



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. 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 | 280 | 3 | 2 | 0.1 | 10 | 80 | 57 | 3 | 50 | 6 | 140 | 250 | 1.25 |
| Mango-Banana smoothie | 280 | 3 | 2 | 0.1 | 10 | 80 | 55 | 2 | 49 | 6 | 140 | 225 | 0.75 |
| Kale-Mango smoothie | 310 | 3.5 | 2 | 0.1 | 10 | 105 | 61 | 5 | 52 | 8 | 420 | 300 | 1.75 |
| Cora orange juice | 170 | 0.5 | 0.1 | 0 | 0 | 15 | 39 | 1 | 31 | 2 | 650 | 40 | 0.4 |
| Milk | 180 | 7 | 4.5 | 0.3 | 30 | 170 | 17 | 0 | 18 | 12 | 510 | 450 | 0.1 |
| Chocolate milk | 230 | 4 | 2 | 0 | 20 | 260 | 39 | 0 | 36 | 10 | 630 | 350 | 1 |
| Soy beverage | 120 | 5 | 0.5 | 0 | 0 | 110 | 4 | 3 | 1 | 10 | 450 | 450 | 1.25 |
| Regular coffee | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Espresso | 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 | 190 | 150 | 0.1 |
| Mochaccino cup | 140 | 6 | 3.5 | 0.2 | 25 | 105 | 18 | 0 | 15 | 4 | 230 | 150 | 0.4 |
| Mochaccino bowl | 260 | 10 | 6 | 0.3 | 40 | 210 | 34 | 0 | 29 | 9 | 460 | 300 | 0.75 |
| Café latte cup | 70 | 2.5 | 1.5 | 0.1 | 10 | 60 | 6 | 0 | 7 | 4 | 190 | 150 | 0 |
| Café latte bowl | 130 | 5 | 3.5 | 0.2 | 20 | 125 | 13 | 0 | 13 | 9 | 370 | 300 | 0.1 |
| Maple café latte | 130 | 2.5 | 1.5 | 0.1 | 10 | 65 | 24 | 0 | 22 | 4 | 250 | 175 | 0.1 |
| Iced coffee | 60 | 2.5 | 1.5 | 0.1 | 10 | 45 | 6 | 0 | 6 | 3 | 140 | 125 | 0 |
| Iced mochaccino | 150 | 4 | 3 | 0.1 | 10 | 170 | 25 | 1 | 22 | 5 | 340 | 350 | 0.75 |
| Tea or herbal tea | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hot chocolate | 110 | 3 | 2 | 0.1 | 5 | 130 | 21 | 1 | 18 | 2 | 190 | 250 | 0.75 |

Fresh fruit

| | | | | | | | | | | | | | |
|---|-----|----|-----|-----|-----|-----|-----|----|----|----|------|-----|---|
| Peggy's poached ⁽¹⁾ | 480 | 8 | 2.5 | 0.2 | 185 | 780 | 75 | 8 | 41 | 31 | 870 | 300 | 3 |
| Kale-mango smoothie bowl | 640 | 16 | 8 | 0.1 | 20 | 170 | 109 | 10 | 67 | 19 | 630 | 450 | 4 |
| Large bowl of fresh fruit with toast ⁽¹⁾ | 640 | 16 | 8 | 0.1 | 20 | 170 | 109 | 10 | 67 | 19 | 630 | 450 | 4 |
| Yogurt harvest crunch | 690 | 8 | 2.5 | 0 | 10 | 85 | 143 | 12 | 87 | 21 | 1400 | 450 | 3 |
| Samira wake-up | 410 | 2 | 0.3 | 0 | 0 | 35 | 103 | 14 | 75 | 7 | 1650 | 150 | 2 |
| Samira wake-up with Cheddar cheese | 660 | 21 | 14 | 0.5 | 70 | 360 | 107 | 14 | 75 | 21 | 1700 | 550 | 2 |
| Ode to oatmeal ⁽¹⁾ | 480 | 13 | 6 | 0.2 | 35 | 70 | 82 | 6 | 37 | 12 | 350 | 150 | 3 |
| Regular oatmeal ⁽¹⁾ | 560 | 14 | 7 | 0.3 | 30 | 50 | 96 | 6 | 51 | 12 | 250 | 75 | 3 |

(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) |
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|

