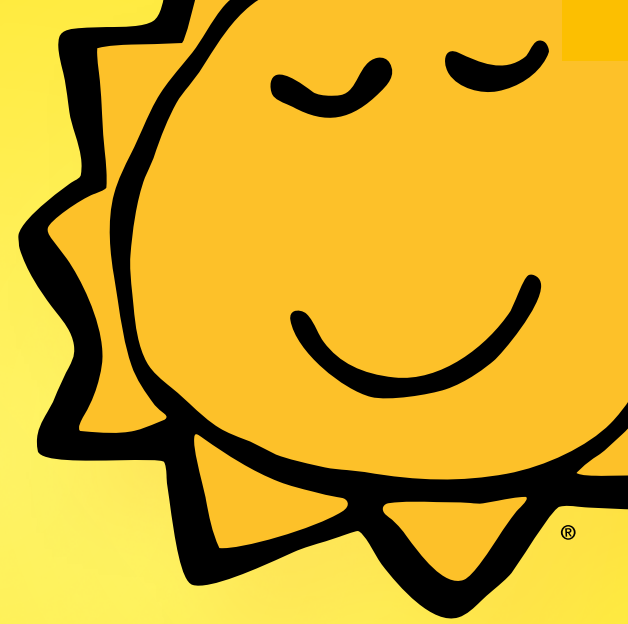




At Cora, we've been serving our dishes fresh and tasty for the past 30 years. We want to offer you the best there is so every visit is memorable.

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

Cora Cocktails

Strawberry, peach, pineapple and dragon fruit	150	0.2	0	0	0	15	40	5	30	0	440	45	0
Strawberry, peach and mango	180	0.2	0	0	0	10	40	5	35	0	450	40	0
Strawberry, blueberry, pineapple and blackberry	160	0.4	0	0	0	10	40	5	30	0	370	50	0
Strawberry, mango, pineapple and raspberry	180	0.1	0	0	0	15	40	5	30	0	340	45	0
Strawberry, mango, banana and dragon fruit	190	0.1	0	0	0	10	45	5	35	0	340	35	0
Mango, pineapple and banana	240	0.2	0.1	0	0	15	60	5	50	0	290	40	0
Peach, mango and pineapple	220	0.4	0	0	0	10	45	5	45	0	540	35	0

Smoothies made with yogurt

Raspberry Pina Colada	320	5	3.5	0	10	100	60	5	45	5	410	170	0
Sweet Peach	250	3	2	0	10	90	50	5	50	5	340	210	0
Mango-Banana	250	3	2	0	10	80	50	0	40	5	440	230	0
Strawberry-Banana	220	2.5	1.5	0	10	70	50	5	40	5	400	210	0
Kale-Mango	320	4	2	0	10	110	70	5	50	10	740	340	0

Refreshing beverages

Watermelon with sparkling water	50	0	0	0	0	0	15	0	10	0	10	5	0
Watermelon with lemonade	60	0.1	0	0	0	5	15	0	15	0	25	5	0
Lime refreshing beverage with sparkling water	45	0	0	0	0	0	10	0	10	0	10	5	0
Lime refreshing beverage with lemonade	60	0.1	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	0.1	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	0.1	0	0	0	5	15	0	15	0	25	5	0
Orange juice	180	0.5	0.1	0	0	15	45	0	35	5	710	40	0
Hot chocolate	120	3.5	3	0.1	5	150	20	0	20	0	200	35	0

