




	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 include home fries and toast											This data is calculated based on fried small Egg												
Breakfast with Garden Salad Add	1 serv	63	3	0	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	*	*		*	*				
cornbeef hash benedict	1	752	42	11	1.8	677	2108	54	1.2	7.4	38	23	0	15	33.5	*	*		*	*				
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	14.75	0.1	88	2358	205	8	90	24.4	9	0	80	74	*	*			*	*			
strawberry banana panckes	1	1167	11	3.75	0.1	84	2344	247	6.6	115.5	19.4	9	16.5	70	59	*	*			*	*			
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	*	*			*				
Scrambler	1	970	62	18	0.3	645	2359	64	6.4	5	40	34	68	25	33	*	*		*	*				
Breakfast poutine	1	1132	74	21	1.9	652	2757	74	4.6	10.4	43	36	69	30	34.5	*	*		*	*				
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	*			*	*				

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																												
Breakfast Special with Bacon	1 serv	424	36	11	0	422	817	3	0	0	24	16	0	4	11	*												
Breakfast Special with Ham	1 serv	277	16.5	4.255	0	435	1210	0	0	0	32	16	2	6	18	*												
Breakfast Special with Sausage	1 serv	662	60	21	0.3	485	1055	7.5	0	3	27	16	0	4	13.5	*							*					
Breakfast Special with Turkey Bacon	1 serv	287	22.5	6.25	0	410	710	1	0	1	20	16	0	4	8	*							*					
French Toast Combo with Bacon	1 serv	705	43.5	12	0	788	990	41	2	2	39	16	0	12	37.5	*						*	*					
French Toast Combo with Ham	1 serv	589	30	7.4	0	787	1070	39	2	2	41	16	1	13	41	*					*	*						
French Toast Combo with Turkey Bacon	1 serv	617	34.5	9	0	780	920	40	2	2.7	36	16	0	12	40	*					*	*						
French Toast Combo with Sausage	1 serv	864	59.5	19	0.2	830	1150	44	2	4	41	16	0	12	40	*					*	*						
Pancake Combo with Bacon	1 serv	796	31.5	9	0	457	2124	96	3	18.4	32	19	0	49	47.5	*	*					*						
Pancake Combo with Turkey Bacon	1 serv	705	22.5	6.25	9	449	2054	95	3	19	29	19	0	49	50	*	*					*						
Pancake Combo with Ham	1 serv	680	18	55	0	456	2204	94	3	18.4	34	19	1	50	51	*	*					*						
Pancake Combo with Sausage	1 serv	955	47.5	16.25	0.2	499	2284	99	3	20.4	34	19	0	49	50	*	*					*						
3 Egg Special	1 serv	264	22	5	0	570	165	0	0	0	18	24	0	6	12	*												
Breakfast Side Orders																												
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 pcs	660	62	24	0.4	140	1260	10	0	4	20	0	0	0	8									*				
Corned Beef Hash	1 serv	238	13.6	3.4	0.17	25.5	1139	17	0	0	12	0	0	0	7							*	*					
Tomatoes	1 serv	22	0	0	0	0	6	5	1.5	3	1	5	27	1	2													
Grilled Tomatoes	1 serv	75	7	0.5	0	0	106	5	1.5	3	1	5	27	1	2													
Hollandaise Sauce	1 serv	162	12.3	2.7	1.6	6.6	398	10	0.22	5.4	3	2	0	5	1.5		*				*	*						
Home Fries	1 serv	350	12.5	1	0.25	0	296	565	4.25	2.5	5.25	0	61	3.75	20													