French Toast

| | | | | | | | | | | | | | |
|-----------------------------------|------|----|----|-----|-----|------|-----|----|-----|----|------|-----|-----|
| 1990's harvest | 1170 | 39 | 10 | 0.3 | 280 | 1190 | 180 | 9 | 99 | 33 | 890 | 125 | 6.5 |
| Strawberry avalanche | 630 | 10 | 3 | 0.2 | 120 | 600 | 109 | 10 | 51 | 17 | 700 | 175 | 5.5 |
| Surprise with ham | 590 | 18 | 7 | 0.2 | 240 | 760 | 86 | 6 | 42 | 25 | 1010 | 300 | 11 |
| Surprise with bacon | 640 | 23 | 9 | 0.2 | 250 | 850 | 85 | 6 | 42 | 27 | 910 | 300 | 11 |
| Brioche for Elise | 1380 | 53 | 24 | 1.0 | 270 | 770 | 196 | 9 | 111 | 28 | 490 | 350 | 6 |
| Seventh of July | 1180 | 28 | 14 | 0.5 | 240 | 670 | 190 | 9 | 74 | 32 | 1200 | 350 | 7.5 |
| Plain french toast | 470 | 10 | 3 | 0.2 | 120 | 600 | 70 | 4 | 22 | 16 | 320 | 150 | 4 |
| French toast with bacon | 660 | 23 | 8 | 0.2 | 170 | 1490 | 73 | 4 | 23 | 31 | 300 | 150 | 4.5 |
| French toast with sausages | 840 | 44 | 14 | 0.2 | 175 | 1640 | 78 | 4 | 22 | 28 | 560 | 150 | 5 |
| French toast with turkey sausages | 760 | 28 | 13 | 0.5 | 220 | 1180 | 82 | 4 | 30 | 30 | 520 | 225 | 5 |
| French toast with ham | 740 | 21 | 6 | 0.2 | 195 | 2510 | 83 | 4 | 23 | 46 | 830 | 175 | 5.5 |
| French toas with fruit | 630 | 10 | 3 | 0.2 | 120 | 610 | 110 | 8 | 50 | 19 | 970 | 175 | 5 |

Waffles

| | | | | | | | | | | | | | |
|--------------------------------|------|----|----|-----|-----|------|-----|----|-----|----|------|-----|---|
| Bananas cocoa-hazelnut custard | 1110 | 49 | 13 | 0.5 | 95 | 1410 | 204 | 8 | 97 | 19 | 1170 | 500 | 5 |
| Bananas salted caramel | 1120 | 47 | 14 | 0.5 | 105 | 1500 | 210 | 8 | 104 | 18 | 1150 | 500 | 4 |
| Strawberries | 780 | 22 | 6 | 0.3 | 55 | 1360 | 148 | 10 | 69 | 16 | 570 | 450 | 5 |
| Fresh fruit | 790 | 21 | 6 | 0.3 | 55 | 1370 | 154 | 7 | 74 | 16 | 740 | 450 | 4 |

Fruit crêpes

| | | | | | | | | | | | | | |
|---|------|----|----|-----|-----|-----|-----|----|----|----|------|-----|-----|
| April 89 with custard | 810 | 19 | 9 | 0.3 | 150 | 300 | 143 | 8 | 70 | 22 | 1070 | 400 | 4 |
| April 89 with cocoa-hazelnut spread | 990 | 37 | 10 | 0.2 | 110 | 290 | 159 | 12 | 87 | 22 | 1280 | 250 | 8 |
| Banana blast | 1090 | 37 | 10 | 0.2 | 110 | 280 | 184 | 11 | 93 | 22 | 1600 | 250 | 8 |
| Tasty strawberries with custard | 770 | 20 | 9 | 0.3 | 160 | 300 | 128 | 10 | 55 | 23 | 810 | 400 | 5 |
| Tasty strawberries with cocoa-hazelnut spread | 920 | 37 | 10 | 0.2 | 110 | 280 | 139 | 14 | 71 | 21 | 1000 | 300 | 8.5 |

| | 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) |
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|

Pancakes

| | | | | | | | | | | | | | |
|-----------------------------|------|----|----|-----|-----|------|-----|----|-----|----|------|-----|------|
| Blueberry fields | 1110 | 30 | 14 | 0.5 | 115 | 2470 | 190 | 4 | 70 | 22 | 400 | 500 | 7 |
| Pancakes triple chocolate | 1470 | 47 | 19 | 0.2 | 45 | 2320 | 258 | 11 | 124 | 23 | 1080 | 400 | 10.5 |
| Strawberry-banana | 1090 | 18 | 7 | 0.3 | 55 | 2360 | 217 | 9 | 82 | 20 | 1280 | 350 | 8 |
| Plain | 810 | 12 | 4 | 0.1 | 25 | 2330 | 163 | 5 | 50 | 17 | 890 | 300 | 7 |
| Nature with bacon | 1000 | 25 | 9 | 0.1 | 75 | 3220 | 165 | 5 | 51 | 32 | 890 | 300 | 7.5 |
| Nature with sausage | 1180 | 46 | 15 | 0.2 | 85 | 3370 | 170 | 5 | 50 | 29 | 1130 | 300 | 8 |
| Nature with turkey sausages | 940 | 19 | 6 | 0.2 | 80 | 2840 | 166 | 5 | 50 | 29 | 1080 | 300 | 8 |
| Nature with ham | 950 | 17 | 6 | 0.1 | 65 | 3280 | 169 | 5 | 50 | 32 | 1150 | 300 | 7.5 |
| Plain pancakes with fruit | 890 | 12 | 4 | 0.1 | 25 | 2330 | 181 | 7 | 61 | 18 | 1200 | 300 | 7.5 |

