



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													
Watermelon, guava and strawberry cocktail	120	0	0	0	0	10	31	2	24	1	330	30	1.25
Banana, pineapple, guava and dragon fruit cocktail	170	0	0	0	0	10	42	2	28	1	100	10	0.5
Orange, peach and carrot cocktail	160	1	0.1	0	0	65	38	4	32	3	670	40	1
Peach, mango and apple cocktail	230	0	0	0	0	0	54	3	48	2	290	30	0.3
Strawberry and mango iced tea cocktail	80	0	0	0	0	3	18	2	13	1	130	10	0.75
Strawberry-Banana smoothie	200	3	1.5	0	10	65	37	2	33	5	350	175	0.3
Mango-Banana smoothie	200	3	1.5	0	10	65	37	2	32	5	340	175	0.2
Kale-Mango Smoothie	290	4	2	0	10	105	54	5	45	8	690	300	1
Sweet Peach Smoothie	330	4	2	0	15	105	60	3	57	7	510	250	0.5
Pomegranate and berries Smoothie	270	3	1.5	0	10	65	56	5	43	5	540	175	1
Raspberry Pina Colada Smoothie	270	5	2.5	0	0	80	52	5	40	4	370	175	0.75
Iced Cappuccino	380	17	10	0.1	60	110	49	0	38	8	290	225	0.3
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	1	0	0	0	0	10	0	0
Cappuccino cup	60	3	1.5	0.1	10	50	6	0	6	4	160	125	0.1
Cappuccino bowl	130	5	3	0.2	20	120	12	0	13	8	360	300	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
Latte cup	70	3	2	0.1	10	65	7	0	7	5	210	175	0.1
Latte bowl	130	5	3.5	0.2	20	125	13	0	13	9	380	300	0.1
Maple 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	7	0	7	3	140	125	0
Iced mochaccino	160	5	3.5	0.1	10	200	26	1	22	4	340	150	1
Tea	0	0	0	0	0	0	0	0	0	0	0	0	0
Herbal tea	0	0	0	0	0	0	0	0	0	0	0	0	0
Hot chocolate	120	4	3	0.1	5	150	22	1	18	1	200	40	1

Note for all the table page:

(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)
Fresh fruit	120	4	3	0.1	5	150	22	1	18	1	200	40	1
Peggy's poached ⁽¹⁾	460	8	2.5	0.2	185	690	71	7	42	30	950	300	2.5
Kale-mango smoothie bowl	600	15	7	0	20	170	96	10	56	18	1100	500	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	680	21	14	0.5	70	360	113	15	80	21	1740	550	2
Ode to oatmeal ⁽¹⁾	470	13	6	0.2	35	70	81	6	37	12	330	150	3
Regular oatmeal ⁽¹⁾	530	14	6	0.3	30	50	89	6	44	12	250	75	3
French toast													
1990's harvest	1110	40	14	0.1	290	900	159	9	73	32	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	810	88	6	42	26	1010	350	4.5
Surprise with bacon	640	24	9	0.2	250	690	86	6	42	26	910	350	4.5
Brioche for Elise	1140	42	19	0.5	235	740	167	9	77	28	500	300	6
French toast with bacon	530	26	9	0.1	155	870	53	2	20	22	270	150	1
French toast with sausages	730	44	15	0.2	165	1430	60	2	21	23	390	150	1.75
French toast with turkey sausages	510	19	5	0.2	180	1090	56	2	20	27	530	150	1.75
French toast with ham	540	19	5	0.1	160	1710	61	2	21	31	610	150	1.5
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	19	8	0.4	65	1380	194	8	92	18	1230	450	4.5
Bananas salted caramel	1010	18	9	0.3	70	1480	202	8	100	17	1150	450	4
Strawberries	750	15	6	0.3	55	1360	141	8	65	15	430	450	4.5
Fresh fruit	790	15	6	0.3	55	1370	154	7	74	16	740	450	4
S'mores Waffle	980	30	13	0.3	55	1740	160	4	90	18	190	350	5
Fruit crêpes													
April 89 with custard	760	17	8	0.2	140	280	136	8	61	22	1090	350	4.5
April 89 with cocoa-hazelnut spread	970	31	9	0.5	105	290	154	8	86	22	1660	250	7
Banana-blast	1070	31	9	0.5	105	270	179	7	92	22	1980	250	7
Tasty strawberries with custard	660	16	7	0.2	140	270	109	8	42	21	680	350	4.5
Tasty strawberries with cocoa-hazelnut spread	870	31	9	0.5	105	270	127	8	66	20	1240	250	7.5
Gourmet crêpe	750	31	16	0.5	150	710	94	6	48	21	480	225	3