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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				
Sandwiches Wraps Salads																												
Coleslaw	1serv	93	6.4	1	0	5.3	198	8	1.4	4	2	3	50	3	3	*												
Wimpy's 3 Deckers																												
Wimpy's Club	1 serv	772	34	11	0	116	1594	68	4.5	6	51	7.5	33	9	44				*	*								
Juicy Chicken Club	1 serv	907	40	12	0	160	2374	68	4.5	6	65	7.5	38	10	49				*	*								
The Ultimate Club	1 serv	661	25	10	0.1	91.5	1855	70	4.5	7.5	41	11	33	17	43		*		*	*								
Wimpy's Melts																												
Wimpy's Junior Burger Melt	1 serv	679	40.5	16	0	137	983	39	4	2	43	6	2.5	24	41		*		*	*	*	*						
California Melt	1 serv	728	44.5	8.25	0.25	100	1720	43.5	2.3	3.5	38	6	2.5	42	23	*	*	*	*	*	*	*				*		
Griller Melt	1 serv	549	32.5	13	0	69	1185	41.5	3.5	4	25	12	27	21.5	21		*		*	*	*	*						
Sliced Pickles	1 oz	4	0	0	0	0	256	0.8	0.4	0.4	0.1	0	0	1	0													
Famous Sandwiches																												
Philly Cheese Steak	1 serv	617	26.5	7.2	0.15	75	1032	60	4	4	39	12.5	145	33	26		*		*	*	*							
Chicken Parmesan	1 serv	733	22.5	6	0.15	107	2015	77.5	4	17	54.5	13.5	26	38	39		*		*	*	*							
Peameal Bacon	1 serv	516	8	2.2	0	20	2270	67.4	3.5	3	44.4	6.5	42	8	36					*	*							

Roast Beef Dip	1 serv	684	21	7.6	0.8	191	1696	54	3	2	67	0	9.5	6	59				*	*			*	
Turkey Breast	1 serv	386	3	0.64	0	66	799	55.4	3.5	3	35.4	6	38	4	28.5					*	*			
New York Steak	1 serv	871	49.5	16	0	150	768	54	2.8	2	51	0	10	5.5	40					*	*			
Chipotle Grilled Chicken Breast	1 serv	857	38.5	12	0.15	139.5	2015	66	3.5	3	59	12	41	34	33				*	*				
Fish On A Bun	1 serv	524	13	2	0	63.5	1098	68	4.7	9.2	32.3	4	33	19	32	*	*			*	*			

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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	Allergens									
																eggs	milk/dairy	fish/seafood	Soy	wheat/gluten	tree nuts	peanuts	sulphites	mustard	
Sandwich and Salad Add Ons																									
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	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		*								
Average Soup	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*			*		
French Fries	12 oz	520	20	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16										
Sweet Potato Fries	12 oz	581	27	3.3	0.2	0	780	81.6	5	2.7	5	92	30	9	10										
Onion Rings	8 oz	554	31	3.25	0.1	0	1587	66.5	2.4	7	6.4	0	0	0	0					*					
Salads																									
Large Caesar with Dressing	1 serv	554	50	3.6	0	41	578	18	3	2	6	35	47	19	12	*	*	*		*				*	
Regular Caesar with Dressing	1 serv	375	34	2.6	0	29	407	12	1.6	1	4	17.5	23	13.5	6.5	*	*	*		*				*	
Large Greek	1 serv	418	30	12.3	0	70	1304	19.2	2.7	8	14.5	32	188	47	36		*								
Regular Greek	1 serv	209	15	6	0	35	652.5	10	1.5	4	9	16	95	23.5	18		*								
Wimpy's Garden	1 serv	126	6	0	0	0	34	12.6	2.7	5	5	21.5	188	9	22										
Regular Garden	1 serv	63	3	0	0	0	17.5	6.8	1.5	2.5	2.5	11	95	5	11										
Salad Dressings																									
Garden Herb Vinaigrette Add	2 fl oz	280	30	4	0.2	0	360	4	0	2	0.2	0	0	0	4										
Mighty Caesar Add	2 fl oz	320	32	2	0	20	300	4	0	0	1.2	0	0	8	0	*	*	*						*	
French Add	2 fl oz	240	20	4	0.4	0	300	12	0	8	0	0	0	0	0				*					*	
Italian Golden Add	2 fl oz	260	26	4	0.2	0	580	4	0	0	0.2	0	0	0	0									*	
Balsamic Add	2 fl oz	200	20	1.12	0	0	340	4	0	0	0	0	0	0	0									*	
Thousand Island Add	2 fl oz	240	20	4	0.4	20	300	12	0	12	0.4	0	0	0	0	*									
Greek Feta Add	2 fl oz	360	40	4	0.4	20	300	0	0	0	1.2	0	0	0	0	*	*								
Creamy Ranch Add	2 fl oz	140	14	2	0	0	500	4	0	0	0.4	0	0	0	0		*								
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					*					



