



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.

Beverages

	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)
Banana, pineapple, guava and dragon fruit cocktail	170	0	0	0	0	10	40	0	30	0	100	15	0
Peach, mango and apple cocktail	170	0	0	0	0	0	40	5	35	0	290	10	0
Strawberry and mango iced tea cocktail	80	0	0	0	0	5	20	0	15	0	130	20	0
Watermelon, guava and strawberry cocktail	120	0	0	0	0	10	30	0	25	0	330	35	0
Raspberry Pina Colada smoothie	270	5	0	0	0	70	50	5	45	5	330	160	0
Sweet Peach smoothie	330	5	0	0	15	100	60	5	60	5	510	250	0
Mango-Banana smoothie	200	0	0	0	10	60	40	0	35	5	340	180	0
Strawberry-Banana smoothie	200	0	0	0	10	70	45	5	35	5	350	190	0
Kale-Mango smoothie	290	5	0	0	10	100	60	5	50	10	690	320	0
Refreshing beverages													
Lime with sparkling water	45	0	0	0	0	0	10	0	10	0	10	5	0
Lime with lemonade	60	0	0	0	0	5	15	0	15	0	25	5	0
Cherry with sparkling water	60	0	0	0	0	0	15	0	15	0	10	5	0
Cherry with lemonade	70	0	0	0	0	5	15	0	15	0	25	5	0
Bleu raspberry with sparkling water	50	0	0	0	0	0	10	0	10	0	10	5	0
Bleu raspberry with lemonade	60	0	0	0	0	5	15	0	15	0	25	5	0
Green apple with sparkling water	50	0	0	0	0	0	15	0	10	0	10	5	0
Green apple with lemonade	60	0	0	0	0	5	15	0	15	0	25	5	0
Orange juice	170	0	0	0	0	15	40	0	30	0	650	35	0
Hot chocolate	120	5	5	0	5	150	20	0	20	0	200	35	0
Regular coffee	0	0	0	0	0	0	0	0	0	0	5	0	0
Espresso	0	0	0	0	0	0	0	0	0	0	10	0	0
Cappuccino cup	60	0	0	0	10	50	5	0	5	5	160	130	0
Cappuccino bowl	130	5	5	0	20	120	10	0	15	10	360	300	0
Mochaccino cup	140	5	5	0	25	110	20	0	15	5	230	150	0
Mochaccino bowl	260	10	5	0	40	210	35	0	30	10	460	300	0
Latte cup	70	5	0	0	10	70	5	0	5	5	210	170	0
Latte bowl	130	5	5	0	20	120	15	0	15	10	380	310	0
Canadian Maple latte	160	5	5	0	15	70	25	0	25	5	250	180	0
Canadian Maple latte bowl	310	10	5	0	30	130	50	0	45	10	480	350	0
Coffee flavor - Vanilla	50	0	0	0	0	0	15	0	15	0	0	0	0
Coffee flavor - Tiramisu	50	0	0	0	0	0	15	0	10	0	0	0	0
Coffee flavor - Irish Cream	50	0	0	0	0	0	15	0	10	0	0	0	0
Coffee flavor - Caramel	50	0	0	0	0	0	15	0	15	0	0	0	0
Iced Cappuccino	410	15	10	0	40	100	60	0	60	5	180	140	0

