



Nutritional values

DV: daily recommended value
g: gram mg: milligram

	Serving	Calories	Lipids (g)	% DV Lipides	Saturated fats (g)	Gras trans (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
Breakfast menu																				
Breakfast pizza (with seasoned potatoes and fruit)																				
Lumberjack	576g	1200	64	98	21	0,5	108	455	1920	80	109	36	9	36	12	48	35	60	30	45
Garden	560g	980	46	71	14	0,5	73	410	1120	47	109	36	9	36	13	35	40	90	35	45
Breakfast rolls	630g	1200	43	66	14	0,4	72	415	1790	75	160	53	14	56	46	46	30	60	50	50
Sweet & salty	508g	1000	44	68	14	0,4	72	405	1330	55	117	39	8	32	22	35	35	60	30	45
Western	582g	1070	51	78	16	0,5	83	435	1710	71	109	36	9	36	13	44	40	90	30	45
Morning classics (with 2 white bread toasts, seasoned potatoes and fruit)																				
1 egg to taste	332g	620	26	40	4,5	0,1	23	180	790	33	81	27	8	32	11	17	20	60	8	25
2 eggs to taste	385g	720	34	52	6	0,2	31	360	930	39	82	27	8	32	12	22	30	60	10	30
1 egg to taste with bacon	352g	720	35	54	8	0,2	41	200	1050	44	81	27	8	32	11	23	20	60	8	25
1 egg to taste with cretons	374g	710	33	51	7	0,2	36	210	1090	45	83	28	8	32	12	24	20	60	10	30
1 egg to taste with baked beans	416g	750	28	43	5	0,1	26	180	1130	47	104	35	14	56	18	22	20	60	15	35
1 egg to taste with ham	371g	670	27	42	4,5	0,1	23	195	1140	48	83	28	8	32	11	24	20	60	8	25
1 egg to taste with sausages	399g	880	47	72	11	0,2	56	225	1290	54	88	29	8	32	12	28	20	60	10	30
2 eggs to taste with bacon	405g	830	43	66	10	0,2	51	375	1190	50	82	27	8	32	12	28	30	60	10	30
2 eggs to taste with cretons	427g	820	41	63	9	0,2	46	390	1230	51	84	28	8	32	13	29	30	60	15	35
2 eggs to taste with baked beans	469g	850	36	55	7	0,2	36	360	1270	53	105	35	14	56	19	27	30	60	20	40
2 eggs to taste with ham	423g	770	35	54	7	0,2	36	375	1280	53	84	28	8	32	12	30	30	60	10	30
2 eggs to taste with sausages	452g	980	55	85	13	0,2	66	405	1430	60	89	30	8	32	13	33	30	60	10	35
Brunch plate with pancake	1056g	1790	67	103	16	0,5	83	520	2590	108	238	79	16	64	100	62	30	150	40	50
Breakfast club sandwich (white bread)	528g	900	42	65	9	0,3	47	200	1230	51	104	35	10	40	16	28	45	100	10	40
Breakfast club sandwich (wheat bread)	528g	880	43	66	9	0,3	47	200	1230	51	98	33	12	48	15	28	45	100	15	30
Breakfast club sandwich (multigrain bread)	528g	910	46	71	10	0,3	52	200	1270	53	103	34	12	48	15	28	45	100	15	40
Coco fruits - 1 egg with yogurt	293g	470	14	22	3,5	0,1	18	215	700	29	70	23	6	24	16	18	20	60	15	30
Coco fruits - 2 eggs with yogurt	375g	610	19	29	5	0,1	26	430	960	40	83	28	8	32	17	27	30	60	20	40
Generous choco-banana	703g	1400	77	118	23	0,4	117	530	1710	71	133	44	13	52	50	53	35	70	15	35