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Wimpy's wraps																								
B.L.T. Wrap	1 serv	899	57	16.5	0	79.5	1815	66	4	7.5	31	17	38	16	15	*	*	*	*	*				*
Mediterranean Wrap	1 serv	737	36.5	9	0.1	42.5	1379	76	4	13.25	27	16	38	12.5	19		*		*	*				
Pork Souvlaki Wrap	1 serv	605	20	7	0.1	59	1111	71	4.4	14	39.6	9.5	40	11	22		*		*	*				
Chicken Souvlaki Wrap	1 serv	592	23	6.25	0.1	45	1212	70	4.4	11	27	9.5	42	10	17		*		*	*				
Hollywood Wrap	1 serv	552	19	7.4	0.1	71.5	1714	64.25	4	9	33	17	38	12	16	*	*		*	*				
Sandwiches																								
Bacon B.L.T.	1 serv	636	40	15.4	0.4	76	1306	48.4	3.5	5	24.4	13	30	6	28		*		*	*				
Turkey B.L.T.	1 serv	454	21.5	9.4	0.4	60	1166	45.7	3.5	6.3	19.4	13	30	6	32		*		*	*				
Wimpy's Super Western	1 serv	625	32.5	13	0.5	800	1327	46	2.6	5.5	37	39	5	13	39		*		*	*				
Grilled Cheese	1 serv	369	18	11	0.4	47	512	39.5	2	2	13	13	0	20.5	21		*		*	*				
Grilled Cheese with Bacon	1 serv	626	41	18.4	0.4	90	1235	42.5	2	2	25.3	13	0	20.5	24		*		*	*				
Grilled Cheese with Turkey Bacon	1 serv	492	27	14	0.4	77	1127	40.5	2	3	21.5	13	0	20.5	28		*		*	*				
Grilled Cheese with Ham	1 serv	459	22.5	13	0.55	77	1637	44	2	4.25	22	13	0	20.5	25		*		*	*				
Fried Egg	1 serv	528	30.5	11	0.4	570	521	42	2	2	25	42	0	10	35	*	*		*	*				
Fried Egg with Bacon	1 serv	785	53.5	18.5	0.4	613	1244	45	2	2	37	42	0	10	38	*	*		*	*				
Fried Egg with Ham	1 serv	651	40	14	0.4	601	1646	43	2	3	34	43	0	10	42	*	*		*	*				
Fried Egg with Turkey Bacon	1 serv	651	40	14	0.4	601	1136	43	2	3	34	43	0	10	42	*	*		*	*				
Monte Cristo	1 serv	607	28.5	11	0.35	450	2165	46.5	2	5	44.5	22	0	38	36.5	*	*		*	*				