Coffee

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	2.5	1.5	0.1	10	50	5	0	5	5	160	130	0
Cappuccino bowl	130	5	3	0.2	20	120	10	0	15	10	360	300	0
Mochaccino	140	6	3.5	0.2	25	110	20	0	15	5	230	150	0
Mochaccino bowl	260	10	6	0.3	40	210	35	0	30	10	460	300	0
Latte	70	3	2	0.1	10	70	5	0	5	5	210	170	0
Latte bowl	130	5	3.5	0.2	20	120	15	0	15	10	380	310	0
Canadian Maple latte	160	4	2.5	0.2	15	70	25	0	25	5	250	180	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)
Canadian Maple latte bowl	310	8	5	0.3	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	0.1	0	0	0	0	10	0	10	0	0	0	0
Coffee Flavor - Toasted hazelnut	50	0	0	0	0	0	15	0	15	0	0	0	0
Iced Cappuccino	390	18	11	0.2	50	80	50	0	45	5	230	170	0
Iced mochaccino	160	4.5	3.5	0.1	10	200	25	0	20	5	340	140	0
Iced coffee	60	2.5	1.5	0.1	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
Mocktails													
Spicy peach margarita	120	0.3	0.1	0	0	460	30	0	25	0	130	25	0
Strawberry Daiquiri	110	0.1	0	0	0	10	25	0	25	0	100	20	0
Mimosa	130	0.1	0	0	0	10	10	0	5	0	220	20	0
Cora Caesar	120	5	2	0	15	1450	15	0	10	5	380	50	0
Fresh fruit													
Kale-mango smoothie bowl (GS)	660	15	7	0	15	150	120	15	80	15	1200	460	5
Large bowl of fresh fruit with toast (GS)	170	1	0.2	0	0	15	45	5	30	5	740	40	0
Ode to oatmeal	480	13	6	0.2	35	70	80	5	35	10	340	160	5
Samira wake-up (GS)	430	2	0.3	0	0	35	110	15	80	5	1640	130	0
Samira wake-up with Cheddar cheese (GS)	680	21	14	0.5	70	360	110	15	80	20	1680	550	0
Yogurt harvest crunch (GS)	690	7	2.5	0	10	90	140	10	90	20	1400	430	5
French Toast													
1990's harvest	1140	43	15	0.1	300	990	160	10	70	35	900	140	5
Strawberry avalanche	510	11	2.5	0.1	120	420	90	10	50	15	660	180	0
Brioche for Elise	1130	42	19	0.5	230	740	160	10	70	30	440	270	5
Surprise with ham	590	17	6	0.2	240	800	90	5	40	25	1010	340	5
Surprise with bacon	660	26	10	0.2	250	740	90	5	40	25	910	340	5
Fruit crêpes													
Gourmet crêpe	770	34	17	0.5	160	770	90	5	50	25	480	230	5
Tasty strawberries - Custard	660	16	7	0.2	140	270	110	10	40	20	680	330	5
Tasty strawberries - Cocoa-hazelnut	870	31	9	0.5	100	270	130	10	70	20	1240	270	5
Banana blast	1070	31	9	0.5	100	270	180	5	90	20	1980	240	5
Avril 89 -Custard	760	17	8	0.2	140	280	140	10	60	20	1090	330	5
Avril 89 - Cocoa-hazelnut	970	31	9	0.5	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 (GS)	320	8	3	0	90	120	50	5	5	15	540	150	5
13-inch plain crepe	360	8	3	0	90	190	60	0	5	15	270	130	5
13-inch cocoa crepe	560	14	6	0	130	270	90	5	10	20	430	200	5
Pancakes													
Triple chocolate	1470	43	18	0.3	70	2600	250	10	120	25	1330	600	10
Strawberry-banana	1080	17	5	0.2	80	2650	220	10	80	25	1330	600	10
Blueberry fields	870	16	4.5	0.2	80	2650	160	5	45	20	460	570	5
Waffles													
S'mores Waffle	1000	32	13	0.3	60	1810	160	5	90	20	190	340	5
Fresh fruits	790	15	6	0.3	60	1370	150	5	70	15	740	450	5
Strawberries	750	15	6	0.3	60	1360	140	10	60	15	430	460	5
Bananes custard and salted caramel	1010	18	9	0.3	70	1480	200	10	100	15	1150	450	5
