



Calories (kcal) Fat (g) Saturated (g) Trans (g) Cholesterol (mg) Sodium (mg) Carbohydrate (g) Fibre (g) Sugars (g) Protein (g) Vitamin A (%DV)¹ Vitamin C (%DV)¹ Calcium (%DV)¹ Iron (%DV)¹

Beverages

Strawberry-banana smoothie (small)	210	2.0	1.0	0.0	10	50	45	2	40	5	2	140	15	6
Strawberry-banana smoothie (regular)	330	3.5	2.0	0.1	15	85	69	3	61	7	4	190	25	8
Raspberry smoothie (small)	210	2.0	1.0	0.0	10	50	46	2	40	4	2	140	15	0
Raspberry smoothie (regular)	340	3.5	2.0	0.1	15	85	70	3	62	7	4	190	20	0
Mango-banana smoothie (small)	200	2.0	1.0	0.0	10	50	44	2	40	5	2	140	15	4
Mango-banana smoothie (regular)	320	3.5	2.0	0.1	15	85	67	2	60	7	4	190	20	6
Kale-mango smoothie (small)	220	2.5	1.0	0.0	10	65	47	3	39	5	30	210	20	8
Kale-mango smoothie (regular)	350	4.0	2.0	0.1	15	110	73	4	61	9	45	300	30	10
Cora orange juice (small)	140	0.0	0.0	0.0	0	0	33	0	29	0	2	160	2	4
Cora orange juice (regular)	180	0.0	0.0	0.0	0	0	45	0	38	0	2	210	4	6
Cora grapefruit juice (small)	140	0.0	0.0	0.0	0	0	33	0	27	1	0	160	2	2
Cora grapefruit juice (regular)	180	0.0	0.0	0.0	0	0	44	0	36	1	0	210	2	2
Cora half orange and half grapefruit juice (small)	140	0.0	0.0	0.0	0	0	33	0	28	1	0	160	2	4
Cora half orange and half grapefruit juice (regular)	180	0.0	0.0	0.0	0	0	44	0	38	1	0	210	4	4
Regular coffee	0	0.1	0.0	0.0	0	5	0	0	0	0	0	0	0	0
Cappuccino cup	30	1.5	0.5	0.0	5	35	3	0	3	2	0	0	8	0
Cappuccino bowl	60	2.5	1.5	0.1	10	65	6	0	6	4	0	0	15	0
Espresso	0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
Mochaccino cup	110	3.0	2.0	0.1	15	105	15	0	14	4	2	0	15	4
Mochaccino bowl	210	6.0	3.5	0.1	25	200	31	0	27	8	4	0	25	6
Café latte cup	70	2.5	1.5	0.1	10	60	6	0	6	4	0	0	15	0
Café latte bowl	130	5.0	3.0	0.2	20	125	13	0	12	9	0	0	30	0
Tea or herbal tea	0	0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0
Hot chocolate	120	3.5	2.5	0.1	5	130	22	1	18	2	2	0	20	6
Milk (small)	140	6.0	3.0	0.2	25	120	13	0	13	9	0	0	30	0
Milk (regular)	180	7.0	4.0	0.2	30	160	18	0	17	12	0	0	40	0
Chocolate milk (small)	170	3.0	1.5	0.0	15	200	29	0	27	8	0	0	25	6
Chocolate milk (regular)	230	4.0	2.0	0.0	20	260	39	0	36	11	0	0	35	8
Cora iced tea lemon	120	0.0	0.0	0.0	0	5	29	1	29	0	0	0	0	0
Cora iced tea peach	130	0.0	0.0	0.0	0	0	30	0	29	0	0	0	0	0