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Countryside platter (with 2 white bread toasts and baked beans)																				
Generous sweet and salty with pancake	589g	1130	53	82	12	0,4	62	500	1660	69	117	39	7	28	48	49	25	60	15	20
Generous sweet and salty with crêpe fine	567g	1100	57	88	14	0,4	72	530	1670	70	99	33	7	28	35	49	30	60	15	30
Generous sweet and salty with half waffle	547g	1160	58	89	12	0,3	62	455	2110	88	112	37	7	28	40	48	25	60	15	35
Generous sweet and salty with french toast	542g	1050	53	82	12	0,4	62	465	1780	74	98	33	7	28	35	47	25	60	15	30
With 3 meats - 1 egg	453g	1060	54	83	17	0,5	88	255	2150	90	98	33	12	48	14	46	20	8	35	35
With 3 meats - 2 eggs	506g	1160	62	95	19	0,5	98	435	2290	95	99	33	12	48	15	52	30	8	40	40
Vegetarian - 1 egg	468g	1000	53	82	17	0,5	88	230	1340	56	98	33	13	52	15	34	35	40	50	35
Vegetarian - 2 eggs	520g	1100	61	94	19	0,5	98	410	1480	62	99	33	13	52	16	40	40	40	50	40
Homestyle - 1 egg	479g	1150	53	82	16	0,5	83	255	2050	85	123	41	12	48	36	46	20	6	45	35
Homestyle - 2 eggs	532g	1250	61	94	18	0,5	93	435	2190	91	124	41	12	48	37	52	25	6	50	40
The Hollandaise - 1 egg	475g	1090	62	95	21	0,5	108	240	1690	70	98	33	13	52	14	36	35	60	45	35
The Hollandaise - 2 eggs	528g	1190	70	108	23	0,5	118	420	1830	76	100	33	13	52	15	41	45	60	45	40
Poutine - 1 egg	593g	1240	68	105	25	1	130	280	2880	120	107	36	12	48	15	59	35	35	70	40
Poutine - 2 eggs	646g	1340	76	117	27	1	140	460	3020	126	108	36	12	48	16	65	40	35	70	40
Saint-Raymond - 1 egg	532g	1220	74	114	26	1	135	275	1890	79	102	34	13	52	14	40	35	50	45	35
Saint-Raymond - 2 eggs	585g	1330	83	128	28	1	145	455	2030	85	103	34	13	52	14	45	45	50	50	40
Omelets (with 2 white bread toasts, seasoned potatoes and fruit)																				
3 meats	545g	1140	66	102	19	0,4	97	605	1980	83	88	29	8	32	14	50	45	60	35	40
Garden	529g	930	48	74	13	0,4	67	560	1180	49	88	29	9	36	15	37	50	90	40	35
Ham and Saint-Raymond	501g	920	47	72	12	0,4	62	575	1610	67	86	29	8	32	13	41	40	60	30	35
Western	551g	1010	53	82	15	0,4	77	585	1770	74	88	29	8	32	14	45	45	90	35	35
Eggs benedict (with seasoned potatoes and fruits)																				
Smoke salmon - 1 egg	357g	650	38	58	11	0,2	56	250	870	36	60	20	7	28	7	15	20	60	8	20
Smoke salmon - 2 eggs	516g	1020	65	100	20	0,5	103	505	1480	62	76	25	9	36	8	25	30	60	15	30
Classic - 1 egg	375g	690	39	60	12	0,3	62	265	1000	42	61	20	7	28	7	25	25	60	20	20
Classic - 2 eggs	550g	1090	67	103	23	0,5	118	535	1750	73	77	26	9	36	8	45	40	60	35	30
Saint-Raymond - 1 egg	343g	650	40	62	13	0,3	67	255	770	32	60	20	7	28	7	18	20	60	15	20
Saint-Raymond - 2 eggs	486g	1030	68	105	24	0,5	123	510	1290	54	75	25	9	36	8	31	35	60	30	30
Crêpes, pancakes, waffles and french toasts (with granola yogurt)																				
Plain pancakes - fruit coulis	330g	460	9	14	1,5	0,2	9	60	130	5	87	29	5	20	50	11	8	80	15	6
Plain pancakes - custard	330g	440	10	15	2,5	0,2	14	60	150	6	79	26	5	20	40	12	8	60	20	6

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Plain pancakes - maple syrup	346g	550	9	14	1,5	0,2	9	60	135	6	109	36	5	20	69	11	8	60	20	10
Crêpes fines choco-banana - maple syrup	520g	1090	42	65	16	0,3	82	175	270	11	170	57	9	36	101	21	10	25	25	40
Crêpe fine ham, brocoli et cheese	472g	750	36	55	15	0,5	78	165	1430	60	74	25	7	28	13	35	30	90	45	20
Crêpes plain (fines) - fruit coulis	488g	760	24	37	7	0,4	37	265	330	14	115	38	6	24	46	24	25	80	25	35
Crêpes plain (fines) - custard	488g	740	25	38	8	0,4	42	265	350	15	106	35	6	24	37	25	25	60	35	35
Crêpes plain (fines) - maple syrup	504g	850	24	37	7	0,4	37	265	330	14	136	45	6	24	65	24	25	60	35	40
Fruit waffle - Fruit coulis	472g	850	29	45	5	0,1	26	25	1110	46	131	44	6	24	64	16	15	120	15	30
Fruit waffle - custard	472g	830	30	46	6	0,1	31	25	1130	47	123	41	6	24	55	17	15	100	20	30
Fruit waffle - maple syrup	487g	940	29	45	5	0,1	26	25	1110	46	153	51	6	24	83	16	15	100	20	30
French toasts - fruit coulis	415g	620	12	18	2,5	0,2	14	70	640	27	112	37	7	28	48	18	8	90	20	30
French toasts - custard	415g	600	13	20	3	0,2	16	70	660	28	103	34	7	28	39	19	8	60	25	30
French toasts - maple syrup	431g	710	12	18	2,5	0,2	14	70	640	27	133	44	7	28	68	18	8	60	25	35
Sweet tooth trio - crêpe fine - fruit coulis	502g	840	26	40	4,5	0,3	24	125	860	36	131	44	6	24	59	21	20	100	20	35
Sweet tooth trio - crêpe fine - custard	502g	820	27	42	5	0,3	27	125	880	37	123	41	6	24	49	22	20	70	25	35
Sweet tooth trio - crêpe fine - maple syrup	517g	930	26	40	4,5	0,3	24	125	860	36	153	51	6	24	78	21	20	70	30	35
Drinks																				
Hot chocolate	280ml	120	3	5	3	0	15	0	130	5	23	8	1	4	19	1	0	0	2	0
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
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
Apple & grape juice (small)	227ml	90	0	0	0	0	0	0	15	1	23	8	0	0	22	0	0	110	4	2
Apple & grape juice (Large)	340ml	140	0	0	0	0	0	0	25	1	35	12	0	0	33	0	0	170	6	2
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
Country style smoothie	360ml	370	0,5	1	0,1	0	1	0	5	1	89	30	9	36	77	2	8	190	6	15
Lime smoothie	360ml	370	0,5	1	0,1	0	1	0	65	3	89	30	6	24	72	2	8	190	6	8
Tropical smoothie	360ml	330	2,5	4	1,5	0,2	9	0	5	1	78	26	6	24	68	2	8	160	4	10
A la carte																				
Bacon (2 slices)	20g	100	9	14	3,5	0	18	20	260	11	0	0	0	0	0	6	0	0	0	2
Peanut butter	18g	110	9	14	1,5	0	8	0	85	4	5	2	1	4	1	3	0	0	0	2
Strawberry - jam	10g	35	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	4	0	0