Savoury crêpes

| | | | | | | | | | | | | | |
|---|------|----|----|-----|-----|------|-----|----|----|----|------|------|------|
| The Boss' favourite | 1290 | 78 | 34 | 1 | 585 | 1920 | 95 | 5 | 28 | 62 | 1110 | 800 | 6 |
| The Boss' favourite (GS) | 1100 | 56 | 28 | 1 | 575 | 1790 | 90 | 9 | 29 | 63 | 1390 | 800 | 5.5 |
| Panini-crêpe passe-partout with ham | 870 | 37 | 16 | 0.5 | 480 | 1230 | 94 | 7 | 36 | 45 | 1320 | 500 | 5 |
| Panini-crêpe passe-partout with bacon | 860 | 39 | 17 | 0.5 | 475 | 970 | 90 | 7 | 36 | 41 | 1130 | 500 | 5 |
| Buckwheat blessing | 1240 | 69 | 32 | 1 | 240 | 1610 | 119 | 13 | 47 | 49 | 1770 | 800 | 5 |
| Spinach and Cheddar | 910 | 44 | 27 | 1 | 220 | 790 | 90 | 8 | 28 | 44 | 1080 | 1000 | 4 |
| Plain crêpes regular flour | 880 | 18 | 6 | 0 | 200 | 420 | 149 | 7 | 32 | 33 | 1090 | 350 | 8 |
| Plain crêpes buckwheat-sorghum flour | 790 | 18 | 7 | 0 | 195 | 270 | 139 | 16 | 35 | 31 | 1670 | 350 | 6.5 |
| Add bacon | 190 | 13 | 5 | 0 | 50 | 890 | 2 | 0 | 1 | 15 | 0 | 0 | 0.5 |
| Add sausages | 360 | 34 | 11 | 0.1 | 55 | 1030 | 8 | 1 | 0 | 12 | 240 | 10 | 0.75 |
| Add turkey sausage | 150 | 7 | 2 | 0.1 | 70 | 660 | 4 | 0 | 0 | 16 | 250 | 10 | 1 |
| Add ham | 180 | 7 | 2 | 0 | 50 | 1270 | 8 | 0 | 1 | 20 | 340 | 20 | 0.75 |
| Plain crêpes regular flour with fruit | 950 | 19 | 6 | 0 | 200 | 420 | 166 | 9 | 42 | 33 | 1330 | 350 | 8 |
| Plain crêpes buckwheat-sorghum flour with fruit | 860 | 18 | 7 | 0 | 195 | 270 | 156 | 18 | 46 | 31 | 1900 | 350 | 7 |

Crêpomelettes

| | | | | | | | | | | | | | |
|-------------------------|------|----|----|---|-----|------|-----|----|----|----|------|-----|-----|
| Chorizo and goat cheese | 1240 | 61 | 20 | 1 | 485 | 2500 | 130 | 12 | 32 | 47 | 1210 | 300 | 7.5 |
| Spinach and Cheddar | 1510 | 68 | 25 | 1 | 475 | 2200 | 180 | 12 | 43 | 48 | 1070 | 600 | 7.5 |
| Western-Cheddar | 1310 | 64 | 24 | 1 | 505 | 2420 | 136 | 10 | 33 | 51 | 1360 | 550 | 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) |
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|

Eggs

| | | | | | | | | | | | | | |
|------------------------------------|------|----|----|-----|-----|------|-----|----|----|----|------|-----|-----|
| Cora's Special ⁽¹⁾ | 1210 | 58 | 16 | 0.5 | 445 | 3650 | 130 | 8 | 32 | 51 | 990 | 175 | 5 |
| Rosemary's Sunday ⁽¹⁾ | 1270 | 46 | 13 | 0.5 | 405 | 3450 | 175 | 9 | 46 | 42 | 870 | 250 | 7 |
| Jo construction ⁽¹⁾ | 1130 | 74 | 21 | 0.5 | 605 | 2740 | 85 | 8 | 22 | 46 | 910 | 125 | 3.5 |
| Gargantua Breakfast ⁽¹⁾ | 1630 | 71 | 20 | 0.5 | 465 | 4660 | 187 | 11 | 46 | 70 | 1010 | 250 | 8.5 |