Bananes cocoa-hazelnut custard	990	19	8	0.4	60	1380	190	10	90	20	1230	460	5
Savoury crêpes													
Sunshine panini-crêpe with bacon	870	41	18	0.5	480	800	90	5	35	40	1070	460	5
Sunshine panini-crêpe with ham	850	35	16	0.5	480	1210	90	5	35	45	1260	470	5
The Boss' favourite	1250	81	37	1	590	1590	70	5	10	60	560	760	5
Spinach and Cheddar	830	44	27	1	220	770	70	5	10	40	640	950	5
Buckwheat blessing	1500	88	34	1	230	1820	140	15	40	50	2070	770	5
Egg skillets													
Halloumi-chorizo sausage	1060	73	20	0.5	260	3040	70	10	10	35	1450	570	10
Montreal smoked meat	1180	83	27	1	320	2640	60	5	10	50	1480	570	15
10 star	1190	83	24	0.5	300	2250	70	10	10	45	1940	450	5
Burger in a skillet	1140	83	14	0.5	290	1860	60	5	10	45	1650	220	5
The Vegetarian	940	58	12	0.3	200	1780	80	10	25	25	1610	220	5
Sweet' n salty													
Marshmallow cookie treat for Justin	1230	54	11	1	360	1460	170	10	80	25	1430	310	5
Mountain of banana-chocolate waffle for Adam	980	43	8	0.3	370	1360	130	5	50	25	1430	310	5
Mountain of banana-caramel waffle for Adam	990	41	9	0.3	370	1450	140	5	60	25	1350	300	5
Paul wants it all	850	38	7	0.2	360	1330	110	5	40	25	1090	280	5
The Club's youngest	1050	51	10	0.4	410	810	130	5	50	30	1770	210	5
Strawberry avalanche for Fannie	710	38	6	0.2	400	870	70	5	25	20	1020	150	5
Jessica born in 89	900	43	10	0.3	420	810	110	5	35	25	1240	250	5
Jessica born in 89 cocoa-hazelnut	1010	51	10	0.4	410	810	120	5	45	25	1530	220	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)
Rosemary's Sunday	960	40	6	0.1	370	2390	130	10	20	30	1060	400	5
Louis the undecided	1010	51	10	0.4	410	810	120	10	45	25	1620	220	5
Choice - pulled ham	100	3.5	1.5	0	45	640	5	0	0	15	640	0	0
Choice - bacon	240	21	8	0	60	590	0	0	0	15	0	5	0
Choice - ham	200	10	2.5	0	50	1290	10	0	0	20	340	20	0
Choice - Sausages	410	38	14	0.1	50	810	10	0	0	10	70	15	0
Choice - Turkey sausages	140	7	1.5	0.1	70	650	5	0	0	15	250	5	0
Choice - Black bean patty	130	6	2.5	0.1	0	240	10	5	0	5	180	15	0
Choice - Plant-based breakfast sausage patty	180	11	3	0.1	0	390	10	0	0	10	270	45	0
Ben et Dictine													
Pulled ham and asparagus (2 eggs)	1320	75	21	0.5	440	2280	120	10	45	50	2540	620	5
Prosciutto and sun-dried tomatoes (2 eggs)	1250	67	18	0.4	410	2730	130	10	50	40	1820	490	10
Smoked salmon and avocado (2 eggs)	1240	72	16	0.4	400	2180	120	15	40	40	2030	270	5
Goat cheese (2 eggs)	1290	78	19	0.5	380	1770	120	10	45	35	2220	320	5
Montreal smoked meat (2 eggs)	1260	75	19	0.5	410	2160	120	10	45	35	1980	280	10
Ham (2 eggs)	1190	68	16	0.3	400	2300	110	10	40	35	1970	270	5
Steak with cheesy and slightly spicy hollandaise	1300	74	22	0.5	450	1950	110	10	40	50	2090	490	5
Tomatoes, bacon and green onions (2 eggs)	1380	88	24	0.4	430	2220	110	10	45	40	1940	280	5
Ben's Duo													
Louis' ham ben	1200	61	14	0.5	260	1550	140	10	50	30	1840	280	5
Paul's smoked salmon and avocado ben	1040	49	10	0.3	220	1920	130	5	45	30	1210	330	5
Spicy hollandaise sauce	340	30	10	0.2	30	1040	15	0	10	5	300	100	0
