



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	170	0	0	0	0	10	40	0	30	0	100	15	0
Peach, mango and apple	200	0	0	0	0	10	45	5	40	0	380	30	0
Strawberry and mango iced tea	80	0	0	0	0	5	20	0	15	0	130	20	0
Watermelon, guava and strawberry	120	0	0	0	0	10	30	0	25	0	330	35	0
Raspberry Pina Colada Smoothie	300	5	5	0	10	100	60	5	45	5	390	170	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													
Watermelon with sparkling water	60	0	0	0	0	0	15	0	15	0	10	5	0
Watermelon with lemonade	70	0	0	0	0	5	15	0	15	0	25	5	0
Bubble gum with sparkling water	60	0	0	0	0	0	15	0	15	0	10	5	0
Bubble gum with lemonade	70	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
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	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	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	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 - Caramel	50	0	0	0	0	0	15	0	15	0	0	0	0
Coffee Flavor - Cookies and cream	50	0	0	0	0	0	15	0	15	0	0	0	0
Coffee Flavor - Toasted hazelnut	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
Iced coffee	120	0	0	0	0	460	30	0	25	0	130	25	0
Spicy peach margarita	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	1130	480	5
Large bowl of fresh fruit with toast	170	0	0	0	0	15	45	5	30	5	740	40	0
Ode to oatmeal	480	10	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	690	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	5	0	120	420	90	10	50	15	660	180	0
Brioche for Elise	1150	40	20	0	230	740	170	10	80	30	480	280	5
Surprise with ham	590	15	5	0	240	800	90	5	40	25	1010	340	5
Surprise with bacon	650	25	10	0	250	720	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 fruits	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
Bananes custard and salted caramel	1010	20	10	0	70	1480	200	10	100	15	1150	450	5
Bananes 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

	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)
April 89 - Cocoa-hazelnut	970	30	10	0	100	290	150	10	90	20	1660	270	5
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	770	90	5	35	40	1070	460	5
Sunshine panini-crêpe with ham	850	35	15	0	480	1210	90	5	35	45	1260	470	5
The Boss' favourite	1240	80	35	0	590	1570	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	1820	140	15	40	50	2070	770	5
Crêpomelettes													
Spinach and cheddar	1110	70	20	0	480	1390	90	5	15	40	1260	540	5
Chorizo sausage and goat cheese	1180	70	20	0	490	2070	90	5	15	45	1390	300	10
Western-cheddar	1210	70	25	0	510	2080	90	5	15	50	1510	530	5
Eggs													
Cora's Special	1180	70	20	0	450	2980	90	5	15	50	1180	260	5
Jo construction	1130	90	25	0	600	1940	45	5	10	40	960	120	5
Peggy's poached	460	10	5	0	180	690	70	5	40	30	950	320	5
Gargantuan Breakfast	1270	80	20	0	480	3520	90	5	15	60	1180	270	5