Eggs with accompaniment

| | | | | | | | | | | | | | |
|---------------------------------|-----|-----|-----|-----|-----|------|----|---|----|----|-----|-----|------|
| 1 egg, potatoes ⁽¹⁾ | 490 | 17 | 3.5 | 0.5 | 170 | 920 | 75 | 7 | 20 | 12 | 560 | 75 | 1.25 |
| 2 eggs, potatoes ⁽¹⁾ | 590 | 25 | 6 | 0.5 | 340 | 1020 | 75 | 7 | 21 | 17 | 620 | 100 | 2 |
| 3 eggs, potatoes ⁽¹⁾ | 650 | 30 | 7 | 0.5 | 510 | 1070 | 76 | 7 | 21 | 23 | 670 | 100 | 2.5 |
| Add bacon | 190 | 13 | 5 | 0 | 50 | 890 | 2 | 0 | 1 | 15 | 0 | 0 | 0.5 |
| Add ham | 180 | 7 | 2 | 0 | 50 | 1270 | 8 | 0 | 1 | 20 | 340 | 20 | 0.75 |
| Add sausages | 360 | 34 | 11 | 0.1 | 55 | 1030 | 8 | 1 | 0 | 12 | 240 | 10 | 0.75 |
| Add frankfurters | 470 | 41 | 14 | 1 | 115 | 1710 | 5 | 0 | 0 | 21 | 0 | 150 | 3 |
| Add turkey sausages | 150 | 7 | 2 | 0.1 | 70 | 660 | 4 | 0 | 0 | 16 | 250 | 10 | 1 |
| Add bologna | 300 | 24 | 8 | 0 | 95 | 950 | 6 | 0 | 1 | 15 | 220 | 75 | 2 |
| Add cretons | 150 | 11 | 4 | 0 | 35 | 380 | 3 | 0 | 1 | 10 | 180 | 20 | 0.75 |
| Add baked beans | 200 | 4.5 | 1.5 | 0 | 5 | 540 | 32 | 5 | 11 | 9 | 60 | 75 | 2.5 |
| Add black bean patty | 120 | 7 | 1 | 0 | 0 | 320 | 13 | 3 | 2 | 4 | 0 | 30 | 1 |

Eggs with fruit

| | | | | | | | | | | | | | |
|------------------------------|-----|----|-----|-----|-----|-----|----|---|----|----|-----|-----|------|
| 1 egg, fruit ⁽¹⁾ | 280 | 9 | 2.5 | 0.1 | 170 | 120 | 45 | 5 | 31 | 9 | 860 | 75 | 1.75 |
| 2 eggs, fruit ⁽¹⁾ | 350 | 14 | 4 | 0.1 | 340 | 180 | 46 | 5 | 32 | 14 | 910 | 100 | 2.25 |
| 3 eggs, fruit ⁽¹⁾ | 420 | 19 | 5 | 0.1 | 510 | 230 | 46 | 5 | 32 | 20 | 960 | 125 | 3 |

Our sweet 'n salty

| | | | | | | | | | | | | | |
|--|------|----|----|-----|-----|------|-----|----|----|----|-----|-----|-----|
| Louis the undecided ⁽¹⁾ | 1210 | 58 | 16 | 0.5 | 455 | 2040 | 137 | 10 | 44 | 42 | 780 | 200 | 6 |
| Gabriel and his classic Banana blast | 1640 | 70 | 24 | 0.5 | 420 | 3430 | 219 | 11 | 82 | 45 | 730 | 300 | 9 |
| Mountain of banana-chocolate waffle for Adam | 1150 | 46 | 13 | 0.5 | 415 | 2550 | 153 | 8 | 52 | 39 | 710 | 300 | 4.5 |
| Mountain of banana-caramel waffle for Adam | 1170 | 44 | 14 | 0.5 | 420 | 2650 | 158 | 8 | 59 | 38 | 690 | 250 | 4 |
| Paul wants it all ⁽¹⁾ | 1030 | 42 | 12 | 0.5 | 410 | 2540 | 129 | 7 | 38 | 37 | 430 | 250 | 4 |
| Jessica born in 89 custard | 1010 | 47 | 15 | 0.5 | 460 | 2010 | 107 | 6 | 20 | 40 | 430 | 175 | 4 |
| Jessica born in 89 chocolate | 1160 | 57 | 16 | 0.5 | 455 | 2040 | 125 | 8 | 38 | 41 | 520 | 175 | 6 |
| Strawberry avalanche for Fannie | 950 | 40 | 11 | 0.5 | 450 | 2150 | 102 | 8 | 24 | 38 | 390 | 125 | 4 |
| Our breakfast for the Club ⁽¹⁾ | 1370 | 62 | 25 | 1.5 | 525 | 2500 | 149 | 7 | 65 | 42 | 560 | 225 | 4 |

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

| | | | | | | | | | | | | | |
|---|------|----|----|-----|-----|------|-----|----|----|----|------|-----|------|
| Spinach, onions, mushrooms and goat cheese (1 egg) | 1080 | 52 | 19 | 1 | 240 | 1510 | 129 | 13 | 47 | 23 | 1280 | 250 | 3 |
| Spinach, onions, mushrooms and goat cheese (2 eggs) | 1460 | 77 | 28 | 1.5 | 430 | 2070 | 156 | 14 | 55 | 35 | 1600 | 400 | 4.5 |
| Spinach, onions, mushrooms and goat cheese (3 eggs) | 1640 | 89 | 27 | 1 | 575 | 2510 | 173 | 16 | 56 | 46 | 1890 | 450 | 6.5 |
| Ham (1 egg) | 840 | 34 | 9 | 0.5 | 200 | 1680 | 115 | 11 | 36 | 22 | 1040 | 175 | 2.5 |
| Ham (2 eggs) | 1200 | 57 | 16 | 0.5 | 400 | 2530 | 138 | 11 | 42 | 38 | 1330 | 250 | 4.5 |
| Ham (3 eggs) | 1540 | 78 | 23 | 1 | 595 | 3330 | 160 | 12 | 48 | 53 | 1610 | 350 | 6 |
| Tomatoes, bacon and green onions (1 egg) | 630 | 33 | 10 | 0.2 | 210 | 990 | 68 | 7 | 37 | 21 | 1020 | 175 | 2.5 |
| Tomatoes, bacon and green onions (2 eggs) | 1320 | 68 | 20 | 0.5 | 420 | 2740 | 139 | 12 | 44 | 43 | 1300 | 250 | 4.5 |
| Tomatoes, bacon and green onions (3 eggs) | 1710 | 94 | 29 | 1 | 630 | 3630 | 161 | 13 | 51 | 60 | 1560 | 350 | 6.5 |
| Smoked salmon (1 egg) | 850 | 36 | 9 | 0.5 | 200 | 1530 | 113 | 11 | 36 | 23 | 940 | 175 | 2.25 |
| Smoked salmon (2 eggs) | 1210 | 60 | 16 | 1 | 400 | 2230 | 134 | 11 | 42 | 40 | 1140 | 250 | 4 |
| Smoked salmon (3 eggs) | 1560 | 81 | 23 | 1 | 600 | 2880 | 154 | 12 | 47 | 56 | 1320 | 350 | 5.5 |

