wimpy's

WIMPY'S diner	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
	Nutrition Information															Allergens								
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				*					

Nutrition Information															Allergens								
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condiments																								
olives	4	25	2.5	0.3	0	0	310	1	0	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		*							

		Nutritionals														Allergens								
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your favourite																								
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																								
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	*	*		*	*				
strawberry topped pancakes	3	874	8	1.75	0	74	2316	181	4.5	67.6	18	4.5	0	67	57	*	*		*	*				
pancakes with Nutella	3	1252	39.6	12.8	0	78	2353	198	8	84	24	5	0	78	74	*	*		*	*	*			
banana pancakes/Nutella	3	819	8	1.75	0	74	2317	168	6.6	41.6	19	5	17	68	59	*	*		*	*	*			

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	*	*		*	*				
waffles																								
Belgian waffle	1	330	15	3.5	2	60	15	43	2	6	6	0	0	15	15				*	*				

	Nutrition Information															Allergens								
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french toast																								
2 egg french toast	1 serv	367	15	3.7	0	380	410	39	2	3	19	16	0	8	28	*			*	*				
thick french toast	3 pcs	537	21	6	0	570	615	58.5	3	3	28.5	24	0	12	42	*			*	*				
butter pot	3	90	10.5	7.5	0.3	30	105	0	0	0	0	12	0	0	0		*							
pancake syrup	45ml	170	0.1	0	0	0	335	44	0	33	0	0	0	0	0									
omelettes																								
Wimpy's omelette	1 serv	661	44	15	0	943	1677	7	2.35	2.5	52	38	69	28	30	*	*							
veggie omelette	1 serv	387	23.5	6	0	860	363	10.5	3	4.5	26	31	73	11.5	22	*								
Italian omelette	1 serv	678	49	17	0.15	823	1196	12	1.5	9	47	49	22.5	41	26	*	*			*				
spinach feta omelette	1 serv	500	34.35	12.4	0	895	682	5.8	2	1.5	33.3	82	17	38	26	*	*							
American omelette	1 serv	600	42	14.5	0	937	1435	0.5	0	0	48	35	1	27	25	*	*							
western omelette	1 serv	416	25	7	0	890	854	4	0.6	2	35	28	6	12	23	*								
omelette add ons																								
chopped bacon	2 oz	260	20	6.6	0	52	1108	0	0	0	18	0	0	0	4									
chopped turkey bacon	2 oz	120	9	3	0	30	600	1	0	1	8	0	0	0	6									
chopped sausages	2 oz	230	20	8	0.1	45	490	2	0	2	10	0	0	0	4									
peameal bacon	1 pc	87	4	1.3	0	27	727	1	0	0	11	0	0	0	3									
mushrooms	2 oz	12	0	0	0	0	110	2	1	0	1	0	0	0	2									
spinach, fresh	3/4 oz	14	0	0	0	0	50	2	1.4	0	2	30	30	5.5	13									