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Fresh fruit

Bol smoothie	730	22.0	10.0	0.2	25	190	121	9	82	19	45	270	45	30
Yogourt des tropiques ²	980	42.0	9.0	0.1	25	150	141	10	105	22	8	100	35	15
Déjeuner Magie with plain yogurt (bagel included)	750	18.0	9.0	0.3	55	280	138	11	67	20	40	350	30	30
Déjeuner Magie with English cream Cora style (bagel included)	840	24.0	13.0	0.5	95	280	149	11	76	18	45	350	20	30
Yogourt croque-nature	730	13.0	4.0	0.2	0	95	143	12	92	21	8	200	40	25
Fruit crunch	540	11.0	4.0	0.2	30	210	95	12	61	13	20	160	15	25
Gruau du dimanche ²	570	17.0	7.0	0.3	45	70	92	8	41	14	8	35	15	30
Gruau nature ²	690	15.0	7.0	0.3	30	75	129	7	77	13	10	0	15	30
Réveil Samira ²	440	2.0	0.3	0.0	0	40	112	14	81	7	30	500	15	15
Add Brie	180	13.0	9.0	0.4	60	370	3	1	0	12	15	0	20	0
Add Cheddar cheese	250	19.0	13.0	0.5	65	390	3	0	0	15	15	0	40	0
Add Swiss cheese	100	8.0	5.0	0.3	25	65	0	0	0	8	4	0	30	2
Add cottage cheese	120	1.5	1.0	0.2	15	470	9	0	9	18	6	0	20	0
Add cream cheese	110	11.0	7.0	0.3	45	160	1	0	1	3	10	0	4	0
Déjeuner d'Annie (wholewheat toast included) ²	520	9.0	2.5	0.2	185	780	85	9	49	32	35	230	30	2
Bol de fruits frais ²	220	1.0	0.2	0.0	0	20	54	6	39	4	10	190	4	8

French toast

Avalanche de fraises	600	14.0	3.5	0.3	135	600	102	9	47	17	8	250	15	35
Déjeuner surprise	580	16.0	6.0	0.5	230	800	90	7	47	25	25	190	25	30
Récolte 90	1070	32.0	12.0	1.5	270	1640	170	11	85	35	20	190	15	60
Seventh of July	940	19.0	7.0	0.4	205	580	166	10	59	31	25	200	30	60
Pain doré nature	470	14.0	3.0	0.3	135	600	70	3	22	16	8	25	15	30
Add bacon	210	14.0	5.0	0.0	55	970	3	0	1	16	0	0	0	4
Add sausages	370	31.0	10.0	0.5	55	700	12	0	3	10	0	0	1	7
Add turkey sausages	120	7.0	1.5	0.5	35	580	6	0	2	10	2	0	8	6
Add ham	90	2.0	1.0	0.0	40	1270	3	0	3	15	0	0	0	4
Pain doré nature with fruit	680	15.0	3.5	0.3	135	620	124	9	60	20	25	230	20	40

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Waffles

Montagne de fruits frais	790	12.0	5.0	0.4	55	1090	160	8	80	16	15	190	40	35
Montagne de fraises	700	12.0	4.5	0.4	55	1080	136	9	63	14	8	290	40	35
Bananes-caramel	1110	19.0	10.0	0.5	80	1100	226	8	123	16	15	50	40	30

Fruit crêpes

Délice d'abricot	1170	53.0	14.0	0.5	145	380	153	5	94	26	10	15	25	35
Avril 89 with custard	770	17.0	9.0	0.5	170	290	137	8	68	22	25	180	35	30
Avril 89 with custard (smaller serving)	610	13.0	7.0	0.4	125	210	112	7	58	17	20	180	25	25
Avril 89 with chocolatey-hazelnut spread	960	35.0	12.0	1.0	150	240	148	10	81	20	15	180	25	45
Avril 89 with chocolatey-hazelnut spread (smaller serving)	660	21.0	8.0	0.5	100	170	110	8	59	15	15	180	15	30
Lucie-la-ramboise	660	22.0	11.0	0.5	140	320	100	19	42	18	15	120	30	30
Bananes-choco	1090	35.0	13.0	1.0	150	230	184	10	93	21	10	50	20	45
Bananes-choco (smaller serving)	790	21.0	8.0	0.5	100	160	145	9	70	15	8	50	15	30
Fraises savoureuses with custard	680	17.0	9.0	0.5	170	270	113	8	50	21	20	270	35	35
Fraises savoureuses with custard (smaller serving)	520	13.0	7.0	0.4	125	200	87	8	40	16	15	270	25	25
Fraises savoureuses with chocolatey-hazelnut spread	860	35.0	12.0	1.0	150	230	124	10	63	19	10	270	25	45
Fraises savoureuses with chocolatey-hazelnut spread (smaller serving)	560	20.0	7.0	0.5	100	160	85	9	40	13	8	270	20	30

Gluten-sensitive?