	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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Pancakes

Blueberry fields	1100	28	11	0.5	135	2750	190	7	64	26	460	750	7.5
Triple chocolat	1470	43	18	0.3	70	2600	252	12	116	26	1330	600	10.5
Strawberry-banana	1080	17	5	0.2	80	2650	215	12	76	24	1330	600	8.5
Nature with bacon	890	26	8	0	95	3060	136	5	25	29	450	500	7.5
Nature with sausage	1220	45	14	0.1	105	3640	176	9	51	33	1260	550	9
Nature with turkey sausages	1000	20	4	0.1	120	3310	172	9	50	37	1390	550	9
Nature with ham	910	20	4	0	100	3890	144	6	25	38	790	500	8
Plain pancakes with fruit	880	11	1.5	0	50	2620	180	10	55	22	1250	550	8
Plain with plant-based breakfast sausage patty	890	21	4.5	0.1	50	3000	144	7	26	28	720	550	9.5

Savoury crêpes

The Boss' favourite	1330	77	35	1	585	1700	101	6	33	60	1210	800	6.5
Sunshine panini-crêpe with ham	860	35	16	0.5	480	1220	93	7	36	45	1320	500	5
Sunshine panini-crêpe with bacon	850	39	18	0.5	475	740	89	7	36	39	1130	500	5
Buckwheat blessing	1450	75	32	1	230	2160	156	17	40	50	2170	750	6
Spinach and Cheddar	940	44	27	1	220	790	96	9	33	44	1260	1000	4.5
Halloumi and Chorizo	1180	63	30	1	400	2500	106	8	37	52	1330	1100	8
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
Add bacon	190	16	6	0	45	460	0	0	0	11	0	0	0.3
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
Add plant-based breakfast sausage patty	180	11	3.5	0.1	0	400	8	2	1	9	270	50	2.25

Crêpomelettes

Chorizo and goat cheese	1280	64	21	0.5	485	2240	136	12	36	47	2060	350	8.5
Spinach and Cheddar	1200	60	22	0.5	475	1560	131	11	35	41	1930	600	6.5
Western-Cheddar	1190	63	23	0.5	505	2220	108	8	13	49	1560	500	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)
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Eggs

Cora's Special ⁽¹⁾	1230	59	17	0.2	445	3130	133	11	35	49	1860	300	6.5
Rosemary's Sunday ⁽¹⁾	1270	47	12	0.1	415	3030	176	13	45	42	1800	450	8.5
Jo construction ⁽¹⁾	1180	75	23	0.3	600	2250	89	9	28	44	1680	150	5
Gargantuan Breakfast ⁽¹⁾	1330	64	18	0.2	470	3680	136	11	36	60	1860	300	7

Eggs with accompaniment

1 egg, potatoes	500	17	3	0.1	170	750	80	9	25	13	1450	100	2.5
2 eggs, potatoes	590	24	4.5	0.1	340	830	80	9	26	19	1500	125	3.5
3 eggs, potatoes	660	29	6	0.1	510	890	81	9	26	24	1560	150	4
Add bacon	190	16	6	0	45	460	0	0	0	11	0	0	0.3
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	140	6	3	0.1	0	250	12	4	1	3	180	20	1.25
Add plant-based breakfast sausage patty	180	11	3.5	0.1	0	400	8	2	1	9	270	50	2.25
Add Steak strips	110	3	1	0.1	40	50	0	0	0	20	270	10	1.25
Add Canadian peameal bacon	130	7	2	0	35	800	2	0	0	16	0	0	0.75