	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)
Iced mochaccino	160	5	5	0	10	200	25	0	20	5	340	140	0
Iced coffee	60	0	0	0	10	45	5	0	5	5	140	110	0
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
Spicy peach margarita no alcohol	120	0	0	0	0	460	30	0	25	0	130	25	0
Strawberry Daiquiri no alcohol	110	0	0	0	0	15	30	0	25	0	110	20	0
Mimosa no alcohol	210	0	0	0	0	15	15	0	10	0	340	30	0
Cora Caesar no alcohol	110	5	0	0	15	1440	15	0	10	5	380	50	0
Fresh fruit													
Kale-mango smoothie bowl	600	15	5	0	20	170	100	10	60	20	1100	480	5
Large bowl of fresh fruit with toast(1)	170	0	0	0	0	15	45	5	30	5	740	40	0
Ode to oatmeal(1)	470	15	5	0	35	70	80	5	35	10	330	160	5
Samira wake-up	430	0	0	0	0	35	110	15	80	5	1640	130	0
Samira wake-up with cheddar cheese	680	20	15	0	70	360	110	15	80	20	1680	550	0
Yogurt harvest crunch	680	5	0	0	10	90	140	10	90	20	1390	420	5
French Toast													
1990's harvest	1130	40	15	0	300	960	160	10	70	35	900	140	5
Strawberry avalanche	510	10	0	0	70	380	80	10	45	10	600	140	0
Brioche for Elise	1140	40	20	0	230	740	170	10	80	30	480	280	5
Surprise with ham	590	20	5	0	240	810	90	5	40	25	1010	340	5
Surprise with bacon	660	25	10	0	250	730	90	5	40	25	910	340	5
Waffles													
S'mores Waffle	1000	30	15	0	60	1790	160	5	90	20	190	340	5
Fresh fruit	790	15	5	0	60	1370	150	5	70	15	740	450	5
Strawberries	750	15	5	0	60	1360	140	10	60	15	430	460	5
Bananas salted caramel	1010	20	10	0	70	1480	200	10	100	15	1150	450	5
Bananas cocoa-hazelnut custard	990	20	10	0	60	1380	190	10	90	20	1230	460	5
Fruit crêpes													
Gourmet crepe	760	35	15	0	160	750	90	5	50	20	480	230	5
Tasty strawberries - Custard	660	15	5	0	140	270	110	10	40	20	680	330	5
Tasty strawberries - Cocoa-hazelnut	870	30	10	0	100	270	130	10	70	20	1240	270	5
Banana blast	1070	30	10	0	100	270	180	5	90	20	1980	240	5
April 89 - Custard	760	15	10	0	140	280	140	10	60	20	1090	330	5
April 89 - Cocoa-hazelnut	970	30	10	0	100	290	150	10	90	20	1660	270	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)
13-inch buckwheat crepe	320	10	5	0	90	120	50	5	5	15	540	150	5
13-inch plain crepe	360	10	5	0	90	190	60	0	5	15	270	130	5
13-inch cocoa crepe	560	15	5	0	130	270	90	5	10	20	430	200	5
Pancakes													
Triple chocolate	1470	45	20	0	70	2600	250	10	120	25	1330	600	10
Strawberry-banana	1080	15	5	0	80	2650	220	10	80	25	1330	600	10
Blueberry fields	1100	30	10	0	140	2750	190	5	60	25	460	740	5
Savoury crêpes													
Sunshine panini-crêpe with bacon	860	40	20	0	480	780	90	5	35	40	1070	460	5
Sunshine panini-crêpe with ham	850	35	15	0	480	1220	90	5	35	45	1260	470	5
The Boss' favourite	1250	80	35	0	590	1580	70	5	10	60	560	760	5
Spinach and cheddar	830	45	25	0	220	770	70	5	10	40	640	950	5
Buckwheat blessing	1500	90	35	0	230	1830	140	15	40	50	2080	770	5
Crêpomelettes													
Spinach and cheddar	1110	70	20	0	480	1400	90	5	15	40	1270	540	5
Chorizo sausage and goat cheese	1190	70	20	0	490	2080	90	5	15	45	1390	300	10
Western-cheddar	1210	70	25	0	510	2100	90	5	15	50	1510	530	5
Oeufs													
Cora's Special(1)	1180	70	20	0	450	3000	90	5	15	50	1180	260	5
Jo construction(1)	1140	90	25	0	600	1960	45	5	10	40	960	120	5
Peggy's poached(1)	460	10	5	0	180	690	70	5	40	30	950	320	5
Gargantuan Breakfast(1) (Hors-Quebec)	1280	80	20	0	480	3540	90	5	15	60	1180	270	5
Festin Gargantua(1) (Quebec)	1530	90	25	0	480	3830	120	10	30	60	1630	350	10
2 eggs, potatoes	500	35	5	0	340	680	35	5	5	15	830	80	0
Pulled ham	100	5	0	0	45	640	5	0	0	15	640	0	0
Add bacon	220	20	5	0	50	550	0	0	0	15	0	5	0
Add turkey sausages	200	10	5	0	50	1300	10	0	0	20	340	20	0
Add ham	410	40	15	0	50	810	10	0	0	10	80	15	0
Add frankfurters	150	5	0	0	70	660	5	0	0	15	250	5	0
Add black bean patty	140	5	5	0	0	250	10	5	0	5	180	15	0
Add plant-based breakfast sausage patty	180	10	5	0	0	400	10	0	0	10	270	45	0
2 eggs, fruit(1)	330	15	5	0	340	160	45	5	30	15	850	80	0
Pickle lovers	430	25	0	0	5	1720	50	5	20	5	750	70	0



