

		wimpy's																							
Nutrition Information																Allergens									
2023 October	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	
soups																									
mediterranean vegetable	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*				*	
market vegetable with barley	10 fl oz	178	0	0	0	0	1254	38	9	18	7	55.5	13	9	13					*					
Homestyle minestrone	10 fl oz	155	1.1	0	0	0	1443	29	7	9	7	18	4.5	9	13		*		*	*					
hearty vegetable with beef	10 fl oz	178	2.2	0.7	0	11	1732	31	7	2.2	11	33	4.5	4.5	9		*		*	*					
cream of potato with bacon	10 fl oz	400	10	7	0.2	44.5	1909	51	2.2	11	11	9	4.5	22	9		*		*	*					
minestrone	10 fl oz	200	1.2	0	0	0	1909	42	11	4.5	7	22	0	9	13	*	*		*	*					
country vegetable	10 fl oz	178	0	0	0	0	1887	35.5	7	2.2	7	22	4.5	4.5	9				*	*					
Chicken noodle	10 fl oz	200	4.5	1.1	0	33.3	1848	29	2.2	4.5	11	13	0	4.5	13	*			*	*					
vegetable beef with barley	10 fl oz	200	2.2	0.5	0	11	1443	33.3	7	7	11	22	4.5	4.5	13				*	*					
Italian wedding	10 fl oz	289	10	3.3	0	11	1643	38	4.5	2.2	13.3	0	4.5	4.5	22		*		*	*					
tomato bisque	10 fl oz	222	7	2.2	0	11	1443	335.5	7	15.5	7	4.5	4.5	18	9		*		*	*					
creole chicken gumbo	10 fl oz	155	1	0.5	0	11	1843	31	4.5	7	9	4.5	4.5	9	4.5				*	*					
classic chicken noodles	10 fl oz	178	3.3	1.1	0	33.3	1976	22	2.2	2.2	13.3	4.5	4.5	4.5	9	*			*	*					
vegetarian vegetable	10 fl oz	155	0	0	0	0	1820	35.5	7	18	4.5	22	18	9	9										
tomato garden vegetable/rotini	10 fl oz	178	0	0	0	0	1665	37.7	4.5	15.5	7	22	9	9	13.3	*				*					
Crackers	20g	90	2	0.3	0	0	230	15	1	0	2	0	0	0	0.84					*					
dressings for salads																									
garden herb vinaigrette	2 fl oz	280	30	4	0.2	0	360	4	0	2	0.2	0	0	0	4										
caesar	2 fl oz	320	32	2	0	20	300	4	0	0	1.2	0	0	8	0	*	*	*							*
French	2 fl oz	240	20	4	0.4	0	300	12	0	8	0	0	0	0	0				*						*
Italian golden	2 fl oz	260	26	4	0.2	0	580	4	0	0	0.2	0	0	0	0										
balsamic	2 fl oz	200	20	1.12	0	0	340	4	0	0	0	0	0	0	0										*
thousand island	2 fl oz	240	20	4	0.4	20	300	12	0	12	0.4	0	0	0	0	*									
greek feta	2 fl oz	360	40	4	0.4	20	300	0	0	0	1.2	0	0	0	0	*	*								
creamy ranch	2 fl oz	140	14	2	0	0	500	4	0	0	0.4	0	0	0	0		*								
Mayonnaise	2 fl oz	400	44	4	0	20	360	0	0	0	0.8	0	0	0	0	*									
1/2 fat mayonnaise	2 fl oz	160	16	1.2	0	20	540	4	0	0	0	0	0	0	0	*									
sauces and sides																									
BBQ sauce, mild	4 fl oz	200	0.45	0	0	0	726	46.8	0	44	1.2	2	3	6	6			*	*						
BBQ sauce, med	3 fl oz	145	1.2	0	0	0	693	31	0	29	0.6	1	1.5	3	3			*	*						
nashville sauce, hot	2 fl oz	90	2	0	0	0	660	16	0	14	0	0	0	0	0										
