

		Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Tim Hortons									
Donuts									
Yeast Donuts	Apple fritter	1	300	11	49	2	4	0	350
	Blueberry fritter	1	330	10	55	2	6	0	340
	Chocolate dip	1	210	8	32	1	4	0	190
	Dutchie	1	250	10	38	1	4	0	210
	Honey dip	1	210	8	33	1	4	0	190
	Maple dip	1	210	8	32	1	4	0	190
Cake Donuts	Chocolate glazed	1	260	10	39	2	4	5	300
	Old fashion glazed	1	320	19	35	1	3	10	230
	Old fashion plain	1	260	19	20	1	3	10	230
	Sour cream plain	1	270	17	27	1	3	10	230
Filled Donuts	Blueberry	1	230	8	36	1	4	0	210
	Boston cream	1	250	8	40	1	4	0	260
	Canadian maple	1	260	8	43	1	4	0	260
	Strawberry	1	230	8	36	1	4	0	220
	Strawberry vanilla	1	310	8	55	1	4	0	220
Other Donuts	Honey Cruller	1	320	19	37	0	1	50	220
	Walnut crunch	1	360	23	35	1	4	5	320
Timbits									
Yeast Timbits	Apple fritter	1	50	1.5	9	0	1	0	55
	Dutchie	1	50	2	9	0	1	0	40
	Honey dip	1	60	2	9	0	1	0	50
Cake Timbits	Chocolate glazed	1	70	2.5	10	0	1	0	75
	Old fashion plain	1	70	5	5	0	1	5	60
	Sour cream glazed	1	90	4.5	12	0	1	5	65
Filled Timbits	Blueberry	1	60	2	10	0	1	0	50
	Lemon	1	60	2	9	0	1	0	50
	Raspberry	1	60	2	10	0	1	0	50
	Strawberry	1	60	2	10	0	1	0	55
Cookies									
	Chocolate chip	1	150	7	21	1	2	15	125
	M&M with chocolate chips	1	160	7	22	1	1	10	110
	Oatcakes	1	180	8	25	2	3	0	190
	Oatmeal raisin	1	150	6	22	1	2	15	90
	Peanut butter	1	160	9	18	1	3	15	170
	Peanut butter chocolate chunk	1	170	10	19	1	3	10	135
Muffins									
	Banana Nut	1	420	18	58	2	7	25	450
	Blueberry	1	340	11	56	2	5	20	480

Blueberry Bran	1	340	10	56	5	5	5	740
Chocolate Chip	1	430	14	71	2	6	25	460
Cranberry Blueberry Bran	1	340	12	54	5	5	5	700
Cranberry Fruit	1	360	11	60	2	5	25	490
Fruit Explosion	1	350	10	61	2	5	20	480
Low fat Blueberry	1	290	2.5	62	2	4	0	750
Low fat Cranberry	1	290	2.5	62	2	4	0	750
Raisin Bran	1	380	9	67	5	7	30	810
Strawberry Sensation	1	370	11	62	2	5	25	480
Wheat Carrot	1	400	19	55	4	6	10	660

Bagels

Blueberry	1	270	1	55	2	10	0	470
Cinnamon Raisin	1	270	1	55	3	10	0	350
Everything	1	280	2	53	3	10	0	460
Flaxseed	1	310	5	58	6	10	0	580
Onion	1	260	1.5	53	3	9	0	460
Plain	1	260	1.5	52	2	9	0	450
Poppy Seed	1	270	2	53	3	9	0	440
Sesame Seed	1	270	2.5	53	3	9	0	430
Sun Dried Tomato	1	310	3.5	59	2	9	0	550
Twelve Grain	1	310	6	58	6	10	0	600

Specialty Baked Goods

Cinnamon Roll, Frosted	1	470	25	57	2	4	0	380
Cinnamon Roll, Glazed	1	420	23	50	2	4	0	360
Croissant, Butter	1	340	18	38	1	7	0	380
Croissant, Cheese	1	370	20	37	0	9	15	410
Danish, Cherry Cheese	1	330	13	46	1	5	15	230
Danish, Chocolate	1	430	24	51	1	4	10	220
Danish, Maple Pecan	1	380	20	46	1	4	20	230
Tea Biscuit, Plain	1	250	9	35	1	5	0	590
Tea Biscuit, Raisin	1	290	10	45	2	6	0	590