	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)
Sweet'n savoury potatoes	260	15	0	0	0	380	30	5	0	5	620	40	0
Diced vegetables	5	0	0	0	0	0	0	0	0	0	20	0	0
Grated cheddar cheese	160	15	10	0	45	220	0	0	0	10	30	280	0
Caramelized onions	80	5	0	0	0	45	10	0	5	0	150	25	0
Mushrooms	60	5	0	0	0	60	0	0	0	0	220	5	0
Three toppings	290	20	10	0	45	300	15	5	5	15	390	310	0
Poutine-style	380	30	15	0	80	710	5	0	5	15	200	500	0
Sweet 'n salty													
Marshmallow cookie treat for Justin	1240	50	10	0	360	1460	170	10	80	25	1460	310	5
Mountain of banana-chocolate waffle for Adam	980	45	10	0	370	1370	130	5	50	25	1430	310	5
Mountain of banana-caramel waffle for Adam	1000	40	10	0	370	1470	140	5	60	25	1350	300	5
Paul wants it all(1)	850	40	5	0	360	1350	110	5	40	25	1090	280	5
The Club's youngest	1060	50	10	0	410	830	130	5	50	30	1770	210	5
Strawberry avalanche for Fannie	710	40	5	0	400	880	70	5	25	20	1030	150	5
Jessica born in 89	900	45	10	0	420	830	110	5	35	25	1250	250	5
Jessica born in 89 cocoa-hazelnut	1010	50	10	0	410	830	120	5	45	25	1530	220	5
Rosemary's Sunday	970	40	5	0	370	2410	130	10	20	30	1060	400	5
Louis the undecided	1020	50	10	0	410	830	120	10	45	25	1620	220	5
Choice - pulled ham	100	5	0	0	25	650	5	0	0	10	170	10	0
Choice - bacon	220	20	5	0	50	550	0	0	0	15	0	5	0
Choice - ham	200	10	5	0	50	1300	10	0	0	20	340	20	0
Choice - Sausages	410	40	15	0	50	810	10	0	0	10	80	15	0
Choice - Turkey sausages	150	5	0	0	70	660	5	0	0	15	250	5	0
Choice - Black bean patty	140	5	5	0	0	250	10	5	0	5	180	15	0
Choice - Plant-based breakfast sausage patty	180	10	5	0	0	400	10	0	0	10	270	45	0
Ben et Dictine													
Pulled ham and asparagus (2 eggs)	1180	80	20	0	440	2270	120	10	45	50	2540	610	5
Prosciutto and sun-dried tomatoes (2 eggs)	1040	60	15	0	390	2510	130	10	50	35	1810	290	10
Ham (2 eggs)	1070	70	15	0	400	2320	110	10	40	35	1970	270	5
Spinach, caramelized onions, and goat cheese (2 eggs)	1180	80	20	0	380	1820	120	10	45	35	2230	320	5
Montreal smoked meat, kale, green onions and (2 eggs)	1130	80	20	0	410	2190	110	10	45	35	1920	270	10
Smoked salmon (2 eggs)	1080	70	15	0	400	2020	110	10	40	40	1780	260	5
Steak lover with peppers, green onions, (2 eggs)	1180	70	25	0	450	1980	110	10	40	50	2100	490	5
Tomatoes, bacon and green onions (2 eggs)	1250	90	25	0	420	2210	110	10	45	40	1950	280	5