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⁾	1180	57	16	0.4	445	1420	132	9	43	38	1670	225	6.5
Mountain of banana-chocolate waffle for Adam ⁽¹⁾	1150	49	14	0.3	410	1960	148	8	50	35	1480	300	5.5
Mountain of banana-caramel waffle for Adam ⁽¹⁾	1170	48	15	0.2	415	2050	156	8	58	35	1400	300	5
Paul wants it all ⁽¹⁾	1020	45	13	0.2	400	1940	126	8	37	34	1140	300	5
Jessica born in 89 custard ⁽¹⁾	1070	50	16	0.3	465	1410	123	8	33	38	1300	250	5
Jessica born in 89 chocolate ⁽¹⁾	1180	57	16	0.4	445	1420	133	8	46	38	1580	225	6.5
Strawberry avalanche for Fannie ⁽¹⁾	880	45	12	0.2	440	1470	90	8	23	32	1080	150	3.5
The Club's youngest ⁽¹⁾	1230	57	16	0.4	445	1420	144	9	48	38	1820	200	6.5
Marshmallow cookie treat for Justin	1550	74	25	1.5	445	2120	189	9	85	39	1520	350	7.5

	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)
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Eggs Ben et Dictine

Spinach, onions, mushrooms and goat cheese (1 egg)	820	40	10	0.3	190	1300	119	12	41	21	1870	225	4
Spinach, onions, mushrooms and goat cheese (2 eggs)	1180	70	20	0.5	385	1940	144	14	49	34	2330	350	6
Spinach, onions, mushrooms and goat cheese (3 eggs)	1530	100	29	1	575	2590	170	16	57	47	2780	450	8
Ham (1 egg)	760	34	8	0.2	200	1550	114	11	38	23	1740	200	4
Ham (2 eggs)	1060	58	16	0.3	400	2440	135	11	43	38	2060	300	5.5
Ham (3 eggs)	1360	82	23	0.5	595	3340	156	12	48	53	2390	400	7.5
Tomatoes, bacon and green onions (1 egg)	550	33	11	0.2	205	810	66	6	39	18	1020	175	3
Tomatoes, bacon and green onions (2 eggs)	1210	75	22	0.4	415	2250	134	12	45	38	2040	300	6
Tomatoes, bacon and green onions (3 eggs)	1580	108	32	0.5	620	3050	154	13	51	54	2350	400	8
Smoked salmon (1 egg)	770	35	8	0.2	200	1400	112	11	38	24	1650	200	3.5
Smoked salmon (2 eggs)	1070	61	16	0.4	400	2140	131	11	43	40	1880	300	5.5
Smoked salmon (3 eggs)	1380	86	23	0.5	600	2890	150	12	48	56	2100	400	7
Montreal smoked meat, kale, green onions and smoked paprika (1 egg)	800	38	10	0.3	200	1480	114	11	39	23	1750	200	7
Montreal smoked meat, kale, green onions and smoked paprika (2 eggs)	1130	66	19	0.5	405	2320	136	12	45	38	2080	300	12
Montreal smoked meat, kale, green onions and smoked paprika (3 eggs)	1460	94	28	1	605	3150	157	13	52	53	2410	400	17
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (1 egg)	820	37	12	0.4	225	1380	112	11	38	31	1800	300	4.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (2 eggs)	1170	65	22	0.5	450	2100	131	11	42	55	2190	500	6.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (3 eggs)	1530	92	33	1	670	2830	150	12	46	79	2580	700	9

Eggs in a skillet

10 star	1150	67	22	0.5	295	2470	92	12	7	45	2030	450	5
Burger in a skillet	1110	68	14	0.5	285	2050	81	9	6	46	1720	200	6
Montreal smoked meat	1160	68	27	1	320	2840	86	7	8	48	1550	550	15
Halloumi-chorizo sausage	1070	63	21	1	280	3640	91	12	9	38	1510	700	8
The vegetarian	920	43	11	0.3	195	1990	105	11	23	24	1690	200	4