Teen's favourites!													
Breakfast tacos	1090	65	17	0.5	260	2770	90	5	20	40	1670	460	5
Carnivore Poutine	1310	85	30	0.5	210	3280	70	5	5	70	1630	820	5
Breakfast poutine	1460	104	33	1	340	2810	70	10	15	45	1670	690	5
THE Club	1400	86	20	1	180	2690	90	10	10	70	1460	680	5
Brunch burger	1270	80	24	0.5	490	2160	80	5	15	60	1490	350	10
Burrito crêpe	1300	72	26	1	510	1870	120	10	15	45	1330	600	5
Morning hot dogs	1140	62	19	0.5	220	2640	80	5	5	45	1150	420	5
Eggs													
Cora's Special*	1190	73	19	0.2	460	3020	90	5	15	50	1180	260	5
Jo construction*	1150	91	26	0.3	610	1970	45	5	10	40	960	120	5
Peggy's poached*	460	8	2.5	0.2	180	690	70	5	40	30	950	320	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)
Festin Gargantua*- HorsQuébec	1290	78	21	0.2	480	3560	90	5	15	60	1180	270	5
Gargantuan Breakfast*-Québec	1460	80	22	1	480	3780	130	10	30	70	1620	330	10
2 eggs, potatoes*	490	33	5	0.1	340	660	35	5	5	15	830	80	0
Choice of Pulled ham	100	3.5	1.5	0	45	640	5	0	0	15	640	0	0
Choice of Bacon	240	21	8	0	60	590	0	0	0	15	0	5	0
Choice of Ham	200	10	2.5	0	50	1290	10	0	0	20	340	20	0
Choice of Frunkfurters	410	38	14	0.1	50	810	10	0	0	10	70	15	0
Choice of Turkey sausages	140	7	1.5	0.1	70	650	5	0	0	15	250	5	0
Choice of Black bean patty	130	6	2.5	0.1	0	240	10	5	0	5	180	15	0
Choice of Plant-based breakfast sausage patty	180	11	3	0.1	0	390	10	0	0	10	270	45	0
2 eggs, fruit*	330	12	3.5	0.1	340	150	45	5	30	15	850	80	0
Pickle lovers	430	26	2	0.1	5	1720	50	5	20	5	750	70	0
Sweet'n savoury potatoes	280	15	1	0	0	540	35	5	5	5	660	40	0
Grated Cheddar Cheese	160	13	9	0.4	45	220	0	0	0	10	30	280	0
Caramelized Onions	80	4	1	0.1	0	35	10	0	5	0	150	25	0
Mushrooms	50	5	1	0.1	0	45	0	0	0	0	210	0	0
Three Toppings	280	19	10	0.5	45	280	15	5	5	15	390	310	0
Poutine style	380	31	16	0.4	80	710	5	0	5	15	200	500	0
Omelettes													
Théo (GS)	890	58	18	0.5	570	1040	50	10	15	35	1360	420	5
Théo (egg white option) (GS)	730	42	12	0.5	50	1130	50	10	10	35	1200	360	0
Western (GS)	720	45	9	0.3	550	1480	45	5	10	35	1280	140	5
Western (egg white option) (GS)	530	25	3	0	35	1510	45	5	10	30	1110	80	0
Gigi (SG)	450	15	6	0.4	30	500	60	10	35	30	1200	120	0
Smoked salmon (GS)	690	45	9	0.4	550	1360	40	5	10	35	1000	130	5
Smoked salmon (egg white option) (GS)	530	28	3	0.2	35	1450	40	5	5	35	840	70	0
Goat cheese, tomatoes, bacon (GS)	850	61	18	0.5	590	1300	40	5	10	40	1040	150	5
Goat cheese, tomatoes, bacon (egg white option) (GS)	680	43	12	0.3	70	1380	40	5	10	35	880	90	0
10 star	1090	77	24	1	630	1790	50	5	10	45	1480	460	5
10 star (egg white option) (GS)	890	56	18	0.5	110	1850	50	5	10	45	1320	390	5
Spinach and cheddar (GS)	740	52	16	0.5	570	950	40	5	5	30	980	420	5
Spinach and cheddar (egg white option) (GS)	570	34	10	0.4	50	1030	40	5	5	30	830	360	0
Crêpomelettes													
Spinach and cheddar	1110	69	22	0.5	480	1390	90	5	15	40	1260	540	5
Chorizo sausage and goat cheese	1220	75	21	0.5	490	2480	100	10	20	45	1420	340	10
Western-cheddar	1230	73	23	0.5	510	2090	100	5	20	50	1580	540	5