Tartar sauce	1 pt	46	3.7	na	0	na	136	3.4	0	0	0.1	0	0	0	0	*			*				*		
hollandaise	3 fl oz	162	12.3	2.7	1.6	6.6	398	10	0.22	5.4	3	2	0	5	1.5		*		*	*					
margarine	10g	72	7.7	1.4	1.2	0	67	0.5	0	0	0	100	0	0	0				*						

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condiments																								
olives	4	25	2.5	0.3	0	0	310	1	0	0	0	0	0	0										
sliced pickles	1 oz	4	0	0	0	0	256	0.8	0.4	0.4	0.1	0	0	1	0						*		*	*
mustard	1/2 oz	10	0.4	0	0	0	164	1	0.5	0	0.5	0	0	0	0									*
relish	1/2 oz	12	0	0	0	0	166	2.7	0.2	2.5	0.15	0	0	0	0									
ketchup	1/2 oz	16	0	0	0	0	115	4	0.2	3.5	0.25	0	0	0	0									
breakfast add ons																								
pancake syrup	45ml	170	0.1	0	0	0	335	44	0	33	0	0	0	0	0									
jams	10ml	35	0	0	0	0	2	8	0	7	0	0	0	0	0									
marmalade	10ml	35	0	0	0	0	4	9	0	7	0	0	0	0	0									
honey	10ml	40	0	0	0	0	0	12	0	11	0	0	0	0	0									
chocolate chips	1/2 oz	65	3.5	2	0	0	10	1	8	0.7	0	0	0	0.5	6				*					
butter pot	1	30	3.5	2.5	0.1	10	35	0	0	0	0	4	0	0	0		*							
strawberry topping	4 fl oz	160	0	0	0	0	0	40	0	40	0	0	0	0	0									
hollandaise	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	1	229	1.5	0.5	0	24.7	772	47	1.5	9	6	1.5	0	22.5	19	*	*		*	*				
pancake	2	458	3	1	0	49.4	1544	94	3	18	12	3	0	45	38	*	*		*	*				
french toast	1 sl	184	7.5	1.8	0	190	205	19.5	1	1	9.5	8	0	4	14	*			*	*				
french toast	2 sls	367	15	3.7	0	380	410	39	2	2	19	16	0	8	28	*			*	*				
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	1.5 oz	180	13.5	9	0.45	37.5	330	1.5	0	0	10.5	12	0	30	0		*							
mozzarella cheese	1.5 oz	120	7.5	4.5	0.15	30	255	1.5	0	0	13.5	6	0	30	3		*							
feta cheese	1.5 oz	126	10	6	0	35	419	1.8	0	1.5	6.3	4.4	0	17	1.5		*							
bacon	4 sls	342	30	10	0	56	940	4	0	0	16	0	0	0	4									
black forest ham	4 sls	121	3.3	1.1	0	60	1210	0	0	0	22	0	2	2	10									
sausages	4	660	62	24	0.4	140	1260	10	0	4	20	0	0	0	8				*	*				
home fries	8 oz	280	10	0.75	0.2	0	237	45	3.4	2	4.2	0	49	3	16									
toast, ww	1 sl	100	1.25	0.25	0	0	150	19	2	1	4	0	0	2	10				*	*				
rye bread	2 sls	170	1.5	0.3	0	0	320	33	2	1	6	0	0	4	15				*	*	*			
eggs large	2	120	8	3	0	300	100	2	0	0	14	16	0	2	4	*								
egg white	2	32	0	0	0	0	100	0	0	0	6	0	0	0.5	0	*								
whipped cream	1 fl oz	40	3	2	0.1	10	5	3	0	2	0.4	4	0	2	0		*							

2023 October	Nutritionals															Allergens								
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your favourites																								
New York steak /eggs	1 serv	793	60	21	0	700	665	3	0	0	60	35	0	9	34	*								
the classic bacon	1 serv	429	34	10	0	583	1203	3	0	0	30	36	0	6	18	*								
