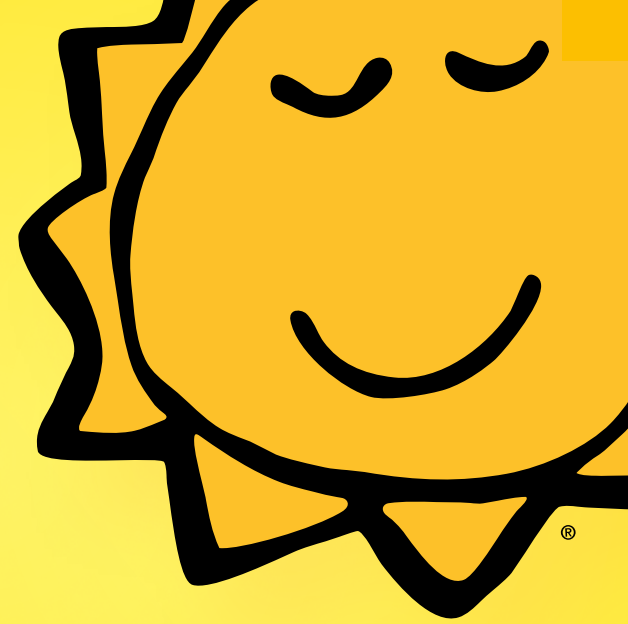




At Cora, we've been serving our dishes **fresh and tasty for the past 30 years**. We want to offer you the best there is so every visit is **memorable**.

Note

This guide provides nutritional information on products based on the formulations used as of the date indicated at the bottom of each table. This information may be updated at any time without notice.

Nutritional values are obtained from software analyses, published documentation or information provided by Cora suppliers. They are based on formulations and current compositions of Cora menu items. Nutritional values may vary depending on choice of plate garnish, fruit used, restaurant preparation and suppliers. Please note that the nutritional values of the plates including fried potatoes (participating restaurants only) are not reflected in the present document. Substituting ingredients and modifying dishes to meet special requests may alter the nutritional value.

Values have been rounded off according to federal recommendations for nutritional labels. Products being tested as well as products offered for a limited time only are not included in this list. For any questions about the nutritional information of our products, please write to infonutrition@chezcora.com.

According to Health Canada, the amount of calories you need each day depends on your age, gender, body size, activity level and if you are pregnant or breastfeeding. Your own daily needs of potassium, calcium and iron may be lower or higher than what is indicated. To know more about your daily needs pertaining to all of the other nutritional information included in this guide, we also invite you to visit Health Canada's official website. If, for health reasons, you are required to follow a specific diet, we invite you to consult a health professional for guidance on dietary choices.



Calories (kcal)
Fat (g)
Saturated (g)
Trans (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Potassium (mg)
Calcium (mg)
Iron (mg)

Beverages

Strawberry-Banana smoothie	310	3.0	2	0.1	10	80	65	3	58	6	125	225	1
Mango-Banana smoothie	300	3.0	2	0.1	10	80	63	2	57	6	125	225	0.75
Kale-Mango Smoothie	340	4	2	0.1	10	105	70	5	61	8	400	300	1.5
Cora orange juice	170	0.5	0.1	0	0	15	39	1	31	2	650	40	0.4
Regular coffee	0	0.0	0	0	0	0	0	0	0	0	0	0	0
Cappuccino cup	35	1.5	1	0.1	5	30	3	0	3	2	100	75	0.1
Cappuccino bowl	70	2.5	1.5	0.1	10	60	7	0	7	4	200	150	0.1
Espresso	0	0	0	0	0	0	0	0	0	0	0	0	0
Mochaccino cup	140	6	4	0.2	25	105	18	0	15	4	225	150	0.4
Mochaccino bowl	260	10	6	0.3	40	210	34	0	29	9	450	300	0.75
Café latte cup	70	2.5	1.5	0.1	10	60	6	0	7	4	200	150	0
Café latte bowl	130	5	3.5	0.2	20	125	13	0	13	9	350	300	0.1
Maple café latte	130	2.5	1.5	0.1	10	65	24	0	22	4	250	175	0.1
Maple café latte (soy)	130	1.5	0.3	0	0	55	22	0	18	3	225	200	0.5
Tea or herbal tea	0	0	0	0	0	4	0	1	23	0	0	0	0
Hot chocolate	110	3	2.0	0	5	130	21	1	18	2	0	250	0.75
Milk	180	7	4.5	0.3	30	170	17	0	18	12	500	450	0.1
Chocolate milk	230	4	2	0	20	260	39	0	36	10	650	350	1
Soy beverage	140	4	0.5	0	0	140	11	0	7	8	400	450	1.25



