 11 | 39 | 60 | 60 | 45 | 480 | 1900 | 83 | 1750 | 51 | 300 | 23 | 8 | 44 |
| Banana split combo - 1 egg with sausages | 713g | 1410 | 59 | 79 | 18 | 0,4 | 92 | 181 | 11 | 39 | 59 | 59 | 42 | 295 | 1750 | 76 | 1750 | 51 | 250 | 19 | 7 | 39 |
| Banana split combo - 2 eggs with sausages | 768g | 1500 | 65 | 87 | 20 | 0,4 | 102 | 181 | 11 | 39 | 60 | 60 | 49 | 495 | 1820 | 79 | 1850 | 54 | 300 | 23 | 8 | 28 |
| Sweet and salty combo with pancake and bacon - 1 egg | 676g | 1160 | 34 | 45 | 8 | 0,1 | 41 | 180 | 10 | 36 | 71 | 71 | 37 | 270 | 1830 | 80 | 1700 | 50 | 250 | 19 | 7 | 39 |
| Sweet and salty combo with pancake and bacon - 2 eggs | 731g | 1240 | 40 | 53 | 10 | 0,2 | 51 | 181 | 10 | 36 | 71 | 71 | 43 | 465 | 1900 | 83 | 1750 | 51 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with pancake and cretons - 1 egg | 688g | 1100 | 29 | 39 | 6 | 0,1 | 31 | 183 | 10 | 36 | 70 | 70 | 32 | 255 | 1580 | 69 | 1700 | 50 | 250 | 19 | 7 | 39 |
| Sweet and salty combo with pancake and cretons - 2 eggs | 743g | 1180 | 35 | 47 | 8 | 0,1 | 41 | 183 | 10 | 36 | 71 | 71 | 39 | 455 | 1640 | 71 | 1750 | 51 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with pancake and baked beans - 1 egg | 730g | 1140 | 27 | 36 | 5 | 0,1 | 26 | 199 | 13 | 46 | 77 | 77 | 31 | 240 | 1610 | 70 | 1950 | 57 | 300 | 23 | 9,5 | 53 |
| Sweet and salty combo with pancake and baked beans - 2 eggs | 785g | 1220 | 33 | 44 | 7 | 0,1 | 36 | 199 | 13 | 46 | 77 | 77 | 37 | 440 | 1670 | 73 | 2050 | 60 | 350 | 27 | 10 | 56 |
| Sweet and salty combo with pancake and ham - 1 egg | 702g | 1140 | 32 | 43 | 7 | 0,1 | 36 | 181 | 10 | 36 | 70 | 70 | 36 | 270 | 1920 | 83 | 1700 | 50 | 250 | 19 | 7,5 | 42 |
| Sweet and salty combo with pancake and ham - 2 eggs | 757g | 1220 | 38 | 51 | 9 | 0,1 | 46 | 182 | 10 | 36 | 71 | 71 | 42 | 470 | 1980 | 86 | 1750 | 51 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with pancake and sausages - 1 egg | 736g | 1280 | 45 | 60 | 12 | 0,3 | 62 | 183 | 10 | 36 | 70 | 70 | 39 | 285 | 1830 | 80 | 1800 | 53 | 250 | 19 | 7,5 | 42 |
| Sweet and salty combo with pancake and sausages - 2 eggs | 791g | 1370 | 51 | 68 | 13 | 0,3 | 67 | 184 | 10 | 36 | 71 | 71 | 46 | 485 | 1900 | 83 | 1900 | 56 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with thin crepes and bacon - 1 egg | 680g | 1230 | 42 | 56 | 9 | 0,1 | 46 | 178 | 10 | 36 | 71 | 71 | 38 | 295 | 1570 | 68 | 1900 | 56 | 250 | 19 | 7 | 39 |