diced tomatoes	2 oz	11	0	0	0	0	3	2.5	0.75	1.5	0.5	2.5	13	0	1									
sliced peppers	2 oz	8	0	0	0	0	1	2	0.6	1	0.5	0	55	0	1									
grated cheddar	1.5oz	101	8.5	5.25	0	27	156	0.5	0	0	6	6	0	16	1		*							
grated mozzarella cheese	1.5oz	120	7.5	4.5	0.15	30	255	1.5	0	0	13.5	6	0	30	3		*							
early bird specials																								
bacon breakfast special	1 serv	397	23.5	6.5	0	406	664	0	0	0	21	16	0	4	10	*								
ham breakfast special	1 serv	277	16.5	4.26	0	435	1210	0	0	0	32	16	2	6	18	*								
sausage breakfast special	1 serv	662	60	21	0.3	485	1055	7.5	0	3	27	16	0	4	13.5	*			*	*				
turkey bacon breakfast special	1 serv	287	22.5	6.25	0	410	710	1	0	1	20	16	0	4	8	*				*				
french toast combo, bacon	1 serv	705	43.5	12	0	788	990	41	2	2	39	16	0	12	37.5	*			*	*				
french toast combo, ham	1 serv	589	30	7.4	0	787	1070	39	2	2	41	16	1	13	41	*			*	*				
french toast combo, turkey bacon	1 serv	617	34.5	9	0	780	920	40	2	2.7	36	16	0	12	40	*			*	*				
french toast combo, sausage	1 serv	864	59.5	19	0.2	830	1150	44	2	4	41	16	0	12	40	*			*	*				
pancake combo, bacon	1 serv	755	20	9.25	0	457	2124	96	3	18.4	32	19	0	49	47.5	*	*		*	*				
pancake combo, turkey bacon	1 serv	745	25.6	7.25	0	459	2254	95	3	19	32	19	0	49	46	*	*		*	*				
pancake combo, ham	1 serv	735	19.5	5.25	0	484	2754	94	3	18.4	44	19	2	51	55	*	*		*	*				
pancake combo, sausage	1 serv	1120	63	22	0.3	534	2599	101.5	3	21.4	39	19	0	5	50	*	*		*	*				
3 egg special	1 serv	264	22	5	0	570	165	0	0	0	18	24	0	6	12	*								
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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		*							
early bird sides																								
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									
sandwich central																								
regular garden, no dressing	1 serv	126	6	0	0	0	34	12.6	2.7	5	5	21	188	9	22									
soup, average	10 fl oz	289	7	1.1	0	0	1643	46.6	7	9	11	9	9	13	22		*			*			*	
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					*				
regular Greek, no dressing	1 serv	209	15	6	0	35	652.5	10	1.5	4	9	16	95	23.5	18		*							
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	*	*	*		*				*
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	*	*		*	*				
		Nutrition Information														**Allergens**								
WIMPY'S diner	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
between the buns cont																								
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	*	*		*	*	*		*	*
club chicken sandwich	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	*	*	*		*				*
roast beef dip	1 serv	684	21	7.6	0.8	191	1696	54	3	2	67	0	9	6	59				*	*				
monte cristo	1 serv	607	26	9	0.15	470	1875	40.5	2	2	54.5	22	2	4	41.5	*	*		*	*				
bacon BLT	1 serv	637	39.5	15.4	0.4	76	1304	49	4.2	5.5	24.5	20	38	6	28		*		*	*				
grilled cheezy cheese	1 serv	369	18	10.7	0.4	47	512	39.5	2	2	13	13	0	20.5	21		*		*	*				
bacon add on	2 sls	171	15	5	0	28	470	2	0	0	8	0	0	0	2									
mediterranean wrap	1 serv	735	30.5	8.4	0.1	55.5	1762	83	5	9.5	30	16	40	14	22	*	*			*				
chicken souvlaki wrap	1 serv	729	31	7.25	0.1	80	1630	72	5	11.5	40.5	16	48	11	19		*		*	*				
holywood wrap	1 serv	552	17.5	6.6	0	81.5	1568	61	4	7.5	38	17	39	13	18		*		*	*				
super western	1 serv	625	31	12	0.4	810	1182	43	2.6	4	42	38.5	6	14	42	*	*		*	*				
burger melt	1 serv	702	43	16	0	137	989	39	4	2	42.6	6	1	24	42		*		*	*	*			
salads																								

caesar rules	1 serv	574	50	3.6	0	41	588	22	5.5	4	7.8	69	93	21.5	20	*	*	*		*				*
regular caesar	1 serv	375	34	2.6	0	29	407	12	1.6	1	4	17.5	23	13.5	6.5	*	*	*		*				*
the house always wins	1 serv	76	0	0	0	0	29	17	7.5	8	5.5	75	180	9	21									
garden herb vinaigrette	3 fl oz	186	20	2.7	0.13	0	240	2.7	0	1	0.1	0	0	0	2.7									
Greek, no dressing	1 serv	368	23.7	12.3	0	70	1299	23.6	7.5	11	18	85	180	47	35		*							
regular Greek, no dressing	1 serv	209	15	6	0	35	652.5	10	1.5	4	9	16	95	23.5	18		*							
regular garden, no dressing	1 serv	126	6	0	0	0	34	12.6	2.7	5	5	21	188	9	22									
marinated chicken breast	1 serv	180	6	0.75	0	76.5	420	0	0	0	27	0	3	0	3.5									
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			*						
apps starters sides																								
original poutine	1 serv	862	45	19	0.84	80	1366	95	6.4	1.4	26.5	26.5	38	43	22		*		*	*	*			
Wimpy's poutine	1 serv	1215	75	30	0.84	141	2196	98.5	6.4	3	42	26.5	38	43	26.5		*		*	*	*			
fried pickles	6	311	31.5	4	0	0	1340	8	0	0	0.8	0	0	2.5	0		*							
waffle fries	8 oz	469	29	3.75	0.4	0	805	49	3.7	1.6	4.6	0	23	0	9					*				
garlic bread	4 pcs	860	44	96	0.6	0	1788	100	4	0	18	12	12	4	40		*		*	*				
thick cut fries	12oz	520	20	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16									
onion rings	8 oz	554	31	3.25	0.1	0	1587	66.5	2.4	7	6.4	0	0	0	0					*				
onion rings	12 oz	831	46.5	3.3	0.15	0	2380	100	3.6	10.5	9.6	0	0	0	0					*				
gravy	10 fl oz	120	3	1	0	0	1170	22	1	0	3	0	0	0	0		*		*	*	*			
gravy	4 fl oz	48	1.2	0.4	0	0	468	8.8	0.4	0	1.2	0	0	0	0		*		*	*	*			
day veg average	8 oz	60	0	0	0	0	30	12	3.6	4	2	38	73	4	7									
							Nutrition Information											**Allergens**						
WIMPY'S diner	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
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 suace	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 6oz 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**								
WIMPY'S diner	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									

sauted 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		*		*	*	*			
house 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	*	*	*		*				*
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		*		*	*	*			
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	*	*		*	*	*		*	
hot hamburger	1 serv	1167	63	20	1.8	187	1870	91	11	7	63	15	28	10	55.5		*		*	*	*		*	
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	*		*						
regular Greek, no dressing	1 serv	209	15	6	0	35	652.5	10	1.5	4	9	16	95	23.5	18		*							
,chicken souvlaki, tzatziki, fries	1 serv	753	42	8	0.4	90	1203	62	4	3	31.5	4	3	10	19		*							
pork shish kabob	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	819	20.4	2	14.4	33	5	20	18	8		*	*	*					
fried waffle and chicken	1 serv	620	22.5	105	2	136.5	1470	63	3	18	37	0	3	19	28.5	*	*		*	*				
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		*			*				
Nutrition Information																**Allergens**								