Festin Gargantua (Quebec Only)	1530	90	25	0	480	3810	120	10	30	60	1630	350	10
2 eggs, potatoes	490	35	5	0	340	660	35	5	5	15	830	80	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
Ham	200	10	5	0	50	1290	10	0	0	20	340	20	0
Frankfurters	410	40	15	0	50	810	10	0	0	10	70	15	0
Turkey sausages	140	5	0	0	70	650	5	0	0	15	250	5	0
Black bean patty	130	5	5	0	0	240	10	5	0	5	180	15	0
Plant-based breakfast sausage patty	180	10	5	0	0	390	10	0	0	10	270	45	0
2 eggs, fruit	330	10	5	0	340	150	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	280	15	0	0	0	540	35	5	5	5	660	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	35	10	0	5	0	150	25	0
Mushrooms	50	5	0	0	0	45	0	0	0	0	210	0	0
Three Toppings	280	20	10	0	45	280	15	5	5	15	390	310	0
Sweet 'n salty													
Marshmallow cookie treat for Justin	1240	50	10	0	360	1460	170	10	80	25	1460	310	5
Mountain of bananas on a waffle for Adam caramel	980	45	10	0	370	1360	130	5	50	25	1430	310	5
Mountain of bananas on a waffle for Adam chocolate	990	40	10	0	370	1450	140	5	60	25	1350	300	5
Paul wants it all	850	40	5	0	360	1330	110	5	40	25	1090	280	5
The Club's youngest	1050	50	10	0	410	810	130	5	50	30	1770	210	5
Strawberry avalanche for Fannie	710	40	5	0	400	870	70	5	25	20	1020	150	5
Jessica born in 89	900	45	10	0	420	810	110	5	35	25	1240	250	5
Jessica born in 89 cocoa-hazelnut	1010	50	10	0	410	810	120	5	45	25	1530	220	5
Rosemary's Sunday	960	40	5	0	370	2390	130	10	20	30	1060	400	5
Louis the undecided	1010	50	10	0	410	810	120	10	45	25	1620	220	5
Choice - pulled ham	100	5	0	0	45	640	5	0	0	15	640	0	0
Choice - bacon	220	20	5	0	50	550	0	0	0	15	0	5	0
Choice - ham	200	10	5	0	50	1290	10	0	0	20	340	20	0
Choice - Sausages	410	40	15	0	50	810	10	0	0	10	70	15	0
Choice - Turkey sausages	140	5	0	0	70	650	5	0	0	15	250	5	0
Choice - Black bean patty	130	5	5	0	0	240	10	5	0	5	180	15	0
Choice - Plant-based breakfast sausage patty	180	10	5	0	0	390	10	0	0	10	270	45	0
Ben et Dictine													
Pulled ham and asparagus (2 eggs)	1190	80	20	0	440	2270	120	10	45	50	2540	610	5
Prosciutto and sun-dried tomatoes (2 eggs)	1120	70	20	0	410	2730	130	10	50	40	1820	490	10
Smoked salmon and avocado (2 eggs)	1110	70	15	0	400	2180	120	15	40	40	2030	270	5
Goat cheese (2 eggs)	1160	80	20	0	380	1770	120	10	45	35	2220	320	5
Montreal smoked meat (2 eggs)	1130	70	20	0	410	2160	120	10	45	35	1980	280	10
Ham (2 eggs)	1060	70	15	0	400	2300	110	10	40	35	1970	270	5
Steak with cheesy and slightly spicy hollandaise	1170	70	20	0	450	1950	110	10	40	50	2090	490	5
Tomatoes, bacon and green onions (2 eggs)	1240	90	25	0	420	2180	110	10	45	40	1940	280	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)
Ben Duos													
Louis' ham ben	1140	60	15	0	260	1550	140	10	50	30	1840	280	5
Paul's smoked salmon and avocado ben	980	50	10	0	220	1920	130	5	45	30	1210	330	5