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Omelettes

10 star ⁽¹⁾	1180	67	24	1	620	1980	97	12	31	50	2160	500	5.5
10 star ⁽¹⁾ (egg white option)	970	45	17	0.5	105	2010	95	12	30	49	2000	450	3.5
Spinach and Cheddar ⁽¹⁾	840	43	16	0.5	565	1120	85	9	27	35	1650	450	4.5
Spinach and Cheddar ⁽¹⁾ (egg white option)	660	25	10	0.4	50	1190	84	9	26	34	1500	400	2.5
Smoked salmon ⁽¹⁾	790	36	8	0.3	545	1520	85	10	28	38	1670	175	4.5
Smoked salmon ⁽¹⁾ (egg white option)	630	19	2.5	0.1	30	1610	84	10	27	37	1510	100	2.25
Western ⁽¹⁾	820	36	9	0.2	550	1640	92	10	30	37	1950	175	4.5
Western ⁽¹⁾ (egg white option)	620	16	2.5	0	30	1670	91	10	29	35	1780	125	3
Goat cheese, tomatoes, bacon ⁽¹⁾	910	49	17	0.5	575	1370	85	9	28	39	1710	200	4.5
Goat cheese, tomatoes, bacon ⁽¹⁾ (egg white option)	740	31	10	0.3	60	1440	84	9	27	38	1550	125	2.5
Theo's ⁽¹⁾	860	49	18	0.5	565	1200	63	9	8	35	1350	400	3.5
Theo's ⁽¹⁾ (egg white option)	830	33	12	0.5	50	1310	94	13	31	37	1870	400	2.5
Gigi (GS)	760	22	8	0.4	30	930	113	11	51	36	1390	225	4.5

Sandwichs

Smoked meat panini with salad	1040	66	20	1	500	2000	64	4	16	53	850	750	19
Smoked meat panini with potatoes	1080	53	19	1	500	2540	99	7	9	56	1300	750	19
Smoked meat panini with fruit	1020	45	19	1	500	1920	105	8	47	55	1500	800	19
Tuna melt with salad	780	32	8	0.4	85	1900	83	10	6	46	1230	300	4.5
Tuna melt with potatoes	890	32	8	0.4	85	1930	110	13	26	49	1730	350	5
Tuna melt with fruit	720	23	7	0.4	85	1280	90	11	45	46	1430	350	4.5
Nacho grilled cheese with salad	750	45	10	1	85	1860	55	9	14	38	640	350	4
Nacho grilled cheese with potatoes	780	32	9	0.4	85	2390	89	11	7	41	1090	350	4
Nacho grilled cheese nacho with fruit	720	24	9	0.4	85	1770	96	12	45	40	1290	400	4
Pizza grilled cheese with fruits	810	40	18	1	130	1510	84	8	36	34	1400	500	3
Pizza grilled cheese with potatoes	950	49	18	1	130	2110	98	8	11	35	1360	450	3
Pizza grilled cheese with salad	890	40	18	1	130	1490	105	9	50	34	1560	500	3
Bagel and lox with salad	740	40	8	1	60	1160	71	6	18	28	470	125	5
Bagel and lox with potatoes	780	27	7	0.5	60	1690	106	8	11	30	920	100	5
Bagel and lox with fruit	710	19	7	0.5	60	1070	112	10	49	30	1120	175	5
Smoked meat waffle sandwich with potatoes	1210	56	22	1	150	3790	138	8	26	45	1010	900	18
Smoked meat waffle sandwich with salad	1180	69	24	1.5	150	3260	103	5	34	43	560	950	18
Smoked meat waffle sandwich with fruits	1150	48	22	1	150	3170	144	9	65	45	1210	1000	18

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Early Birds

Daily oatmeal ⁽¹⁾	530	14	6	0.3	30	50	89	6	44	12	250	75	3
2 crêpes, bacon	670	24	9	0	165	620	85	4	10	29	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®	510	26	6	0.2	340	620	45	6	5	22	430	125	4
Morning panini-crêpe ham	920	42	16	0.5	480	1460	87	6	9	48	640	500	6
Morning panini-crêpe bacon	920	46	18	0.5	475	980	83	6	8	43	450	500	5.5
2 eggs, 2 strips of bacon and 2 blueberry pancakes ⁽¹⁾	1070	34	9	0.2	395	2520	157	8	39	37	710	500	9
2 eggs, bacon ⁽¹⁾	610	36	9	0.1	370	1150	51	6	2	25	1000	100	3
2 eggs, ham ⁽¹⁾	620	31	7	0.1	380	1780	57	6	3	31	1250	100	3.5
2 eggs, bologna ⁽¹⁾	700	41	11	0.1	410	1520	55	6	4	28	1160	150	4.5
2 eggs, sausage ⁽¹⁾	730	47	13	0.2	375	1490	56	6	3	24	1080	100	3.5
2 eggs, turkey sausages ⁽¹⁾	560	28	6	0.2	375	1150	53	6	3	25	1120	100	3.5
2 eggs with fruit ⁽¹⁾	360	15	4	0.1	340	190	46	5	32	14	910	100	2.25
2 eggs, plant-based breakfast sausage patty ⁽¹⁾	510	26	6	0.2	340	620	45	6	5	22	430	125	4
2 eggs, blueberry pancakes with plant-based breakfast sausage patty	760	24	6	0.1	375	2070	108	7	26	29	720	400	7.5

Teen's favourites!