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Burgers Hot Dogs Poutines																									
Wimpy's Burgers																									
Wimpy's Famous Burger	1 serv	916	54	18	0	190	1348	50	6	6	61.5	0	0	12	58				*	*	*				*
Wimpy's Double Burger	1 serv	1545	100	35.35	0	380	2206	55.4	9	6	113	0	0	17	10				*	*	*				*
Wimpy's Junior Burger	1 serv	661	35	11.5	0	111	1000	47.4	4.7	6	40.6	0	0	9	41				*	*	*				*
Chicken Burger	6oz	464	14.5	1.8	0	68	1187	44	3	6	37	0	0	9	25				*	*	*				*
Wimpy's Jumbo Hot Dog	1 serv	495	28	8.3	0	73.6	1585	41.5	3	4.25	20.6	0	0	23	26		*		*	*					
Beyond Meat Burger	1 serv	587	28	1.25	0	0	850	55	6	6	30	0	2	8	58				*	*	*				
Specialty Burgers																									
Philly Cheese Burger	6 oz	933	51	16	0.15	140.5	1579	69	6.5	21.6	55	14	141	46	52		*	*	*	*					*
Philly Cheese Burger	10 oz	1188	69.5	23	0.15	220	1927	71	8	21	75	13.5	141	48	69		*	*	*	*					*
Messy topping	1	330	28	6.75	0	37	444	9.5	1.75	2.6	8.6	6.5	6.5	21.5	2.5	*	*	*							*
Smokey topping	1	275	21	4.5	0	22.5	632	16.2	1.75	5.4	3.6	9	142	10	4	*	*								*
Tex mex topping	1	433	33	12	0	60	1214	17.6	2	4	15.2	10	32	20	6	*	*								*
Philly topping	1	221	9.5	4.5	0.15	30	568	22	11.4	15.6	14.8	16	195	33	7		*	*	*						
Hot Dogs																									
BBQ Dog	1 serv	614	32	9	0	73.5	1905	60	5	18	23	1	8	29.5	33		*		*	*					
Smokey Dog	1 serv	708	42.7	12.4	0	92	2178	56	4.5	8	26	3	8	32	30		*		*	*					
Messy Dog	1 serv	758	51	12	0	97	2048	51	4.5	8	26	3	8	36	30		*		*	*					
Poutines																									
Original Poutine	1 serv	862	45.4	19	0.84	80	1366	95	6.4	1.4	26.5	26.5	38	43	22		*		*	*	*				
Wimpy's Poutine	1 serv	1263	80.4	32	1	153	2326	99	6.4	3.4	44.5	26.5	38	43	27.5		*		*	*	*				
Cheeseburger Poutine	1 serv	1082	61.4	25	1	145	1666	97	7.4	1.4	44.5	26.5	38	45	37		*		*	*	*				

Sweet Potato Poutine	1 serv	923	52	20	0.7	80	2022	95.6	5.4	2.7	25	118	30	49	15	*	*	*	*	*	*	*
Smokey Sweet Potato Poutine	1 serv	1156	69.5	23.7	0.7	99	2840	109	6.5	5.3	29.7	118	46.5	52	17	*	*	*	*	*	*	*
Burger Add Ons																						
Average Soup	1serv	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22	*	*	*	*	*	*	*
Garden Salad with Dressing	1 serv	343	33	4	0.2	0	378	11	1.5	4.5	2.7	11	95	5	15	*	*	*	*	*	*	*
French Fries	1 serv	520	20	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16	*	*	*	*	*	*	*
Sweet Potato Fries	1 serv	581	27	3.3	0.2	0	780	81.6	5	2.7	5	92	30	9	10	*	*	*	*	*	*	*
Onion Rings	1 serv	554	31	3.25	0.1	0	1587	66.5	2.4	7	6.4	0	0	0	0	*	*	*	*	*	*	*
Bacon	2 pcs	171	15	5	0	28	470	2	0	0	8	0	0	0	2	*	*	*	*	*	*	*
Turkey Bacon	2 pcs	80	6	2	0	20	390	0.65	0	0.65	5.3	0	0	0	4	*	*	*	*	*	*	*
Cheddar Cheese	1 serv	180	13.5	9	0.45	37.5	330	1.5	0	0	10.5	12	0	30	0	*	*	*	*	*	*	*
Mozzarella Cheese	1 serv	120	7.5	4.5	0.15	30	255	1.5	0	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	*	*	*	*	*	*	*
Peameal Bacon	2 pcs	120	3	1	0	10	840	6	0	0	17	0	2	2	6	*	*	*	*	*	*	*
Grilled Onions	1 serv	36	1.75	0	0	0	131	5	0.75	2.6	0	0	7	1	1	*	*	*	*	*	*	*
Grilled Mushrooms	1 serv	17	0.7	0	0	0	106	2	0.6	1	2	0	1.5	0	2	*	*	*	*	*	*	*
Fried Egg	1	87	7	1.8	0	184	161	1	0	0	6	12	0	2	5	*	*	*	*	*	*	*
Condiments and Sauces																						
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	*	*	*	*	*	*	*
Ketchup	1/4 oz	8	0	0	0	0	57	2	0.1	1.75	2.6	0	0	1	0	*	*	*	*	*	*	*
Tomatoes	2 s/s	11	0	0	0	0	3	2.5	0.75	1.5	0.5	2.5	13	0.5	1	*	*	*	*	*	*	*
Lettuce	2 pcs	4	0	0	0	0	4	0.4	0	0	0.4	1	3	1	2	*	*	*	*	*	*	*
Pickles	2 strips	4	0	0	0	0	256	0.8	0.4	0.4	0.1	0	0	1	1	*	*	*	*	*	*	*
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