Yogourt croquant aux fruits	690	18.0	2.5	0.1	0	85	122	12	66	19	8	130	30	15
Deux œufs sur crêpe ²	1250	59.0	28.0	1.5	580	2390	118	12	34	66	70	110	80	45
Omelette Gigi ²	630	18.0	7.0	1.0	25	750	96	12	47	31	40	210	25	20

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Savoury crêpes

Plain crêpes regular flour	840	18.0	7.0	0.4	210	410	143	7	35	31	35	110	35	60
Plain crêpes regular flour (smaller serving)	600	12.0	5.0	0.3	140	280	104	5	30	22	30	110	25	40
Plain crêpes buckwheat and sorghum flour	800	17.0	8.0	0.4	215	250	143	16	37	29	35	110	35	50
Plain crêpes buckwheat and sorghum flour (smaller serving)	570	11.0	5.0	0.3	145	180	105	12	32	20	30	110	25	35
Add bacon	210	14.0	5.0	0.0	55	970	3	0	1	16	0	0	0	4
Add sausages	370	31.0	10.0	0.5	55	700	12	0	3	10	0	0	1	7
Add turkey sausages	120	7.0	1.5	0.5	35	580	6	0	2	10	2	0	8	6
Add ham	90	2.0	1.0	0.0	40	1270	3	0	3	15	0	0	0	4
Plain crêpes regular flour with fruit	950	18.0	8.0	0.4	210	410	169	10	52	33	25	190	35	60
Plain crêpes regular flour with fruit (smaller serving)	700	13.0	5.0	0.3	140	280	130	9	47	23	20	190	25	40
Plain crêpes buckwheat and sorghum flour with fruit	910	18.0	8.0	0.4	215	240	169	20	54	30	25	190	35	50
Plain crêpes buckwheat and sorghum flour with fruit (smaller serving)	680	12.0	5.0	0.3	145	170	131	15	49	21	20	190	25	40
Épinards-cheddar	910	44.0	28.0	1.0	220	910	90	8	28	44	80	120	100	35
Épinards-cheddar (smaller serving)	640	29.0	18.0	1.0	145	600	71	7	26	30	60	120	70	25
Pommes-cheddar	910	35.0	21.0	1.0	185	730	119	9	52	37	50	130	70	30
Pommes-cheddar (smaller serving)	640	19.0	11.0	0.5	115	420	101	9	51	23	35	130	45	25
Jambon-suisse	890	35.0	20.0	1.0	230	2100	86	5	31	62	40	110	100	40
Jambon-suisse (smaller serving)	650	24.0	13.0	0.5	160	1560	69	4	28	44	35	110	70	30
Jambon-suisse with asparagus	920	37.0	20.0	1.5	230	2130	87	6	32	64	45	140	100	45
Jambon-suisse with asparagus (smaller serving)	680	27.0	14.0	1.0	160	1580	70	5	29	45	35	130	70	30
Panini-crêpe Passe-partout with ham	850	33.0	15.0	1.0	480	1400	98	8	46	45	50	220	45	40
Panini-crêpe Passe-partout with bacon	890	39.0	17.0	1.0	480	1050	98	8	44	43	50	220	45	40
Sarrasin surprise	1260	66.0	32.0	1.5	240	1340	131	13	54	46	50	270	80	40
Sarrasin surprise (smaller serving)	870	39.0	18.0	0.5	150	800	109	11	51	30	40	270	45	30

Seasonal treat

Papa Bruno ²	1470	58.0	20.0	1.0	580	2870	191	12	64	54	50	80	25	40
Maman Karine ²	1170	47.0	16.0	1.0	405	2330	149	10	51	44	40	80	15	30