Yogurt & Berries

Low Fat Creamy Strawberry Yogurt with Berries	170 g	140	2.5	27	2	4	10	50
Low Fat Creamy Vanilla Yogurt with Berries	170 g	160	2	33	2	4	10	45

Breakfast Sandwiches

Bacon, Egg, Cheese	1	400	24	31	1	16	165	740
Egg, Cheese	1	350	20	31	1	13	155	670
Sausage, Egg, Cheese	1	500	34	32	1	18	185	920

Tim's Own' Sandwiches

Sandwiches								
B.L.T.	1	450	18	53	2	18	30	850
Chicken Salad	1	380	9	54	3	20	40	980
Egg Salad	1	390	13	52	2	17	245	780
Ham & Swiss	1	440	12	56	3	28	50	1690
Toasted Chicken Club	1	440	7	70	2	25	40	1070

	Tuna Salad	1	420	9	55	4	29	10	990
	Turkey Bacon Club	1	440	8	63	2	30	25	1730
	Turkey Breast	1	390	5	59	4	27	10	1480
		1							
Buns	Country Bun - Whole Wheat	1	230	1	46	4	10	0	490
	Country Bun - White	1	240	1	49	2	9	0	510

**all nutrition information is based on regular sized sandwiches & standard ingredient servings*

Soups & Chili

Soups	Beef Noodle	10 oz	130	1.5	23	1	6	10	1030
	Chicken Noodle	10 oz	120	2	18	1	5	20	880
	Cream of Broccoli	10 oz	210	7	32	1	4	5	1080
	Creamy Field Mushroom	10 oz	170	7	25	1	2	0	1020
	Hearty Vegetable	10 oz	70	0.4	14	3	4	0	1060
	Minestrone	10 oz	120	3	24	2	4	0	940
	Potato Bacon	10 oz	180	6	30	2	3	0	1260
	Split Pea with Ham	10 oz	150	2.5	27	5	8	5	970
	Turkey Rice	10 oz	120	1.5	21	1	3	0	1000
	Vegetable Beef Barley	10 oz	110	1.5	21	2	4	5	980
Chili	Baked Beans	10 oz	340	6	59	15	13	5	1420
	Chili	10 oz	300	19	17	4	26	90	1320

Beverages

	Café Mocha	10 oz	160	6	27	1	1	0	180
	Coffee (single sugar, single cream)	10 oz	75	3.5	9	0	1	15	15
	English Toffee Cappuccino	10 oz	240	7	41	2	4	5	220
	French Vanilla Cappuccino	10 oz	250	8	41	1	4	5	240
	Hot Chocolate	10 oz	220	4.5	47	2	1	0	380
	Hot Smoothee	10 oz	260	10	39	2	5	5	200
	Iced Cappuccino	10 oz	250	11	33	0	2	45	50
	Iced Cappuccino - Milk	10oz	150	1.5	32	0	3	5	35
	Steeped Tea (single sugar, single milk)	10 oz	50	1	10	0	1	5	20
	Flavour Shot	1 mL	4	0	1	0		0	0

Booster Juice

		Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Acai Smoothies	Brazilian Thunder	24 oz	433.4	6.2	101.9	12	6.1	-	-
	High Impact	24 oz	540.6	12.9	74.8	11.2	29.7	-	-
Power Smoothies	Blaster	24 oz	392	0.7	91.9	3.6	4.5	-	-
	Marathon	24 oz	345	0.9	79.9	2.8	4.2	-	-
	Sonic Soy	24 oz	337	1.2	68.9	3.7	12.6	-	-
	Terminator	24 oz	355	1	82.1	3	4.5	-	-
Berry Smoothies	Berry Twister	24 oz	388	1.1	90.2	4.5	4.7	-	-
	Blue Banana	24 oz	374	1	86.6	3.3	4.6	-	-
	Original	24 oz	363	1	84.4	3.1	4.6	-	-
	Strawberry Sunshine	24 oz	363	1	84	3.1	4.6	-	-
	Very Berry	24 oz	372	1	86.3	5.7	4.5	-	-

