Nutritional Information

Menu Item	Serving Size	Amount (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietry Fibre (g)	Sugar (g)	Protein (g)
SIDES												
Fries (Small)	1 serving	156	324	21.4	1.63	0.400	0	663	35.6	2.3	1.1	2.3
Fries (Medium)	1 serving	343	710	46.9	3.56	0.870	0	1459	78.3	5.0	2.5	5.1
Fries (Large)	2 servings	250	518	34.3	2.60	0.640	0	1061	56.9	3.6	1.8	3.7
Taters (Small)	1 serving	199	470	24.5	2.35	0.09	0	611	63.0	6.6	1.9	9.4
Taters (Medium)	1 serving	510	1209	62.9	6.00	0.2	0	1571	162.0	16.9	4.8	24.2
Taters (Large)	2 servings	354	840	437.0	4.20	0.17	0	1091	112.5	11.8	3.4	16.8
Fries Poutine	1 serving	372	668	44.7	12.60	1.5	59	1881	54.6	3.0	2.6	18.2
Taters Poutine	1 serving	372	726	41.9	12.80	1.05	59	1648	72.3	6.8	2.9	24.7
Taters Poutine and Pop-ins	1 serving	429	820	44.3	13.20	1.1	86	1838	78.4	7.0	3	36.0
Taters Poutine and Pulled Chicken	1 serving	457	869	50.0	14.72	1.1	105	2021	75.4	6.9	2.9	39.7
Mashed Potatoes (Individual)	1 serving	255	152	2.5	1.50	0	7	743	30.3	1.6	0.4	3.5
Mashed Potatoes (Large)	4 servings	234	149	2.5	1.60	0	8	581	30.0	1.6	0.14	3.4
Coleslaw (Small)	1 serving	108	122	8.3	0.70	0.08	7	296	11.4	2.0	8.3	0.2
Coleslaw (Medium)	1 serving	190	216	14.6	1.21	0.140	12	522	20.0	3.6	14.7	0.4
Coleslaw (Large)	2 servings	155	176	11.9	1.00	0.100	10	426	16.4	2.9	12.0	0.3
Gravy (Small)	1 serving	115	37	0.5	0.0	0.0	0.0	625.0	7.2	0.2	0.8	1.0
Gravy (Medium)	1 serving	227	73	1.0	0.09	0	0	1233	14.2	0.3	1.5	1.9
Gravy (Large)	2 servings	227	73	1.0	0.09	0	0	1233	14.2	0.3	1.5	1.9
CHICKEN												
Thigh	1 piece	133	240	16.0	3.50	0.1	95	430	4.0	0.0	0.0	19.0
Side Breast	1 piece	172	241	12.0	2.00	0.1	105	570	2.0	0.0	0.0	32.0
Wing	1 piece	86	160	10.0	2.00	0	65	370	4.0	0.0	0.0	14.0
Drumstick	1 piece	70	90	5.0	1.00	0	55	250	1.0	0.0	0.0	11.0
Centre Breast	1 piece	170	330	16.0	2.50	0.1	125	820	7.0	0.0	0.0	39.0
2 PC: Drumstick and Side Breast	1 serving	242	330	17.0	3.00	0.1	160	820	3.0	0.0	0.0	43.0
2 PC: Thigh and Wing	1 serving	219	389	28.8	6.30	0.3	128	800	8.0	0.0	0.0	33.0
3 PC: Thigh, Side Breast and Wing	1 serving	391	641	38.0	7.50	0.2	265	1370	10.0	0.0	0.0	65.0
3 PC: Thigh, Side Breast, and Drumstick	1 serving	375	571	33.0	7.00	0.2	255	1250	7.0	0.0	0.0	62.0
4 PC: Thigh, Drum, Wing, and Side Breast	2 servings	230	366	21.5	4.50	0.1	160	810	5.5	0.0	0.0	38.0
5 PC: Thigh, Drum, Wing, 2 Side Breast	2 servings	317	486	27.5	5.50	0.15	213	1095	6.5	0.0	0.0	54.0
5 PC: 2 Thighs, Drum, Wing, and Side Breast	2 servings	297	485	29.5	6.25	0.15	208	1025	7.5	0.0	0.0	47.5
Fan Favorite 6PC: 2 Thighs, Drum, 2 Wing, and Side	4 servings	352	725	43.5	10.75	0.37	106	1525	5.9	0.0	0.0	31.0
9 PC: 2 Thighs, 2 Drum, 2 Wing, 2 Side Breast, Centre	4 servings	273	448	25.5	5.10	0.13	191	1015	5.5	0.0	0.0	48.0
13 PC: 3 Thigh, 3 Drum, 3 Wing, 3 Side Breast, Centre	6 servings	259	420	24.2	9.42	0.12	181	947	5.5	0.0	0.0	44.5
18 PC: 4 Thigh, 4 Drum, 4 Wing, 4 Side Breast, 2 Centre	9 servings	243	398	22.7	4.60	0.11	170	902	4.9	0.0	0.0	42.4