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Pancakes

Fraises-bananes	1090	19.0	8.0	0.4	70	2170	218	11	73	23	10	190	30	25
Fraises-bananes (smaller serving)	860	15.0	7.0	0.3	60	1470	172	10	66	17	10	190	25	20
Blueberry fields	1090	29.0	14.0	0.5	135	2250	190	6	60	24	20	10	40	20
Blueberry fields (smaller serving)	840	25.0	13.0	0.5	125	1550	140	5	51	18	20	8	35	15
Nature	800	11.0	3.0	0.1	30	2140	166	7	41	19	20	110	25	20
Nature (smaller serving)	570	8.0	2.0	0.1	20	1430	120	5	34	13	20	110	15	15
Add bacon	210	14.0	5.0	0.0	55	970	3	0	1	16	0	0	0	4
Add sausages	370	31.0	10.0	0.5	55	700	12	0	3	10	0	0	1	7
Add turkey sausages	120	7.0	1.5	0.5	35	580	6	0	2	10	2	0	8	6
Add ham	90	2.0	1.0	0.0	40	1270	3	0	3	15	0	0	0	4
Plain pancakes with fruit	910	12.0	3.5	0.1	30	2140	194	10	58	21	20	220	25	25
Plain pancakes with fruit (portion réduite)	680	8.0	2.5	0.1	20	1430	147	9	52	15	20	220	20	20

Eggs

Spécial Cora ²	1140	52.0	15.0	1.5	445	3200	119	8	34	55	35	120	20	40
Jo construction ²	1100	67.0	20.0	1.5	605	1920	79	6	28	47	45	120	15	40
Rosemary's Sunday ²	1210	42.0	12.0	1.0	410	2810	167	10	43	47	35	120	25	40
Festin Gargantua ²	1570	71.0	21.0	2.0	490	4230	164	15	50	72	40	120	35	80
Louis l'indécis	1130	53.0	16.0	1.5	480	1500	122	9	44	44	25	90	20	45
La copine Julie	1110	53.0	16.0	1.0	450	1600	117	6	39	42	25	35	15	40

Bread

Wholewheat bread (2 slices)	250	7.0	1.5	1.0	0	500	39	4	2	9	0	0	6	15
Multigrain bread (2 slices)	280	8.0	1.5	0.5	0	350	40	7	5	9	0	0	6	15
White bread (2 slices)	250	6.0	1.5	1.0	0	340	41	2	4	8	0	0	6	20
Rye bread (2 slices)	210	6.0	1.0	1.0	0	380	33	2	1	6	0	4	4	15
Bagel	250	2.5	0.2	0.0	0	15	50	0	2	8	0	0	0	20
Gluten-free multigrain bread (2 slices)	160	4.5	0.5	0.0	0	260	28	3	2	2	0	0	4	2

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Good morning with fruit!

1 egg, fruit ²	310	8.0	2.0	0.5	170	105	56	7	39	10	25	220	8	15
2 eggs, fruit ²	380	13.0	3.5	0.5	340	160	56	7	39	15	35	220	10	20
3 eggs, fruit ²	450	18.0	5.0	0.5	510	220	57	7	40	21	45	220	10	25

Good morning with accompaniment!

1 egg, potatoes ²	440	16.0	3.0	1.0	170	370	65	6	24	14	25	120	10	20
2 eggs, potatoes ²	510	20.0	4.5	1.0	340	430	65	6	24	19	35	120	10	25
3 eggs, potatoes ²	580	25.0	6.0	1.0	510	490	66	6	25	25	45	120	15	30

Accompaniment choices

Add bacon	210	15.0	5.0	0.0	55	980	4	0	1	17	10	25	2	6
Add ham	130	3.0	1.0	0.0	50	1700	5	0	4	21	8	15	2	6
Add sausages	370	31	10	0.5	55	700	12	0	3	10	0	0	1	7
Add frankfurters	510	41.0	15.0	1.5	165	1910	15	1	1	20	15	20	15	15
Add turkey sausages	160	8.0	2.0	0.5	50	760	9	0	2	13	10	25	10	8
Add bacon-style turkey	130	7.0	1.0	0.5	55	760	3	0	0	14	10	25	2	6
Add bologna	360	31.0	10	0.5	150	1220	7	0	1	17	10	15	4	15
Add creton spread	150	11.0	4.0	0.0	35	390	4	0	1	10	8	15	4	6
Add baked beans	240	6.0	2.0	0.1	5	740	37	6	12	9	0	2	8	25
Add black bean patty	120	7.0	1.0	0.4	0	300	14	5	2	4	2	4	2	6

