



	-serving size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard	
Homestyle Breakfast		Data provided does not included home fries and toast											This data is calculated based on fried small Egg												
Breakfast with Garden Salad Add	1 serv	63	3	0	0	17.5	6.8	1.5	2.5	2.5	11	95	5	11											
Breakfast with Homefries Add	1 serv	280	10	0.75	0.2	0	237	45	3.4	2	4.2	0	49	3	16										
Pancake Add	1 pc	229	1.5	0.5	0	24.7	772	47	1.5	9	6	1.5	0	22.5	19	*	*			*					
French toast Add	1 pc	184	7.5	1.8	0	190	205	19.5	1	1	9.5	8	0	4	14	*			*	*					
Whole Wheat Toast Add	2 sls	200	2.5	0.6	0	0	300	38	4	2	8	0	0	4	20				*	*					
Rye Bread Add	2 sls	170	1.5	0.3	0	0	320	33	2	1	6	0	0	4	15				*	*	*				
Jam Strawberry	10ml	35	0	0	0	0	2	8	0	7	0	0	0	0	0										
Margarine Add	10g	72	7.7	1.4	1.2	0	67	0.5	0	0	0	100	0	0	0				*						
Butter Add	1 serv	30	3.5	2.5	0.1	10	35	0	0	0	0	4	0	0	0		*								
Fried Eggs	3	260	21	5.4	0	550	483	0	0	0	18	35	0	6	15	*									
Poached Eggs	3	222	15	4.5	0	550	441	0	0	0	18	21	0	6	15	*									
Scrambled Eggs	3	284	21	5	0	550	450	6	0	0	19	35	0	12	15	*									
Egg Whites	2	32	0	0	0	0	100	0	0	0	6	0	0	0.5	0	*									
Your Favourites																									
New York Steak and Eggs	1 serv	793	60	21	0	700	665	3	0	0	60	35	0	9	34	*									
Hamburger Steak and Eggs	6 oz	661	51.5	15.7	0	660	993	6.4	1.7	0	49	35	0	10	40	*			*						*
Hamburger Steak and Eggs	10 oz	923	70.5	22.7	0	737	1350	9	3	0	71	35	0	12	58	*			*						*
The Classic with 4pcs Bacon	1 serv	602	51	15.4	0	606	1423	7	0	0	34	35	0	6	19	*									
The Classic with 4pcs Turkey Bacon	1 serv	420	33	9.4	0	550	1283	4.3	0	1.3	29	35	0	6	23	*									
The Classic with 4 Sausages	1 serv	920	83	29	0.4	690	1743	7	0	0	34	35	0	6	19	*				*					
The Classic with 4pcs Ham	1 serv	381	24	6.5	0	610	1693	3	0	0	40	35	0	8.5	26	*									
Peameal Bacon and Eggs	1 serv	440	25.5	6.9	0	565	1743	12	0	0	43.5	35	0	9	24	*									
Corned Beef Hash and Eggs	1 serv	498	34.6	8.8	0.17	576	1622	20	0	0	30	35	0	6	22	*			*	*					
Benedicts																									
Peameal Benedict	1 serv	634	31.3	8.5	1.6	662	1809	43	1.2	7.4	43	23	1	17	32.5	*	*		*	*					
Southwest Benedict	1 serv	766	41	9.25	1.6	664	2061	52.5	2.6	10.4	45	23	3	18	35	*	*		*	*					
Eggs Florentine	1 serv	571	29	7.6	1.6	652	990	46	4.7	10.4	30	78	44	31	36.5	*	*		*	*					
Pancakes																									
Golden Brown Buttermilk Pancakes	3	714	8	1.75	0	74	2316	141	4.5	27.6	18	4.5	0	67	57	*	*			*					
Chocolate Chip Pancakes	3	912	18.5	8	0	74	2316	170	7.5	51	20	4.5	0	69	75	*	*			*					
Blueberry Pancakes	3	756	9	1.75	0	74	2317	151	7	34.6	18	4.5	1	68	58	*	*			*					
Pancakes served with Nutella	3	1312	42.6	14.8	0.1	88	2358	205	8	90	24.4	9	0	80	74	*	*			*	*				
Banana Pancakes served with Nutella	3	1417	42.6	15	0.1	88	2359	232	10	104	25.4	9	17	81	76	*	*			*	*				
Breakfast Combos																									
Five Star Combo	1 serv	831	58.3	19.5	0.2	690	3163	14	0	2	67	35	4	10.5	36	*				*					
BIG Breakfast Combo	1 serv	1348	119	41	0.4	927	2924	18	0	4	60	47	0	8.5	32	*				*					
Twist Combo	1 serv	1012	90	31	0.3	697	2135	13.5	0	3	45	35	0	6	23.5	*				*					
French Toast Combo	1 serv	1012	90	31	0.3	697	2135	13.5	0	3	45	35	0	6	23.5	*				*					
Pancake Combo	1 serv	1012	90	31	0.3	697	2135	13.5	0	3	45	35	0	6	23.5	*	*			*					
Flashback Combo	1 serv	1366	76.5	27	0.2	707	3967	110	3	20	65	38	1	53	65.5	*	*			*					
French Toast																									
Traditional French Toast	1 serv	537	21	6	0	570	615	58.5	3	3	28.5	24	0	12	42	*			*	*					
Strawberry French Toast	1 serv	717	21	6	0	570	615	102.5	3	47	28.5	24	0	12	42	*			*	*					
Nutella French Toast	1 serv	55.4	18.5	0.1	584	657	123	6.4	66	35	28	0	25	59	*				*	*	*				
Banana French Toast	1 serv	1240	55.4	18.5	0.1	584	658	150	8.5	80	36	28.5	17	25	61	*			*	*	*				