| Sweet and salty combo with thin crepes and bacon - 2 eggs | 735g | 1310 | 48 | 64 | 11 | 0,2 | 56 | 178 | 10 | 36 | 72 | 72 | 44 | 495 | 1640 | 71 | 1950 | 57 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with thin crepes and cretons - 1 egg | 692g | 1170 | 37 | 49 | 7 | 0,1 | 36 | 180 | 10 | 36 | 71 | 71 | 33 | 285 | 1320 | 57 | 1900 | 56 | 250 | 19 | 7 | 39 |
| Sweet and salty combo with thin crepes and cretons - 2 eggs | 747g | 1250 | 43 | 57 | 9 | 0,1 | 46 | 181 | 10 | 36 | 72 | 72 | 40 | 485 | 1390 | 60 | 1950 | 57 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with thin crepes and baked beans - 1 egg | 734g | 1210 | 35 | 47 | 6 | 0,1 | 31 | 196 | 13 | 46 | 77 | 77 | 32 | 265 | 1350 | 59 | 2150 | 36 | 300 | 23 | 9 | 50 |
| Sweet and salty combo with thin crepes and baked beans - 2 eggs | 789g | 1290 | 41 | 55 | 8 | 0,1 | 41 | 197 | 13 | 46 | 78 | 78 | 38 | 465 | 1420 | 62 | 2200 | 65 | 350 | 27 | 10 | 56 |
| Sweet and salty combo with thin crepes and ham - 1 egg | 706g | 1210 | 40 | 53 | 8 | 0,1 | 41 | 178 | 10 | 36 | 71 | 71 | 37 | 300 | 1660 | 72 | 1900 | 56 | 250 | 19 | 7 | 39 |
| Sweet and salty combo with thin crepes and ham - 2 eggs | 761g | 1290 | 46 | 61 | 10 | 0,1 | 51 | 179 | 10 | 36 | 72 | 72 | 43 | 495 | 1730 | 75 | 1950 | 57 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with thin crepes and sausages - 1 egg | 740g | 1350 | 53 | 71 | 13 | 0,3 | 67 | 181 | 10 | 36 | 71 | 71 | 40 | 315 | 1570 | 68 | 200 | 59 | 250 | 19 | 7,5 | 42 |
| Sweet and salty combo with thin crepes and sausages - 2 eggs | 795g | 1440 | 59 | 79 | 14 | 0,3 | 72 | 181 | 10 | 36 | 72 | 72 | 46 | 515 | 1640 | 71 | 2100 | 62 | 300 | 23 | 8 | 44 |
| Sweet and salty combo with french toast and bacon - 1 egg | 658g | 1140 | 36 | 48 | 8 | 0,2 | 41 | 174 | 11 | 39 | 67 | 67 | 36 | 260 | 1700 | 74 | 1650 | 49 | 250 | 19 | 6,5 | 36 |
| Sweet and salty combo with french toast and bacon - 2 eggs | 713g | 1230 | 42 | 56 | 10 | 0,2 | 51 | 175 | 11 | 39 | 67 | 67 | 42 | 460 | 1770 | 77 | 1700 | 50 | 300 | 23 | 7 | 39 |
| Sweet and salty combo with french toast and cretons - 1 egg | 670g | 1090 | 31 | 41 | 6 | 0,1 | 31 | 177 | 11 | 39 | 67 | 67 | 31 | 250 | 1440 | 63 | 1650 | 49 | 250 | 19 | 6,5 | 36 |

| | 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 |
|---|---------|----------|------------|--------------|--------------------|---------------|----------------------------|-------------------|------------|-------------|------------|-------------|--------------|------------------|-------------|-------------|----------------|----------------|--------------|--------------|-----------|-----------|
| Breakfast menu | | | | | | | | | | | | | | | | | | | | | | |