the classic turkey bacon	1 serv	420	33	9.4	0	590	1283	4.3	0	1.3	29	35	0	6	23	*			*	*				
the classic/ sausages	1 serv	920	83	29.4	0.4	690	1743	13	0	4	38	35	0	6	23	*			*	*				
the classic/ ham	1 serv	381	24	6.5	0	610	1693	3	0	0	40	35	0	8.5	26	*								
peameal and eggs	1 serv	440	25.5	6.9	0	565	1743	12	0	0	43.5	35	0	9	24	*								
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	*								
rye bread	2 sls	170	1.5	0.3	0	0	320	33	2	1	6	0	0	4	15				*	*	*			
texas toast, ww	2 sls	200	2.5	0.5	0	0	300	38	4	2	8	0	4	2	15				*	*				
texas toast white	2 sls	200	1.5	0.4	0	0	300	39	2	2	7	0	0	4	20				*	*				
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	*	*		*	*				
fried chicken benedict	1 serv	1071	49	11.5	3.6	713	2542	92	4	12	58.5	26	4	57	46	*	*		*	*				
southwest benedict	1 serv	750	41	9.25	1.6	664	2061	52.5	2.6	10.4	45	23	3	18	35	*	*		*	*				
eggs Florentine	1 serv	578	29	7.6	1.6	652	992	47	5	12	30	79	52	31	37	*	*		*	*				
pancakes waffles french toast																								
buttermilk pancakes	3	714	8	1.75	0	74	2316	141	4.5	27.6	18	4.5	0	67	57	*	*		*	*				
white choc cinnabon pancakes	3	912	18.5	8	0	74	2316	170	7.5	51	20	4.5	0	69	75	*	*		*	*				
Belgian waffle	1	330	15	3.5	2	60	15	43	2	6	6	0	0	15	15				*	*				
strawberry banana french toast	1	1082	43.5	12.3	0	1125	1101	130	5	58	48	61	17	20	59	*	*		*	*				
thick french toast	3 pcs	537	21	6	0	570	615	58.5	3	3	28.5	24	0	12	42	*			*	*				
pancake syrup	1 oz	90	0	0	0	0	20	22	0	22	0	0	0	0	0									
butter cup	1 x 5ml	30	3.5	2.5	0.1	10	35	0	0	0	0	4	0	0	0		*							
breakfast combos																								
flashback combo	1 serv	1249	69.5	24.4	0.2	713	3753	103	3	20	57	38	0	5	62	*	*		*	*				
twist combo	1 serv	897	59	27	0.3	684	2006	11	0	3	42	35	0	6	23	*			*	*				
waffle trilogy bacon	1 serv	590	36	9	2	444	1221	45	2	6	24	24	0	19	26	*			*	*				
waffle trilogy sausage	1 serv	833	60	19	2.2	497	1482	50	2	8	28	23	0	19	29	*			*	*				
waffle trilogy turkey bacon	1 serv	583	35	9	2	447	1252	46	2	6.5	23.5	23.5	0	19	28.5	*			*	*				
waffle trilogy ham	1 serv	563	30.7	7.6	2	457	1457	45	2	6	29	23.5	1	20	30	*			*	*				
pancake trinity bacon	1 serv	745	27.5	9.3	0	433	2235	96	3	18.4	30	27	0	49	50	*			*	*				
pancake trinity ham	1 serv	718	22	7.6	0	446	2471	96	3	18.4	35	26.5	1	50	54	*			*	*				
pancake trinity turkey bacon	1 serv	738	26.5	9	0	436	2266	97	3	19	29.5	26.5	0	49	52	*			*	*				
pancake trinity sausages	1 serv	988	51.5	19	0.2	486	2496	101	3	20	34	26.5	0	49	52.5	*			*	*				
breakfast poutine	1 serv	1045	75.5	20.7	1.8	646.5	2694	70	6	10	54	50	30	40	33	*	*		*	*				
breakfst burrito	1 serv	959	61	18.5	1.6	609	2704	82	3.4	10.7	46.6	45	35	28.5	28	*	*		*	*				