Nutrition Information

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	WIMPY'S diner	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard	
Breakfast Add Ons																									
	Pancake Syrup	45ml	170	0.1	0	0	335	44	0	33	0	0	0	0	0										
	Jams	10ml	35	0	0	0	2	8	0	7	0	0	0	0	0										
	Marmalade	10ml	35	0	0	0	4	9	0	7	0	0	0	0	0										
	Honey	10ml	40	0	0	0	0	12	0	11	0	0	0	0	0										
	Blueberries	1 oz	14	0	0	0	0	3.3	0.9	2.3	0	0	1	0	0										
	Chocolate chips	1 serv	65	3.5	2	0	10	1	8	0.7	0	0	0	0.5	6				*						
	Strawberry Topping	4 fl oz	160	0	0	0	0	40	0	40	0	0	0	0	0										
	Hollandaise Sauce	3 fl oz	162	12.3	2.7	1.6	6.6	398	10	0.22	5.4	3	2	0	5	1.5		*		*	*				
	Pancake	1pc	229	1.5	0.5	0	24.7	772	47	1.5	9	6	1.5	0	22.5	19	*	*		*	*				
	French Toast	1 pc	184	7.5	1.8	0	190	205	19.5	1	1	9.5	8	0	4	14	*	*		*	*				
	Nutella	2oz	269	16	5.5	0	2	19	29	1.7	28	3	0	0	11	17		*		*	*				
	Banana	1	105	0	0	0	0	1	27	2.1	14	1	0	17	0	2					*				
	Cheddar Cheese	1 serv	180	13.5	9	0.45	37.5	330	1.5	0	10.5	12	0	30	0		*								
	Mozzarella Cheese	1serv	120	7.5	4.5	0.15	30	255	1.5	0	13.5	6	0	30	3		*								
	Feta Cheese	1 serv	126	10	6	0	35	419	1.8	0	1.5	6.3	4.4	0	17	1.5		*							
	Bacon	1 serv	342	30	10	0	56	940	4	0	16	0	0	0	4										
	Turkey Bacon	1 serv	160	12	4	0	40	780	1.3	0	1.3	10.6	0	0	0	8									
	Black Forest Style Ham	1 serv	121	3.3	1.1	0	60	1210	0	0	0	22	0	2	2	10									
	Sausages	1 serv	660	62	24	0.4	140	1260	10	0	4	20	0	0	8					*					
	Whipped Cream	1 fl oz	40	3	2	0.1	10	5	3	0	2	0.4	4	0	2	0		*							