| Sweet and salty combo with french toast and cretons - 2 eggs | 725g | 1170 | 37 | 49 | 8 | 0,2 | 41 | 177 | 11 | 39 | 67 | 67 | 38 | 450 | 1510 | 66 | 1750 | 51 | 300 | 23 | 7 | 39 |
| Sweet and salty combo with french toast and baked beans - 1 egg | 712g | 1130 | 29 | 39 | 6 | 0,1 | 31 | 193 | 14 | 50 | 73 | 73 | 30 | 235 | 1470 | 64 | 1900 | 56 | 300 | 23 | 8,5 | 47 |
| Sweet and salty combo with french toast and baked beans - 2 eggs | 767g | 1210 | 35 | 47 | 7 | 0,2 | 36 | 193 | 14 | 50 | 73 | 73 | 37 | 435 | 1540 | 67 | 2000 | 59 | 350 | 27 | 9,5 | 53 |
| Sweet and salty combo with french toast and ham - 1 egg | 684g | 1120 | 34 | 45 | 7 | 0,1 | 36 | 175 | 11 | 39 | 67 | 67 | 35 | 265 | 1780 | 77 | 1650 | 49 | 250 | 19 | 6,5 | 36 |
| Sweet and salty combo with french toast and ham - 2 eggs | 739g | 1210 | 40 | 53 | 9 | 0,2 | 46 | 175 | 11 | 39 | 67 | 67 | 41 | 465 | 1850 | 80 | 1750 | 51 | 300 | 23 | 7,5 | 42 |
| Sweet and salty combo with french toast and sausages - 1 egg | 718g | 1270 | 47 | 63 | 12 | 0,3 | 62 | 177 | 11 | 39 | 67 | 67 | 38 | 280 | 1700 | 74 | 1750 | 51 | 250 | 19 | 6,5 | 36 |
| Sweet and salty combo with french toast and sausages - 2 eggs | 773g | 1350 | 53 | 71 | 13 | 0,4 | 67 | 178 | 11 | 39 | 67 | 67 | 45 | 480 | 1770 | 77 | 1850 | 54 | 300 | 23 | 7,5 | 42 |
| Skillet (served with 2 slices of white toast and seasoned potatoes) | | | | | | | | | | | | | | | | | | | | | | |
| 3 meat - 1 egg | 417g | 950 | 47 | 63 | 15 | 0,4 | 77 | 87 | 7 | 25 | 3 | 3 | 46 | 280 | 2070 | 90 | 1100 | 32 | 400 | 31 | 6 | 33 |
| 3 meat - 2 eggs | 472g | 1030 | 53 | 71 | 17 | 0,4 | 87 | 88 | 7 | 25 | 4 | 4 | 52 | 480 | 2140 | 93 | 1200 | 35 | 400 | 31 | 6,5 | 36 |
| Homestyle - 1 egg | 440g | 1040 | 47 | 63 | 15 | 0,4 | 77 | 111 | 7 | 25 | 25 | 25 | 46 | 280 | 2070 | 90 | 1200 | 35 | 450 | 35 | 6 | 33 |
| Homestyle - 2 eggs | 495g | 1120 | 53 | 71 | 17 | 0,4 | 87 | 111 | 7 | 25 | 26 | 26 | 52 | 480 | 2140 | 93 | 1250 | 37 | 450 | 35 | 6,5 | 36 |
| Garden - 1 egg | 441g | 910 | 46 | 61 | 15 | 0,4 | 77 | 94 | 8 | 29 | 5 | 5 | 33 | 250 | 1410 | 61 | 1250 | 37 | 400 | 31 | 6,5 | 36 |
| Garden - 2 eggs | 496g | 990 | 52 | 69 | 17 | 0,4 | 87 | 94 | 8 | 29 | 6 | 6 | 39 | 445 | 1480 | 64 | 1350 | 40 | 450 | 35 | 7 | 39 |
| Hollandaise - 1 egg | 495g | 1200 | 79 | 105 | 28 | 1 | 145 | 91 | 9 | 32 | 6 | 6 | 36 | 310 | 1770 | 77 | 1100 | 32 | 450 | 35 | 6 | 33 |
| Hollandaise - 2 eggs | 550g | 1290 | 85 | 113 | 30 | 1 | 155 | 92 | 9 | 32 | 6 | 6 | 43 | 510 | 1840 | 80 | 1200 | 35 | 450 | 35 | 6,5 | 36 |
| Tao fried chicken - 1 egg | 584g | 1560 | 91 | 121 | 23 | 0,5 | 118 | 133 | 10 | 36 | 30 | 30 | 57 | 295 | 2390 | 104 | 1500 | 44 | 450 | 35 | 8 | 44 |