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Eggs Ben et Dictine

Ham (1 egg)	760	31.0	6.0	2.5	200	1230	100	9	36	24	45	200	20	30
Ham (2 eggs)	1100	52.0	10.0	5.0	400	2160	122	10	43	39	70	200	25	40
Ham (3 eggs)	1450	74.0	15.0	7.0	605	3110	145	11	50	54	100	200	35	50
Asparagus, Swiss cheese (1 egg)	810	37.0	9.0	3.0	200	860	100	10	35	24	50	220	35	30
Asparagus, Swiss cheese (2 eggs)	1180	61.0	15.0	6.0	400	1410	122	12	41	40	80	240	60	45
Asparagus, Swiss cheese (3 eggs)	1560	86.0	22.0	8.0	605	1960	145	13	48	56	110	260	80	60
Brie cheese, mushrooms (1 egg)	840	39.0	10.0	3.5	220	1020	101	10	36	26	50	200	25	30
Brie cheese, mushrooms (2 eggs)	1260	67.0	19.0	6.0	435	1720	126	11	42	43	90	200	45	40
Brie cheese, mushrooms (3 eggs)	1670	94.0	28.0	8.0	655	2430	150	13	49	60	120	210	60	50
Smoked salmon (1 egg)	780	33.0	6.0	2.5	205	1010	99	9	35	25	45	200	20	25
Smoked salmon (2 eggs)	1150	57.0	11.0	5.0	405	1730	121	10	41	42	70	200	25	35
Smoked salmon (3 eggs)	1530	82.0	16.0	7.0	610	2450	144	11	47	58	100	200	35	50
Tomatoes, bacon and green onions (1 egg)	860	40.0	9.0	3.0	215	1330	102	10	36	28	50	210	20	30
Tomatoes, bacon and green onions (2 eggs)	1280	68.0	16.0	5.0	430	2320	126	11	44	46	80	220	30	45
Tomatoes, bacon and green onions (3 eggs)	1710	96.0	23.0	8.0	645	3330	151	12	51	65	110	230	35	60

Omelettes

Jambon-suisse ²	780	37.0	13.0	1.5	570	1470	68	6	27	44	50	120	45	35
Jambon-suisse (egg-white option) ²	580	18.0	7.0	0.5	55	1500	67	6	26	41	25	120	35	20
Jambon-suisse with asparagus ²	780	38.0	13.0	1.5	570	1480	69	7	27	46	50	140	45	35
Jambon-suisse with asparagus (egg-white option) ²	590	18.0	7.0	0.5	55	1500	68	7	26	42	25	140	35	20
Western ²	700	30.0	8.0	1.0	545	1410	74	8	30	37	50	180	15	35
Western (egg-white option) ²	510	10.0	1.5	0.4	30	1440	73	8	29	34	25	180	10	20
Théo ²	840	42.0	16.0	1.5	560	810	82	11	31	40	90	220	50	40
Théo (egg-white option) ²	650	22.0	10.0	1.0	45	830	80	11	30	37	70	220	40	25
Épinards-cheddar ²	790	41.0	16.0	1.5	560	790	70	8	25	37	90	120	50	35
Épinards-cheddar (egg-white option) ²	590	22.0	10.0	1.0	45	820	69	8	24	33	60	120	40	20
Chèvre, tomates, bacon ²	870	47.0	17.0	1.5	580	1400	71	7	27	45	50	130	25	35
Chèvre, tomates, bacon (egg-white option) ²	680	28.0	11.0	1.0	65	1420	70	7	26	42	25	130	20	20
10 étages ²	1090	62.0	23.0	2.0	640	1900	84	9	31	54	80	180	50	45
10 étages (egg-white option) ²	900	43.0	17.0	1.0	120	1920	82	9	30	51	50	180	45	30
Déjeuner sur crêpe cheddar ²	1300	75.0	34.0	2.0	590	1840	96	5	30	62	70	110	80	45

