



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

Passion fruit, blueberry, mango and orange cocktail	200	1	0	0	0	5	45	4	39	1	40	30	0.75
Watermelon, guava and strawberry cocktail	120	0	0.1	0	0	10	31	2	24	1	330	30	1.25
Beet, cucumber, strawberry and mango cocktail	110	0	0	0	0	30	26	2	21	1	290	30	0.75
Strawberry-Banana smoothie	250	3	2	0.1	10	85	48	2	43	6	240	225	0.4
Mango-Banana smoothie	290	4	2	0.1	10	105	54	5	45	8	470	300	1
Kale-Mango Smoothie	290	4	2	0.1	10	105	54	5	45	8	470	300	1
Cora orange juice	170	1	0.1	0	0	15	39	1	31	2	650	40	0.4
Soy beverage	120	5	0.5	0	0	110	4	3	1	10	470	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	2	1	0.1	5	30	3	0	3	2	100	75	0.1
Cappuccino bowl	70	3	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	3	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	3	1.5	0.1	10	65	24	0	22	4	250	175	0.1
Iced coffee	60	3	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	600	15	8	0.1	20	170	96	10	56	19	710	450	3
Bowl of fresh fruit ⁽¹⁾	170	1	0.2	0	0	15	44	5	31	3	740	40	1
Yogurt harvest crunch	680	7	2.5	0	10	85	142	12	87	21	1390	400	3
Samira wake-up	440	2	0.3	0	0	40	109	15	80	7	1700	150	2
Samira wake-up with Cheddar cheese	910	15	6	0.2	35	105	190	21	116	19	2030	300	5
Ode to oatmeal ⁽¹⁾	480	13	6	0.2	35	70	81	6	37	12	330	150	3
Regular oatmeal ⁽¹⁾	470	14	7	0.3	30	50	75	6	30	12	250	75	3

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)
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French toast

1990's harvest	1110	38	13	0.1	295	1220	160	9	74	36	900	150	6.5
Strawberry avalanche	500	10	2.5	0.1	110	410	91	8	49	12	660	175	1.75
Surprise with ham	590	18	7	0.2	240	760	86	6	41	25	1010	300	11
Surprise with bacon	640	23	9	0.2	250	850	85	6	42	27	910	300	11
Brioche for Elise	1150	42	19	0.5	235	740	167	9	77	28	480	300	6
Plain french toast	340	10	2.5	0.1	110	410	52	2	20	11	270	150	0.75
French toast with bacon	530	23	7	0.1	160	1300	55	2	21	26	270	150	1.25
French toast with sausages	730	44	15	0.2	165	1430	60	2	21	23	390	150	1.75
French toast with turkey sausages	450	15	4	0.1	165	910	55	2	20	23	460	150	1.5
French toast with ham	470	15	4	0.1	150	1360	58	2	20	26	530	150	1.25
French toast with fruit	510	10	2.5	0.1	110	430	95	7	50	14	1000	175	1.5

Waffles

Bananas cocoa-hazelnut custard	990	20	8	0.3	65	1390	195	8	92	18	1170	450	5
Bananas salted caramel	1010	18	9	0.3	70	1480	202	8	100	17	1150	450	4
Strawberries	780	15	6	0.3	55	1360	148	10	69	16	570	450	5
Fresh fruit	790	15	6	0.3	55	1370	154	7	74	16	740	450	4

Fruit crêpes

April 89 with custard	760	17	8	0.2	140	280	136	8	61	22	1090	350	5
April 89 with cocoa-hazelnut spread	970	35	9	0.1	105	290	157	12	86	22	1280	250	8
Banana-blast	1070	35	9	0.1	105	270	183	11	92	22	1600	250	8
Tasty strawberries with custard	690	17	7	0.2	140	270	116	10	46	21	810	350	5
Tasty strawberries with cocoa-hazelnut spread	900	35	9	0.1	105	270	137	14	71	21	1000	300	8.5