Eggs in a skillet													
Halloumi-chorizo sausage	1060	70	20	0	260	3040	70	10	10	35	1450	570	10
Montreal smoked meat	1180	80	25	0	320	2640	60	5	10	50	1480	570	15
10 star	1190	80	25	0	300	2240	70	10	10	45	1940	450	5
Burger in a skillet	1140	80	15	0	290	1860	60	5	10	45	1650	220	5
The Vegetarian	940	60	10	0	200	1780	80	10	25	25	1610	220	5
Omelettes													
Theo's(1)	870	60	20	0	570	1040	45	10	10	35	1290	420	5
Theo's(1) (egg white option)	730	40	10	0	50	1130	50	10	10	35	1200	360	0
Western(1)	720	45	10	0	550	1480	45	5	10	35	1280	140	5
Western(1) (egg white option)	530	25	5	0	35	1510	45	5	10	30	1110	80	0
Gigi (with gluten free bread)	740	20	5	0	30	890	110	10	50	35	1320	220	5
Smoked salmon(1)	690	45	10	0	550	1360	40	5	10	35	1000	130	5
Smoked salmon(1) (egg white option)	530	30	5	0	35	1450	40	5	5	35	840	70	0
Goat cheese, tomatoes, bacon(1)	840	60	20	0	580	1270	40	5	10	35	1040	150	5
Goat cheese, tomatoes, bacon(1) (egg white)	670	40	10	0	70	1340	40	5	10	35	880	80	0
10 star(1)	1080	80	25	0	630	1780	50	5	10	45	1480	460	5
10 star(1) (egg white option)	890	60	20	0	110	1830	50	5	10	45	1320	390	5
Spinach and cheddar(1)	740	50	15	0	570	950	40	5	5	30	980	420	5
Spinach and cheddar(1) (egg white option)	570	35	10	0	50	1030	40	5	5	30	830	360	0
Sandwiches													
2 avocado toast	750	30	10	0	360	1000	100	15	45	25	1670	240	5
2 avocado toast smoke salmon	860	35	10	0	390	1410	100	15	45	35	1670	240	5
Smoked meat waffle sandwich with salad	1120	50	15	0	100	4460	120	5	50	40	620	660	20
Smoked meat waffle sandwich with potatoes	1180	50	15	0	100	4870	140	5	45	45	1020	640	20
Smoked meat panini with salad	1130	60	20	0	500	3270	90	5	35	50	920	540	20
Smoked meat panini with potatoes	1160	60	20	0	500	3470	100	5	35	50	1160	540	20
Nacho grilled cheese with salad	740	45	10	0	90	1840	50	10	15	40	640	350	5
Nacho grilled cheese with potatoes	800	40	10	0	90	2250	70	10	10	40	1040	330	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	45	10	0	80	1510	70	5	20	30	970	400	5
Pizza grilled cheese with potatoes	820	45	10	0	80	1920	80	5	10	35	1300	380	5
Bagel and lox with fruit	710	20	5	0	60	1070	110	10	50	30	1050	130	5
Breakfast pizzas													
Home sweet home	1270	70	30	0	360	2370	90	0	25	60	1130	840	5
Home sweet home with pizza sauce	1130	60	25	0	340	2130	90	5	25	60	1120	800	5
Swicy halloumi	940	45	20	0	250	2240	90	5	25	45	520	770	10
Swicy halloumi with hollandaise sauce	1080	60	25	0	270	2480	100	5	25	45	530	810	10
The Vespa	750	30	10	0	230	1750	80	5	15	35	340	360	10
The Vespa with hollandaise sauce	870	40	15	0	250	1980	80	5	20	40	360	400	10
Peach treat	1410	70	40	0	190	1450	140	5	70	40	700	950	5
Salty sunrise	850	40	10	0	240	1900	80	5	15	45	480	410	5
Salty sunrise with hollandaise sauce	890	45	15	0	240	2150	80	5	20	45	550	410	5
Teen's favourites!													