Nutrition Information

Allergens

	WIMPY'S diner	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard	
Omelettes																									
	Wimpy's Omelette	1 serv	740	55	19.3	0.1	1025	1765	12	2.35	4	52	50	68	27	30	*	*							
	Meat Lover's Omelette	1 serv	939	75	27.3	0.2	1070	2141	7.5	0	3.5	60	47	0	26	30	*	*		*					
	Veggie Omelette	1 serv	355	23.5	6.25	0	760	335	10.5	3	4.5	26	35	73	10	20.5	*	*							
	Italian Omelette	1 serv	678	49	17	0.15	823	1196	12	1.5	9	47	49	22.5	41	26	*	*		*					
	Spinach and Feta Omelette	1 serv	368	34.35	12.4	0	795	654	5.8	2	1.5	33.3	87	17	36	25	*	*							
	Double Cheese Omelette with Cheddar	1 serv	509	40.5	17	0	814	532	1	0	0	36	45	0	40	18	*	*							
	Double Cheese Omelette with Feta	1 serv	559	44	18	0	830	1058	3.6	0	3	36.6	41	0	42	18.5	*	*							
	Double Cheese Omelette with Mozzarella	1 serv	547	38.5	15	0.3	820	730	3	0	0	51	44	0	14	22	*	*							
	American Omelette	1 serv	639	50	18	0.1	835	1596	5.5	0	1.5	44	39	0	24	21.5	*	*							
	Western Omelette	1 serv	485	35	13	0.1	807	1127	7.5	0.6	3.5	36	38.5	5	25	20	*	*							
	Macedonian Omelette	1 serv	444	34	12	0	795	642	4.3	0.75	3	31	39	13	25	18	*	*							
	Mediterranean Omelette	1 serv	482	34	12	0	795	761	10.3	3.4	4	34	65	77	31.5	25	*	*							
	Smokey Hash Omelette	1 serv	710	51	16	0.1	817	1679	22	0.6	2.5	39	37	55	25	22	*	*							
	Create Your Own Omelette	1 serv	307	23.5	6.25	0	760	220	0	0	0	24	32	0	8	16	*	*							
	Create Your Own Wrap	1	320	7	3	0	0	640	54	2	4	10	0	0	22	0.84									
	Diced Tomatoes	1 serv	11	0	0	0	0	3	2.5	0.75	1.5	0.5	2.5	13	0	1									
	Sliced Mixed Peppers	1 serv	15	0	0	0	0	1	4	0.8	2	1	5	149	6	0.3									
	Chopped Bacon	1 serv	171	15	5	0	28	470	2	0	0	8	0	0	0	2									
	Chopped Turkey Bacon	1 serv	80	6	2	0	20	390	0.65	0	0.65	5.3	0	0	0	4									
	Chopped Ham Loaf	1 serv	60	3	1.25	0.1	20	750	3	0	1.5	6	0	0	0	3									
	Chopped Sausages	1 serv	230	0.75	8	0.1	45	490	2	0	2	10	0	0	0	4				*					
	Peameal Bacon	1 serv	60	1.5	0.5	0	5	420	3	0	0	8.5	0	1	1	3									
Early Bird Specials																									

Hot Peppers Rings	6	2	0	0	0	0	172	0.4	0.4	0	0	1.6	6	17.5	0										
Chopped Onions	1/2 oz	10	0	0	0	0	0	1	0.15	0.5	0	0	0	0	0										
Mayonnaise	1 fl oz	200	22	2	0	10	180	0	0	0	0.4	0	0	0	0										
1/2 Fat Mayonnaise	1 fl oz	80	8	0.6	0	10	270	2	0	0	0	0	0	0	0	*									
BBQ Sauce	1 oz	50	0.2	0	0	0	182	11.7	0	11	0.3	1	1.5	5	5			*	*						
Ancho Chipotle Sauce	2 fl oz	220	16	3	0	10	560	14	0	0	1	0	0	0	0	*	*								*