27 PC: 6 Thigh, 6 Drum, 6 Wing, 6 Side Breast, 3 Centre	14 servings	234	384	21.9	4.40	0.11	164	870	4.7	0.0	0.0	41.0
SANDWICHES & EXTRAS												
Big Mary	1 serving	249	596	31.7	4.00	0.600	72	655	44.3	1.9	3.5	33.0
Spicy Big Mary	1 serving	250	598	31.0	3.00	0.400	75	802	45.6	2.0	3.5	33.0
Buffalo Mary Sandwich	1 serving	320	700	31.0	4.50	0.4	75	1560	65.0	2.0	25.0	35.0
3 PC: Chicken Tenders	1 serving	128	394	30.6	2.50	0.7	50	160	8.6	0.4	0.1	20.8
3 PC: Spicy Chicken Tenders	1 serving	128	490	33.0	3.00	0.5	50	5260	33.0	4.0	2.0	22.0
3 PC: Buffalo Chicken Tenders	1 serving	213	522	32.0	3.10	0.7	50	1492	34.0	0.4	22.8	21.4
5 PC: Chicken Tenders	1 serving	213	657	51.0	4.20	1.2	83	267	14.3	0.7	0.1	34.7
5 PC: Buffalo Chicken Tenders	1 serving	326	827	53.0	5.00	1.2	83	2043	48.0	0.7	30	35.4
5 PC: Spicy Chicken Tenders	1 serving	326	760	53.0	5.00	1.0	85	5370	39.0	4.0	2	36.0
Chicken Wings	1 serving	340	533	35.0	7.00	0.2	58	1550	65.0	2.0	19.0	19.0
SNACK MENU												
Mash-up Bowl	1 serving	405	336	9.4	3.80	0	35	1337	48.7	3.3	1.1	15.7
Mini Mary	1 serving	106	355	25.6	3.22	0.5	24	348	21.2	0.7	2.2	10.3
Spicy Mini Mary	1 serving	106	355	25.0	2.16	0.3	27	348	21.9	0.7	2.2	10.3
Crispy Chicken Twists	2 pieces	138	419	23.8	4.60	0	26	757	37.3	1.1	3.3	13.6
Chicken Thai Pop-ins (Kids)	1 serving	120	204	3.8	0.53	0	43	541	22.5	0.5	10.8	18.3
Chicken Thai Pop-ins (Regular)	1 serving	241	408	7.6	1.05	0	86	1081	45.0	0.9	21.6	36.6
Chicken Thai Pop-ins (Large)	1 serving	347	586	11.4	1.58	0	129	1504	61.1	1.4	27.1	54.8
Chicken Pop-ins (Kids)	1 serving	91	151	4	0.5	0.1	43	446	10	4.7	0	18.2
Chicken Pop-ins (Regular)	1 serving	181	302	7.7	1.06	0.1	86	892	19.4	1.0	0.2	36.5
Chicken Pop-ins (Large)	1 serving	272	454	11.5	1.60	0.2	129	1338	29.0	1.4	0.3	54.7
SAUCES												
Ketchup	1 packet	9	10	0	0.0	0	0	79	2	0	2	0.1
Vinegar	1 packet	9	2	0	0.0	0	0	0	0	0	0	0
Louisiana Hot Sauce	1 packet	9	0	0	0	0	0	250	0	0	0	0
Buffalo	1 serving	28	42	0.5	0.20	0.0	0	439	8.4	0.0	7.5	0.2
Hot Honey	1 serving	28	80	0.0	0.00	0.0	0	1	22.0	0.0	21.0	0.1
BBQ	1 serving	28	40	0.2	0.00	0.0	0	300	9.0	1.0	7.0	0.5
Honey Mustard	1 serving	28	60	1.0	0.10	0.0	0	70	14.0	1.0	12.0	1.0
Honey Dill	1 serving	28	140	11.0	1.00	0.1	10	140	10.0	0.0	6.0	0.2

Sweet and Sour	1 serving	28	45	0.0	0.00	0.0	0	60	10.0	0.0	9.0	0.1
Sweet Thai Chilli	1 serving	28	50	0.0	0.00	0.0	0	220	12.0	0.0	10.0	0.1
Spicy Mayo	1 serving	28	168	17.7	1.40	0.1	14	149	0.9	0.0	0.0	0.4
Mango Habanero	1 serving	28	50	0.1	0.00	0.0	0	140	13.0	0.0	9.0	0.1
EH Sauce	1 serving	28	140	14.0	1.00	0.1	0	310	3.0	0.0	2.0	0.4
MB Sauce	1 serving	28	150	14.0	1.00	0.1	10	220	5.0	0.0	5.0	0.3
Ranch	1 serving	28	143	14.3	1.20	0.1	12	226	2.4	0.0	2.4	0.4
DESSERTS												
Apple Pies	1 serving	82	236	4.10	5.30	0.1	0	250	29.0	1.0	8.0	2.0
Caramilk Chocolate Cake Cup	1 container	85	300	18.00	11.00	0.4	50	200	35.0	1.0	26.0	3.0
Banana Pudding	1 container	118	235	11.30	10.40	0.000	2	248	31.0	0.4	21.0	2.4