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²Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



Calories (kcal) Fat (g) Saturated (g) Trans (g) Cholesterol (mg) Sodium (mg) Carbohydrate (g) Fibre (g) Sugars (g) Protein (g) Vitamin A (%DV)¹ Vitamin C (%DV)¹ Calcium (%DV)¹ Iron (%DV)¹

Sandwiches

Bagel Beaufish with potatoes	910	34.0	13.0	1.0	95	1250	124	8	31	34	35	140	15	35
Bagel Beaufish with a large serving of fruit	800	27.0	12.0	0.5	95	980	121	9	52	30	40	290	15	30
Midi Dolores with potatoes	970	48.0	8.0	1.0	525	1110	105	11	27	34	50	120	20	45
Midi Dolores with a large serving of fruit	860	40.0	7.0	0.4	525	840	102	11	48	30	60	270	20	40
Croque-thon with potatoes	1060	51.0	13.0	2.0	85	2040	105	11	26	49	35	120	35	40
Croque-thon with a large serving of fruit	950	44.0	12.0	1.5	85	1770	101	11	47	45	40	280	40	35
Croque-poulet with potatoes	1000	46.0	9.0	1.5	95	1340	106	11	27	45	30	120	45	35
Croque-poulet with a large serving of fruit	890	39.0	9.0	1.5	95	1060	103	12	47	41	35	280	45	30
Bagel and cream cheese	410	14.0	7.0	0.3	45	180	64	2	11	11	20	100	6	20

Eggs in a skillet

Bœuf-bœuf ²	1070	57.0	14.0	4.5	310	1330	85	9	35	55	60	190	20	50
Western ²	690	33.0	13.0	1.5	240	1550	67	7	24	34	35	180	35	25
Théo ²	660	32.0	12.0	1.5	215	690	72	10	25	27	60	230	40	30
10 étages ²	920	53.0	19.0	2.5	290	1790	74	9	26	42	50	190	40	35

Crêpomelettes

Jambon-suisse ²	1130	54.0	17.0	3.5	490	1940	114	8	36	50	70	120	60	45
Épinards-cheddar ²	1140	58.0	20.0	3.5	480	1260	116	9	34	42	70	140	60	50
Western-cheddar ²	1220	59.0	21.0	3.5	510	2140	122	9	39	53	80	180	60	45

Teens' favourites!

Banana split	1000	31.0	11.0	0.5	85	1570	164	6	83	21	8	30	25	30
Poutine déjeuner	1350	90.0	28.0	7.0	355	2680	87	7	19	47	70	70	60	35
Brunch burger	1270	72.0	23.0	4.0	520	2230	79	6	12	72	50	20	30	60
Hot-dogs matin	1090	63.0	25.0	2.0	245	2910	85	5	7	45	25	6	45	40
Add spicy hollandaise sauce	360	31.0	6.0	4.5	35	1110	16	1	9	4	35	0	10	2
Crêpe burrito	1230	62.0	25.0	2.5	515	1760	121	12	20	49	60	90	60	60

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Calories (kcal) Fat (g) Saturated (g) Trans (g) Cholesterol (mg) Sodium (mg) Carbohydrate (g) Fibre (g) Sugars (g) Protein (g) Vitamin A (%DV)¹ Vitamin C (%DV)¹ Calcium (%DV)¹ Iron (%DV)¹