Health Kick Smoothies	Banana Beach	24 oz	338	1	77	4	5.2	-	-
	Cranberry Crave	24 oz	321	1	72.9	4.4	5.2	-	-
	Kickstart	24 oz	322	1.1	72.6	5.8	5.4	-	-
	Soymlk Slam	24 oz	392	1.4	81.2	4.9	13.7	-	-
Tropical Smoothies	Breezy Banana	24 oz	387	0.9	90.3	2.8	4.5	-	-
	Citrus Swirl	24 oz	337	0.9	79.8	3	2.4	-	-
	Go Mango	24 oz	344	0.6	80.5	2.8	4.2	-	-
	Mango Hurricane	24 oz	336	0.8	78	3.1	4.1	-	-
	Tropical Tornado	24 oz	40	0.9	94.2	2.8	4.5	-	-
Spirit Smoothies	Berry Cream Sensation	24 oz	385	3.7	82.1	4.1	5.7	-	-
	Canadian Colada	24 oz	532	9.1	104.4	3.5	8.1	-	-
	Mean Mocha	24 oz	724	12.6	131.1	0.7	21.6	-	-
	Raspberry Rapture	24 oz	473	6.3	96.3	6.9	7.8	-	-
High Protein Smoothies	Bananas-A-Whey	24 oz	473	6	75.2	1.8	29.5	-	-
	Banango Burst	24 oz	416	2.7	73.3	3.7	24.7	-	-
	Ripped Berry	24 oz	526	6.4	86.3	5.6	30.9	-	-
	Strawberry Storm	24 oz	355	2.6	58.9	4.3	23.9	-	-

**boosters may increase caloric content*

Juices	Firefly	16 oz	243	0.9	57.4	2.4	1.4	-	-
	Ginger Hammer	16 oz	167	0.5	38.2	2.2	2.5	-	-
	Green Hornet	16 oz	164	0.9	33.9	4.3	5	-	-
	Lemon Charger	16 oz	156	0.6	34	4	3.7	-	-
	Maui Juice	16 oz	231	0.6	55.9	1.9	1.7	-	-
	Orange Breeze	16 oz	165	0.3	39.1	0.9	1.5	-	-
	Red Sunrise	16 oz	169	0.5	38.4	2.6	2.8	-	-
	Tahiti Squeeze	16 oz	156	0.3	37.9	1.9	0.5	-	-

Pita Pit	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Pitas (values include wrap, lettuce, tomatoes, onions, green peppers, pickles & black olives)								
Assorted	1	416.3	5.4	65.8	4.3	27.8	13.4	1040.7
Bacon	1	520.6	11.1	65	4.3	39.9	25	2203
Chicken Breast	1	408.1	2.7	63.4	4.3	32.2	85	482.8
Chicken Souvlaki	1	449.1	9.2	63.4	4.3	24.6	71.8	470.8
Club	1	502.3	9.4	66.5	4.3	39.1	23.4	1759.7
Falafel	1	462	5.8	85.4	9.3	18.6	0	736.3
Gyros	1	513.5	19.2	68.4	5.3	22.5	32.3	986.7
Ham	1	442.7	7.5	64.6	4.3	30.6	6	1667.9
Philly Steak	1	480.4	9.4	71.5	4.3	27.8	53.8	876.6
Roast Beef	1	409.5	4.4	65.5	4.3	32	108.7	1327.9
Seafood	1	420.9	2.8	75	4.3	25.3	2.3	1356.7
Tuna	1	421.9	2	63.4	4.3	39.3	21.2	873.8
Turkey Breast	1	410.6	3.9	67.9	4.3	28.3	26	1482.7
Vegetarian	1	305.5	1.3	63.4	4.3	11.7	0	405.8

