



# Nutritional Information

Name	Size	Amst (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	Fat: Trans	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gm)	Dietary Fiber	Sugars (gm)	Protein (gm)	Vit A (RE)	Vit C (mg)	Calcium (mg)	Iron (mg)
* Fries - Small	1 serving	171	327	17.7	1.22	0.129	0	759	38.8	1.6	0.0	3.4	0	6	0	0.90
* Fries - Medium	1 serving	371	710	38.5	2.65	0.280	0	1647	84.1	3.5	0.0	7.4	0	14	0	1.96
* Fries - Large	1 serving	563	1077	58.4	4.02	0.425	0	2499	127.6	5.3	0.0	11.2	0	21	0	2.98
* Taters - Small	1 serving	171	263	11.9	0.70	0.000+	0	163	36.4	3.8	0.9	3.9	4+	27	24	1.69
* Taters - Medium	1 serving	414	636	28.8	1.70	0.000+	0	395	88.2	9.2	2.3	9.5	11+	65	59	4.09
* Taters - Large	1 serving	628	965	43.6	2.58	0.000+	0	600	133.8	14.0	3.4	14.4	17+	99	89	6.21
* Taters - Poutine - Small	1 serving	409	653	36.4	13.06	0.406+	60	1114	60.9	5.7	4.0	20.5	7+	39+	44+	2.67+
* Taters - Poutine & Popins	1 serving	482	773	42.5	13.67	0.406+	91	1450	65.1	5.9	4.0	32.8	8+	39+	47+	3.35+
* Taters - Poutine & Pulled Chicken	1 serving	496	878	47.1	15.59	0.406+	131	1248	67.6	6.0	4.0+	44.4	9+	39+	59+	4.09+
* Taters - Poutine - Large	1 serving	596	1023	60.4	25.39	0.812+	120	1828	81.9	7.4	6.7	36.6	9+	51+	60+	3.52+
* Onion Rings - Small	1 serving	114	310	17.0	2.00	0.1	0	720	35.0	3.0	4.0	3.0	0	0	2	15
* Onion Rings - Medium	1 serving	228	620	34.0	3.50	0.2	0	1450	71.0	6.0	8.0	7.0	0	0	6	30
* Onion Rings - Large	1 serving	546	1240	69.0	7.00	0.4	0	2890	142.0	11.0	17.0	14.0	0	0	10	60
* Colestlaw - Small	1 serving	104	131	9.5	0.79	0.093	8	326	10.6	1.8	8.7	1.1	3+	29	35+	0.31
* Colestlaw - Medium	1 serving	190	240	17.4	1.44	0.169	15	596	19.3	3.3	15.9	2.0	6+	53	64+	0.56
* Colestlaw - Large	1 serving	310	391	28.3	2.35	0.276	24	972	31.5	5.3	26.0	3.3	10+	87	104+	0.92
* Macaroni Salad - Small	1 serving	102	204	13.0	1.85	0.093	14	269	20.4	0.9	6.5	2.8	3	0	19	0.52
* Macaroni Salad - Medium	1 serving	272	544	34.6	4.95	0.247	37	717	54.4	2.5	17.3	7.4	7	0	49	1.38
* Macaroni Salad - Large	1 serving	340	690	43.3	6.18	0.309	46	896	68.0	3.1	21.6	9.3	9	0	62	1.73
* Gravy - Small	1 serving	115	33	0.5	0.04	0.000+	0	575	6.6	0.2	0.7	0.8	0+	0	10	0.23
* Gravy - Medium	1 serving	284	82	1.1	0.10	0.000+	0	1428	16.4	0.4	1.8	2.1	0+	0	26	0.58
* Gravy - Large	1 serving	398	115	1.6	0.14	0.000+	0	1998	22.9	0.5	2.6	2.9	0+	0	36	0.81
* Thigh, with skin, Small Fries	1 serving	276	620	34.0	5.21	0.129+	91	927	47.9	2.0	0.1+	29.4	2+	7	17	2.79
* Thigh, with skin, Small Taters	1 serving	276	556	28.1	4.69	0.000+	91	331	45.5	4.2	1.0+	29.9	7+	27	42	3.58
* Side Breast, with skin, Small Fries	1 serving	276	583	28.2	3.66	0.129+	83	921	46.8	2.0	0.1+	34.0	3+	7	19	2.53