Eggs in a skillet

| | | | | | | | | | | | | | |
|----------------------------|------|----|----|-----|-----|------|-----|----|----|----|------|-----|------|
| 10 star ⁽¹⁾ | 940 | 51 | 20 | 1 | 270 | 2080 | 85 | 9 | 23 | 37 | 970 | 400 | 3 |
| Western ⁽¹⁾ | 760 | 33 | 13 | 1 | 215 | 1200 | 83 | 11 | 24 | 25 | 900 | 350 | 1.75 |
| Chorizo-ham ⁽¹⁾ | 1050 | 55 | 15 | 0.5 | 265 | 3460 | 103 | 15 | 32 | 44 | 1320 | 150 | 7 |
| Theo ⁽¹⁾ | 750 | 33 | 13 | 1 | 245 | 1850 | 83 | 8 | 22 | 33 | 850 | 350 | 2 |

Omelettes

| | | | | | | | | | | | | | |
|---|------|----|----|-----|-----|------|-----|----|----|----|------|-----|------|
| 10 star ⁽¹⁾ | 1410 | 70 | 26 | 1.5 | 620 | 2680 | 143 | 12 | 39 | 56 | 1010 | 550 | 7 |
| 10 star (egg white option) | 960 | 48 | 18 | 1 | 105 | 2280 | 90 | 10 | 25 | 46 | 1050 | 400 | 2.25 |
| Spinach and Cheddar ⁽¹⁾ | 820 | 42 | 17 | 1 | 565 | 1280 | 79 | 8 | 22 | 33 | 770 | 450 | 3 |
| Spinach and Cheddar (egg white option) | 570 | 21 | 10 | 0.4 | 50 | 750 | 67 | 7 | 23 | 32 | 610 | 400 | 2.25 |
| Smoked salmon ⁽¹⁾ | 640 | 32 | 8 | 0.3 | 550 | 1350 | 51 | 7 | 11 | 38 | 530 | 150 | 4 |
| Smoked salmon (egg white option) | 590 | 18 | 3 | 0.5 | 30 | 1730 | 79 | 8 | 22 | 33 | 630 | 75 | 1 |
| Western ⁽¹⁾ | 790 | 35 | 10 | 0.5 | 545 | 1780 | 87 | 9 | 25 | 35 | 1050 | 150 | 3.5 |
| Western (egg white option) | 590 | 15 | 3 | 0.4 | 30 | 1790 | 85 | 9 | 24 | 32 | 890 | 75 | 1.5 |
| Goat cheese, tomatoes, bacon ⁽¹⁾ | 840 | 44 | 16 | 0.5 | 580 | 1300 | 70 | 7 | 26 | 42 | 820 | 200 | 4.5 |
| Goat cheese, tomatoes, bacon (egg white option) | 650 | 25 | 9 | 0.3 | 65 | 1320 | 68 | 7 | 25 | 39 | 660 | 125 | 2.5 |
| Theo's ⁽¹⁾ | 970 | 49 | 18 | 1 | 565 | 1380 | 89 | 11 | 27 | 37 | 1140 | 450 | 3 |
| Theo's (egg white option) | 770 | 29 | 12 | 1 | 50 | 1440 | 86 | 10 | 26 | 34 | 770 | 350 | 1.25 |
| Gigi (GS) | 700 | 25 | 8 | 0.4 | 30 | 820 | 100 | 10 | 50 | 29 | 1340 | 200 | 2.5 |

(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) |
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|
|--|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|