Ben Duos

	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)
Louis' ham ben	1140	60	15	0	260	1560	140	10	50	30	1840	280	5
Paul's smoked salmon ben	980	50	10	0	220	1930	130	5	45	30	1210	330	5

Eggs in a skillet

Halloumi-chorizo sausage	1060	70	20	0	260	3050	70	10	10	35	1450	570	10
Montreal smoked meat	1180	80	30	0	320	2650	60	5	10	50	1480	570	15
10 star(1)	1200	80	25	0	300	2280	70	10	10	45	1940	450	5
Burger in a skillet	1140	80	15	0	290	1870	60	5	10	45	1650	220	5
The Vegetarian	940	60	10	0	200	1800	80	10	25	25	1610	220	5

Omelettes

Theo's(1)	880	60	20	0	570	1070	45	10	10	35	1290	420	5
Theo's(1) (egg white option)	740	45	15	0	50	1160	50	10	10	35	1210	360	0
Western(1)	720	45	10	0	550	1490	45	5	10	35	1280	140	5
Western(1) (egg white option)	530	25	5	0	35	1520	45	5	10	35	1110	80	0
Gigi (with gluten free bread)	760	20	10	0	30	930	110	10	50	35	1330	220	5
Smoked salmon(1)	700	45	10	0	550	1370	40	5	10	35	1000	130	5
Smoked salmon(1) (egg white option)	540	30	5	0	35	1460	40	5	5	35	850	70	0
Goat cheese, tomatoes, bacon(1)	840	60	20	0	580	1280	40	5	10	35	1040	150	5
Goat cheese, tomatoes, bacon(1) (egg white)	670	45	10	0	70	1350	40	5	10	35	880	80	0
10 star(1)	1100	80	25	0	630	1820	50	5	10	45	1480	460	5
10 star(1) (egg white option)	890	60	20	0	110	1850	50	5	10	45	1320	400	5
Spinach and cheddar(1)	750	50	15	0	570	960	40	5	5	30	990	420	5
Spinach and cheddar(1) (egg white option)	570	35	10	0	50	1030	40	5	5	30	830	360	0