* Side Breast, with skin, Small Tater	1 serving	276	519	22.3	3.14	0.000+	83	325	44.4	4.2	1.0+	34.6	7+	27	44	3.32
* Wing Thigh, with skin, Small Fries	1 serving	319	761	43.3	7.55	0.129+	122	991	51.3	2.2	0.1+	39.5	3+	7	25	3.46
* Wing Thigh, with skin, Small Tater	1 serving	319	697	37.5	7.03	0.000+	122	395	49.0	4.4	1.0+	40.0	8+	27	49	4.25
* Drum Side Breast, with skin, Small Fries	1 serving	331	730	36.3	5.51	0.129+	126	1013	51.2	2.3	0.1+	47.4	4+	7	27	3.46
* Drum Side Breast, with skin, Small Taters	1 serving	331	666	30.5	4.99	0.000+	126	417	48.8	4.5	1.0+	47.9	9+	27	52	4.25
* Wing Thigh Side Breast, with skin, Small Fries	1 serving	424	1017	53.8	9.98	0.129+	205	1153	59.3	2.6	0.1+	70.1	6+	7	44	5.09
* Wing Thigh Side Breast, with skin, Small Taters	1 serving	424	953	47.9	9.46	0.000+	205	557	57.0	4.8	1.1+	70.7	11+	27	68	5.88
* Drum Thigh Side Breast, with skin, Small Fries	1 serving	436	1023	52.6	9.49	0.129+	217	1181	60.3	2.7	0.1+	73.3	7+	7	45	5.35
* Drum Thigh Side Breast, with skin, Small Taters	1 serving	436	959	46.7	8.97	0.000+	217	586	57.9	4.9	1.1+	73.5	11+	27	69	6.14
* 6 PC-2 Wing, Drum, 2 Thigh, Side Breast with Skin	1 serving	455	1272	69.8	16.94	0.000+	369	719	37.5	1.8	0.2+	116.2	11+	0	77	7.67
* 6PC-2 Wing, Drum, Thigh, 2 Side Breast, with Skin	1 serving	455	1235	64.0	15.39	0.000+	361	712	36.4	1.8	0.3+	120.8	11+	0	79	7.41
* 9 PC with Lg Taters, Med Colestlaw, Med Gravy	1 serving	459	814	40.7	7.05	0.042+	152	941	56.8	5.1	5.4+	53.6	10+	38	76+	4.84
* 13 PC with Lg Taters, Lg Colestlaw, Lg Gravy	1 serving	595	1069	54.6	9.94	0.089+	216	1299	67.7	6.0	8.1+	74.1	13+	47	102+	6.27
* 18 PC with 2 Lg Taters, 2 Lg Colestlaw, Lg Gravy	1 serving	416	751	38.5	6.46	0.061+	137	825	52.1	5.0	6.9+	47.8	10+	41	75+	4.34
* Chicken Tenders - 3 pc	3 pieces	174	370	16.7	1.61	0.000	96	344	20.6	1.0	0.2	32.4	8	0	21	2.13
* Chicken Tenders - 3 pc + 1 oz BBQ Sauce	3 pieces	204	430	16.7	1.61	0.000	96	494	35.6	1.0	14.2	32.5	8	0	21	2.13
* Buffalo Chicken Tenders - 3 pc + 2 oz Sauce	3 pieces	231	444	18.4	1.94	0.000	96	1116	35.4	1.0	11.7	32.8	8	0	21	2.13
* Chicken Tenders - 5 pc	5 pieces	290	616	27.7	2.67	0.000	161	576	34.6	1.7	0.4	54.1	14	0	35	3.57
* Chicken Tenders - 5 pc + 1 oz BBQ Sauce	5 pieces	319	659	28.3	2.72	0.006	161	858	43.9	1.9	7.5	54.3	14	0	35	3.57
* Buffalo Chicken Tenders - 5 pc + 3.5 oz Sauce	5 pieces	389	745	30.6	3.25	0.000	161	1928	60.5	1.7	20.5	54.7	14	0	35	3.57
* Chicken Wings - 5 pc & BBQ Sauce	5 pieces	308	814	48.0	12.74	0.021+	168	1132	36.7	0.8	24.6+	54.7	0+	0	31	2.59
* Chicken Wings - 5 pc - Unsauced	5 pieces	207	666	46.0	12.57		168	160	5.0	0.2		54.2		0	31	2.59