Nutrition Information

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	serving size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard	
Dinners and Pasta																									
House Dinners																									
Average Soup	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*				*	
Garden Salad with Garden Herb Dressing	1 serv	343	33	4	0.2	0	378	11	1.5	4.5	2.7	11	95	5	15										
Greek Salad with Garden Herb Dressing	1 serv	569	55	10	0.4	35	803	10	1.5	4	10	16	95	23.5	18	*	*								
Caesar Salad with Dressing	1 serv	375	34	2.6	0	29	407	12	1.6	1	4	17.5	23	13.5	6.5	*	*	*		*				*	
Wimpy's Hamburger Steak	6 oz	485	33.5	10.7	0	110	1109	17	3	2.6	32	0	7	4.5	26		*		*	*	*				
Wimpy's Hamburger Steak	10 oz	747	52.5	17.7	0	187	1466	20	4	2.6	54	0	7	7	44		*		*	*	*				
New York Strip Steak	8 oz	567	42.5	16	0	150	185.5	1.5	0.4	0.75	42.5	2	8	3	20										
*Breaded Beef Liver Only	1 serv	420	11.5	3.35	0	790	593	35	2.4	0.75	40.5	381	12	5	81	*	*		*	*					
*Liver with Grilled Onions Add	2 oz	36	1.75	0	0	0	131	5	0.75	2.6	0	0	7	1	1										
*Liver with Bacon Add	2 pcs	171	15	5	0	28	470	2	0	0	8	0	0	0	2										
Wimpy's Chicken Shishkabob	1 serv	520	36.3	6.25	0.2	90	1330	19	2.5	8	31	12	158	10	13		*			*				*	
Pork Souvlaki	1 serv	548	30.3	7	0.2	118	1130	20.4	2.5	13.7	56.4	13	155	12	21		*								
Smothered BBQ Chicken	1 serv	356	14.3	4	0	90	820	20.4	2	14.4	33	5	20	15	12		*	*	*						
Pork Souvlaki with Tzatziki	2 stick	435	22.5	7	0.2	118	920	9.6	0	7.6	4	0	10	17	8.5		*							*	
Chicken Souvlaki with Tzatziki	2 stick	407	28.5	6.25	0.2	90	1120	8	0	2	30	4	3	6	8.5		*								
Vegetarian Stir Fry with Rice	1 serv	515	16	0.5	0	0	582	82	6	8	10	28	293	7	12				*						
Chicken Finger Dinner Original	1 serv	427	18.5	1.5	0	62.5	850	32.5	0	10	32.5	0	0	0	15		*		*	*					
*With Bbq Sauce Add	2 fl oz	84	0.35	0	0	0	332	20	0	19	0.3	0	0	2.5	2			*	*	*					
*With Medium Sauce Add	2 fl oz	75	0.33	0	0	0	843	17.6	0	16.5	0.45	0	0	2	2			*	*	*					
*With Hot Sauce Add	2 fl oz	0	0	0	0	0	1140	0	0	0	0	0	0	0	0										
*With Chipotle Add	2 fl oz	220	16	3	0	0	560	14	0	0	1	0	0	0	0	*	*								*
*With Garlic Parmesan Add	2 fl oz	320	32	2	0	20	300	4	0	0	1.2	0	0	8	0	*	*	*							*
Plum Sauce	2 fl oz	120	0	0	0	0	200	32	0	30	0.2	6	0	0	0										
Dinner with Mashed Potatoes Add	1 serv	296	11.7	2.2	1.8	0.4	355	44	3.2	2	3.4	15	27	2	2		*								
Dinner with Vegetables Add	1 serv	60	0	0	0	0	30	12	3.6	4	2	38	73	4	7										
Dinner with French Fries Add	1 serv	347	13.5	1.7	0.22	0	83	54	4	1	4	0	25	2	11										
Dinner with Rice Add	1 serv	294	0	0	0	0	350	65	1	0	5.4	0	0	2	3.5				*						
Onion Rings	1serv	416	23	2.4	0.07	0	1193	50	1.8	5.2	4.8	0	0	0	0					*					
Greek Salad with Dressing	1 serv	569	55	10	0.4	35	803	10	1.5	4	10	16	95	23.5	18	*	*								
Grilled Chicken Breast	1 serv	180	6	0.75	0	76.5	420	0	0	0	27	0	3	0	3.5										
New York Striploin Steak	1 serv	560	42.5	16	0	150	182	0	0	0	42	0	0	2.5	19										
Grilled Salmon	1 serv	497	33.5	7.25	0	125	135	0	0	0	45	1	15	2	6			*							
Penne Florentine	1 serv	1077	29	7.5	0.3	35	1114	172	7.5	13	34	22	19	23	5		*			*					
Penne Marinara	1 serv	1004	24	3	0	0	990	168	9	17	31	22.5	45	14	8.5					*					
Penne Alfredo	1 serv	1100	31.5	9.75	0.45	52.5	1170	172.5	6	11	34	3	0	23	0		*		*	*					
Garlic Bread Add	1serv	215	11	2.4	0.15	0	447	25	1	0	4.5	4	4	1	10				*	*					