WIMPY'S diner	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
house dinners																								
penne rose	1 serv	1068	29	7.5	0.3	35	1110	171	7	13	33	9.5	15	20	3		*			*				
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									
sauted 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 it 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																								
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				*					
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									
		Nutrition Information														Allergens								
WIMPY'S diner	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
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		*							

	Nutrition Information															Allergens								
WIMPY'S diner	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
alcoholic beverages																								
rye, gin, scotch etc	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			*						
fountaina drinks																								
coke reg	20 fl oz	238	0	0	0	0	42.5	66	0	66	0	0	0	0	0									
diet coke	20 fl oz	0	0	0	0	0	85	0	0	0	0.17	0	0	0	0									
fanta	20 fl oz	272	0	0	0	0	68	71	0	71	0	0	0	0	0									
ginger ale	20 fl oz	221	0	0	0	0	85	54	0	54	0	0	0	0	0									
nestea	20 fl oz	136	0	0	0	0	42	36	0	36	0	0	0	0	0									
new items 2022																								
breakfast burrito	1 serv	959	61	19	1.6	609	2704	82	3.4	11	46.6	45	35	28	28	*	*		*	*				
white choc cinnabon pancakes	1 serv	932	11	3.5	5	73.5	2341	190	4.5	74	18.5	4.5	0	67	57	*	*		*	*				
waffle explosion	1 serv	1088	32.5	10	2	67	561	191	9	119	11	3	38	23	28		*		*	*				
white chocolate syrup	1/2 oz	55	0.75	0	0	0	25	11.5	0	10.5	0.5	0	0	0	0									
fresh blueberries	1 oz	18	0	0	0	0	0	4.4	0.8	3	0	0	5	0	0									
strawberry banana french toast	1 serv	1082	43	12	0	1125	1101	130	5	58	48	62	1.5	20	59		*		*	*				
chicken bacon carbonara	1 serv	1539	76.7	62	2.3	134.5	2912	146	5	10	63	24	6	23	32		*		*	*				
grilled cheese and bacon	1 serv	472	26	10.5	0	55	926	41.5	2	2	21	6.5	0	20	23		*		*	*				
primavera	1 serv	1679	67	59.5	0.9	32	1990	230	15	21	45	40	162	18	32		*		*	*				
blue cotton csndy milk shake	1 serv	704	17.7	10.5	0.23	78	361	98	0	69	10.6	18	0	37	3.5		*							
salted caramel milk shake	1 serv	724	19.5	11.5	0.23	83	601	100	0	69	11.6	18	0	37	3.5		*							
cinnamon bites donuts	1 serv	700	24.5	10	0	5	650	125	18	49	14	0	23	36	121		*		*	*				
caesar	1 serv	95	0	0	0	0	435	7.5	0.6	7	0.6	1	0	0	1			*						
mimosa	1 serv	156	0	0	0	0	8	13	0	1	1	0	40	1	1.5									

vizzy seltzer	1can	100	0	0	0	0	40	2	0	0	0	0	21	0	0									
bailey's irish cream coffee	1 serv	109	4	2.6	0	13	28	20	0	4	2	0	0	0	0		*							
coleslaw	8oz	251	17	1.7	0	14	534	21.5	4	11	5.4	8	135	8	7	*								
fries	8oz	520	20.2	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16									
original poutine	8 oz	862	45.4	19	0.84	80	1366	95	6.4	1.4	26	26	38	43	22		*		*	*				
waffle fries	8 oz	469	29	3.75	0.4	0	805	49	3.7	1.6	4.6	0	23	0	9					*				
fries	8oz	520	20.2	2.5	0.34	0	124	81	6	1.4	6.25	0	38	3	16									
original poutine	8 oz	862	45.4	19	0.84	80	1366	95	6.4	1.4	26	26	38	43	22		*		*	*				
waffle fries	8 oz	469	29	3.75	0.4	0	805	49	3.7	1.6	4.6	0	23	0	9					*				
greek salad	1 serv	187	11.5	6	0	35	660.5	12.8	4	5.5	9	42	92	24	18		*							
onion rings	8 oz	554	31	3.25	0.1	0	1587	66.5	2.4	7	6.4	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	*	*							
garlic bread	2 pcs	430	22	48	0.3	0	894	50	2	0	9	6	6	2	20		*		*	*				