* Chicken Wings - 9 pc - Unsauced	9 pieces	373	1198	82.7	22.82		302	287	8.9	0.4		97.4		0	56	4.67
* Big Mary on a Bun	1 serving	204	530	28.1	4.51	0.32	87	694	40.2	1.7	3.5	28.7	12	2	71	3.86
* Spicy Big Mary on a Bun	1 serving	202	521	27.0	4.34	0.30	87	967	40.6	1.6	3.3	28.7	22	1	70	3.88
* Big Mary Deluxe on a Bun	1 serving	290	721	46.7	10.40	0.484+	133	863	33.1	1.6	3.0	41.2	8+	3	53	3.86
* Wrap - No Sauce	1 serving	203	439	17.2	3.07	0.000+	64	561	45.3	3.9	1.5	26.8	6	1	77	2.59
* Wrap - With Sauce	1 serving	232	590	33.3	4.36	0.162	76	768	46.5	4.0	2.6	27.3	6	1	77	2.59
* Snack Wrap - No Sauce	1 serving	99	224	8.6	1.54	0.000	32	325	23.1	1.4	1.2	13.9	3	0	49	1.57
* Snack Wrap - with Sauce	1 serving	114	300	16.6	2.18	0.081	38	429	23.7	1.5	1.8	14.2	3	0	49	1.57
* Pulled Chicken	1 serving	88	225	10.7	2.53	0.000+	71	134	6.7	0.3	0.0+	24.0	2+	0	15	1.42
* Hot Chicken Sandwich	1 serving	237	482	12.9	3.15	0.000+	71	792	56.1	2.4	4.4+	32.4	2+	0	100	4.34
* Buffalo Mary on a Bun	1 serving	361	803	34.6	4.11	0.35	112	1810	77.2	1.0	24.9	42.8	86	0	89	3.71
* Chicken Popins - Snack size	1 serving	92	151	7.6	0.77	0	39	420	5.2	0.3	0.1	15.4	2	0	4	0.85
* Chicken Popins - Standard	1 serving	183	301	15.3	1.53	0	78	840	10.4	0.5	0.1	30.8	4	0	7	1.69
* Chicken Popins - Family Pack	1 serving	274	452	22.9	2.30	0	116	1260	15.5	0.8	0.2	46.2	6	0	11	2.54
* Thai Chicken Popins - Snack	1 serving	151	283	9.3	0.92	0	39	992	35.3	0.5	25.7	16.0	2	0	4	0.85
* Thai Chicken Popins - Regular	1 serving	286	594	17.5	1.85	0	78	2230	80.9	1.1	23.3	32.0	11	7	7	1.69
* Thai Chicken Popins - Large	1 serving	451	942	25.8	2.75	0	117	3644	135.8	1.6	39.9	48.2	17	12	10	2.51
* Apple Pies	1 serving	98	297	14.80	3.91	0.060	0	315	38.7	1.0	15.9	1.7	0	0	8	1.02
<b>SNACK MENU</b>																
* Sidekick Sandwich Original	1 serving	111	300	17	1.5	0.1	40	480	22	2	3	14	n/a	n/a	40	1.75
* Sidekick Sandwich Sweet Heat	1 serving	111	280	13	2	0.1	35	510	25	1	6	14	n/a	n/a	40	1.5
* Fried Pickle Chips - no dip	1 serving	100	270	19	2	0.1	5	830	24	2	1	4	n/a	n/a	50	1.5
* Crispy Chicken Twists - no dip	2 rolls/serving	138	420	21	4.5	0.1	40	840	40	2	5	19	n/a	n/a	125	2.5
* Chipotle	1 serving	28	90	5	0.5	0.1	10	230	8	0	6	0.3			10	0.2
* Sweet & Sour	1 serving	28	70	1	0.1	0	0	240	16	0	12	0			0	0.1
* BBQ	1 serving	28	40	0.2	0	0	0	300	8	1	7	0.5			10	0.2
* Honey Mustard	1 serving	28	60	1	0.1	0	0	70	12	0	11	1			10	0.2
* Honey Flavor	1 serving	28	90	0	0	0	0	0	23	0	19	0			0	0
* Plum	1 serving	28	50	0	0	0	0	260	12	0	11	0			0	0
* Honey Dill	1 serving	28	140	11	1	0.1	15	150	10	0	6	0.2			0	0.1
* Ranch	1 serving	28	120	12	1	0.1	10	200	2	0.1	2	0.3			10	0.1