Pancakes

Blueberry fields	1110	28	12	0.5	140	2750	190	7	64	26	460	750	7.5
Triple chocolat	1470	45	18	0.1	70	2600	254	14	116	26	1140	600	11
Strawberry-banana	1080	17	5	0.2	80	2650	215	12	76	24	1330	600	8.5
Plain	810	10	1.5	0	50	2620	162	8	44	21	950	550	7.5
Nature with bacon	890	23	6	0	100	3490	138	5	25	34	450	500	7.5
Nature with sausage	1200	45	14	0.1	105	3640	170	8	46	33	1070	550	8.5
Nature with turkey sausages	920	16	3	0	105	3120	165	8	45	33	1140	550	8.5
Nature with ham	840	16	3	0	90	3550	142	5	25	33	710	500	7.5
Plain pancakes with fruit	880	11	1.5	0	50	2620	180	10	55	22	1250	550	8
Plain with Beyond Meat®	960	29	9	0.2	50	3050	141	9	25	39	780	550	11

	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)
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Savoury crêpes

The Boss' favourite	1300	76	35	1	585	1910	96	5	28	62	1030	800	6.5
Panini-crêpe passe-partout with ham	860	35	16	0.5	480	1220	93	7	36	45	1320	500	5
Panini-crêpe passe-partout with bacon	850	38	17	0.5	475	960	90	7	36	41	1130	500	5
Buckwheat blessing	1250	69	33	1	240	1580	119	12	48	48	1630	800	5
Spinach and Cheddar	910	44	27	1	220	790	90	8	28	44	1080	1000	4
Plain crêpes regular flour	870	18	6	0	195	420	148	7	32	33	1090	350	8
Plain crêpes buckwheat and 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	390	34	13	0.1	55	1020	8	0	1	12	120	10	1
Add turkey sausage	150	7	2	0.1	70	660	4	0	0	16	250	10	1
Add ham	200	10	3	0	50	1300	8	0	1	20	340	20	0.75
Ajout de Beyond Meat®	260	19	8	0.2	0	460	5	4	0	20	330	100	4
Plain crêpes regular flour with fruits	950	19	6	0	200	420	166	9	42	33	1330	350	8

Crêpomelettes

Chorizo and goat cheese	1230	60	20	1	485	2490	130	11	32	47	1180	300	7.5
Spinach and Cheddar	1180	59	22	1	475	1720	126	9	30	40	1050	550	5
Western-Cheddar	1200	62	23	1	505	2390	109	7	13	49	850	500	5

Eggs

Cora's Special ⁽¹⁾	1210	54	16	0.5	450	3720	129	9	30	52	970	250	5.5
Rosemary's Sunday ⁽¹⁾	1250	43	11	0.5	425	3610	174	11	42	45	910	400	7.5
Jo construction ⁽¹⁾	1160	72	23	0.5	605	2730	85	7	23	46	790	125	4
Festin Gargantua ⁽¹⁾	1310	60	17	0.5	475	4260	133	9	32	63	970	250	6

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 with accompaniment

1 egg, potatoes ⁽¹⁾	470	16	3	0.5	170	910	75	7	20	12	560	75	1.25
2 eggs, potatoes ⁽¹⁾	560	23	5	0.5	340	990	75	7	21	17	620	100	2
3 eggs, potatoes ⁽¹⁾	630	27	6	0.5	510	1050	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	390	34	13	0.1	55	1020	8	0	1	12	120	10	1
Add frankfurters	150	7	2	0.1	70	660	4	0	0	16	250	10	1
Add turkey sausages	200	10	3	0	50	1300	8	0	1	20	340	20	0.75
Add sausages	510	26	9	0.5	135	1660	9	2	0	24	290	125	3
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	190	5	1.5	0	5	510	30	6	11	8	420	75	2.25
Add black bean patty	120	7	1	0	0	320	13	3	2	4	0	30	1
Add peameal bacon	130	7	2	0	35	800	2	0	0	16	0	0	0.75
Add Beyond Meat®	260	19	8	0.2	0	460	5	4	0	20	330	100	4
Add Steak Strips	110	3	1	0.1	40	50	0	0	0	20	270	10	1.25

Eggs with fruit

1 egg, fruit ⁽¹⁾	270	8	2	0.1	170	105	45	5	31	9	860	75	1.75
2 eggs, fruit ⁽¹⁾	340	13	3.5	0.1	340	160	46	5	32	14	910	100	2.25
3 eggs, fruit ⁽¹⁾	400	17	5	0.1	510	220	46	5	32	20	960	125	3