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early bird sides																								
rye bread	2 sls	170	1.5	0.3	0	0	320	33	2	1	6	0	0	4	15				*	*	*			
toast, white	1 sl	100	0.75	0.2	0	0	150	19.5	1	1	3.5	0	0	2	10				*	*				
toast, ww	1 sl	100	1.25	0.25	0	0	150	19	2	1	4	0	0	2	10				*	*				
home fries	10oz	463	21.4	2.5	0.25	0	880	65	5	1.25	0	0	31	14	11									
pancake syrup	45ml	170	0.1	0	0	0	335	44	0	33	0	0	0	0	0									
jam	10ml	35	0	0	0	0	2	8	0	7	0	0	0	0	0									
butter cup	2 x 5ml	60	7	5	0.2	20	70	0	0	0	0	8	0	0	0		*							
bacon	4 sls	342	30	10	0	56	940	4	0	0	16	0	0	0	4									
turkey bacon	4 sls	160	12	4	0	40	780	1.3	0	1.3	10.6	0	0	0	8									
black forest ham	4 sls	121	3.3	1.1	0	60	1210	0	0	0	22	0	2	2	10									
sausages	4	660	62	24	0.4	140	1260	10	0	4	20	0	0	0	8				*	*				
peameal bacon	3 pcs	120	3	1	0	10	840	6	0	0	17	0	2	2	6				*	*	*			
rye bread	2 sls	170	1.5	0.3	0	0	320	33	2	1	6	0	0	4	15				*	*	*			
toast, white	1 sl	100	0.75	0.2	0	0	150	19.5	1	1	3.5	0	0	2	10				*	*				
toast, ww	1 sl	100	1.25	0.25	0	0	150	19	2	1	4	0	0	2	10				*	*				
jam	10ml	35	0	0	0	0	2	8	0	7	0	0	0	0	0									
tomatoes	6 pcs	22	0	0	0	0	6	5	1.5	3	1	5	27	1	2									
grilled tomatoes	6 pcs	75	7	0.5	0	0	106	5	1.5	3	1	5	27	1	2									
hollandaise	3 fl oz	162	12.3	2.7	1.6	6.6	398	10	0.22	5.4	3	2	0	5	1.5		*		*	*				
home fries	10 oz	350	12.5	1	0.25	0	296	565	4.25	2.5	5.25	0	61	3.75	20									
between the buns																								
Wimpy's club	1 serv	667	25	10.4	0.4	114	1443	64.4	5.4	6	47	28	42	9	42		*		*	*				
crispy chicken	1 serv	476	16.5	7	0.4	58	1210	54.5	3.6	3.25	22.6	18	27	8	25	*	*		*	*				
chicken parmesan	1 serv	733	22.5	6	0.15	106.5	2015	77.5	4	17	54.5	13.5	26	38	39	*	*		*	*				
philly beef sandwich	1 serv	589	26.5	7.3	0.15	75	1169	54.3	3.8	12	37.4	12.5	138	37	23		*		*	*				
nashville hot chicken	1 serv	514	14.5	6.7	0.4	58	2090	66	2	15.25	21.5	6.5	1.5	9	22.5	*	*		*	*	*		*	*
bacon chicken club	1 serv	788	29	11	0	120.5	2166	76	4.7	14.5	53.3	19	41	24	39.5	*	*		*	*				
the Cuban	1 serv	572	20	8.6	0.15	87	2802	54.5	2	0	45.6	6	9	37	30		*		*	*	*		*	*
the big catch	1 serv	431	9.4	2.25	0	63.5	918	54.3	3	4.2	28.3	4	33	18.5	30.5		*	*	*	*				
chicken caesar wrap	1 serv	714	30	5.5	0	56.5	1702	77	3.6	4.75	29.5	8.5	13	8	18	*	*	*	*	*				*

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apps starters sides																								
french fries	12 oz	520	20	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16									
french fries	8 oz	346	13.3	1.7	0.22	0	83	54	4	1	1.5	0	25	2	11									
mac and cheese bites	6 pcs	433	23.5	6.25	0.4	18.5	1224	46	3.7	5.6	11	3	0	18	10		*			*				