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Raspberry - jam	10g	35	0	0	0	0	0	0	0	0	9	3	0	0	9	0	0	2	0	0
Blackberry - jam	16g	60	0	0	0	0	0	0	0	0	14	5	0	0	14	0,1	0	4	0	0
Orange marmalade - jam	10g	35	0	0	0	0	0	0	0	0	9	3	0	0	9	0,1	0	2	0	0
Pancake and maple syrup (1)	173g	360	2	3	0,5	0,1	3	55	85	4	81	27	1	4	55	7	0	0	15	6
Crêpe fine and maple syrup (1)	151g	330	6	9	2	0,1	11	85	95	4	63	21	1	4	41	7	6	0	10	15
Cretons	42g	90	7	11	2,5	0,1	13	30	300	13	2	1	0	0	1	7	0	2	2	4
Baked beans	84g	130	2	3	1	0	5	0	340	14	23	8	6	24	7	5	0	2	6	8
Ham (1 slice)	39g	45	1	2	0,2	0	1	20	350	15	2	1	0	0	0	8	0	0	0	0
English muffin	71g	170	6	9	1	0,1	6	0	270	11	26	9	3	12	1	5	6	0	8	10
Egg (1)	52g	100	8	12	2	0	10	180	140	6	1	1	0	0	1	6	8	0	4	4
French toast (1) and maple syrup	127g	280	1,5	2	0,4	0	2	20	200	8	62	21	1	4	42	5	0	0	10	15
Granola parfait (yogurt 1.5% f.c.)	322g	340	9	14	2	0	10	10	70	3	57	19	6	24	33	10	15	80	15	15
Seasoned potatoes	112g	240	10	15	1	0	5	0	230	10	33	11	4	16	1	4	0	4	0	6
Garlic potatoes au gratin	150g	360	21	32	6	0,3	32	20	510	21	34	11	4	16	1	10	15	6	20	6
Toasts (2) white bread and margarine	81g	230	7	11	1,5	0,1	8	0	400	17	36	12	2	8	4	7	6	0	4	15
Toasts (2) wheat bread and margarine	81g	220	8	12	1,5	0,1	8	0	400	17	32	11	3	12	3	7	6	0	6	8
Toasts (2) multigrain bread and margarine	81g	240	9	14	2	0,1	11	0	430	18	35	12	3	12	3	7	6	0	6	15
Toasts (2) white bread with 2 slices of cheese	117g	340	14	22	6	0,3	32	25	980	41	39	13	2	8	7	15	15	0	15	15
Fresh fruit salad	224g	140	0,4	1	0,1	0	1	0	20	1	34	11	2	8	29	1	15	90	2	4
Sausages (2)	67g	260	21	32	6	0,1	31	45	500	21	7	2	0	0	1	11	0	0	0	4
Maple syrup	45ml	160	0,1	1	0	0	0	0	5	1	41	14	0	0	37	0	0	0	6	6
Fruit yogurt 0%	100g	35	0	0	0	0	0	0	50	2	5	2	0	0	4	3	4	2	10	0
Fruit yogurt 1.5%	100g	90	1,5	2	1	0	5	5	45	2	15	5	0	0	13	4	2	2	10	2
plain yogurt 0%	100g	40	0	0	0	0	0	0	55	2	5	2	0	0	4	4	6	2	15	0
Plain yogurt 2.5%	100g	60	2,5	4	1,5	0,1	8	10	55	2	6	2	0	0	5	4	2	2	15	0

Notes:

- nutrient values are derived from laboratory analysis, supplier data and a database
- the percentage of the recommended daily value (%RDV) is based on the average energy needs of an adult (2000 cal/day)
- berries can vary according to the season
- Drinks are not included
- toasts: the nutritional values are calculated with white bread and margarine, unless otherwise indicated