Sandwiches

Smoked meat waffle sandwich with potatoes	1070	50	15	0	100	3690	110	5	40	40	590	650	20
Smoked meat panini with salad	1130	50	15	0	100	4090	130	5	35	45	990	640	20
Smoked meat panini with potatoes	1110	70	20	0	500	2890	80	5	30	50	910	540	20
Tuna melt with salad	1170	60	20	0	500	3290	100	5	25	60	1310	520	20
Tuna melt with potatoes	800	40	10	0	90	1780	70	10	10	45	1180	320	5
Nacho grilled cheese with salad	910	40	10	0	90	1800	90	10	30	50	1680	370	5
Nacho grilled cheese with potatoes	750	45	10	0	90	1860	50	10	15	40	640	350	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)
Pizza grilled cheese with salad	780	20	5	0	60	1140	100	10	45	20	1480	130	5
Pizza grilled cheese with potatoes	820	35	10	0	30	1440	70	5	10	20	890	310	5
Bagel and lox with fruit	710	20	5	0	60	1070	110	10	50	30	1050	130	5
Teen's favourites!													
Breakfast tacos	1090	70	20	0	260	2780	90	5	20	40	1670	460	5
Carnivore poutine	1310	90	30	0	210	3280	70	5	5	70	1630	820	5
Breakfast poutine	1460	110	35	0	340	2810	80	10	15	45	1680	690	5
THE Club	1390	90	20	0	180	2680	90	10	10	70	1460	680	5
Brunch burger	1270	80	25	0	490	2160	80	5	15	60	1490	350	10
Burrito crêpe	1310	70	25	0	510	1900	120	10	20	45	1340	600	5
Morning hot-dogs	1130	60	20	0	210	2630	80	5	5	45	1150	420	5
Early Bird													
Morning panini-crêpe bacon	710	40	20	0	480	780	45	0	5	35	390	420	5
Morning panini-crêpe ham	990	50	15	0	480	1710	80	5	10	45	1300	470	5
Daily oatmeal(1)	530	15	5	0	30	50	90	5	45	10	250	70	5
2 eggs, 2 strips of bacon, 2 blueberry pancakes (1)	1080	35	10	0	400	2560	160	10	40	40	650	470	10
2 eggs, bacon(1)	650	50	10	0	380	1090	35	5	5	25	890	80	5
2 eggs, ham(1)	660	40	5	0	380	1650	40	5	5	30	1140	90	5
2 eggs, pulled ham(1)	600	40	10	0	390	1720	90	5	20	35	1600	180	5
2 eggs, bologna(1)	720	50	10	0	410	1400	40	5	5	30	1110	150	5
2 eggs, sausage(1)	760	60	15	0	380	1220	40	5	5	25	940	90	5
2 eggs, turkey sausages(1)	570	40	5	0	380	1020	35	5	5	25	1010	80	5
2 eggs, plant-based breakfast sausage patty(1)	580	40	5	0	340	880	35	5	5	20	1020	100	5
2 eggs with fruit(1)	350	15	5	0	340	180	45	5	30	15	850	80	0
Early Bird Omelette - calories	540	35	5	0	360	850	40	5	5	20	1030	100	5
Early Bird Omelette + calories	820	50	15	0	420	1520	40	5	5	30	1060	150	5
Kid's menu													
Orange juice	120	0	0	0	0	10	30	0	25	0	480	25	0
Apple-grape juice	130	0	0	0	0	20	30	0	30	0	0	50	0