Our sweet'n salty

Louis the undecided ⁽¹⁾	1190	55	15	0.5	455	2010	137	10	44	42	780	200	6
Gabriel who's crazy about Triple chocolate pancakes	1200	65	26	0.5	455	1930	125	7	73	38	610	300	6.5
Mountain of banana-chocolate waffle for Adam	1170	44	14	0.5	420	2650	159	8	59	38	690	250	4
Mountain of banana-caramel waffle for Adam	1160	46	13	0.5	415	2550	151	8	51	39	710	300	5
Paul wants it all ⁽¹⁾	1020	40	12	0.5	410	2530	129	7	38	37	430	250	4
Jessica born in 89 custard	1070	46	15	0.5	470	2010	126	7	34	42	590	225	4
Jessica born in 89 chocolate	1180	55	15	0.5	455	2010	138	9	46	42	680	175	6
Strawberry avalanche for Fannie	880	40	11	0.5	445	2060	93	7	24	36	370	125	2.5
Our breakfast for the Club ⁽¹⁾	1220	57	22	1	510	2350	138	6	63	39	530	200	2.25

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.

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)	890	39	11	0.5	190	1420	121	11	42	20	1130	200	2.5
Spinach, onions, mushrooms and goat cheese (2 eggs)	1320	69	20	1	385	2020	148	14	50	33	1550	300	5
Spinach, onions, mushrooms and goat cheese (3 eggs)	1740	99	29	1.5	575	2620	176	16	59	47	1960	450	6.5
Ham (1 egg)	830	33	9	0.5	200	1660	116	10	39	22	1000	175	2.5
Ham (2 eggs)	1200	57	16	0.5	400	2520	139	11	45	38	1280	250	5
Ham (3 eggs)	1570	81	24	1	595	3370	161	12	50	53	1570	350	6
Tomatoes, bacon and green onions (1 egg)	620	32	10	0.2	210	980	69	6	40	21	990	175	3
Tomatoes, bacon and green onions (2 eggs)	1350	71	21	1	420	2750	140	12	47	43	1260	250	5
Tomatoes, bacon and green onions (3 eggs)	1790	102	31	1	630	3720	163	13	54	60	1530	350	6.5
Smoked salmon (1 egg)	840	34	9	0.5	200	1510	114	10	39	23	900	150	2.25
Smoked salmon (2 eggs)	1210	59	16	1	400	2220	135	11	44	40	1100	250	4
Smoked salmon (3 eggs)	1590	85	24	1	600	2920	156	12	50	56	1290	350	5.5
Montreal smoked meat, kale, green onions and smoked paprika (1 egg)	880	36	12	0.5	220	1460	114	10	38	30	1050	250	3
Montreal smoked meat, kale, green onions and smoked paprika (2 eggs)	1300	62	22	1	445	2100	135	11	43	54	1400	450	5
Montreal smoked meat, kale, green onions and smoked paprika (3 eggs)	1720	89	32	1.5	665	2750	155	12	48	77	1740	650	7.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (1 egg)	870	37	10	0.5	200	1600	117	10	40	22	1010	175	5.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (2 eggs)	1270	65	19	1	405	2390	140	11	47	38	1300	250	10.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (3 eggs)	1680	92	29	1	605	3180	163	12	54	53	1600	400	15.5

Eggs in a skillet

10 star	1150	64	22	1.5	300	2890	95	11	7	45	970	400	3
The Beyond Meat	950	45	14	1	195	2260	105	11	22	28	660	200	3
Burger in a skillet	1110	66	14	1	285	2300	82	8	6	45	660	175	4
Halloumi-chorizo sausage	1040	59	21	1.5	280	3990	91	12	9	38	460	650	6.5
Montreal Smoked Meat	1160	66	27	1.5	320	3090	88	6	8	47	490	500	13.5

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)