ketchup	4 fl oz	120	0	0	0	0	1352	32	0	24	0	5	0	2	6									
coleslaw	12 oz	372	25	4	0	46	792	10.6	6	16	8	12	200	12	11	*								
pickles	2 sls	1	0	0	0	0	133	113	0	0	0	0	0	1	0									
coleslaw	3 oz	93	6.4	1	0	5.3	198	8	1.4	4	2	3	50	3	3	*								
wings and fingers																								
wings naked	1 lb	954	66	16.5	0.45	517.5	1710	4.5	0	0.45	81	0	0	4	16									
wings naked	2 lbs	1908	132	34	0.9	1036	3420	9	0	0.9	162	0	0	8	32									
french fries	8 oz	346	13.3	1.7	0.22	0	83	54	4	1	1.5	0	25	2	11									
ranch dressing	4 fl oz	280	28	4	0	0	1000	8	0	0	0.8	0	0	0	0		*							
ranch dressing	6 fl oz	420	42	6	0	0	150	12	0	0	1.2	0	0	0	0									
mild BBQ sauce	2 fl oz	100	0.22	0	0	0	363	23	0	22	0.6	1	1.5	3	3			*	*					
mild BBQ sauce	4 fl oz	200	0.45	0	0	0	726	46.8	0	44	1.2	2	3	6	6			*	*					
mild BBQ sauce	6 fl oz	300	0.67	0	0	0	1089	70	0	66	2	3	4.5	9	9			*	*					
nashville sauce	1/2fl oz	23	0.5	0	0	0	165	4	0	3.5	0	0	0	0	0									
nashville sauce	1 fl oz	46	1	0	0	0	330	8	0	7	0	0	0	0	0									
nashville sauce	2fl oz	90	2	0	0	0	660	16	0	14	0	0	0	0	0									
nashville sauce	4fl oz	180	4	0	0	0	1320	32	0	28	0	0	0	0	0									
nashville sauce	6 fl oz	270	6	0	0	0	1980	48	0	42	0	0	0	0	0									
caesar dressing	3 fl oz	480	48	3	0	30	450	6	0	0	1.8	0	0	12	0	*	*	*						*
caesar dressing	6 fl oz	960	96	6	0	60	900	12	0	0	3.6	0	0	24	0	*	*	*						*
chicken fingers and fries	1 serv	867	38.4	4.2	0.22	67.8	1188	94.5	5.4	15	38.5	3	50	3	18.5					*				*
famous burger,	1 serv	916	54	18	0	190	1348	50	6	6	61.5	0	0	12	58				*	*	*			*
famous burger, double	1 serv	1545	100	35.4	0	380	2206	55.4	9	6	113	0	0	17	10				*	*	*			*
famous burger, junior	1 serv	661	35	11.5	0	111	1000	47.4	4.7	6	40.6	0	0	9	41				*	*	*			*
jumbo hot dog	1 serv	495	28	8.3	0	73.6	1585	41.5	3	4.25	20.6	0	0	23	26		*		*	*				
veggie burger	1 serv	587	28	1.25	0	0	850	55	6	6	30	0	2	8	58				*	*				
not so wimpy burgers																								
wimpy's famous 10oz	10 oz	823	50.5	18.5	0	190	1168	35.7	4.2	1	57.5	0	0	10.5	56				*	*				*
famous junior burger	6 oz	568	31.7	11.8	0	110.5	820	33.4	3	1	36.6	0	0	8	39				*	*				*
famous double burger	2x10oz	1452	96.5	35.5	0	380	2026	41.4	7	1	109	0	0	16	99				*	*				*
veggie burger	1	494	24.5	1.5	0	0	670	41	4.3	1	26	0	2	7	56				*	*				
the big dog	1	495	28	8.3	0	73.5	1585	41.5	3	4.25	20.6	0	0	23	26	*	*		*	*				

Nutrition Information																Allergens								
2023 October	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
burger add ons																								
soup, average	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*			*	