Feast to share

	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)
Potatoes	450	29	1.5	0	0	770	45	5	0	5	980	50	0
Gigi omelette	280	14	6	0.4	30	480	15	5	5	25	460	80	0
Spinach and Cheddar omelette	420	32	15	0.5	560	440	5	0	0	25	260	380	0
Theo omelette	570	39	17	0.5	560	530	15	5	5	30	630	380	5
Western omelette	400	25	8	0.3	550	960	10	0	5	30	550	100	5
Goat Cheese and Bacon omelette	530	42	17	0.5	590	790	5	0	5	35	310	110	5
10 Star omelette	770	57	23	1	620	1280	15	5	5	45	750	420	5
S'mores Waffles	440	11	4.5	0.1	15	760	80	0	45	5	90	170	0
Fresh fruit Waffle	280	3	0.4	0	0	650	60	5	25	5	370	150	0
Strawberry Waffle	260	3	0.4	0	0	640	50	5	20	5	220	150	0
Cocoa-hazelnut Waffle	380	5	1	0.1	5	650	80	5	35	5	620	150	0
Banana and Salted Caramel Waffle	390	4.5	1.5	0	10	700	80	5	40	5	580	140	0
Plain Pancakes	450	6	1	0	35	1680	90	5	15	10	290	310	5
Blueberry Fields Pancakes	480	7	1	0	35	1680	90	5	20	10	290	310	5
Triple Chocolate Pancakes	710	20	9	0	35	1680	120	5	45	15	320	330	5
Pulled Ham	100	3.5	1.5	0	45	640	5	0	0	15	640	0	0
Ham	100	5	1.5	0	25	650	5	0	0	10	170	10	0
Bacon	120	10	4	0	30	300	0	0	0	5	0	5	0
Sausages	270	25	9	0.1	35	540	5	0	0	5	50	10	0
Turkey Sausages	70	3.5	1	0	35	330	0	0	0	10	130	5	0
Plant-Based Breakfast Sausages	180	11	3	0.1	0	390	10	0	0	10	270	45	0

The breakfast pizzas

Home sweet home	1280	72	32	0.5	360	2390	90	0	25	60	1130	840	5
Home sweet home with pizza sauce	1140	58	27	0.5	340	2150	90	5	25	60	1120	800	5
Swicy halloumi	1030	48	21	0.5	270	2780	100	5	25	50	660	810	10
Swicy halloumi with hollandaise sauce	1170	62	26	1	280	3030	100	5	30	50	670	850	10
The Vespa	710	27	10	0.2	220	2050	80	5	15	40	350	380	10
The Vespa with hollandaise sauce	840	39	14	0.3	240	2280	80	5	20	40	360	420	10
Peach treat	1350	73	38	1.5	190	1440	130	5	60	40	520	950	5
Salty sunrise	850	41	11	0.4	240	1900	80	5	15	45	490	410	5
Salty sunrise with hollandaise sauce	890	43	15	0.4	240	2150	80	5	20	45	550	410	5

Sandwiches & Co.

	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 avocado toast	750	30	9	0.3	360	1150	100	15	45	25	1690	240	5
2 avocado toast smoke salmon	860	37	10	0.4	390	1560	100	15	45	40	1690	240	5
Smoked meat waffle sandwich with salad	930	32	14	0.5	100	4450	120	5	50	40	620	660	20
Smoked meat waffle sandwich with potatoes	1180	51	15	0.5	100	4870	140	5	45	45	1020	640	20
Smoked meat panini with salad	950	43	19	1	500	3260	80	5	35	50	920	540	20
Smoked meat panini with potatoes	1190	62	19	1	500	3670	100	5	30	60	1320	520	20
Nacho grilled cheese with salad	550	23	8	0.4	90	1830	50	10	15	40	640	360	5
Nacho grilled cheese with potatoes	800	41	9	0.4	90	2250	70	10	10	40	1040	330	5
Pizza grilleed cheese with salad	600	25	9	0.3	80	1500	60	5	20	30	970	410	5
Pizza grilled cheese with potatoes	820	44	10	0.3	80	1920	80	5	10	35	1300	380	5
Bagel and lox with fruit	710	19	7	0.5	60	1070	110	10	50	30	1050	130	5

Extras

English cream Cora Style	140	7	4	0.2	35	60	15	0	10	5	0	100	0
Hollandaise sauce	330	30	10	0.2	30	730	15	0	10	5	290	100	0
Single portion of maple syrup	70	0.1	0	0	0	0	20	0	15	0	60	30	0
Salted caramel	440	13	9	0.3	50	490	80	0	80	0	60	90	0
Custard	170	4.5	2.5	0.1	35	70	30	0	20	5	0	140	0
Cocoa-hazelnut custard	380	19	6	0.4	30	100	45	0	40	5	400	130	0
Cocoa-hazelnut spread	790	40	8	1	0	160	100	0	100	10	1190	160	5
Ramekin of fruit	80	0.4	0.1	0	0	10	20	0	15	0	340	25	0
An Egg	90	7	2	0.1	170	70	0	0	0	5	50	20	0
Pulled ham	100	3.5	1.5	0	45	640	5	0	0	15	640	0	0
Bacon	240	21	8	0	60	590	0	0	0	15	0	5	0
Sausages	410	38	14	0.1	50	810	10	0	0	10	70	15	0
Turkey sausages	140	7	1.5	0.1	70	650	5	0	0	15	250	5	0
Ham	200	10	2.5	0	50	1290	10	0	0	20	340	20	0
Canadian peameal bacon	120	6	2	0	35	790	0	0	0	15	0	5	0
Plant-based breakfast sausage patty	180	11	3	0.1	0	390	10	0	0	10	270	45	0
Potatoes	300	19	1	0	0	510	30	5	0	5	660	35	0
Sweet'n savoury potatoes	280	15	1	0	0	540	35	5	5	5	660	40	0