Omelettes

10 star ⁽¹⁾	1150	65	24	1	625	2250	92	10	26	49	1270	450	4
10 star ⁽¹⁾ (egg white option)	950	43	17	1	110	2290	91	10	25	49	1110	400	2.25
Spinach and Cheddar ⁽¹⁾	820	41	16	1	565	1270	79	8	22	33	770	450	3
Spinach and Cheddar ⁽¹⁾ (egg white option)	640	23	10	1	50	1340	78	8	21	33	610	350	1
Smoked salmon ⁽¹⁾	760	34	9	0.5	550	1680	80	8	23	36	780	150	3
Smoked salmon ⁽¹⁾ (egg white option)	600	18	3	0.5	30	1770	79	8	22	36	630	75	1
Western ⁽¹⁾	790	35	9	0.5	550	1800	87	9	25	35	1060	150	3.5
Western ⁽¹⁾ (egg white option)	600	14	3	0.4	30	1830	85	9	24	34	890	75	1.5
Goat cheese, tomatoes, bacon ⁽¹⁾	890	46	16	1	580	1850	81	8	24	41	820	150	3
Goat cheese, tomatoes, bacon ⁽¹⁾ (egg white option)	710	27	10	0.5	65	1920	80	8	23	40	660	100	1.25
Theo's ⁽¹⁾	870	48	18	1	565	1360	63	8	8	35	640	400	2.5
Theo's ⁽¹⁾ (egg white option)	810	32	12	1	50	1470	88	11	26	36	990	350	1
Gigi (GS)	830	34	14	1	65	890	103	11	56	34	1370	225	2.25

Sandwichs

Croque-thon with salad	820	31	8	1	85	2240	91	10	5	48	370	250	3.5
Croque-thon with potatoes	930	31	8	1	85	2260	117	13	25	50	880	300	5
Croque-thon with fruit	760	24	7	0.4	85	1450	97	12	44	48	1280	350	5
Panini smoked meat with salad	1040	66	20	1	500	2000	64	4	16	53	850	750	19
Panini smoked meat with potatoes	1190	52	20	1	500	2720	126	9	29	57	1100	750	19
Panini smoked meat with fruit	1020	45	19	1	500	1920	105	8	47	55	1500	800	19
Grilled cheese nacho with salad	760	44	9	1	80	1910	61	10	13	39	470	300	5
Grilled cheese nacho with potatoes	910	30	8	1	80	2630	123	14	25	43	720	300	4
Grilled cheese nacho with fruit	740	23	8	0.4	80	1820	102	13	44	41	1120	350	5
Bagel Beaufish with salad	740	40	8	1	60	1150	71	6	18	27	470	100	5
Bagel Beaufish with potatoes	880	26	7	1	60	1870	133	11	31	31	720	100	5
Bagel Beaufish with fruit	710	19	7	0.4	60	1060	112	10	49	29	1120	150	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)
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Early Bird

Daily oatmeal ⁽¹⁾	470	14	7	0.3	30	50	75	6	30	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	730	29	10	0.1	160	780	89	4	10	27	630	225	5.5
2 crêpes, turkey sausages	590	14	5	0	170	590	87	4	10	29	700	225	5.5
2 crêpes, Beyond Meat	810	26	10	0.3	145	550	115	6	31	32	740	300	7
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⁾	1080	32	8	0.2	400	2790	159	9	38	40	600	450	9.5
2 eggs, bacon ⁽¹⁾	610	32	9	0.5	375	1640	54	5	3	27	290	75	3
2 eggs, 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⁾	730	45	13	0.5	375	1650	57	5	3	24	370	75	2.25
2 eggs, turkey sausages ⁽¹⁾	560	27	6	0.5	375	1310	54	5	3	24	420	75	2
2 eggs with fruit ⁽¹⁾	360	15	4	0.1	340	190	46	5	32	14	910	100	2.25
2 eggs, Beyond Meat ^{®(1)}	550	30	8	0.2	340	640	43	7	5	28	460	150	5

Teen's favourites!