peameal bacon	1 pc	60	1.5	0.5	0	5	420	3	0	0	8.5	0	1	1	3									
bacon	2 pcs	171	15	5	0	28	470	2	0	0	8	0	0	0	2									
cheddar cheese	1.5 oz	180	13.5	9	0.45	37.5	330	1.5	0	0	10.5	12	0	30	0		*							
mozzarella cheese	1.5 oz	120	7.5	4.5	0.15	30	255	1.5	0	0	13.5	6	0	30	3		*							
feta cheese	1.5 oz	126	10	6	0	35	419	1.8	0	1.5	6.3	4.4	0	17	1.5		*							
fried egg	1	87	7	1.8	0	184	161	1	0	0	6	12	0	2	5	*								
regular garden, no dressing	1 serv	126	6	0	0	0	34	12.6	2.7	5	5	21	188	9	22									
fries	12 oz	520	20	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16									
sauteed onions	2 oz	36	1.75	0	0	0	131	5	0.75	2.6	0	0	7	1	1									
sauteed grilled mushrooms	2 oz	17	0.7	0	0	0	106	2	0.6	1	2	0	1.5	0	2									
tomatoes	2 sls	11	0	0	0	0	3	2.5	0.75	1.5	0.5	2.5	13	0.5	1									
ketchup	1/4 oz	8	0	0	0	0	57	2	0.1	1.75	0.1	0	0	1.5	0									
mustard	1/4 oz	4	0.2	0	0	0	82	0.5	0.2	0	0.3	0	0	0	0									*
relish	1/4 oz	12	0	0	0	0	166	2.7	0.2	2.7	0.15	0	0	0	0									
lettuce	4 oz	8	0	0	0	0	8	0.8	0	0	0.8	2	6	2	4									
julienne peppers	1 oz	4	0	0	0	0	0.5	1	0.3	0.5	0.25	0	28	0	0.5									
dinner starters																								
soup, average	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*			*	
side house salad, ex dressing	1 serv	41	0	0	0	0	15.5	9.5	4	4	2.75	375	92	5	11.5									
garden herb vinaigrette	2 fl oz	280	30	4	0.2	0	360	4	0	2	0.2	0	0	0	4									
greek salad	6 oz	187	11.5	6	0	35	660.5	13	4	5.5	9	42	92	24	18		*							
caesar salad	6 oz	385	34	2.6	0	29	412	14	3	2	5	35	47	14	11	*	*	*						*
greek feta	2 fl oz	360	40	4	0.4	20	300	0	0	0	1.2	0	0	0	0	*	*							
poutines																								
original	1 serv	862	45.4	19	0.84	80	1366	95	6.4	1.4	26.5	26.5	38	43	22		*		*	*	*			
Wimpy's	1 serv	1215	75.4	30	0.84	141	2196	98.5	6.4	3	42.5	26.5	38	43	26.5		*		*	*	*			
Wimpy's dinners																								
soup, average	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*			*	
regular garden, no dressing	1 serv	63	3	0	0	0	17.5	6.8	1.5	2.5	2.5	11	95	5	11									
regular Greek, no dressing	1 serv	209	15	6	0	35	652.5	10	1.5	4	9	16	95	23.5	18		*							
caesar salad, dressing	1 serv	375	34	2.6	0	29	407	12	1.6	1	4	17.5	23	13.5	6.5	*	*	*		*				*
NY strip steak	1 serv	916	54	18	1.8	150	567	56	6.8	6	47.4	53	100	9	28.5									
hot roast beef	1 serv	918	32.5	10	2.6	1314	1179	85	8	7	68	53	100	12	59				*	*				
battered fish and chips	1 serv	906	32	3	0.27	125	974	107	7.4	6	48	7	50	23	29	*	*	*		*			*	
hot turkey	1 serv	704	15.5	3.6	1.8	120	1383	8	7	56	53	100	8	28			*	*		*				
breaded liver and onions	1 serv	853	26	6	1.8	790	1574	104	10	8.6	46.6	433	108	11	90	*	*		*	*	*		*	