Sandwichs

| | | | | | | | | | | | | | |
|-----------------------------|------|----|----|-----|-----|------|-----|----|----|----|------|-----|-----|
| Tuna melt with potatoes | 910 | 30 | 7 | 1 | 75 | 2170 | 118 | 13 | 26 | 48 | 870 | 300 | 4.5 |
| Tuna melt with fruit | 740 | 22 | 6 | 0.4 | 75 | 1360 | 98 | 13 | 45 | 46 | 1290 | 350 | 5 |
| Chicken melt with potatoes | 910 | 31 | 8 | 1 | 90 | 1930 | 117 | 12 | 23 | 44 | 560 | 450 | 3 |
| Chicken melt with fruit | 740 | 24 | 7 | 0.4 | 90 | 1120 | 97 | 11 | 42 | 42 | 980 | 500 | 4 |
| Egg salad with potatoes | 1110 | 58 | 9 | 1 | 530 | 1870 | 117 | 12 | 24 | 32 | 720 | 175 | 5 |
| Egg salad with fruit | 950 | 51 | 8 | 0.5 | 530 | 1060 | 98 | 11 | 43 | 29 | 1130 | 225 | 5.5 |
| THE Club with potatoes | 1370 | 71 | 19 | 1 | 180 | 2770 | 107 | 12 | 14 | 77 | 500 | 650 | 6.5 |
| Bagel and lox with potatoes | 720 | 19 | 7 | 0.4 | 60 | 1060 | 113 | 10 | 50 | 29 | 1140 | 150 | 5 |
| Bagel and lox with fruit | 860 | 28 | 8 | 0.4 | 60 | 1350 | 122 | 10 | 34 | 33 | 790 | 150 | 6 |

Teen's favourites!

| | | | | | | | | | | | | | |
|-------------------|------|----|----|-----|-----|------|-----|----|----|----|-----|-----|------|
| Crêpe burrito | 1280 | 61 | 25 | 1 | 510 | 2260 | 135 | 11 | 17 | 47 | 560 | 600 | 6.5 |
| Breakfast poutine | 1400 | 89 | 33 | 1.5 | 330 | 3430 | 101 | 8 | 16 | 45 | 600 | 650 | 2.5 |
| Morning hot-dogs | 1050 | 56 | 19 | 1 | 185 | 3040 | 96 | 5 | 7 | 42 | 290 | 350 | 4.5 |
| Brunch burger | 1220 | 66 | 22 | 1 | 480 | 2530 | 94 | 6 | 11 | 61 | 830 | 300 | 13.5 |
| THE Club | 1400 | 70 | 19 | 1 | 180 | 3300 | 119 | 13 | 12 | 75 | 510 | 600 | 5 |

Early Bird

| | | | | | | | | | | | | | |
|---|-----|----|----|-----|-----|------|-----|---|----|----|-----|-----|------|
| Daily oatmeal ⁽¹⁾ | 560 | 14 | 7 | 0.3 | 30 | 50 | 96 | 6 | 51 | 12 | 250 | 75 | 3 |
| 2 crêpes, bacon | 670 | 22 | 8 | 0 | 170 | 940 | 87 | 4 | 10 | 33 | 570 | 225 | 5.5 |
| 2 crêpes, ham | 670 | 18 | 6 | 0 | 170 | 1230 | 91 | 4 | 10 | 36 | 830 | 225 | 6 |
| 2 crêpes, bologna | 740 | 28 | 10 | 0 | 205 | 970 | 89 | 4 | 11 | 33 | 740 | 250 | 7 |
| 2 crêpes, sausages | 700 | 29 | 9 | 0 | 160 | 780 | 89 | 4 | 10 | 27 | 690 | 225 | 5.5 |
| 2 crêpes, turkey sausages | 590 | 14 | 5 | 0 | 170 | 590 | 87 | 4 | 10 | 29 | 700 | 225 | 5.5 |
| Morning panini-crêpe ham | 920 | 42 | 16 | 0.5 | 480 | 1460 | 87 | 6 | 9 | 48 | 640 | 500 | 6 |
| Morning panini-crêpe bacon | 920 | 44 | 18 | 0.5 | 475 | 1200 | 84 | 6 | 9 | 45 | 450 | 450 | 5.5 |
| 2 eggs, 2 strips of bacon and 2 blueberry pancakes ⁽¹⁾ | 780 | 33 | 9 | 0.2 | 380 | 2140 | 106 | 4 | 29 | 30 | 550 | 250 | 6.5 |
| 2 eggs, bacon ⁽¹⁾ | 610 | 32 | 9 | 0.5 | 375 | 1640 | 54 | 5 | 3 | 27 | 290 | 75 | 2 |
| 2 egg, ham ⁽¹⁾ | 620 | 29 | 7 | 0.5 | 380 | 1940 | 58 | 5 | 3 | 31 | 540 | 75 | 2.25 |
| 2 eggs, bologna ⁽¹⁾ | 700 | 40 | 11 | 0.5 | 410 | 1690 | 56 | 5 | 4 | 27 | 450 | 125 | 3 |
| 2 eggs, sausage ⁽¹⁾ | 720 | 45 | 12 | 0.5 | 375 | 1670 | 57 | 5 | 3 | 24 | 450 | 75 | 2 |
| 2 eggs, turkey sausages ⁽¹⁾ | 560 | 27 | 6 | 0.5 | 375 | 1310 | 54 | 5 | 3 | 24 | 420 | 75 | 2 |
| 2 eggs with fruit ⁽¹⁾ | 350 | 22 | 4 | 0.1 | 340 | 190 | 43 | 5 | 29 | 14 | 840 | 100 | 2.25 |
| Omelette Early Bird | 650 | 35 | 10 | 0.5 | 385 | 1660 | 57 | 6 | 5 | 28 | 410 | 75 | 2.25 |

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.