Calories (kcal)
Fat (g)
Saturated (g)
Trans (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Potassium (mg)
Calcium (mg)
Iron (mg)

Fresh fruit

Kale-mango smoothie bowl	700	18	13	0.1	20	190	119	10	85	17	700	450	4
Kale-mango smoothie bowl (GS)	820	26	9	0.1	20	200	128	10	80	19	500	500	4
Fruit magic with yogurt	730	15	7	0.3	45	480	133	13	65	20	1050	300	5
Fruit magic with English cream	840	22	11	0.5	90	490	149	13	78	19	1200	250	5
Yogurt harvest crunch	700	10	7	0	10	105	141	12	95	20	1400	450	2.5
Yogurt harvest crunch (GS)	820	18	3	0	10	110	150	13	89	22	1200	450	3.5
Ode to oatmeal ¹	820	18	3	0	10	110	150	13	89	22	1200	450	3.5
Regular oatmeal ¹	500	14	8	0.3	45	80	82	6	42	11	450	175	3
Peggy's poached ¹	560	14	7	0.3	30	50	96	6	51	12	250	75	3
Bowl of fresh fruit ¹	480	8	2.5	0.2	185	780	75	8	41	31	850	300	3
Bagel and lox with potatoes	860	28	8	0.4	60	1350	120	10	32	33	750	150	6
Bagel and lox with fruit	750	19	7	0.4	60	1060	121	11	56	29	1200	150	6

French Toast

Strawberry avalanche	860	28	8	0.4	60	1350	120	10	32	33	750	150	6
Surprise with ham	750	19	7	0.4	60	1060	121	11	56	29	1200	150	6
Surprise with bacon	630	22	8	0.2	250	810	85	6	42	26	900	300	11
1990's harvest	1020	30	11	1	255	1580	162	10	78	33	850	175	9.5
Seventh of July	1180	33	15	1	240	670	190	9	74	32	1100	350	8
2 french toast	470	14	3	0.2	120	600	70	4	22	16	300	150	4.5
2 french toast with bacon	640	26	7	0	165	1420	72	4	22	30	300	150	4.5
2 french toast with sausages	810	43	13	0.3	170	1250	81	4	24	25	300	150	5
2 french toast with turkey sausages	620	22	5	0.2	165	1330	77	4	24	28	300	250	5
2 french toast with ham	650	18	5	0	205	3140	77	4	28	46	300	150	5.5
2 french toast with fruit	630	14	3	0.2	120	620	110	8	49	19	1000	175	5

(GS) Gluten sensitive option

¹Plate 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)
Potassium (mg)
Calcium (mg)
Iron (mg)

Waffles

Fresh fruit	790	15	7	0.3	70	1360	153	7	74	16	900	450	4.5
Strawberries	770	15	6	0.3	70	1350	145	11	69	16	700	450	5
Bananas and cocoa-hazelnut custard	1110	29	14	1	110	1390	201	8	96	19	1350	500	4.5
Bananas and salted caramel	1120	27	14	0.5	115	1490	208	8	104	18	1300	500	4.5

Fruit crêpes

April 89 with custard	800	19	10	0.5	170	280	140	8	70	22	1200	350	4.5
April 89 with custard (SS)	670	16	8	0.5	130	220	119	7	61	18	1100	300	3.5
April 89 with cocoa-hazelnut spread	1020	38	14	1	110	260	156	10	83	21	1300	250	6.5
April 89 with cocoa-hazelnut spread (SS)	710	23	9	0.5	85	180	116	9	60	15	1100	200	4.5
Banana blast	1110	38	14	1	110	240	182	10	89	22	1600	250	6
Banana blast (SS)	910	29	11	0.5	85	180	154	9	77	17	1500	175	5.0
Tasty strawberries with custard	760	20	10	0.5	175	290	126	10	55	23	950	400	5.5
Tasty strawberries with custard (SS)	600	16	8	0.5	130	210	99	9	45	17	850	300	4
Tasty strawberries with cocoa-hazelnut spread	940	38	14	1	110	240	136	12	67	20	1000	300	7
Tasty strawberries with cocoa-hazelnut spread (SS)	600	21	7	0.5	75	160	94	10	44	14	800	200	5



Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

Savoury crêpes

3 crêpes made of regular flour	870	18	7	0.4	200	430	147	7	30	33	950	350	8
2 crêpes made of regular flour (SS)	610	12	5	0.3	130	300	106	6	26	22	800	250	5.5
3 crêpes made of buckwheat-sorghum flour	780	17	8	0.4	195	280	136	12	35	31	1650	350	7
2 crêpes made of buckwheat-sorghum flour (SS)	550	12	5	0.3	130	190	99	9	29	21	1250	250	5
Add bacon	170	12	4.5	0	45	820	2	0	1	14	0	0	0.4
Add sausages	360	31	11	0	60	1030	7	0	0	12	225	20	1
Add turkey sausage	190	9	3	0.1	60	950	9	0	3	16	0	150	1.25
Add ham	180	7	2.0	0	50	1270	8	0	1	20	350	20	0.75
3 crêpes made of regular flour with fruit	940	18	7	0.4	200	430	167	9	42	33	1200	350	8.5
2 crêpes made of regular flour with fruit (SS)	690	12	5	0.3	130	290	126	8	38	23	1050	225	6
3 crêpes made of buckwheat-sorghum flour with fruit	860	18	8	0.4	195	270	156	14	47	32	1900	350	7
2 crêpes made of buckwheat-sorghum flour with fruit (SS)	630	12	5	0.3	130	120	118	11	41	22	1500	250	5
Spinach and cheddar	900	44	28	1.5	220	790	88	7	26	44	1050	1000	4.5
Spinach and cheddar (SS)	620	28	18	1	145	520	67	5	24	29	850	650	3
Sunshine panini-crêpe with ham	840	34	16	0.5	485	1470	91	7	38	45	1100	500	5.5
Sunshine panini-crêpe with bacon	860	39	17	0.5	475	940	91	7	36	41	1100	500	5
Buckwheat blessing	1270	67	33	1	240	1610	127	11	54	49	1800	800	5.5
Buckwheat blessing (SS)	870	38	19	0.5	150	990	107	10	51	31	1550	500	4
The Boss' favourite ¹	1280	71	33	1	580	1630	96	5	27	60	850	800	6.5
The Boss' favourite ¹ (GS)	1080	55	28	1	570	1760	88	7	28	63	1350	800	5.5

Crêpomelettes

Chorizo and goat cheese	1150	59	21	0.5	480	1940	114	10	32	48	1100	350	8.5
Spinach and Cheddar	1140	59	23	1	470	1180	110	8	31	41	1000	600	6
Western-Cheddar	1240	61	24	1	505	1870	122	9	34	53	1300	600	6.5

(SS) Smaller serving

(GS) Gluten sensitive option

¹Plate 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)

Potassium (mg)

Calcium (mg)

Iron (mg)

Pancakes

3 strawberry-banana pancakes	1090	18	8	0.4	65	2360	215	9	83	21	1300	350	8
3 strawberry-banana pancakes (SS)	880	16	7	0.4	65	1600	172	9	75	16	1200	300	5.5
3 Blueberry fields pancakes	1130	31	15	1	140	2460	191	4	73	23	600	500	7.0
2 Blueberry fields pancakes (SS)	880	27	14	1	130	1690	142	3	60	18	500	400	5
3 triple chocolate pancakes	1480	45	21	0.5	50	2290	256	10	122	23	1200	350	9.5
2 triple chocolate pancakes (SS)	1240	41	19	0.5	40	1550	210	9	111	18	1050	300	7.5
3 pancakes	800	12	4	0.1	25	2330	161	5	48	17	850	300	7
2 pancakes (SS)	570	8	3	0.1	20	1560	115	4	38	12	750	225	5
3 pancakes with bacon	980	24	9	0.1	75	3150	163	5	49	31	75	300	7.5
2 pancakes with bacon (SS)	740	20	7	0.1	65	2380	117	4	39	26	750	225	5.5
3 pancakes with sausages	1180	44	15	0.2	85	3370	168	5	48	29	1100	300	8
2 pancakes with sausages (SS)	940	40	14	0.1	75	2600	123	4	38	24	950	225	6
3 pancakes with turkey sausages	960	21	6	0.2	70	3060	168	5	50	29	850	400	8
2 pancakes with turkey sausages (SS)	730	17	5	0.2	65	2290	122	4	40	24	750	350	6
3 pancakes with ham	940	17	6	0.1	65	3280	167	5	49	32	1100	300	7.5
2 pancakes with ham (SS)	700	14	5	0.1	55	2520	121	4	39	27	1000	225	5.5
3 pancakes with fruit	890	12	4	0.1	25	2330	181	7	61	18	1200	300	7.5
2 pancakes with fruit (SS)	650	9	3	0.1	20	1560	136	7	51	13	1050	225	5.5