Little extras														
Simple portion of pure maple syrup	80	0.1	0.0	0.0	0	3	20	0	18	0	0	0	4	2
English cream Cora style	160	8.0	4.5	0.3	50	60	18	0	15	3	10	0	10	2
Custard	160	4.5	3.0	0.2	45	60	25	0	21	4	6	0	10	2
Chocolatey-hazelnut spread	840	50.0	16.0	1.0	95	80	97	5	86	7	0	4	15	25
Strawberry sauce	120	0.0	0.0	0.0	0	0	29	2	26	1	0	60	2	2
Raspberry sauce	150	0.4	0.0	0.0	0	1	37	4	28	1	0	25	2	4
Caramel sauce	470	14.0	9.0	0.3	55	40	84	0	80	1	15	0	6	0
Bowl of fresh fruit	220	1.0	0.2	0.0	0	20	54	6	39	4	10	190	4	8
Ramekin of fruit	80	0.5	0.1	0.0	0	10	20	2	16	1	8	120	2	4
Bologna	360	31.0	10	0.5	150	1220	7	0	1	17	10	15	4	15
Ham	130	3.0	1.0	0.0	50	1700	5	0	4	21.0	8	15	2	6
Sausages	370	31.0	10.0	0.5	55	700	12	0	3	10	0	0	1	7
Bacon	210	15.0	5.0	0.0	55	980	4	0	1	17	10	25	2	6
Turkey sausages	160	8.0	2.0	0.5	50	760	9	0	2	13	10	25	10	8
Bacon-style turkey	130	7.0	1.0	0.5	55	760	2	0	1	14	6	15	2	4
Frankfurters	490	39.0	15.0	1.0	165	1890	15	1	0	20	15	25	15	20
Baked beans	240	6.0	2.0	0.1	5	740	37	6	12	9	0	2	8	25
Creton spread	150	10.0	4.0	0.0	35	390	4	0	1	10	10	25	4	6
Baked beans and creton spread duo	380	17.0	6.0	0.1	45	1120	41	7	12	19	10	25	10	35
Potatoes	240	8.0	1.0	0.4	0	260	36	3	2	6	0	4	4	10
Hollandaise sauce	360	31.0	6.0	4.5	35	790	16	0	9	4	35	0	10	2
Cheddar cheese	250	19.0	13.0	0.5	65	390	3	0	0	15	15	0	40	0
Brie cheese	180	13.0	9.0	0.4	60	370	3	1	0	12	15	0	20	0
Cottage cheese	120	1.5	1.0	0.2	15	470	9	0	9	18	6	0	20	0
Cream cheese	110	11.0	7.0	0.3	45	160	1	0	1	3	10	0	4	0
Swiss cheese	100	8.0	5.0	0.3	25	65	0	0	0	8	4	0	30	2
Sliced cheese	150	13.0	8.0	0.4	35	740	0	0	0	9	10	0	20	0
Egg	90	7.0	2.0	0.5	170	80	0	0	0	5	8	0	2	4
Grated Cheddar cheese	160	13.0	9.0	0.4	45	260	2	0	0	10	10	0	30	0
Sautéed mushrooms	35	2.5	0.5	0.4	0	25	2	1	1	2	0	2	0	2
Caramelized onions	40	1.0	0.2	0.1	0	10	8	1	4	1	0	10	2	2
Three toppings	240	16.0	9.0	1.0	45	300	12	2	6	13.0	15	8	25	2

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Calories (kcal) Fat (g) Saturated (g) Trans (g) Cholesterol (mg) Sodium (mg) Carbohydrate (g) Fibre (g) Sugars (g) Protein (g) Vitamin A (%DV)¹ Vitamin C (%DV)¹ Calcium (%DV)¹ Iron (%DV)¹

Lunch menu

Italian crêpe for Roberto ²	590	32.0	18.0	0.5	160	780	48	3	9	27	25	15	35	15
Mexican crêpe ²	710	35.0	11.0	1.0	95	1530	84	16	18	23	20	50	20	30
Big cheeseburger with bacon ²	910	52.0	16.0	1.5	170	1980	55	3	12	56	15	15	15	40
Chicken and apricot burger ²	580	18.0	6.0	1.5	95	980	74	3	31	33	10	6	10	15
Chicken and guacamole burger ²	570	29.0	4.0	1.5	90	1240	47	4	5	32	10	15	2	20
Beef and caramelized onion grilled cheese ²	650	30.0	13.0	2.0	85	1410	56	8	16	36	15	8	25	25
Club sandwich Cora style ²	920	58.0	16.0	2.0	150	2310	47	8	9	50	25	15	25	15
Hearty salad	850	64.0	14.0	1.5	220	640	47	5	22	25	60	60	25	20
Smoked salmon plate	940	62.0	11.0	1.5	75	820	75	5	18	27	50	60	10	25