Allergens

		servicing 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		*		*		*						

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		
WIMPY'S diner																										
Open Faced Dinners and Seafood																										
Open Faced Dinners																										
Hot Turkey	1	348	4	1.4	0	120	998	28.3	1.4	1	51	0	0	2	19		*		*	*	*					
Wimpys Hot Hamburger	6 oz	549	32.5	11	0	110	1128	31.7	3	1	35.7	0	0	5	35		*		*	*	*				*	
Wimpys Hot Hamburger	10 oz	811	51.5	18	0	187	1485	34.3	4.4	1	58	0	0	8	53		*		*	*	*				*	
Hot Roast Beef	1	562	21	8	0.8	1314	794	28.3	1.4	1	62.7	0	1	6	48.5		*		*	*	*					
Mashed Potatoes	1serv	296	11.7	2.2	1.8	0.4	355	44	3.2	2	3.4	15	27	2	2		*									
Vegetables of the Day	1 serv	60	0	0	0	0	30	12	3.6	4	2	38	73	4	7											
French Fries	1serv	347	13.5	1.7	0.22	0	83	54	4	1	4	0	25	2	11					*						
Side Rice	1 serv	294	0	0	0	0	350	65	1	0	5.4	0	0	2	3.5				*							
Classic Onion Rings	1 serv	416	23	2.4	0.07	0	1193	50	1.8	5.2	4.8	0	0	0	0					*						
Seas The Moment																										
Grilled Haddock	1 serv	317	6	0.65	0	120	880	20	1	2	42	4	0	12	26		*	*	*	*	*					
Grilled Salmon	1 serv	497	33.5	7.25	0	125	135	0	0	0	45	4	15	2	6		*									
Fish only (Haddock)	1 pc	202	4.2	0.25	0	60	476	19	0.7	0.5	21	2	0	12	15	*	*	*		*						
Fish only (Haddock)	2 pcs	377	5	0.25	0	120	952	38	1.4	1	42	4	0	23	30	*	*	*		*						
Fish And Chips (Haddock)	1	635	21	2.25	0.28	60	579	86.5	5.7	1.7	26	2	32	14	28.5	*	*	*		*						
Fish And Chips (Haddock)	2	810	21.7	2.25	0.28	120	1055	105.5	6.4	2.2	47.2	4	32	23	44	*	*	*		*						
Tartar Sauce	1 pt	46	3.7	na	0	na	136	3.4	0	0	0.1	0	0	0	0	*			*					*		
Coleslaw	3 oz	93	6.4	1	0	5.3	198	8	1.4	4	2	3	50	3	3	*										
Fish (Haddock) with Garden Salad	1	516	34	4.25	0.2	60	848.5	29	2	4.5	23.5	10	57	16	29	*	*	*		*						
Fish (Haddock) with Garden Salad	2	691	35	4.25	0.2	120	1325	48	2.7	5	44.5	12	57	28	44	*	*	*		*						
Deep Fried Pickles served with Ranch Dressing	6	554	36	4.5	0	0	2766	52	4	6	6.8	8	7	4	8.5		*			*						
Side Orders																										

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		*								
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	*				*					
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		*			*					
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										

* 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"