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	serving size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard
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Sprite	12 fl oz	150	0	0	0	0	67.5	40.5	0	40.5	0	0	0	0							
Barqs Root Beer	12 fl oz	180	0	0	0	0	67.5	46.5	0	46.5	0	0	0	0							
Nestea	12 fl oz	120	0	0	0	0	45	31.5	0	31.5	0	0	0	0							
Ginger Ale	12 fl oz	130	0	0	0	0	50	32	0	32	0	0	0	0							
Beverages																					
Wimpy's Floats	16 oz	477	13.7	8	0.23	64	257	78	0	49.4	4.6	7	0	17	3.5	*					
White Milk 2 %	16 oz	258	10	6.6	0	42	212	24	0	24	16	29	0	55	8.5	*					
Chocolate Milk	16 oz	380	10	6.6	0	36	316	54	0	52	16	29	0	55	8.5	*					
Premium Fresh Orange Juice	10 fl oz	138	0	0	0	0	12.5	39	0	32.5	2.25	0	150	0	0						
Apple Juice	10 fl oz	138	0	0	0	0	31	34	0	31	0	0	80	2.5	2.5						
Tomato Juice	10 fl oz	57	0	0	0	0	948	11.4	0	7.2	2.4	0	5.5	2	13						
Wimpy's Bottled Water	10 fl oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0						
Sparkling Water	12 fl oz	0	0	0	0	0	165	0	0	0	0	0	0	0	0						
Hot Chocolate	1 cup	90	2	2	0	0	100	18	0	15	0.4	0	0	0	4	*					
Teas	1 cup	0	0	0	0	0	5	0	0	0	0	0	0	0	0						
Coffee	1 cup	0	0	0	0	0	2	0	0	0	0	0	0	0	0						
Alcoholic Beverages																					
Rye, Rum, Gin, Scotch, Vodka, Brandy	1 fl oz	55	0	0	0	0	0.5	0	0	0	0	0	0	0	0						
White Wine	6 fl oz	128	0	0	0	0	9	1.5	0	1.5	0	0	0	0	0					*	
Red Wine	6 fl oz	135	0	0	0	0	9	1.5	0	1.5	0	0	0	0	0					*	
Domestic Beer	1 bt	140	0	0	0	0	14	10	0	0	1	0	0	1	0						
Imported Beer	1 bt	183	0	0	0	0	17	10	0.7	0	1	0	0	1	0						
Cognac	1 fl oz	72	0	0	0	0	0	0	0	0	0	0	0	0	0						
Bloody Mary	6 fl oz	82	0	0	0	0	454	5.3	0	3.4	1	4	23	1.5	21	*					
Screwdriver	5 fl oz	110	0	0	0	0	5.5	15.6	0	13	1	0	60	0	0						
Bloody Caesar	6 fl oz	93	0	0	0	0	400	7.5	0.6	7	0.6	1	0	0	1	*					