Apple juice	130	0	0.0	0.0	0	0	31	1	28	0	0	30	0.00
Chocolate milk	160	5	0	0	10	180	25	0	25	5	430	250	0
Glass of milk	120	5	5	0	20	120	10	0	15	10	350	300	0
French toast with fruits	270	5	0	0	60	210	50	5	25	5	430	80	0

	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)
Waffle fruits and english cream	330	5	0	0	15	660	70	5	30	5	330	170	0
Pancakes with fruits	570	5	0	0	35	1730	120	5	35	15	620	330	5
Blueberry pancakes with fruits	600	5	0	0	35	1740	120	5	40	15	620	340	5
Chocolate chip pancakes with fruits	730	15	5	0	35	1730	140	10	50	15	620	340	5
Crêpe banana and cocoa hazelnut	580	20	5	0	60	150	100	5	50	10	1010	140	5
Crêpe fruits and custard	540	10	5	0	80	150	100	5	50	10	500	170	5
Crêpe filled with strawberries and cocoa-hazelnut spread	500	20	5	0	60	150	70	5	35	10	710	160	5
Grilled cheese	680	35	10	0	30	1480	70	5	5	20	830	310	5
Nicky's panini bacon	510	20	10	0	250	630	60	5	20	20	590	210	5
Nicky's panini ham	500	20	5	0	250	840	60	5	20	25	680	220	5
1 egg bacon	500	35	5	0	200	870	30	5	5	15	730	60	0
2 eggs bacon	590	45	10	0	370	950	30	5	5	20	780	80	5
1 egg ham	500	35	5	0	200	1250	35	5	5	20	900	70	0
2 eggs ham	570	40	5	0	370	1310	35	5	5	25	950	90	5
1 egg pulled ham	520	35	5	0	210	1250	35	5	5	25	1370	60	0
2 eggs pulled ham	580	35	5	0	380	1310	35	5	5	30	1420	80	5
1 egg sausage	670	50	15	0	210	1130	35	5	5	15	780	70	5
2 eggs sausage	760	60	15	0	380	1220	35	5	5	20	830	90	5
1 egg turkey sausage	460	30	5	0	210	910	35	5	5	20	850	60	0
2 eggs turkey sausage	570	40	5	0	380	1020	35	5	5	25	910	80	5
1 egg plant-based breakfast sausage patty	480	35	5	0	170	790	35	5	5	15	860	80	5
2 eggs plant-based breakfast sausage patty	570	40	5	0	340	880	35	5	5	20	920	100	5
1 egg bacon chocolate chip pancake	710	40	10	0	210	1420	70	5	15	20	820	160	5
2 eggs bacon chocolate chip pancake	800	50	10	0	380	1500	70	5	15	25	880	190	5
Whole wheat bread (1 slice)	90	0	0	0	0	150	15	0	0	5	80	40	0
Multigrain bread (1 slice)	100	0	0	0	0	140	15	0	0	5	100	40	0
White bread (1 slice)	90	0	0	0	0	160	15	0	0	5	25	40	0
Rye bread (1 slice)	90	0	0	0	0	170	15	0	0	5	20	40	0
Little extras													
English cream Cora Style	140	5	5	0	35	60	15	0	10	5	0	100	0
Hollandaise sauce	330	30	10	0	30	730	15	0	10	5	290	100	0
Single portion of maple syrup	70	0	0	0	0	0	20	0	15	0	60	30	0
Salted caramel	440	15	10	0	50	490	80	0	80	0	60	90	0
Custard	170	5	5	0	35	70	30	0	20	5	0	140	0