Value Menu

Farmer's breakfast pulled ham*	570	36	6	0.1	380	1300	35	5	5	30	1400	80	5
Farmer's breakfast bacon* (GS)	650	48	11	0.2	380	1100	30	5	0	25	760	80	5
Farmer's breakfast ham*	630	41	7	0.2	380	1630	35	5	5	30	1020	90	5



Breakfast and Lunch

	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)
Farmer's breakfast bologna*	920	68	17	0.2	490	2080	40	5	5	40	1090	190	5
Farmer's breakfast sausages*	740	58	14	0.2	380	1200	35	5	5	20	810	90	5
Farmer's breakfast turkey sausages*	580	38	6	0.2	390	1150	35	5	0	25	950	80	5
Farmer's breakfast plant-based breakfast sausage*	560	38	6	0.2	340	860	35	5	5	20	900	100	5
Eggs, fruit and toast* (GS)	340	14	4	0.1	340	170	45	5	30	15	850	80	0
Good to go* (GS)	560	39	9	0.4	370	760	35	5	5	20	840	220	5
Crêpe oh la la!	430	9	4	0.1	80	160	80	5	35	10	490	190	0
Tropi-kale bowl	330	7	3.5	0	10	70	60	5	40	10	600	230	0
Simply oatmeal*	330	8	3.5	0.1	20	45	60	5	20	10	250	90	0
Morning sandwich bacon	790	46	13	0.4	240	2030	60	5	5	35	980	310	5
Morning sandwich ham	720	38	10	0.4	230	2090	60	5	5	35	1080	310	5
Little Adam*	970	42	8	0.3	370	1330	130	5	50	25	1430	300	5
Ben goes to Holland	760	54	12	0.2	210	1360	50	5	5	20	960	140	5
Lunch Menu													
Creamy Cauliflower and Leek Soup	35	3	0.3	0	0	790	0	0	0	0	15	10	0
Chicken and Red Pepper Soup	70	3.5	0.5	0	10	2190	5	0	5	5	150	35	0
Carrot and Cantaloupe Soup	70	3	0.3	0	0	770	10	0	5	0	320	25	0
Tomato and Vegetable Soup	90	2.5	0.4	0	0	1980	15	5	5	5	360	70	0
Chicken and Noodle Soup	90	3.5	0.5	0	15	2200	10	0	5	5	180	35	0
Beef, Vegetable and Tomato Soup	80	2.5	0.4	0	5	1990	15	0	5	5	400	60	0
Beef and Lentil Soup	90	2.5	0.4	0	5	2010	10	0	5	5	300	35	0
Minestrone Soup	130	3.5	1	0	5	2060	20	5	5	5	400	100	0
Pea Soup	210	4	0.5	0	5	2230	35	10	5	15	80	60	5
Italian panini with potaotes and salad	860	34	8	0.2	60	2250	100	5	10	40	1060	370	0
Italian panini with poutine	1220	65	24	0.5	150	2920	100	5	10	50	1130	840	0
Tuna melt with potaotes and salad	800	42	8	0.4	70	1720	70	10	10	40	1220	340	5
Tuna melt with poutine	1150	72	24	1	150	2390	70	10	10	50	1290	810	5
Chicken melt with potaotes and salad	840	43	8	0.4	130	1410	80	10	10	45	1050	480	5
Chicken melt with poutine	1190	73	24	1	210	2080	80	10	10	60	1120	950	5
Midi Dolores with potaotes and salad	1040	70	9	0.4	570	1350	80	10	10	30	1200	210	5
Midi Dolores with poutine	1400	100	25	1	650	2020	80	10	10	45	1270	680	5
Lunch burger beef patty potaotes and salad	1030	61	12	0.4	120	1490	80	10	10	45	1450	290	10
Lunch burger beef patty with poutine	1380	92	28	1	200	2160	80	5	10	60	1520	760	5
Lunch burger chicken breast potaotes and salad	1380	92	28	1	200	2160	80	5	10	60	1520	760	5
Lunch burger chicken breast with poutine	1010	59	19	0.5	150	1940	80	5	10	45	950	560	5
Lunch burger black bean patty potaotes and salad	1040	57	12	0.5	35	1710	100	15	15	25	1560	290	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)