chicken parmesan	1 serv	800	26	107	0.15	189.5	1999	96.5	6	27	60.5	29	48	47	25		*		*	*	*			
southern fried chicken	1 serv	798	29.5	108	2	114.5	2252	87	6	21.6	41	19	30	19.5	25	*	*		*	*	*		*	
Wimpy's hot hamburger	1 serv	1167	63	20	1.8	187	1870	91	11	7	63	15	28	10	55.5		*		*	*	*		*	

Nutrition Information																Allergens										
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Wimpy's dinners cont																										
Atlantic salmon fries	1 serv	843	47	9	0.22	125	218	54	4	1	46.5	4	40	4	17			*	*	*				*		
grilled haddock breaded	1 serv	709	23	2.4	0.22	120	1099	77	5	3	43.5	4	25	14	36	*	*	*	*	*						
,chicken souvlaki, tzatziki, fries	1 serv	753	42	8	0.4	90	1203	62	4	3	31.5	4	3	10	19		*									
chicken bacon carbonara	1 serv	1539	76.7	62	2.3	135	2912	146	5	10.3	63	24	6	23	33		*			*						
primavera	1 serv	1679	67	60	0.9	32	1990	230	15	21	45	40	162	18	33		*			*						
penne florentine	1 serv	1077	29	7.5	0.3	35	113.5	172	7.5	13	33.8	22	19	23	4.5		*			*						
penne pasta	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	10	0.45	52.5	1170	172.5	6	11	34	3	0	23	0		*			*						
house dinners																										
mashed potatoes	2 soops	296	11.7	2.2	1.8	0.4	355	44	3.2	2	3.4	15	27	2	2		*									
vegetables	1 serv	60	0	0	0	0	30	12	3.6	4	2	38	73	4	7											
sauteed onions	2 oz	36	1.75	0	0	0	131	5	0.75	2.6	0	0	7	1	1											
sauteed grilled mushrooms	2 oz	17	0.7	0	0	0	106	2	0.6	1	2	0	1.5	0	2											
garlic bread	2 pcs	430	22	48	0.3	0	894	50	4	0	9	6	6	2	20		*		*	*						
kick up a notch																										
New York steak	8 oz	560	42.5	15.6	0	150	182	0	0	0	42	0	0	2.5	19											
grilled salmon	8 oz	497	33.5	7	0	125	135	0	0	0	45	4	15	2	6			*								
grilled chicken breast	1 serv	180	6	0.75	0	76.5	420	0	0	0	27	0	3	0	3.5											
kids menu																										
chicken fingers	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		*		*	*						
kids omelette, cheese	1 serv	260	19	7	0	584	241	0.25	0	0	21	27	0	14	12	*	*									
kids veg 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	1 serv	485	6.5	1.25	0	49	1544	94	3	182	12	3	0	45	38	*	*			*						
french toast	1 serv	367	15	3.7	0	380	410	39	2	2	19	16	0	8	28	*			*	*						
kids breakfast, bacon	1 serv	311	25	8	0	408	580	2	0	0	20	16	0	4	9	*										
kids breakfast, turkey bacon	1 serv	260	19	6	0	410	710	1	0	1	20	16	0	4	7	*										
kids breakfast, ham	1 serv	200	13	4.25	0.1	400	860	3	0	1.5	18	16	0	4	10	*										
kids breakfast, sausage	1 serv	470	41	15	0.2	450	740	5	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		*		*	*						