Breakfast tacos	1090	60	15	0	260	2770	90	5	20	40	1670	460	5
Carnivore Poutine	1300	80	30	0	210	3260	70	5	5	70	1630	820	5
Breakfast poutine	1450	100	30	0	340	2790	70	10	15	45	1670	690	5
THE Club	1380	80	20	0	180	2660	90	10	10	70	1460	680	5
Brunch burger	1260	80	25	0	490	2140	80	5	15	60	1490	350	10
Burrito crêpe	1300	70	25	0	510	1870	120	10	15	45	1330	600	5
Morning hot-dogs	1130	60	20	0	210	2630	80	5	5	45	1150	420	5
Early Bird													
Morning sandwich bacon with potatoes	660	45	15	0	240	2020	60	5	5	35	1110	310	5
Morning sandwich ham with potatoes	290	20	10	0	210	1290	35	5	5	25	670	290	5
Ham Ben et Dictine	610	45	10	0	200	1400	50	5	10	20	1100	140	5
Daily oatmeal	530	15	5	0	30	50	90	5	45	10	250	70	5
2 eggs, 2 blueberry pancakes and bacon	1070	35	10	0	400	2540	160	10	40	40	640	470	10
2 eggs bacon	650	45	10	0	380	1070	35	5	5	25	880	80	5
2 eggs ham	630	40	5	0	380	1630	40	5	5	30	1140	90	5
2 eggs pulled ham	590	35	5	0	380	1300	40	5	5	30	1470	80	5
2 eggs bologna	710	50	10	0	410	1370	40	5	5	30	1110	150	5
2 eggs sausage	750	60	15	0	380	1200	40	5	5	25	930	90	5
2 eggs turkey sausages	560	35	5	0	380	1000	35	5	5	25	1010	80	5
2 eggs plant-based breakfast sausage patty	570	40	5	0	340	860	35	5	5	20	1020	100	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)
2 eggs with fresh fruit	340	15	5	0	340	170	45	5	30	15	850	80	0
Early Birds Omelette -calories	540	35	5	0	360	840	40	5	5	20	1030	100	5
Early Birds Omelette +calories	810	50	15	0	420	1500	40	5	5	30	1050	150	5
Kid's menu													
Orange juice	120	0	0	0	0	10	30	0	25	0	480	25	0
Apple juice	110	0	0	0	0	10	25	0	25	0	230	30	0
Chocolate milk	160	5	0	0	10	180	25	0	25	5	430	250	0
Hot chocolate	120	5	5	0	5	150	25	0	20	0	200	35	0
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
Waffle for Austin 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	500	20	5	0	60	150	70	5	35	10	710	160	5
Grilled cheese	630	35	10	0	30	1460	70	5	5	20	830	310	5
Nicky's panini bacon	510	20	10	0	250	620	60	5	20	20	590	210	5
Nicky's panini ham	500	20	5	0	250	840	60	5	20	25	680	210	5
1 egg bacon	500	35	5	0	200	860	30	5	5	15	730	60	0
2 eggs bacon	590	40	10	0	370	930	30	5	5	20	780	80	5
1 egg ham	500	30	5	0	200	1240	35	5	5	20	900	70	0
2 eggs ham	570	35	5	0	370	1300	35	5	5	25	950	90	5
1 egg pulled ham	510	30	5	0	210	1240	35	5	5	25	1360	60	0
2 eggs pulled ham	580	35	5	0	380	1300	35	5	5	30	1420	80	5
1 egg sausage	660	50	10	0	210	1120	35	5	5	15	780	70	5
2 eggs sausage	750	60	15	0	380	1200	35	5	5	20	830	90	5
1 egg turkey sausage	450	30	5	0	210	900	35	5	5	20	850	60	0
2 eggs turkey sausage	560	35	5	0	380	990	35	5	5	25	910	80	5
1 egg plant-based breakfast sausage patty	480	30	5	0	170	780	35	5	5	15	860	80	5
2 eggs plant-based breakfast sausage patty	570	40	5	0	340	860	35	5	5	20	910	100	5
1 egg bacon chocolate chip pancake	710	40	10	0	210	1410	70	5	15	20	820	160	5
2 eggs bacon chocolate chip pancake	790	45	10	0	380	1490	70	5	15	25	880	190	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)
Whole wheat bread (1 slice)	90	0	0	0	0	150	15	0	0	5	80	40	0
White bread (1 slice)	90	0	0	0	0	160	15	0	0	5	25	40	0
Multigrain bread (1 slice)	100	0	0	0	0	140	15	0	0	5	100	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
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