Pita Breads	Wheat	1	200	1	40	4	8	0	330
	White	1	210	0.5	43	2	8	0	340
Meats	Assorted	113 g	1108	4.1	2.4	0	16.1	13.4	634.9
	Bacon	30 g	150	12	0	0	9	30	510
	Chicken Breast	90 g	102.6	1.4	0	0	20.5	85	77
	Chicken Crave	146.5 g	171.2	4.5	0.6	0	30	88	708.1
	Chicken Caesar	100 g	152.6	5.4	0	0	23.5	105	247
	Chicken Souvlaki	76 g	143.6	7.9	0	0	12.9	71.8	65
	Club	123 g	160.8	8.1	2.4	0	19.1	23.4	804.9
	Gyros	71 g	208	17.9	5	1	10.8	32.3	580.9
	Ham	113 g	137.2	6.2	1.2	0	18.9	6	1262.1
	Philly Steak	113 g	226	10.2	3.4	0	28.3	67.8	723.2
	Rib	100 g	219.3	13.2	5.8	2.1	19.4	58.8	478
	Roast Beef	113 g	104	3.1	2.1	0	20.3	108.7	922.1
	Seafood	113 g	115.4	1.5	11.6	0	13.6	2.3	950.9
	Tuna	120 g	116.4	0.7	0	0	27.6	21.2	468
Turkey Breast	113 g	105.1	2.6	4.5	0	16.6	26	1076.9	
Vegetarian	Babaganoush	28 g	39.5	2.6	2.5	1	1.6	0	2
	Falafel	80 g	253.3	13.3	26.7	5	7.5	0	26.7
	Hummus	28 g	55	3.5	3.8	1.6	2.3	0	3.8
Vegetables	Alfalfa Sprouts	8 g	2.3	0.1	0.3	0.2	0.3	0	0.5
	Black Olives	4.4 g	5.1	0.5	0.3	0.1	0	0	38.4
	Cucumbers	13 g	1.7	0	0.4	0	0.1	0	0.3
	Green Olives	4.3 g	6.3	0.5	0.3	0.1	0	0	60.5
	Green Peppers	37 g	10	0.1	2.4	0.4	0.3	0	0.7
	Hot Peppers	14 g	5	0	1	0.6	0	0	185
	Lettuce	27 g	3.2	0.1	0.6	0.2	0.3	0	2.4
	Mushrooms	17 g	4.3	0.1	0.7	0.4	0.5	0	0.7
	Onions	40 g	15.2	0.1	3.5	0.6	0.5	0	1.2
	Pineapple	35 g	132.4	0.2	8.4	0.4	0.2	0	4
	Pickles	14 g	2.5	0	0.5	0.3	0.2	0	145
	Tomatoes	45 g	9.5	0.1	2.1	0.7	0.4	0	4.1
Sauces	BBQ Sauce	15 g	17.6	0	3.5	0	0	0	167.6
	Caesar	15 g	35	2.3	3	0	0.5	2.5	180
	Dijon Mustard	5 g	5	0	0	0.1	0	0	115
	Honey Mustard	15 g	37	0.1	8.8	0	0.2	0	0
	Ancho Chipotle	15 g	45	3.5	3	0	0.2	2.5	120
	Mayonnaise	15 g	45	4.6	1	0	0	0	138.8
	Mustard	5 g	0	0	0	0.2	0	0	55
	Ranch	15 g	35	2.3	4	0	0.1	2.5	125
	Hot Sauce	5 g	0	0	0	0	0	0	210
	Secret Sauce	5 g	40.2	4.7	0	0	0	0	0
	Teriyaki Sauce	5 g	15	0	0.3	0	0.1	0	26
	Tzatziki	15 g	21.4	1.9	1.1	0	0.5	0	34.8
Cheeses	Cheddar	30 g	117	9.5	0.7	0	7.4	30	184
	Feta	28 g	79.6	6.6	1.1	0	4	27.5	312.5
	Swiss	29 g	96.9	7.3	0.6	0	7.2	24.7	397.3