	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)
Cocoa-hazelnut custard	380	20	5	0	30	100	45	0	40	5	400	130	0
Cocoa-hazelnut spread	790	40	10	0	0	160	100	0	100	10	1190	160	5
Ramekin of fruit	80	0	0	0	0	10	20	0	15	0	340	25	0
Egg	90	5	0	0	170	80	0	0	0	5	50	20	0
Pulled ham	100	5	0	0	45	640	5	0	0	15	640	0	0
Bacon	220	20	5	0	50	550	0	0	0	15	0	5	0
Sausages	410	40	15	0	50	810	10	0	0	10	80	15	0
Turkey sausages	150	5	0	0	70	660	5	0	0	15	250	5	0
Ham	200	10	5	0	50	1300	10	0	0	20	340	20	0
Canadian peameal bacon (Hors-Quebec)	130	5	0	0	35	800	0	0	0	15	0	5	0
Plant-based breakfast sausage patty	180	10	5	0	0	400	10	0	0	10	270	45	0
Potatoes	300	20	0	0	0	510	30	5	0	5	660	35	0
Sweet'n savoury potatoes	260	15	0	0	0	380	30	5	0	5	620	40	0
Lunch Menu													
Creamy cauliflower and leek soup	40	5	0	0	0	810	5	0	0	0	20	10	0
Chicken and red pepper soup	70	5	0	0	10	2220	5	0	0	5	160	35	0
Carrot and cantaloup soup	80	5	0	0	0	800	15	0	5	0	320	25	0
Tomato and vegetable soup	90	0	0	0	0	2010	15	5	5	5	370	70	0
Chicken and noodle soup	90	5	0	0	15	2230	10	0	0	5	190	40	0
Beef, vegetable and tomato soup	90	0	0	0	5	2010	15	0	5	5	400	60	0
Beef and lentil soup	90	5	0	0	5	2030	15	0	5	5	300	40	0
Minestrone soup	130	5	0	0	5	2090	20	5	5	5	410	100	0
Pea soup	210	5	0	0	5	2260	40	10	0	15	90	60	5
Soup, tuna melt	710	25	5	0	90	3530	70	15	10	60	610	350	5
Soup, chicken melt	710	25	5	0	130	3330	80	10	5	50	340	480	5
Soup, egg salad	920	50	10	0	570	3270	80	10	5	40	500	210	10
Omelette du midi salad	740	60	15	0	430	1010	20	5	10	30	710	420	5
Omelette du midi potatoes	800	50	15	0	430	1420	40	5	5	35	1110	400	5
Omelette du midi poutine	1180	80	35	0	510	2140	45	5	5	50	1300	900	5
Lunch burger salad	800	50	10	0	110	820	50	5	10	40	880	270	5
Lunch burger potatoes	860	45	10	0	110	1220	70	5	5	45	1280	250	5
Lunch burger poutine	1240	80	30	0	190	1940	80	5	10	60	1480	750	5
Vegetarian skillet salad	1030	70	15	0	50	1580	80	10	20	20	1580	430	5
Vegetarian skillet potatoes	1080	70	15	0	50	1990	100	10	15	25	1980	420	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)
Vegetarian skillet poutine	1470	100	30	0	130	2700	100	10	20	40	2180	910	5
Lunch poutine beef patty	1280	90	30	0	180	2120	70	5	15	50	1880	640	5
Lunch poutine chicken breast	1360	100	30	0	180	2450	80	10	15	50	1800	680	5
Lunch poutine black bean patty	1250	80	30	0	100	2310	90	15	15	30	1770	640	5
Aurélie's salad	710	50	10	0	260	760	45	5	20	20	910	410	5
Aurélie's salad chicken breast	800	50	10	0	320	1080	45	5	20	40	910	420	5
Aurélie's salad smoked salmon	820	60	15	0	290	1170	45	5	20	35	910	420	5
Aurélie's salad tuna	820	50	10	0	310	1070	45	10	20	50	1170	420	5
Dishes to share													
Potatoes	450	30	0	0	0	770	45	5	0	5	980	50	0
Gigi omelette	290	15	5	0	30	500	15	5	5	25	460	80	0
Spinach and cheddar omelette	430	35	15	0	560	450	5	0	0	25	260	380	0
Theo omelette	580	40	15	0	560	560	15	5	5	30	640	380	5
Western omelette	400	25	10	0	550	980	15	0	5	30	550	100	5
Goat cheese and bacon omelette	530	40	15	0	580	770	5	0	5	30	310	110	5
10 star omelette	780	60	25	0	620	1300	15	5	5	40	760	420	5
S'mores waffles	440	10	5	0	15	760	80	0	45	5	90	170	0
Fruit waffle	280	5	0	0	0	650	60	5	25	5	370	150	0
Strawberry waffle	260	5	0	0	0	640	50	5	20	5	220	150	0
Cocoa-hazelnut waffle	380	5	0	0	5	650	80	5	35	5	620	150	0
Banana and Salted Caramel waffle	390	5	0	0	10	700	80	5	40	5	580	140	0
Plain pancakes	450	5	0	0	35	1680	90	5	15	10	290	310	5
Blueberry Fields pancakes	480	5	0	0	35	1680	90	5	20	10	290	310	5
Triple Chocolate pancakes	710	20	10	0	35	1680	120	5	45	15	320	330	5
Choice - Pulled Ham	100	5	0	0	25	650	5	0	0	10	170	10	0
Choice - Ham	100	5	0	0	25	650	5	0	0	10	170	10	0
Choice - Bacon	110	10	5	0	25	270	0	0	0	5	0	5	0
Choice - Sausages	270	25	10	0	35	540	5	0	0	5	50	10	0
Choice - Turkey Sausages	80	5	0	0	35	330	0	0	0	10	130	5	0
Choice - Plant-Based Breakfast Sausages	180	10	5	0	0	400	10	0	0	10	270	45	0



Breads

	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)
Whole wheat bread (2 slices)	220	5	0	0	0	370	40	5	5	10	190	100	0
Multigrain bread (2 slices)	220	5	0	0	0	310	40	5	5	10	230	90	0
White bread (2 slices)	170	0	0	0	0	320	35	0	5	5	50	80	0
Rye bread (2 slices)	170	0	0	0	0	340	35	0	0	5	40	80	0

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.