Eggs

Cora's Special ¹	1140	52	16	0.2	440	3020	116	7	32	52	950	225	6.5
Jo construction ¹	1060	65	20	0.2	605	2140	71	6	22	47	850	150	6
Gargantuan breakfast ¹ -HQ	1250	59	17	0.2	465	3570	120	8	34	62	950	225	7

Our sweet'n salty

Rosemary's Sunday ¹	1190	43	12	0.2	405	2820	161	9	46	43	850	300	8
Louis the undecided ¹	1150	55	17	0.5	450	1390	125	9	44	42	800	225	6.5
Paul wants it all ¹	970	40	11	0.2	410	1920	115	7	39	38	500	300	5
Our breakfast for the Club ¹	1090	46	15	0.4	470	1770	129	6	60	40	550	20	5.5

(SS) Smaller serving

¹Plate 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)
Potassium (mg)
Calcium (mg)
Iron (mg)

Bread

Whole wheat bread with margarine (2 slices)	250	7	1.5	0.1	0	500	39	4	2	9	0	75	2.25
Multigrain bread with margarine (2 slices)	260	7	2	0	0	360	39	5	5	9	0	50	2.25
White bread with margarine (2 slices)	230	6	1.5	0.1	0	480	40	1	1	8	0	75	2.5
Rye bread with margarine (2 slices)	200	6	1	0.1	0	390	33	2	1	6	0	50	2
Bagel with margarine	280	4	0.5	0	10	270	50	2	5	9	100	0	3.5
Gluten-free multigrain bread (2 slices)	80	3	0.3	0	0	140	13	1	1	1	30	30	0.2

Eggs with fruit

1 egg, fresh fruit ¹	280	9	2.5	0.1	170	120	45	5	31	9	850	75	1.75
2 eggs, fresh fruit ¹	350	14	4	0.1	340	180	46	5	32	14	900	100	2.25
3 eggs, fresh fruit ¹	410	19	5	0.1	510	230	46	5	32	20	950	125	3

Eggs with accompaniment

1 egg, potatoes ¹	460	19	3.5	0.1	170	400	61	6	21	13	550	100	2.5
2 eggs, potatoes ¹	520	23	5	0.1	340	460	62	6	22	19	600	125	3
3 eggs, potatoes ¹	590	28	7	0.2	510	520	62	6	22	24	650	150	4
Add bacon	170	12	4.5	0	45	820	2	0	1	14	0	0	0.4
Add peameal bacon	130	7	2	0	35	800	2	0	0	16	0	0	0.75
Add ham	130	3	1.5	0	55	1690	4	0	4	20	0	0	0.75
Add sausages	330	28	10	0.1	50	630	11	0	2	9	0	10	1
Add frankfurters	500	41	15	1	165	1900	14	0	0	19	0	175	2.5
Add turkey sausages	190	9	2.5	0.1	60	950	9	0	3	16	0	150	1.25
Add bologna	360	31	11	0	60	1030	0	0	0	12	350	50	2.5
Add cretons	140	10	4	0	35	380	3	0	1	9	0	20	0.75
Add baked beans	200	5	1.5	0	5	540	32	5	11	9	50	75	2.5
Add black bean patty	120	7	1	0	0	320	13	3	2	4	0	30	1

¹Plate 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)
Potassium (mg)
Calcium (mg)
Iron (mg)