Subway	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Sandwiches with 6 grams of Fat or Less (values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles & olives)								
Ham	6-inch sub	290	5	45	4	18	20	1060
Oven Roasted Chicken	6-inch sub	300	5	47	4	22	40	780
Roast Beef	6-inch sub	280	5	44	4	19	20	1030
Subway Club	6-inch sub	290	5	46	4	20	20	1110
Sweet Onion Chicken Teriyaki	6-inch sub	370	5	59	4	25	45	1180
Turkey Breast	6-inch sub	280	4.5	46	4	17	10	950
Turkey Breast & Ham	6-inch sub	290	5	46	4	19	15	1080
Veggie Delite	6-inch sub	230	3	44	4	9	0	500
Sandwiches (values include wheat bread, lettuce, tomatoes, onions, green peppers, pickles & olives)								
Chicken & Bacon Ranch	6-inch sub	510	25	46	5	30	80	1230
Cold Cut Combo	6-inch sub	460	23	48	4	20	60	1430
Italian BMT	6-inch sub	450	20	46	4	23	50	1670
Meatball Marinara	6-inch sub	560	24	63	7	25	45	1580
Spicy Italian	6-inch sub	480	25	45	4	21	55	1660
Steak & Cheese	6-inch sub	400	12	48	5	29	55	1100
Subway Melt	6-inch sub	380	12	48	4	25	45	1600
Tuna	6-inch sub	530	30	44	4	22	45	1010
Mini Subs								
Ham	1 mini-sub	180	3	30	3	10	10	610
Roast Beef	1 mini-sub	190	3.5	29	3	12	15	680
Tuna (with cheese)	1 mini-sub	320	17	29	3	14	25	680
Turkey Breast	1 mini-sub	180	3	30	3	11	10	630
Salads (values do not include salad dressing or croutons)								
Ham	1 salad	120	3	12	4	11	20	640
Oven Roasted Chicken Breast	1 salad	130	2.5	11	4	18	45	360
Roast Beef	1 salad	110	3	11	4	13	20	600
Subway Club	1 salad	130	3	13	4	14	20	690
Sweet Onion Chicken Teriyaki	1 salad	200	3	26	4	18	45	760
Turkey Breast	1 salad	110	2.5	13	4	11	10	520
Turkey Breast & Ham	1 salad	120	3	13	4	13	15	660
Veggie Delite	1 salad	60	1	11	4	3	0	75
Double Subs (double meat)								
Double BMT	6-inch sub	630	34	47	4	34	95	2640
Double Cold Cut Trio	6-inch sub	660	39	52	4	29	115	2160
Double Subway Club	6-inch sub	360	7	48	4	30	40	1730
Double Sweet Onion Chicken Teriyaki	6-inch sub	470	7	64	5	40	90	1770
Double Steak & Cheese	6-inch sub	540	17	52	6	47	105	1510
Double Turkey	6-inch sub	330	6	48	4	25	25	1390
Cookies								
Chocolate Chip	1 cookie	210	10	30	1	2	15	150
Chocolate Chunk	1 cookie	220	10	30	1	2	10	100
Double Chocolate Chip	1 cookie	210	10	30	1	2	15	170
M & M	1 cookie	210	10	32	1	2	10	100
Oatmeal Raisin	1 cookie	200	8	30	1	3	15	170
Peanut Butter	1 cookie	220	12	26	1	4	15	200
Sugar	1 cookie	220	12	28	1	2	15	140
White Chip Macademia Nut	1 cookie	220	11	29	1	2	15	160

Breads	Honey Oat	6-inch bun	250	3.5	48	4	10	0	380
	Italian (white)	6-inch bun	200	2	38	1	7	0	470
	Italian Herb & Cheese	6-inch bun	250	5	40	2	10	10	670
	Monterey Cheddar	6-inch bun	240	5	39	1	10	10	540
	Parmesan Oregano	6-inch bun	220	3	40	2	8	0	620
	Wheat	6-inch bun	200	2.5	40	3	8	0	360
	Mini Italian (white)	1 mini bun	140	1.5	26	1	5	0	320
	Mini Wheat	1 mini bun	140	2	27	2	6	0	240
	Wrap	1 wrap	190	4.5	33	1	6	0	470
Condiments (amount on a 6-inch sub)									
	Bacon	2 strips	40	3	0	0	3	10	150
	Chipotle Southwest Sauce	21 g	90	9	2	0	0	10	220
	Honey Mustard Sauce, Fat Free	21 g	30	0	7	0	0	0	140
	House Sandwich Sauce	21 g	110	12	1	0	0	0	170
	Mustard, yellow	10 g	5	0	1	0	0	0	115
	Light Mayonnaise-type Dressing	15 g	56	6	1	0	0	15	95
	Mayonnaise	15 g	110	12	0	0	0	10	80
	Ranch Dressing	21 g	120	13	1	0	0	11	210
	Sweet Onion Sauce, Fat Free	21 g	40	0	9	0	0	0	100
Vegetables	Banana Peppers	3 rings	0	0	0	0	0	0	20
	Cucumbers	3 slices	0	0	1	0	0	0	0
	Green Peppers	3 strips	0	0	0	0	0	0	0
	Jalapeno Peppers	3 rings	0	0	0	0	0	0	70
	Lettuce	21 g	3	0	0	0	0	0	0
	Onions	14 g	5	0	1	0	0	0	0
	Pickles	3 chips	0	0	0	0	0	0	115
	Olives	3 rings	3	0	0	0	0	0	25
	Tomatoes	3 wheels	5	0	2	0	0	0	0
	Cheese (amount on a 6-inch sub, wrap or salad)								
	Cheddar Cheese Product, Processed	11 g	40	3	0	0	2	10	200
	Monterey Cheddar, Shredded	14 g	50	4.5	0	0	3	15	90
	Monterey Jack	11 g	40	3.5	0	0	3	10	80
	Natural Cheddar	11 g	45	3.5	0	0	3	10	75
	Swiss	14 g	50	4	0	0	4	10	45
Individual Meats (amount on a 6-inch sub or salad)									
	Chicken Patty Roasted	64 g	80	2	3	0	13	40	290
	Chicken Strips	64 g	70	1.5	0	0	15	45	290
	Cold Cut Combo Meats	71 g	200	16	4	0	9	55	730
	Ham	57 g	60	1.5	2	0	9	20	560
	Italian BMT Meats	64 g	180	14	2	0	11	40	970
	Meatball	198 g	300	18	19	3	13	35	890
	Roast Beef	57 g	50	2	0	0	10	20	530
	Seafood Sensation	71 g	190	16	7	0	5	15	430
	Steak (no cheese)	71 g	120	5	1	0	17	50	400
	Subway Club Meats	71 g	70	2	2	0	11	20	610
	Tuna	71 g	260	24	0	0	10	35	310
	Turkey Breast	57 g	50	1.5	2	0	8	10	450