Crêpe burrito	1290	63	26	1	510	2030	133	13	16	46	1440	600	7.5
Breakfast poutine	1410	88	31	1	335	2950	100	10	15	44	1750	650	4
Morning hot-dogs	1100	50	18	0.5	210	2710	97	7	5	44	1200	400	5.5
Brunch burger	1230	69	23	0.5	480	2240	94	7	11	61	1540	350	8
THE Club	1350	73	19	0.5	175	2740	108	13	9	71	1510	650	5.5

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	18	6	0.3	65	150	95	4	48	12	1010	125	4
Crêpe fruits and custard	540	10	5	0.2	80	150	102	3	54	12	500	175	2.5
Crêpe strawberries and cocoa-hazelnut	500	18	5	0.3	65	150	73	5	37	12	710	150	4
Waffle fruits and english cream	330	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	510	19	7	0.2	250	850	63	4	21	25	740	225	3.5
Nicky's panini bacon	510	21	8	0.2	250	610	61	4	21	22	650	225	3.5
Grilled cheese	670	25	8	0.4	30	1690	94	7	6	21	950	350	4.5
French toast with fruits	270	5	1.5	0.1	60	210	51	3	27	7	430	75	0.75
1 egg bacon	470	25	6	0.1	190	950	50	5	1	16	840	75	2.25
1 egg ham	490	23	4.5	0.1	195	1380	54	6	2	21	1010	75	2.5
1 egg sausage	640	40	11	0.1	205	1400	55	6	2	19	920	75	2.5
1 egg turkey sausage	440	19	3.5	0.1	205	1040	52	5	1	19	960	75	2.5
1 egg plant-based breakfast sausage patty	470	22	4.5	0.1	170	920	54	6	2	15	970	75	3
1 egg bacon blueberry pancake	630	27	6	0.1	200	1510	81	7	8	20	930	175	4
1 egg bacon chocolate chip pancake	680	30	8	0.1	200	1510	86	7	13	20	930	175	4
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)	120	5	1	0	0	190	16	2	2	4	80	40	1
Multigrain bread (1 slice)	130	6	1	0	0	180	17	2	2	4	100	40	1
White bread (1 slice)	140	5	1	0.1	0	240	21	1	2	4	30	50	1.5
Rye bread (1 slice)	120	5	1	0	0	210	17	1	1	3	20	40	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	12	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	19	6	0.4	30	105	45	0	42	5	400	125	2
Cocoa-hazelnut spread	790	40	8	1	0	160	95	0	95	8	1190	150	6
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	190	16	6	0	45	470	1	0	0	11	60	20	0.5
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	190	8	2.5	0	50	1280	9	1	1	20	400	40	1
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
Canadian peameal bacon	130	7	2	0	35	800	3	0	0	16	60	20	1
Plant-based breakfast sausage patty	190	12	3.5	0.1	0	410	9	2	1	10	330	75	2.5
Chia seeds	140	9	1	0	0	5	13	10	0	5	0	200	2.25
Potatoes	280	9	0.5	0	0	640	47	5	0	5	710	20	1.25
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	380	31	16	0.4	80	710	7	0	4	16	200	500	0.1

Bread

Whole wheat bread (2 slices)	250	7	1.5	0	0	410	41	4	4	9	190	100	2.25
Multigrain bread (2 slices)	250	8	1.5	0	0	350	38	5	4	9	230	75	2.25
White bread (2 slices)	250	7	1.5	0.1	0	450	42	1	4	8	70	100	3
Rye bread (2 slices)	210	6	1.5	0	0	380	33	2	2	6	40	75	1.75
Bagel	280	4	0.5	0.1	10	280	50	2	5	10	0	20	3.5
Gluten-free multigrain bread (2 slices)	80	1	0.1	0	0	180	17	1	1	1	30	10	0.4