penne pasta, marinara	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		*			*						
kids mac and cheese	4 pcs	297	16	4.25	0.23	12.3	816	30.7	2.5	3.7	7.3	2	0	12	6		*			*						
fries	8 oz	347	13.5	1.7	0.22	0	83	54	4	1	4	0	25	2	11											
mashed potatoes	1 scoop	158	5.9	1.1	0.9	0.2	177	22	1.6	1	1.7	7.5	13.5	1	1		*									
rice	4 oz	147	0	0	0	0	175	32.5	0.5	0	2.7	0	0	1	1.7				*							

2023 October	Nutrition Information															Allergens								
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kids menu cont																								
home fries	10 oz	354	15	2	0.2	0	704	52	4	1	2	0	25	2	11									
toast, white	1 sl	100	1	0.25	0	0	195	18.5	1	1.5	3.5	0	0	2	7.5					*				
toast, ww	1 sl	100	1.25	0.25	0	0	150	19	2	1	4	0	0	2	10					*				
butter pot	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									
beverages																								
milk shake	16 oz	556	19.2	11.5	0.23	85	327	83.5	0	54.4	11.8	19.5	0	38	0		*				*			
choc hazelnut shake	16 oz	753	35.2	17	0.23	87	340	94.5	1.7	66.4	14.8	19.5	0	43	8.5		*				*			
oreo shake	16 oz	764	29	13.5	0.23	85	621.5	110	2	53.4	16	19.5	0	38	0		*			*				
Wimpy's float	16 oz	477	13.7	8	0.23	64	257	78	0	49.4	4.6	7	0	17	3.5		*							
milk, 2 %	16 oz	258	10	6.6	0	42	212	24	0	24	16	29	0	55	8.5		*							
choc milk	16 oz	380	10	6.6	0	36	316	54	0	52	16	29	0	55	8.5		*							
bottled drinks																								
coke reg	12 fl oz	165	0	0	0	0	15	42	0	36	0	0	0	0	0									
zero coke	12 fl oz	0	0	0	0	0	45	0	0	0	0	0	0	0	0									
diet coke	12 fl oz	0	0	0	0	0	52.5	0	0	0	0	0	0	0	0									
cherry coke	500ml	220	0	0	0	0	25	59	0	59	0	0	0	0	0									
vanilla coke	500ml	220	0	0	0	0	25	59	0	59	0	0	0	0	0									
sprite	12 fl oz	150	0	0	0	0	67.5	40.5	0	40.5	0	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	0									
nestea	12 fl oz	120	0	0	0	0	45	31.5	0	31.5	0	0	0	0	0									
ginger ale	12 fl oz	130	0	0	0	0	50	32	0	32	0	0	0	0	0									
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									
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									
desserts																								
apple pie, ice cream	1 serv	776	34.3	18	0.37	48	460	111	4	58.5	9.5	5	0	12	12		*		*	*			*	
apple pie	1 serv	500	24	12	0.2	0	280	70	4	38	6	0	0	0	12				*	*			*	
NY cheesecake	1 serv	453	23	13	0.5	105	336	56	0	37	7.25	20	0	10	8		*	*		*				
cinnabites	10	870	42.7	16	0	0	612	132.6	30.6	10.2	20.4	0	40	80	150		*	*		*				
cinnabites	6	507	24.5	9.25	0	0	360	78	18	6	12	0	24	32	90		*	*		*				
vanilla ice cream	8 oz	367	13.7	8	0.23	64	239	55	0	27.4	4.6	7	0	16	0									
vanilla ice cream	4 oz	184	7	4	0.11	32	120	17.5	0	13.5	2.3	3.5	0	8	0		*							