An Egg	90	5	0	0	170	70	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	70	15	0
Turkey sausages	140	5	0	0	70	650	5	0	0	15	250	5	0
Ham	200	10	5	0	50	1290	10	0	0	20	340	20	0
Canadian peameal bacon	120	5	0	0	35	790	0	0	0	15	0	5	0
Plant-based breakfast sausage patty	180	10	5	0	0	390	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	280	15	0	0	0	540	35	5	5	5	660	40	0
Lunch Menu													
Creamy Cauliflower and Leek Soup	35	5	0	0	0	790	0	0	0	0	15	10	0
Chicken and Red Pepper Soup	70	5	0	0	10	2190	5	0	5	5	150	35	0
Carrot and Cantaloupe Soup	70	5	0	0	0	770	10	0	5	0	320	25	0
Tomato and Vegetable Soup	90	5	0	0	0	1980	15	5	5	5	360	70	0
Chicken and Noodle Soup	90	5	0	0	15	2200	10	0	5	5	180	35	0
Beef, Vegetable and Tomato Soup	80	0	0	0	5	1990	15	0	5	5	400	60	0
Beef and Lentil Soup	90	0	0	0	5	2010	10	0	5	5	300	35	0
Minestrone Soup	130	5	0	0	5	2060	20	5	5	5	400	100	0
Pea Soup	210	5	0	0	5	2230	35	10	5	15	80	60	5
Italian panini with potatoes and salad	950	50	10	0	70	1820	90	10	10	35	970	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)
Italian panini with poutine	1250	70	25	0	150	2630	110	5	10	50	1130	820	0
Tuna melt with potaotes and salad	930	50	10	0	90	1830	70	10	10	45	1310	340	5
Tuna melt with poutine	1150	70	25	0	150	2390	70	10	10	50	1290	810	5
Chicken melt with potaotes and salad	930	50	10	0	130	1630	80	10	10	45	1040	470	5
Chicken melt with poutine	1190	70	25	0	210	2080	80	10	10	60	1120	950	5
Midi Dolores with potaotes and salad	1140	80	10	0	570	1580	80	10	10	30	1190	210	5
Midi Dolores with poutine	1400	100	25	0	650	2020	80	10	10	45	1270	680	5
Chicken and guacamole burger with potaotes and salad	1010	60	10	0	100	1750	80	10	10	40	1050	90	5
Chicken and guacamole burger with poutine	1270	80	25	0	180	2410	80	10	10	50	1120	560	5
Smoked salmon crêpe roll with potaotes and salad	1120	70	10	0	130	1440	90	5	20	30	1210	220	5
Smoked salmon crêpe roll with poutine	1380	90	25	0	220	2110	90	5	20	45	1280	690	5
Stawberry , bacon and goat cheese salad with chicken	610	50	10	0	280	1320	20	5	5	40	420	120	5
Stawberry , bacon and goat cheese salad with smoked	640	50	10	0	250	1420	20	5	5	35	420	120	5
Stawberry , bacon and goat cheese salad with tuna	640	45	10	0	270	1310	20	5	5	50	680	130	5
Dishes to share													
Potatoes	450	30	0	0	0	770	45	5	0	5	980	50	0
Gigi Omelette	280	15	5	0	30	480	15	5	5	25	460	80	0
Spinach and Cheddar Omelette	420	30	15	0	560	440	5	0	0	25	260	380	0
Theo Omelette	570	40	15	0	560	530	15	5	5	30	630	380	5
Western Omelette	400	25	10	0	550	960	10	0	5	30	550	100	5
Goat Cheese and Bacon Omelette	520	40	15	0	580	760	5	0	5	30	310	110	5
10 Star Omelette	760	60	25	0	620	1270	15	5	5	40	750	420	5
S'mores Waffles	440	10	5	0	15	760	80	0	45	5	90	170	0
Fresh 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
Pulled Ham	100	5	0	0	45	640	5	0	0	15	640	0	0
Ham	100	5	0	0	25	650	5	0	0	10	170	10	0
Bacon	110	10	5	0	25	270	0	0	0	5	0	5	0
Sausages	270	25	10	0	35	540	5	0	0	5	50	10	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)
Turkey Sausages	70	5	0	0	35	330	0	0	0	10	130	5	0
Plant-Based Breakfast Sausages	180	10	5	0	0	390	10	0	0	10	270	45	0
Breads													
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
Gluten-free multigrain bread (2 slices)	80	0	0	0	0	180	15	0	0	0	30	15	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.