| Tao fried chicken - 2 eggs | 639g | 1640 | 96 | 128 | 25 | 0,5 | 128 | 134 | 10 | 36 | 31 | 31 | 63 | 495 | 2460 | 107 | 1600 | 47 | 500 | 38 | 8,5 | 47 |
| Poutine - 1 egg | 555g | 1450 | 96 | 128 | 38 | 1 | 195 | 92 | 8 | 29 | 6 | 6 | 53 | 370 | 2480 | 108 | 1200 | 35 | 650 | 50 | 6,5 | 36 |
| Poutine - 2 eggs | 610g | 1530 | 102 | 136 | 40 | 1 | 205 | 93 | 8 | 29 | 7 | 7 | 60 | 570 | 2550 | 111 | 1300 | 38 | 650 | 50 | 7 | 39 |
| Salmon & brie - 1 egg | 546g | 1240 | 77 | 103 | 25 | 0,5 | 128 | 93 | 9 | 32 | 7 | 7 | 45 | 335 | 1680 | 73 | 1350 | 40 | 250 | 19 | 6 | 33 |
| Salmon & brie - 2 eggs | 601g | 1320 | 83 | 111 | 26 | 0,5 | 133 | 93 | 9 | 32 | 7 | 7 | 52 | 535 | 1750 | 76 | 1400 | 41 | 300 | 23 | 7 | 39 |
| Stuffed omelets (served with 2 slices of white toast, seasoned potatoes, and fruits) | | | | | | | | | | | | | | | | | | | | | | |
| 3 meat | 604g | 1120 | 57 | 76 | 18 | 0,5 | 93 | 98 | 8 | 29 | 13 | 13 | 55 | 655 | 2120 | 92 | 1400 | 41 | 350 | 27 | 7,5 | 42 |
| Spanish | 611g | 890 | 37 | 49 | 9 | 0,2 | 46 | 102 | 9 | 32 | 16 | 16 | 39 | 590 | 1430 | 62 | 1350 | 40 | 300 | 23 | 7,5 | 42 |
| Ham, bacon & swiss cheese | 590g | 1060 | 52 | 69 | 16 | 0,4 | 82 | 97 | 8 | 29 | 12 | 12 | 51 | 640 | 1970 | 86 | 1350 | 40 | 350 | 27 | 7,5 | 42 |
| Western | 646g | 1110 | 55 | 73 | 17 | 0,4 | 87 | 100 | 9 | 32 | 14 | 14 | 53 | 655 | 2190 | 95 | 1450 | 43 | 350 | 27 | 7,5 | 42 |
| Benedict eggs (served with an English muffin, seasoned potatoes, and fruits) | | | | | | | | | | | | | | | | | | | | | | |
| Cantonnier - 1 egg | 390g | 770 | 47 | 63 | 16 | 0,4 | 82 | 67 | 7 | 25 | 11 | 11 | 21 | 240 | 1070 | 47 | 1000 | 29 | 225 | 17 | 3,5 | 19 |
| Cantonnier - 2 eggs | 544g | 1230 | 85 | 113 | 31 | 1 | 160 | 81 | 7 | 25 | 13 | 13 | 37 | 480 | 1600 | 70 | 1200 | 35 | 400 | 31 | 5 | 28 |
| Mushrooms, brie & spicy honey - 1 egg | 436g | 840 | 49 | 65 | 15 | 0,4 | 77 | 84 | 7 | 25 | 27 | 27 | 18 | 235 | 1030 | 45 | 1100 | 32 | 150 | 12 | 4 | 22 |
| Mushrooms, brie & spicy honey - 2 eggs | 636g | 1380 | 89 | 119 | 29 | 0,5 | 148 | 117 | 9 | 32 | 44 | 44 | 31 | 470 | 1510 | 66 | 1350 | 40 | 250 | 19 | 6 | 33 |
| Classic - 1 egg | 435g | 820 | 50 | 67 | 16 | 0,3 | 82 | 67 | 7 | 25 | 11 | 11 | 28 | 260 | 1540 | 67 | 1150 | 34 | 150 | 12 | 4 | 22 |
| Classic - 2 eggs | 634g | 1340 | 92 | 123 | 31 | 0,5 | 158 | 81 | 7 | 25 | 13 | 13 | 50 | 515 | 2550 | 111 | 1400 | 41 | 300 | 23 | 6 | 33 |

| Breakfast 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 |