Eggs Ben et Dictine

Ham (1 egg)	780	32	8	0.2	200	1120	102	10	37	24	1000	125	4
Ham (2 eggs)	1240	55	16	0.3	400	1980	125	11	43	40	1300	125	5.5
Ham (3 eggs)	1470	76	22	0.4	595	2770	147	12	48	55	1600	125	7.5
Spinach, onions, mushrooms and goat cheese (1 egg)	1050	56	19	1.0	240	1100	118	11	50	24	1150	125	4
Spinach, onions, mushrooms and goat cheese (2 eggs)	1420	81	28	1.0	430	1660	143	13	58	36	1450	150	6
Spinach, onions, mushrooms and goat cheese (3 eggs)	1770	104	35	1.5	620	2170	168	14	66	48	1700	150	7.5
Brie cheese, mushrooms (1 egg)	800	36	12	0.3	215	940	102	10	37	25	950	300	3.5
Brie cheese, mushrooms (2 eggs)	1220	64	23	0.5	430	1640	124	12	43	42	1200	500	5.5
Brie cheese, mushrooms (3 eggs)	1590	90	34	1	645	2280	146	13	48	59	1450	700	7
Smoked salmon (1 egg)	780	33	9	0.2	200	970	100	10	37	25	900	200	3.5
Smoked salmon (2 eggs)	1150	58	16	0.4	400	1680	121	11	43	42	1100	300	5
Smoked salmon (3 eggs)	1490	79	23	0.5	600	2320	141	12	48	58	1300	400	6.5
Tomatoes, bacon and green onions (1 egg)	840	38	11	0.2	210	1200	102	10	38	26	1000	200	4
Tomatoes, bacon and green onions (2 eggs)	1240	65	20	0.3	415	2110	125	11	45	43	1250	300	6
Tomatoes, bacon and green onions (3 eggs)	1620	90	28	0.5	625	2960	147	13	51	60	1550	400	8

Omelettes

Western ¹	730	33	9	0.3	545	1230	73	8	26	37	1000	175	4.5
Western ¹ (egg-white option)	870	44	17	1	565	790	74	10	28	37	850	125	2.5
Theo's ¹	870	44	17	0.5	565	790	74	10	28	37	900	450	4.5
Theo's ¹ (egg-white option)	660	23	10	0.4	50	800	72	10	27	34	750	400	2.5
Spinach and cheddar ¹	760	40	16	0.5	565	720	66	7	23	35	750	450	4
Spinach and cheddar ¹ (egg-white option)	570	21	10	0.4	50	750	65	7	22	32	600	400	2.25
Goat cheese, tomatoes, bacon ¹	830	44	16	0.5	585	1350	67	7	24	43	750	200	4.5
Goat cheese, tomatoes, bacon ¹ (egg-white option)	640	26	10	0.3	70	1380	66	7	23	39	600	125	2.5
10 star ¹	1050	62	24	1	625	1680	77	8	27	48	950	500	5.5
10 star ¹ (egg-white option)	860	43	17	0.5	110	1700	76	8	26	45	800	450	3.5
Gigi ¹ (GS) gluten-free bread included	970	41	16	1.0	75	900	131	14	75	32	800	175	4.50
Smoked salmon ¹	700	32	8	0.3	550	1130	66	8	24	38	750	175	4
Smoked salmon ¹ (egg-white option)	530	16	3	0.1	30	1170	65	8	23	35	600	100	2.25

(GS) Gluten sensitive option

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Calories (kcal)
Fat (g)
Saturated (g)
Trans (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Potassium (mg)
Calcium (mg)
Iron (mg)

Lunch favourites

Midi Dolores with potatoes	1070	60	5	0	530	1490	100	10	25	35	690	220	5
Midi Dolores with salad	1010	70	10	0	540	1360	70	10	25	30	830	210	5
Midi Dolores with fruit	770	25	0	0	90	1280	110	10	50	40	1040	490	5
Tuna melt with potatoes	870	20	5	0	70	1500	110	15	25	50	840	320	5
Tuna melt with salad	800	40	5	0	80	1500	70	10	25	45	990	330	5
Tuna melt with fruit	770	20	0	0	70	1370	110	15	50	45	1350	340	5
Chicken melt with potatoes	860	30	0	0	90	1550	100	10	25	45	530	480	5
Chicken melt with salad	800	40	10	0	100	1420	70	10	25	40	680	480	5
Chicken melt with fruit	770	25	0	0	90	1280	110	10	50	40	1040	490	5
Smoked salmon bagel sandwich with potatoes	750	26	0	0.4	60	1320	96	8	14	31	300	100	6
Smoked salmon bagel sandwich with salad	680	37	8	0.5	70	1180	63	5	13	26	450	100	5
The Club with potatoes	1360	70	19	1.0	175	2720	107	12	14	76	507	650	6.5
The Club with salad	1320	83	20	1.0	180	2610	74	10	13	71	650	650	6