Nutrition Information

Allergens



	-serving size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard	
Desserts																									
Apple Pie	1 serv	500	24	12	0.2	0	280	70	4	38	6	0	0	0	12				*	*				*	
Apple Pie with Ice Cream	1 serv	776	34.3	18	0.37	48	460	111	4	58.5	9.5	5	0	12	12		*		*	*				*	
New York Cheesecake	1 serv	453	23	13	0.5	105	336	56	0	37	7.25	20	0	10	8	*	*		*	*					
Classic Banana Split	1 serv	487	12	7	0.17	53	276	91.5	2.1	47.5	5.2	7.5	17	13.5	2		*		*	*					
Cinnabites	6	507	24.5	9.25	0	0	360	78	18	6	12	0	24	32	90	*	*		*	*					
Cinnabites	10	870	42.7	16	0	0	612	132.6	30.6	10.2	20.4	0	40	80	150	*	*		*	*					
Vanilla Ice Cream	8 oz	367	13.7	8	0.23	64	239	55	0	27.4	4.6	7	0	16	0		*								
Hand scooped Sundaes	1 serv	453	14	8	0.23	64	331	77	0	39.4	5	7	0	16	0		*								
Kids Menu																									
Chicken Fingers 2pcs	1 serv	187	9.5	0.75	0	25	340	13	0	4	13	0	0	0	6		*		*	*					
Wimpy's Kids Burger	1 serv	507	24	7.25	0	65	790	46	4	6	28	0	0	9	30				*	*	*				*
Jumbo Hot Dog	1 serv	495	28	8.3	0	73.5	1585	41.5	3	4.25	20.6	0	0	23	26		*		*	*					
Grilled Chicken Breast	1 serv	180	6	0.75	0	76.5	420	0	0	0	27	0	3	0	3.5										
Kids Cheese Omelette	1 serv	260	19	7	0	584	241	0.25	0	0	21	27	0	14	12	*	*								
Kids Veggie Omelette	1 serv	285	18.5	5	0	570	280	10.5	3	4.5	20	27	73	8	16	*	*								
Kids American Omelette	1 serv	569	45	16	0.1	645	1541	5.5	0	1.5	38	30	0	22	17	*	*								
Kids Western Omelette	1 serv	415	30	11	0.1	617	1072	7.5	0.6	3.5	30	30.5	5	23	16	*	*								
Kids Ham Omelette	1 serv	270	18	6	0.1	590	915	3	0	1.5	24	24	0	6	14	*	*								
Pancakes 2 pcs	1 serv	485	6.5	1.25	0	49	1544	94	3	182	12	3	0	45	38	*	*			*	*				
French Toast 2 pcs	1 serv	367	15	3.7	0	380	410	39	2	2	19	16	0	8	28	*	*		*	*					
Kids Breakfast with Bacon	1 serv	311	25	8	0	408	580	2	0	0	20	16	0	4	9	*	*		*	*	*				
Kids Breakfast with Turkey Bacon	1 serv	260	19	6	0	410	710	1	0	1	20	16	0	4	7	*	*		*	*	*				
Kids Breakfast with Ham	1 serv	200	13	4.25	0.1	400	860	3	0	1.5	18	16	0	4	10	*	*		*	*	*				
Kids Breakfast with Sausage	1 serv	370	30	11	0.1	425	600	2	0	2	22	16	0	4	11	*	*		*	*	*				
Grilled Cheese Sandwich	1 serv	334	13	7.4	0	36	507	40	2	2	13	9	0	26	21		*		*	*					

Home Fries	8 oz	354	15	2	0.2	0	704	52	4	1	2	0	25	2	11											
White Toast	1 sl	100	1	0.25	0	0	195	18.5	1	1.5	3.5	0	0	2	7.5					*						
Whole Wheat Toast	1 sl	100	1.25	0.25	0	0	150	19	2	1	4	0	0	2	10					*						
Kids Pasta	1 serv	526	13	1.5	0	0	615	87	5	11	16	15	30	8	6					*						
Cheesy Cheese Pasta	1 serv	600	20	7.5	0.2	39.5	662	86	3	5.5	20	5	0	20	0				*		*					
French Fries	8 oz	347	13.5	1.7	0.22	0	83	54	4	1	4	0	25	2	11											
Mashed Potatoes	1 serv	316	11.8	2.2	1.8	0.4	354	44	3.2	2	3.4	15	27	2	2				*							
Rice	4 oz	147	0	0	0	0	175	32.5	0.5	0	2.7	0	0	1	1.7						*					
Butter	1	30	3.5	2.5	0.1	10	35	0	0	0	0	4	0	0	0				*							
Pancake Syrup	45ml	170	0.1	0	0	0	335	44	0	33	0	0	0	0	0											

"Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary."

" The nutritional and allergen information is sourced from the Canadian Nutrient File (CNF) and from data received from our suppliers.

Wimpy's Diner Inc. holds no responsibility for the accuracy of the information provided to us from our suppliers"