|--|---------|----------|------------|--------------|--------------------|---------------|----------------------------|-------------------|------------|-------------|------------|-------------|--------------|------------------|-------------|-------------|----------------|----------------|--------------|--------------|-----------|-----------|
| Philly - 1 egg | 459g | 630 | 25 | 33 | 8 | 0,3 | 42 | 73 | 7 | 25 | 13 | 13 | 28 | 225 | 1200 | 52 | 1250 | 37 | 300 | 23 | 4,5 | 25 |
| Philly - 2 eggs | 681g | 940 | 42 | 56 | 16 | 0,5 | 83 | 93 | 8 | 29 | 17 | 17 | 49 | 455 | 1860 | 81 | 1600 | 47 | 550 | 42 | 7 | 39 |
| Salmon & brie - 1 egg | 430g | 820 | 49 | 65 | 15 | 0,4 | 77 | 68 | 7 | 25 | 11 | 11 | 27 | 260 | 1100 | 48 | 1150 | 34 | 150 | 12 | 3,5 | 19 |
| Salmon & brie - 2 eggs | 624g | 1330 | 89 | 119 | 30 | 0,5 | 153 | 83 | 8 | 29 | 13 | 13 | 48 | 520 | 1670 | 73 | 1500 | 44 | 300 | 23 | 5,5 | 31 |
| Crepes and French toast (with fruits and maple syrup) | | | | | | | | | | | | | | | | | | | | | | |
| Pancakes | 547g | 790 | 10 | 13 | 4,5 | 0 | 23 | 161 | 5 | 18 | 98 | 98 | 17 | 110 | 930 | 40 | 950 | 28 | 300 | 23 | 4 | 22 |
| Thin crepes | 439g | 690 | 20 | 27 | 6 | 0 | 30 | 117 | 3 | 11 | 82 | 82 | 12 | 110 | 95 | 4 | 1150 | 34 | 200 | 15 | 2,25 | 13 |
| French toast | 425g | 600 | 12 | 16 | 4,5 | 0,1 | 23 | 119 | 5 | 18 | 78 | 78 | 11 | 60 | 350 | 15 | 750 | 22 | 200 | 15 | 1,25 | 7 |
| Breakfast sandwiches (served with seasoned potatoes and fruits) | | | | | | | | | | | | | | | | | | | | | | |
| Ham & cheese croque-monsieur | 466g | 910 | 40 | 53 | 16 | 0,5 | 83 | 98 | 8 | 29 | 24 | 24 | 40 | 105 | 1960 | 85 | 1150 | 34 | 600 | 46 | 2,5 | 14 |
| Classic grilled cheese | 419g | 920 | 49 | 65 | 14 | 0,3 | 72 | 99 | 8 | 29 | 15 | 15 | 26 | 40 | 2070 | 90 | 1100 | 32 | 450 | 35 | 4,5 | 25 |
| Philly grilled cheese | 537g | 950 | 45 | 60 | 13 | 0,3 | 67 | 99 | 9 | 32 | 13 | 13 | 39 | 60 | 1630 | 71 | 1300 | 38 | 400 | 31 | 6,5 | 36 |
| Drinks | | | | | | | | | | | | | | | | | | | | | | |
| Hot chocolate | 220mL | 150 | 5 | 7 | 5 | 0 | 25 | 25 | 1 | 4 | 21 | 21 | 1 | 0 | 160 | 7 | 300 | 9 | 50 | 4 | 1 | 6 |
| Orange juice (small) | 227mL | 90 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 20 | 20 | 0,4 | 0 | 20 | 1 | 250 | 7 | 40 | 3 | 0 | 0 |
| Orange juice (large) | 284mL | 110 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 0 | 25 | 25 | 0,5 | 0 | 25 | 1 | 350 | 10 | 50 | 4 | 0 | 0 |
| Apple juice (small) | 227mL | 100 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 23 | 23 | 0 | 0 | 20 | 1 | 175 | 5 | 30 | 2 | 0,1 | 1 |