Freshens Smoothies

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Smoothies	21 oz	360	0	79	3	12	0	179
All That Razz	21 oz	306	0	77	3	1	0	24
Berry Berry	21 oz	376	0	81	4	12	0	185
Blueberry Breeze	21 oz	288	0	73	2	1	0	16
Caribbean Craze	21 oz	355	0	78	2	12	0	177
Jamaican Jammer	21 oz	292	0	74	2	1	0	22
Maui Mango	21 oz	357	3	82	2	3	10	47
Mystic Mango	21 oz	334	3	77	1	3	10	41
Orange Shooter	21 oz	353	3	81	2	3	10	41
Orange Sunrise	21 oz	268	0	67	2	1	0	21
Peach Sunset	21 oz	327	0	69	2	11	0	181
Peachy Pineapple	21 oz	429	4	88	2	12	0	187
Pina Collider	21 oz	331	4	77	1	0	0	25
Pineapple Paradise	21 oz	270	0	67	3	1	0	20
Raspberry Royale	21 oz	246	0	64	1	1	0	15
Strawberry Shooter	21 oz	313	0	68	1	11	0	176
Strawberry Squeeze								

Harvey's Burgers

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Original Hamburger	1 sandwich	380	18	35	2	18	60	900
Original Cheeseburger	1 sandwich	440	23	35	2	21	75	995
Original Bacon Cheeseburger	1 sandwich	465	24.5	35	2	24	80	1095
Original patty (by itself)	1 patty	210	16	4	1	13	55	540

Chicken

Grilled Chicken Sandwich	1 sandwich	340	6	32	1	37	125	1110
Grilled Chicken BLT Sandwich	1 sandwich	365	7.5	32	1	40	130	1210
Grilled Chicken (by itself)	1 breast	170	4	1	2	32	125	750
Chicken Strips	3 pieces	310	16	24	1	19	40	880

Veggie

Veggie Burger	1 sandwich	317	9	39	5	20	0	730
Veggie Burger patty (by itself)	1 patty	150	7	7	4	15	0	370

Sides

Fries - Regular	120 g	320	13	48	3	3	0	1150
Fries - Large	150 g	400	17	60	4	4	0	1440
Onion Rings - Regular	81 g	280	14	37	1	3	0	890
Onion Rings - Large	122 g	420	21	56	2	5	0	1340
Poutine	284 g	640	33	99	0	18	30	2360
Gravy	92 g	35	1	26	0	1	0	630

Garnishes

Real Canadian Cheddar Cheese Slice	1 slice	60	4.5	0	0	3	15	95
Bacon	2 slices	25	1.5	0	0	3	5	100
Ketchup	8 ml	10	0	0	0.1	0	2	0
Mustard	7 ml	5	0.2	0	0	0.3	0	75
Relish	20 g	20	0	5	0	0.1	0	105
Light Mayonnaise	15 g	45	5	1	0	0	0	140
Barbeque Sauce	28 g	50	0.1	12	0	0.3	0	390
Spicy Buffalo Sauce	28 g	50	3.5	5	1	0	0	600
Pickle	2 slices	5	0	0	0	0.1	0	150
Lettuce	28 g	4	0	1	0	0.3	0	3
Tomato	2 slices	10	0	2	1	0.4	0	3
Onions	50 g	10	0	5	0	1	0	2
Hot Peppers	14 g	0	0	1	1	0.2	0	115