Egg skillets

Western ¹	710	32	13	0.5	245	1310	72	8	24	35	850	400	3
Theo's ¹	660	28	12	0.5	215	610	69	9	26	25	700	400	3
10 star ¹	860	49	19	0.5	280	1520	73	8	25	36	750	450	4
Chorizo-ham ¹	850	47	13	0.3	265	2260	69	8	24	40	950	150	4

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Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

Little extras

English cream Cora-Style	150	7	4.5	0.3	45	60	17	0	14	3	100	100	0.1
Custard	160	4.5	3	0.2	50	60	26	0	21	4	150	125	0.2
Cocoa-hazelnut custard	390	20	7	0.5	0	65	50	2	43	5	250	125	1.5
Cocoa-hazelnut spread	850	51	16	1	0	80	98	5	87	7	550	150	4
Salted caramel	440	13	9	0.3	50	490	77	0	75	2	75	100	0.5
Bol of fresh fruit	210	1	0.2	0	0	15	51	6	36	3	900	50	1
Single portion of maple syrup	70	0.1	0	0	0	2	18	0	16	0	50	30	0
Ramekin of fruit	80	0.4	0.1	0	0	10	19	2	15	1	350	30	0.4
Bologna	290	22	8	0.0	90	900	6	0	2	15	0	10	2
Ham	190	8	2.5	0	50	1280	9	1	1	20	0	10	1
Sausages	370	31	11	0.0	60	1030	8	0	0	12	0	10	1
Bacon	180	12	4.5	0	45	820	3	0	1	14	50	20	0.5
Canadian peameal bacon	130	7	2	0	35	800	3	0	0	16	50	20	1
Turkey sausages	150	8	2	0.1	45	720	8	0	2	13	50	125	1
Frankfurters	530	43	15	1	165	2210	16	2	1	21	50	200	3
Baked beans	200	4.5	1.5	0	5	540	32	5	11	9	50	75	2.5
Cretons	150	11	4	0	35	390	4	0	1	10	50	40	1.0
Potatoes	240	8	1	0	0	270	37	4	2	6	0	40	1.25
Hollandaise sauce	330	27	10	0.2	30	730	13	0	8	4	300	100	0.3
Cheddar cheese	250	19	13	0.5	70	320	4	0	0	14	0	400	0
Brie cheese	180	13	9	0.4	60	370	3	1	0	12	0	200	0.1
Cottage cheese	120	1.5	1	0.2	15	470	9	0	9	18	0	200	0
Cream cheese	90	7	5	0.3	25	130	3	1	3	2	100	50	0.2
Swiss cheese	100	8	5	0.3	25	65	0	0	0	8	0	300	0.3
Egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Grated cheddar	160	13	9	0.4	45	220	2	0	0	10	0	300	0
Sautéed mushrooms	80	8.0	2.0	0	0	85	1	0	0	1	0	0	2.0
Caramelized onions	70	4.5	1	0	0	45	8	1	4	1	100	20	0.2
Three toppings	310	25	12	1	45	350	12	2	5	11	150	300	2.0
Change your potatoes for a poutine	380	31	16	0.4	80	710	7	0	4	16	200	500	0.1



Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

Teen's favourites!

Breakfast poutine	1330	90	33	1	345	2660	84	7	18	46	550	700	4
Brunch burger	1160	64	22	0.5	480	1940	82	6	14	62	850	300	15
Morning hot dogs	1030	55	20	1	220	2600	91	5	9	42	250	400	6
Crêpe burrito	1240	61	25	1	505	1730	120	11	20	48	500	650	7.5
THE Club	1360	70	19	1.0	175	2720	107	12	14	76	507	650	6.5