| Apple juice (large) | 284mL | 120 | 0 | 0 | 0 | 0 | 0 | 31 | 0 | 0 | 28 | 28 | 0 | 0 | 25 | 1 | 225 | 7 | 30 | 2 | 0,1 | 1 |
| Apple-grape juice (small) | 227mL | 90 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 22 | 22 | 0 | 0 | 20 | 1 | 150 | 4 | 30 | 2 | 0,1 | 1 |
| Apple-grape juice (large) | 284mL | 110 | 0 | 0 | 0 | 0 | 0 | 29 | 0 | 0 | 27 | 27 | 0 | 0 | 25 | 1 | 200 | 6 | 30 | 2 | 0,1 | 1 |
| Milk 2% (small) | 235mL | 120 | 4,5 | 6 | 3 | 0,1 | 16 | 12 | 0 | 0 | 12 | 12 | 8 | 15 | 95 | 4 | 350 | 10 | 250 | 19 | 0,1 | 1 |
| Milk 2% (large) | 293mL | 150 | 6 | 8 | 3,5 | 0,2 | 19 | 15 | 0 | 0 | 14 | 14 | 10 | 20 | 115 | 5 | 400 | 12 | 350 | 27 | 0,1 | 1 |
| Chocolate milk 1% (small) | 240mL | 160 | 2,5 | 3 | 1,5 | 0 | 8 | 26 | 1 | 4 | 25 | 25 | 8 | 10 | 160 | 7 | 450 | 13 | 450 | 19 | 1,25 | 7 |
| Chocolate milk 1% (large) | 283mL | 180 | 3 | 4 | 2 | 0,1 | 11 | 30 | 1 | 4 | 29 | 29 | 9 | 10 | 190 | 8 | 550 | 16 | 550 | 23 | 1,5 | 8 |
| Smoothies | | | | | | | | | | | | | | | | | | | | | | |
| The Tropic | 491mL | 280 | 1 | 1 | 0,3 | 0 | 2 | 69 | 3 | 11 | 56 | 56 | 3 | 0 | 40 | 2 | 750 | 22 | 100 | 8 | 0,5 | 3 |
| Lime Mojito | 515mL | 320 | 0,5 | 1 | 0 | 0 | 0 | 81 | 2 | 7 | 77 | 77 | 1 | 0 | 160 | 7 | 350 | 10 | 40 | 3 | 0,4 | 2 |
| Oasis | 526mL | 300 | 1 | 1 | 0,3 | 0 | 2 | 73 | 2 | 7 | 61 | 61 | 3 | 0 | 55 | 2 | 850 | 25 | 125 | 10 | 0,75 | 4 |
| Pina colada | 497mL | 390 | 3,5 | 5 | 2,5 | 0 | 13 | 90 | 2 | 7 | 78 | 78 | 2 | 0 | 75 | 3 | 850 | 25 | 100 | 8 | 0,5 | 3 |
| Strawberry shortcake | 559mL | 430 | 12 | 16 | 8 | 0,1 | 41 | 75 | 2 | 7 | 69 | 69 | 5 | 35 | 85 | 4 | 350 | 10 | 150 | 12 | 0,5 | 3 |
| A la carte | | | | | | | | | | | | | | | | | | | | | | |
| Bacon (3) | 30g | 130 | 10 | 13 | 3,5 | 0,1 | 18 | 0 | 0 | 0 | 0 | 0 | 11 | 30 | 540 | 23 | 125 | 4 | 0 | 0 | 0,2 | 1 |
| Peanut butter | 18g | 110 | 9 | 12 | 1,5 | 0 | 8 | 4 | 1 | 4 | 1 | 1 | 3 | 0 | 75 | 3 | 100 | 3 | 10 | 1 | 0,75 | 4 |
| Strawberry - jam | 16g | 45 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 0 | 10 | 10 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |

| Breakfast 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 |
|---|----------------|-----------------|-------------------|---------------------|---------------------------|----------------------|-----------------------------------|--------------------------|-------------------|--------------------|-------------------|--------------------|---------------------|-------------------------|--------------------|--------------------|-----------------------|-----------------------|---------------------|---------------------|------------------|------------------|