Dipping Sauces	Honey Mustard	43 g	160	12	13	4	1	15	250
	Barbeque Sauce	43 g	90	0	21	7	1	0	715
	Plum Sauce	43 g	80	0	21	7	0	0	430
	Sweet 'n Sour Sauce	43 g	80	0.5	17	6	0.1	0	190

Swiss Chalet Chicken		Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
	1/4 Chicken breast (with skin)	149 g	300	11	3	3	47	200	490
	1/4 Chicken Leg (with skin)	139 g	310	19	2	2	35	235	430
	1/2 Chicken (with skin)	298 g	610	31	5	5	82	435	920
	Double Leg (with skin)	278 g	630	38	4	4	70	465	860
	Chicken on a kaiser (white meat)	222 g	440	8	31	1	53	165	560
	Chicken on a kaiser (dark meat)	241 g	570	15	44	2	57	295	707
	Chalet chicken soup	355 mL	160	4	17	2	14	55	1350

Sides	French Fries	168 g	470	25	56	5	7	0	45
	Baked Potato	1 potato	220	0	48	5	0	0	1
	Garden Salad (without dressing)	122 g	15	0.3	4	2	0	0	20
	Chalet Sauce	100 mL	30	0.6	5	0	0.4	0	550
	Oven-Baked Roll	1 roll	130	0.5	27	1	5	0	270

Breakfast Items		Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
	Fried egg	1 egg	90	6	0	0	12	175	70
	Bacon	3 strips	38	2	0	0	5	10	150
	Whole wheat toast	1 slice	69	1	13	2	3	0	147
	White toast	1 slice	67	1	12	1	2	<1	135
Bagel, plain (3 1/2" diameter)	1 bagel	187	1	36	2	7	0	363	

Fruit		Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
	Apple	1 medium	81	<1	21	3	<1	0	0
	Banana	1 medium	104	1	27	2	1	0	1
	Cantaloupe	1/2 cup	93	1	22	2	2	0	24
	Grapefruit	1/2 fruit	37	<1	9	2	1	0	0
	Grapes	10 each	40	<1	10	<1	<1	0	1
	Honeydew Melon	1/2 cup	45	<1	12	1	1	0	13
	Kiwi fruit	1 fruit	46	<1	11	1	11	0	1
	Mango	1/2 fruit	67	<1	18	3	<1	0	2
	Orange	1 medium	62	<1	15	3	1	0	0
	Peach	1 fruit	37	<1	10	2	1	0	0
	Peaches, canned	1/2 cup	55	<1	15	1	1	0	7
	Pear	1 fruit	98	1	25	5	1	0	0
	Pears, canned	1/2 cup	76	0	20	2	0	0	7
	Pineapple, fresh	1/2 cup	38	<1	9.5	1	<1	0	2
	Raisins	1/4 cup	109	<1	29	1	1	0	4
	Strawberries	1/2 cup	23	<1	5	1	<1	0	<1
	Watermelon	1/2 cup	25	<1	6	<1	<1	0	2

Vegetables

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Artichoke hearts	1/2 cup	42	<1	9	5	3	0	278
Beets	1/2 cup	37	<1	8	1	1	0	65
Broccoli	1/2 cup	16	0	3	1	0	0	15
Carrots	1/2 cup or 1 medium	33	0	8	2	1	0	56
Cauliflower	1/2 cup	12	<1	3	1	1	0	15
Celery	1/2 cup or 1 medium stalk	9	<1	2	1	<1	0	45
Corn	1/2 cup	66	<1	2	2	2	0	4
Cucumber	1/2 cup	8	<1	2	<1	<1	0	1
Lettuce, iceberg	1 cup	7	<1	1	1	1	0	5
Lettuce, Romaine	1 cup	8	1	2	1	1	0	2
Peas, Green	1/2 cup	62	<1	11	4	4	0	70
Peas & Carrots	1/2 cup	38	<1	8	3	2	0	54
Pepper, Green	1/2 cup	19	<1	5	1	1	0	1
Pepper, Red	1/2 cup	14	<1	3	1	<1	0	1
Potato, Baked (with skin)	1 medium	220	<1	51	5	5	0	8
Spinach, raw	1 cup	12	<1	2	2	2	0	44

Meats

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Baked Ham	4 oz	280	19	0	0	24	70	1350
Grilled Chicken Breast (without skin)	5 oz	240	5	0	0	44	120	150
Roast Beef	4 oz	370	19	0	0	47	150	70
Roasted Pork Medallions	4 oz	190	5	15	0	18	50	70