Early Birds

Daily oatmeal ¹	560	14	7	0.3	30	50	96	6	51	12	250	75	3
2 eggs, bacon ¹	550	29	8	0.1	375	1030	42	5	5	28	300	100	3.5
2 eggs, ham ¹	550	26	6	0.1	380	1370	47	5	5	33	550	125	3.5
2 eggs, bologna ¹	630	27	10	0.3	200	930	89	4	11	32	650	250	7
2 eggs, sausage ¹	660	26	10	0.3	160	780	89	4	10	27	600	225	6
2 eggs, turkey sausages ¹	520	26	6	0.2	370	900	45	5	6	26	300	175	3.5
2 crêpes, bacon	660	21	8	0.3	165	890	87	4	10	32	500	225	6
2 crêpes, ham	670	17	7	0.3	170	1230	91	4	10	36	750	225	6
2 crêpes, bologna	730	27	10	0.3	200	930	89	4	11	32	650	250	7
2 crêpes, sausages	700	26	10	0.3	160	780	89	4	10	27	600	225	6
2 crêpes, turkey sausages	610	15	6	0.3	160	740	90	4	11	30	500	300	6
2 eggs, 2 strips of bacon and 2 blueberry pancakes ¹	770	26	8	0.2	380	2100	106	4	29	29	550	250	6.5
Yogurt, banana, strawberries and harvest crunch bowl	450	10	4	0.1	10	80	86	8	54	11	750	225	2
Tomato, bacon and green onion omelette ¹	590	32	9	0.2	385	1050	45	5	7	29	400	125	3.5
Morning panini-crêpe with ham	920	42	17	0.5	480	1460	87	6	9	48	600	500	6.0
Morning panini-crêpe with bacon	910	44	18	0.5	475	1160	84	6	9	44	400	450	5.5



Calories (kcal)
Fat (g)
Saturated (g)
Trans (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Potassium (mg)
Calcium (mg)
Iron (mg)

Kid's menu

Crêpe with bananas and cocoa-hazelnut spread	560	18	7	0.4	55	130	92	5	45	11	800	125	3
Crêpe with fruit and custard	390	8	4.5	0.2	75	140	69	3	31	11	500	175	2.25
Crêpe with strawberries and cocoa-hazelnut spread	480	18	7	0.4	55	130	70	6	34	11	500	150	3.5
Pancakes with fruit	570	8	2.5	0.1	20	1540	116	3	37	11	550	175	4.5
Blueberry pancakes with fruit	600	8	3	0.1	20	1540	123	5	41	11	550	175	5
Chocolate chip pancakes with fruit	730	16	8	0.1	20	1540	139	5	56	12	550	200	5.5
Waffle with fruit and english cream Cora-sytle	330	5	2	0.1	15	660	68	3	30	6	350	175	2
Grilled cheese	410	20	8	0.3	25	970	42	4	6	15	75	250	1.5
Nicky's panini with ham	500	18	7	0.3	250	1000	62	4	23	25	550	250	3.5
Nicky's panini with bacon	490	20	8	0.3	25	730	59	4	22	23	550	250	3
French toast with fruit	620	17	7	0.4	295	490	96	4	64	21	800	300	3.5
1 egg and bacon ¹	430	22	5	0.1	195	760	40	4	4	19	125	75	2.5
1 egg and sausage ¹	590	37	10	0.1	210	1050	44	4	4	20	300	75	3
1 egg and ham ¹	370	15	3	0.1	30	930	43	4	3	16	250	75	2
1 egg and turkey sausage ¹	450	21	4.5	0.1	200	840	44	4	5	20	125	150	3
1 egg, bacon and a blueberry pancake ¹	590	24	6	0.1	200	1260	72	5	12	22	225	10	4
1 egg, bacon and a chocolate chip pancake ¹	640	27	8	0.1	200	1260	77	5	17	23	225	125	4
Add 1 egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Orange juice	140	0	0.1	0	0	10	32	1	25	2	550	30	0.3
Apple juice	130	0	0	0	0	0	31	1	28	0	0	30	0
Apple-grape juice	130	0	0	0	0	20	32	0	30	1	0	50	0.4
Glass of milk	140	5	3.5	0.2	20	130	13	0	14	9	400	350	0.1
Chocolate milk	170	3	1.5	0	15	200	29	0	27	8	500	300	0.75
Whole wheat bread with margarine (1 slice)	140	5	1	0.1	0	270	20	2	1	5	0	30	1.25
Multigrain bread with margarine (1 slice)	150	6	1.5	0	0	200	19	2	2	5	0	30	1
White bread with margarine (1 slice)	140	5	1.5	0.1	0	190	21	1	2	4	0	30	1.25
Rye bread with margarine (1 slice)	120	5	1	0.1	0	210	17	1	1	3	0	30	1

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