| Raspberry - jam | 10g | 25 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 6 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Orange marmalade - jam | 10g | 30 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 7 | 7 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |
| Fruit cup | 514g | 250 | 1 | 1 | 0,3 | 0 | 2 | 63 | 6 | 21 | 49 | 49 | 4 | 0 | 30 | 1 | 1000 | 29 | 50 | 4 | 1,25 | 7 |
| Indulgent fruit cup | 696g | 890 | 32 | 43 | 10 | 0 | 50 | 148 | 13 | 46 | 114 | 114 | 16 | 0 | 125 | 5 | 1550 | 46 | 175 | 13 | 6 | 33 |
| Pancake (1) & maple syrup | 147g | 320 | 2 | 3 | 0,4 | 0 | 2 | 70 | 1 | 4 | 50 | 50 | 5 | 35 | 310 | 13 | 250 | 7 | 150 | 12 | 1,25 | 7 |
| Cretons | 42g | 80 | 4,5 | 6 | 1,5 | 0 | 8 | 2 | 0 | 0 | 0 | 0 | 6 | 20 | 280 | 12 | 125 | 4 | 10 | 1 | 0,2 | 1 |
| Baked beans | 84g | 120 | 2,5 | 3 | 1 | 0 | 5 | 18 | 3 | 11 | 6 | 6 | 5 | 5 | 310 | 13 | 400 | 12 | 50 | 4 | 2,5 | 14 |
| Ham | 112g | 220 | 16 | 21 | 5 | 0 | 25 | 1 | 0 | 0 | 0 | 0 | 19 | 65 | 1240 | 54 | 300 | 9 | 0 | 0 | 0,75 | 4 |
| Egg (1) | 55g | 80 | 6 | 8 | 1,5 | 0 | 8 | 1 | 0 | 0 | 0 | 0 | 6 | 200 | 70 | 3 | 75 | 2 | 20 | 2 | 0,75 | 4 |
| French toast (1) & maple syrup | 129g | 300 | 4 | 5 | 0,5 | 0 | 3 | 64 | 1 | 4 | 46 | 46 | 4 | 30 | 170 | 7 | 200 | 6 | 125 | 10 | 0,4 | 2 |
| Seasoned potatoes | 140g | 270 | 9 | 12 | 0,5 | 0 | 3 | 42 | 5 | 18 | 0 | 0 | 5 | 0 | 530 | 23 | 700 | 21 | 10 | 1 | 1,5 | 8 |
| Toast (2) white bread and margarine | 96g | 250 | 7 | 9 | 1,5 | 0 | 8 | 41 | 2 | 7 | 2 | 2 | 8 | 0 | 370 | 16 | 75 | 2 | 75 | 6 | 3 | 17 |
| Toast (2) brown bread and margarine | 96g | 250 | 7 | 9 | 1,5 | 0 | 8 | 38 | 4 | 14 | 3 | 3 | 10 | 0 | 360 | 16 | 200 | 6 | 75 | 6 | 2,25 | 13 |
| Toast (2) white bread with 2 slices of cheese | 138g | 380 | 16 | 21 | 6 | 0,2 | 31 | 45 | 2 | 7 | 5 | 5 | 17 | 25 | 1030 | 45 | 200 | 6 | 300 | 23 | 3 | 17 |
| Sausages (2) | 90g | 260 | 21 | 28 | 7 | 0,2 | 36 | 3 | 0 | 0 | 0 | 0 | 13 | 50 | 540 | 23 | 250 | 7 | 10 | 1 | 0,5 | 3 |
| Maple syrup | 57g | 150 | 0 | 0 | 0 | 0 | 0 | 38 | 0 | 0 | 34 | 34 | 0 | 0 | 5 | 0 | 125 | 4 | 50 | 4 | 0,1 | 1 |

Notes:

- nutritional values are based on laboratory analyses, supplier data and a database
- the percentage of recommended daily value (%DV) is based on the average energy needs of an adult (2,000 cal / day)
- berries may vary according to the season
- beverages are not included
- toast: nutritional values are calculated with white bread and margarine, unless otherwise indicated