Kid's menu

| | 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) |
|-------------------------------------|-----------------|---------|---------------|-----------|------------------|-------------|------------------|-----------|------------|-------------|----------------|--------------|-----------|
| Crêpe banana and cocoa hazelnut | 580 | 20 | 6 | 0.1 | 65 | 150 | 97 | 6 | 48 | 12 | 820 | 125 | 4.5 |
| Crêpe fruits and custard | 430 | 10 | 5 | 0.2 | 80 | 150 | 75 | 3 | 32 | 12 | 480 | 175 | 2.5 |
| Crêpe strawberry and cocoa-hazelnut | 500 | 20 | 5 | 0.1 | 65 | 150 | 75 | 7 | 37 | 12 | 520 | 150 | 4.5 |
| Waffle fruits and english cream | 340 | 5 | 1.5 | 0.1 | 15 | 660 | 69 | 3 | 30 | 6 | 330 | 175 | 2 |
| Pancakdes with fruits | 570 | 8 | 2.5 | 0.1 | 20 | 1540 | 117 | 4 | 37 | 11 | 580 | 175 | 4.5 |
| Blueberry pancakes with fruits | 600 | 8 | 3 | 0.1 | 20 | 1540 | 124 | 5 | 42 | 11 | 580 | 175 | 5 |
| Chocolate chip pancakes with fruits | 740 | 17 | 8 | 0.1 | 20 | 1540 | 140 | 5 | 56 | 12 | 580 | 200 | 5.5 |
| Nicky's panini ham | 500 | 18 | 6 | 0.2 | 245 | 800 | 63 | 4 | 22 | 24 | 740 | 225 | 3.5 |
| Nicky's panini bacon | 500 | 19 | 7 | 0.2 | 245 | 670 | 61 | 4 | 22 | 22 | 640 | 225 | 3.5 |
| Grilled cheese | 630 | 22 | 7 | 0.5 | 20 | 1800 | 93 | 6 | 5 | 19 | 180 | 250 | 3 |
| French toast with fruits | 330 | 5 | 1.5 | 0.1 | 65 | 300 | 60 | 4 | 28 | 9 | 450 | 75 | 2.5 |
| 1 egg bacon | 470 | 22 | 5 | 0.5 | 195 | 1330 | 52 | 5 | 2 | 18 | 130 | 40 | 1 |
| 1 egg ham | 500 | 21 | 4.5 | 0.5 | 195 | 1550 | 55 | 5 | 2 | 20 | 300 | 50 | 1.25 |
| 1 egg sausage | 620 | 38 | 10 | 0.5 | 205 | 1580 | 55 | 5 | 1 | 18 | 290 | 50 | 1.5 |
| 1 egg turkey sausage | 440 | 17 | 3.5 | 0.5 | 205 | 1200 | 52 | 5 | 1 | 18 | 260 | 40 | 1.25 |
| 1 egg bacon blueberry pancake | 600 | 25 | 6 | 0.1 | 200 | 1290 | 72 | 5 | 12 | 23 | 210 | 125 | 4 |
| 1 egg bacon chocolate chip pancake | 640 | 27 | 8 | 0.1 | 200 | 1290 | 77 | 5 | 17 | 23 | 210 | 125 | 4 |
| Add 1 egg | 90 | 7 | 2 | 0.1 | 170 | 85 | 0 | 0 | 0 | 5 | 50 | 20 | 0.75 |
| Orange juice | 120 | 0.4 | 0.1 | 0 | 0 | 10 | 29 | 1 | 23 | 2 | 480 | 30 | 0.3 |
| Apple juice | 130 | 0 | 0 | 0 | 0 | 0 | 31 | 1 | 28 | 0.3 | 0 | 30 | 0 |
| Apple-grape juice | 130 | 0 | 0 | 0 | 0 | 20 | 32 | 0 | 30 | 1 | 0 | 50 | 0.4 |
| Glass of milk | 120 | 5 | 3 | 0.2 | 20 | 115 | 12 | 0 | 13 | 8 | 350 | 300 | 0.1 |
| Chocolate milk | 160 | 2.5 | 1 | 0 | 10 | 180 | 26 | 0 | 24 | 7 | 430 | 250 | 0.75 |
| Whole wheat bread (1 slice) | 140 | 5 | 1.0 | 0.1 | 0 | 270 | 20 | 2 | 1 | 5 | 0 | 30 | 1.25 |
| Multigrain bread (1 slice) | 150 | 6 | 1.5 | 0 | 0 | 200 | 19 | 2 | 2 | 5 | 0 | 30 | 1 |
| White bread (1 slice) | 140 | 5 | 1.5 | 0.1 | 0 | 260 | 20 | 1 | 1 | 4 | 0 | 30 | 1.25 |
| Rye bread (1 slice) | 210 | 6 | 1 | 0.1 | 0 | 390 | 33 | 2 | 1 | 6 | 0 | 50 | 2 |