Crêpe burrito	1280	61	25	1	510	2260	135	11	17	47	560	600	6.5
Breakfast poutine	1410	85	31	1.5	340	3410	103	9	16	46	690	650	2.5
Morning hot-dogs	1070	46	16	1	205	2970	98	6	5	44	470	350	5
Brunch burger	1220	66	22	1	485	2510	93	6	11	61	830	250	13.5
THE Club	1400	70	19	1	180	3300	119	13	12	75	510	600	5

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	5
Crêpe fruits and custard	530	10	5	0.2	80	170	100	3	51	12	480	175	2.5
Crêpe strawberries and cocoa-hazelnut	500	20	5	0.1	65	150	75	7	37	12	520	150	5
Waffle fruits and english cream	340	5	1.5	0.1	15	660	69	3	30	6	330	175	2
Pancakes with fruits	570	7	1	0	35	1730	117	6	34	14	620	350	5
Blueberry pancakes with fruits	600	7	1	0	35	1740	124	7	39	14	620	350	5.5
Chocolate chip pancakes with fruits	730	16	6	0	35	1730	139	8	53	15	620	350	6
Nicky's panini ham	500	18	7	0.2	250	790	63	4	21	24	730	225	3.5
Nicky's panini bacon	490	19	7	0.2	245	660	61	4	21	22	640	200	3.5
Grilled cheese	630	22	7	0.5	25	1770	92	6	3	19	160	250	3
French toast with fruits	270	5	1.5	0.1	60	210	51	3	27	7	430	75	0.75
1 egg bacon	470	22	5	0.5	195	1330	52	5	2	18	130	40	1
1 egg ham	490	21	4.5	0.5	195	1550	55	5	2	20	300	50	1.25
1 egg sausage	640	38	11	0.5	205	1570	56	5	2	18	210	40	1.5
1 egg turkey sausage	440	17	3.5	0.5	205	1200	52	5	1	18	260	40	1.25
1 egg Beyond Meat®	510	25	7	0.5	170	1120	53	7	1	20	300	75	3
1 egg bacon blueberry pancake	630	24	6	0.5	205	1890	83	6	8	22	230	150	2.5
1 egg bacon chocolate chip pancake	680	27	7	0.5	205	1890	88	6	13	22	230	150	3
Add 1 egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Orange juice	120	0	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	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	3	1	0	10	180	26	0	24	7	430	250	0.75
Whole wheat bread (1 slice)	140	5	1	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)	120	5	1	0.1	0	210	17	1	1	3	0	30	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)
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Little extras

English cream Cora Style	140	7	4	0.2	35	60	17	0	13	3	0	100	0.1
Custard	170	5	2.5	0.1	35	70	28	0	21	4	0	150	0.1
Cocoa-hazelnut custard	380	22	6	0.2	30	105	48	3	42	5	130	125	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	78	0	76	2	60	100	0.2
Single portion of maple syrup	70	0	0	0	0	2	18	0	16	0	60	30	0
Ramekin of fruit	80	0	0.1	0	0	10	19	2	15	1	340	30	0.4
Bacon	200	13	5	0	50	890	3	0	1	16	60	20	0.75
Peameal bacon	130	7	2.0	0	35	800	3	0	0	16	60	20	1
Sausages	390	35	13	0.1	55	1020	9	1	2	12	180	20	1.25
Turkey sausages	150	7	2	0.1	70	660	5	0	1	17	310	30	1.25
Frankfurters	530	28	9	0.5	135	2040	12	3	1	25	380	175	3.5
Ham	200	10	3	0	50	1300	8	0	1	20	340	20	0.75
Bologna	310	24	8	0	95	960	7	0	2	16	280	100	2.25
Baked beans	190	5	1.5	0	5	510	30	6	11	8	420	75	2.25
Creton	160	11	4	0	35	390	4	0	1	11	240	40	1
Beyond Meat®	270	19	8	0.2	0	460	7	4	1	21	390	100	4
Chia seeds	160	10	8	0	0	5	12	9	0	5	0	200	2.25
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	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	46	21	0.5	100	1090	14	0	8	17	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)	190	6	1.5	0.1	0	260	29	1	3	4	50	50	8
Rye bread (2 slices)	210	6	1	0.1	0	390	33	2	1	6	0	50	2
Bagel	280	4	0.5	0	10	270	50	2	5	9	0	0	3.5
Gluten-free multigrain bread (2 slices)	70	2	0.3	0	0	135	11	1	2	2	40	10	0.2