Meat Alternatives

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Almonds (dry roasted, salted)	1/4 cup	203	18	8	4	6	0	269
Chickpeas	3/4 cup	202	3	34	6	11	0	8
Eggs	2 eggs	156	10	2	0	12	424	124
Peanut butter	2 tablespoons	188	16	7	2	8	0	153
Peanuts (oil roasted, salted)	1/4 cup	208	18	8	3	10	0	156
Sunflower Seeds (dry, unsalted)	1/4 cup	205	18	7	2	8	0	1
Tofu	3/4 cup	141	9	3	1.5	15	0	13.5

Grains

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Plain Bagel	1/2 bagel	94	0.5	18	1	3.5	0	182
Bread, white	1 slice	69	1	13	2	3	0	147
Bread, whole wheat	1 slice	67	1	12	1	2	<1	135
Pita, white	1 pita	200	1	40	4	8	0	330
Pita, whole wheat	1 pita	210	0.5	43	2	8	0	340
Rice (brown, cooked)	1/2 cup	108	1	23	2	2.5	0	5
Rice (white, cooked)	1/2 cup	134	0.1	29	0.5	3	0	2
Rotini (cooked)	1/2 cup	99	0.5	20	1	3.5	0	1
Spaghetti (cooked in salted water)	1/2 cup	99	0.5	20	1	4	0	70

Breakfast Cereals

All-Bran	1/2 cup	70	1	21	10	4	0	315
Bran Flakes	3/4 cup	95	1	23	4.5	4	0	227
Cheerios	1 cup	90	1	16	2	3	0	249
Corn Flakes	1 1/4 cup	109	<1	24	1	2	0	286
Corn Pops	1 cup	107	<1	25	<1	1	0	103
Froot Loops	1 cup	111	1	25	1	2	0	144
Frosted Flakes	1 cup	133	<1	32	1	2	0	283
Raisin Bran	3/4 cup	114	1	28	4	4	0	203
Rice Krispies	1 cup	114	<1	25	<1	2	0	213
Special K	1 cup	83	<1	16	1	4	<1	196

Dairy Products

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Cottage Cheese (low-fat 2%)	1 cup	203	4	8	0	31	19	918
Cheddar cheese	1 1/2 oz (2.5 x 1" cubes)	171	13.5	1	0	11.5	45	264
Feta cheese	1 1/2 oz (2.5 x 1" cubes)	113	9	1.5	0	6	38	474
Milk, 2%	1 cup	121	5	12	0	8	18	122
Milk, 1%	1 cup	102	3	12	0	8	10	123
Milk, Skim	1 cup	86	<1	12	0	8	4	126
Soy Milk, vanilla	1 cup / 250 mL	180	5	26	0	7	0	140
Soy Milk, chocolate	1 cup / 250 mL	160	2.5	27	0	7	0	130
Soy Milk, strawberry	1 cup / 250 mL	150	2.5	26	0	7	0	130
Yogurt (fat-free, all flavors)	3/4 cup container	130	0	26	0	6	5	95

Beverages

**Clear beverage cups = 16 oz / 2 cups, Blue beverage cups = 12 oz / 1.5 cups

Non-Carbonated

	Serving Size	Calories	Total fat (g)	Carbohydrates (g)	Fibre (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Drink, Fruit Punch	1/2 cup	59	<1	15	0	0	0	28
Drink, Grape	1/2 cup	63	0	16	<1	<1	0	1
Juice, Apple	1/2 cup	58	<1	15	<1	<1	0	3.5
Juice, Orange	1/2 cup	55	0.5	13	<1	1	0	1.5
Juice, Pineapple	1/2 cup	70	<1	18	<1	0.5	0	1.5
Juice, Grape	1/2 cup	77	<1	19	1	0.5	0	4
Milk, 2%	1 cup	121	5	12	0	8	18	122
Milk, 1%	1 cup	102	3	12	0	8	10	123
Milk, Skim	1 cup	86	<1	12	0	8	4	126
Milk, Chocolate	1 cup	157	3	26	3	8	7	152
Iced Tea (sweetened)	1 1/2 cup	133	<1	33	0	<1	0	12

Carbonated

Coke	1 1/2 cups	152	<1	38	0	0	0	15
Diet Coke	1 1/2 cups	4	0	<1	0	<2	0	21
Sprite	1 1/2 cups	147	0	38	0	0	0	40
Root Beer	1 1/2 cups	152	0	39	0	0	0	48