Accompaniment choices

Garden salad with Ranch dressing	190	16.0	1.5	0.2	10	210	11	4	7	3	35	15	6	8
Garden salad with balsamic dressing	240	22.0	1.5	0.5	0	30	12	3	7	3	35	15	4	8
Potatoes	240	8.0	1.0	0.4	0	260	36	3	2	6	0	4	4	10

Early bird

Large bowl of oatmeal ³	690	15.0	7.0	0.3	30	75	129	7	77	13	10	0	15	30
Egg muffin	600	24.0	8.0	1.0	200	1280	68	6	7	27	25	40	20	30
2 eggs, 2 strips of bacon and 2 blueberry pancakes ³	770	27.0	8.0	0.5	385	2060	105	5	20	31	30	40	20	25
2 eggs, bacon ³	570	31.0	8.0	1.0	380	1140	42	4	5	30	30	40	8	25
2 eggs, sausages ³	670	42.0	11.0	1.5	375	890	48	4	6	24	30	40	10	25
2 eggs, ham ³	500	22.0	5.0	1.0	380	1680	43	4	7	33	30	40	10	25
2 eggs, bologna ³	690	44.0	12.0	1.5	450	1330	44	4	5	30	30	40	10	35
2 eggs, turkey sausages ³	500	25.0	6.0	1.5	365	800	44	5	6	24	30	25	10	20
Yogurt, banana, strawberries and muesli cup	480	7.0	2.5	0.1	10	140	97	12	60	12	4	270	20	20
Tomato, bacon and green onion omelette ³	600	34.0	10.0	1.0	390	1160	43	4	5	30	35	35	10	25
Western grilled cheese omelette ³	800	38.0	14.0	1.5	225	1760	80	11	10	34	25	25	35	35
5-meat omelette ³	700	42.0	13.0	1.5	425	1510	46	4	6	33	35	40	10	30

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²These nutritional values only include the main dish without the accompaniment choice.

³Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Kids' menu

French toast with fruit	330	7.0	1.5	0.1	65	300	58	4	26	9
P'tite bédaine	510	21.0	7.0	0.2	65	240	75	2	35	9
Panini de Nicky with ham	490	19.0	8.0	1.0	255	990	56	3	20	24
Panini de Nicky with bacon	510	22.0	10.0	1.0	260	820	56	3	19	23
Omelette with cheese	520	29.0	10.0	1.0	370	800	40	4	4	22
Egg with ham ¹	430	20.0	5.0	1.0	205	1210	41	4	6	22
Egg with bacon ¹	480	26.0	7.0	1.0	205	860	41	4	4	21
Egg with sausages ¹	620	40.0	12.0	1.5	215	840	47	4	5	19
Waffle with fruit	330	5.0	1.5	0.1	15	540	68	3	29	6
Pancakes with fruit	560	7.0	2.0	0.1	20	1410	116	5	29	12
Crêpe filled with chocolatey-hazelnut spread	570	18.0	7.0	0.4	85	125	96	5	47	11
Crêpe filled with fruit and custard	380	8.0	4.0	0.2	85	135	68	3	30	11
Crêpe filled with strawberries and chocolatey-hazelnut spread	460	18.0	7.0	0.4	85	125	67	5	33	10
2 plain crêpes	490	11.0	5.0	0.3	140	260	76	2	9	19
Little Mila ¹	680	29.0	9.0	1.0	205	1320	81	6	17	25
Cora orange juice	120	0.0	0.0	0.0	0	0	30	0	26	0
Cora grapefruit juice	120	0.0	0.0	0.0	0	0	30	0	25	1
Milk	120	5.0	3.0	0.2	20	105	12	0	11	8
Chocolate milk	160	2.5	1.0	0.0	10	180	26	0	24	7
Apple juice	140	0.0	0.0	0.0	0	0	34	1	31	0.3
Apple-grape juice	160	0.0	0.0	0.0	0	15	36	0	33	1
Cranberry juice	160	0.0	0.0	0.0	0	10	40	0	35	1

¹ Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.