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 | 140 | 7 | 4 | 0.2 | 35 | 60 | 17 | 0 | 13 | 3 | 0 | 100 | 0.1 |
| Custard | 170 | 4.5 | 2.5 | 0.1 | 35 | 70 | 28 | 0 | 21 | 4 | 0 | 150 | 0.1 |
| Cocoa-hazelnut custard | 380 | 22 | 4.5 | 0.1 | 25 | 100 | 53 | 3 | 46 | 5 | 130 | 150 | 2.5 |
| Cocoa-hazelnut spread | 790 | 48 | 8 | 0 | 0 | 160 | 103 | 8 | 95 | 8 | 400 | 150 | 8 |
| Salted caramel | 440 | 13 | 9 | 0.3 | 50 | 490 | 77 | 0 | 75 | 2 | 60 | 100 | 0.5 |
| Bol of fresh fruit | 170 | 1 | 0.2 | 0 | 0 | 15 | 41 | 5 | 28 | 2 | 680 | 30 | 0.75 |
| Single portion of maple syrup | 70 | 0.1 | 0 | 0 | 0 | 2 | 18 | 0 | 16 | 0 | 60 | 30 | 0 |
| Ramekin of fruit | 80 | 0.4 | 0.1 | 0 | 0 | 10 | 19 | 2 | 15 | 1 | 340 | 30 | 0.4 |
| Bologna | 310 | 24 | 8 | 0 | 95 | 960 | 7 | 0 | 2 | 16 | 280 | 100 | 2.25 |
| Ham | 190 | 8 | 3 | 0 | 50 | 1280 | 9 | 1 | 1 | 20 | 400 | 40 | 1 |
| Sausages | 360 | 35 | 11 | 0.1 | 55 | 1030 | 9 | 1 | 1 | 13 | 300 | 30 | 1 |
| Bacon | 200 | 13 | 5 | 0 | 50 | 890 | 3 | 0 | 1 | 16 | 60 | 20 | 0.75 |
| Turkey sausages | 120 | 6 | 1.5 | 0 | 55 | 500 | 4 | 0 | 0 | 13 | 250 | 20 | 1 |
| Frankfurters | 500 | 42 | 14 | 1 | 120 | 2090 | 7 | 1 | 1 | 23 | 100 | 200 | 3.5 |
| Baked beans | 200 | 4.5 | 1.5 | 0 | 5 | 540 | 32 | 5 | 11 | 9 | 60 | 75 | 2.5 |
| Chia seeds | 160 | 10 | 8 | 0 | 0 | 5 | 12 | 9 | 0 | 5 | 0 | 200 | 2.25 |
| Creton | 160 | 11 | 4 | 0 | 35 | 390 | 4 | 0 | 1 | 11 | 240 | 40 | 1 |
| Potatoes | 280 | 8 | 1 | 0.4 | 0 | 800 | 48 | 4 | 0 | 4 | 0 | 0 | 0 |
| Hollandaise sauce | 330 | 30 | 10 | 0.2 | 30 | 730 | 13 | 0 | 8 | 4 | 290 | 100 | 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 | 30 | 300 | 0 |
| Sautéed mushrooms | 60 | 5 | 1 | 0.1 | 0 | 60 | 2 | 1 | 0 | 2 | 220 | 0 | 0.1 |
| Caramelized onions | 80 | 4.5 | 1 | 0 | 0 | 45 | 11 | 2 | 5 | 1 | 150 | 20 | 0.2 |
| Three toppings | 290 | 20 | 10 | 0.5 | 45 | 300 | 15 | 3 | 6 | 13 | 390 | 300 | 0.4 |
| Poutine | 550 | 47 | 21 | 0.5 | 95 | 1100 | 14 | 0 | 8 | 18 | 350 | 550 | 0.3 |

Bread

| | | | | | | | | | | | | | |
|---|-----|-----|-----|-----|----|-----|----|---|---|---|---|----|------|
| Whole wheat bread (2 slices) | 250 | 7 | 1.5 | 0.1 | 0 | 500 | 39 | 4 | 2 | 9 | 0 | 75 | 2.25 |
| Multigrain bread (2 slices) | 260 | 7 | 2 | 0 | 0 | 360 | 39 | 5 | 5 | 9 | 0 | 50 | 2.25 |
| White bread (2 slices) | 230 | 6 | 1.5 | 0.1 | 0 | 480 | 40 | 1 | 1 | 8 | 0 | 75 | 2.5 |
| Rye bread (2 slices) | 210 | 6 | 1 | 0.1 | 0 | 390 | 33 | 2 | 1 | 6 | 0 | 50 | 2 |
| Bagel | 280 | 4.0 | 0.5 | 0 | 10 | 270 | 50 | 2 | 5 | 9 | 0 | 0 | 3.5 |
| Gluten-free multigrain bread (2 slices) | 280 | 4.0 | 0.5 | 0 | 10 | 270 | 50 | 2 | 5 | 9 | 0 | 0 | 3.5 |