Lunch burger black bean patty with poutine	1400	88	28	1	120	2380	100	15	15	40	1630	760	5
Chicken and asparagus skillet potaotes and salad	960	54	7	0.3	70	1780	90	10	15	35	1770	320	5
Chicken and asparagus skillet poutine	1310	84	23	0.5	160	2450	90	10	15	50	1840	790	5
Aurélie's salad	400	18	9	0.3	240	340	40	5	15	20	890	390	5
Aurélie's salad chicken breast	490	19	9	0.4	290	660	45	5	15	40	890	390	5
Aurélie's salad smoked salmon	820	56	13	1	290	1170	45	5	20	35	910	420	5
Aurélie's salad tuna	780	50	12	0.5	290	960	45	10	20	40	1080	420	5
Kid's menu													
Orange juice	130	0.4	0.1	0	0	10	30	0	25	0	500	25	0
Apple juice	110	0	0	0	0	10	25	0	25	0	230	30	0
Chocolate milk	160	2.5	1.5	0	15	190	30	0	25	5	450	260	0
Hot chocolate	120	3.5	3	0.1	5	150	25	0	20	0	200	35	0
Milk	130	5	3	0.2	20	120	10	0	15	10	360	310	0
French toast with fruits	270	5	1.5	0.1	60	210	50	5	25	5	430	80	0
Waffle for Austin fruits and english cream	330	5	1.5	0.1	15	660	70	5	30	5	330	170	0
Pancakes with fruits	570	7	1	0	35	1730	120	5	35	15	620	330	5
Blueberry pancakes with fruits	600	7	1	0	35	1740	120	5	40	15	620	340	5
Chocolate chip pancakes with fruits	730	16	6	0	35	1730	140	10	50	15	620	340	5
Crêpe banana and cocoa hazelnut	580	18	6	0.3	60	150	100	5	50	10	1010	140	5
Crêpe fruits and custard	430	10	5	0.2	80	150	70	5	30	10	480	170	0
"Crêpe filled with strawberries	500	18	5	0.3	60	150	70	5	35	10	710	160	5
Grilled cheese	630	34	8	0.4	30	1460	70	5	5	20	830	310	5
Nicky's panini bacon	510	21	8	0.2	250	630	60	5	20	20	590	210	5
Nicky's panini ham	500	18	7	0.2	250	840	60	5	20	25	680	210	5
1 egg bacon	510	36	7	0.1	200	880	30	5	5	15	730	60	0
2 eggs bacon	600	43	9	0.1	370	960	30	5	5	20	780	80	5
1 egg ham	500	32	4.5	0.1	200	1240	35	5	5	20	900	70	0
2 eggs ham	570	37	6	0.1	370	1300	35	5	5	25	950	90	5
1 egg pulled ham	510	32	4.5	0.1	210	1240	35	5	5	25	1360	60	0
2 eggs pulled ham	580	36	6	0.1	380	1300	35	5	5	30	1420	80	5
1 egg sausage	660	51	12	0.2	210	1120	35	5	5	15	780	70	5
2 eggs sausage	750	58	14	0.2	380	1200	35	5	5	20	830	90	5
1 egg turkey sausage	450	28	3.5	0.1	210	900	35	5	5	20	850	60	0
2 eggs turkey sausage	560	37	6	0.2	380	990	35	5	5	25	910	80	5
1 egg plant-based breakfast sausage patty	480	32	4.5	0.1	170	780	35	5	5	15	860	80	5
2 eggs plant-based breakfast sausage patty	570	39	6	0.2	340	860	35	5	5	20	910	100	5



1 egg bacon chocolate chip pancake
 2 eggs bacon chocolate chip pancake
 Whole wheat bread (1 slice)
 White bread (1 slice)
 Multigrain bread (1 slice)
 Rye bread (1 slice)

Bread

Whole wheat bread (2 slices)
 Multigrain bread (2 slices)
 White bread (2 slices)
 Rye bread (2 slices)
 Gluten-free multigrain bread (2 slices)

	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)
1 egg bacon chocolate chip pancake	720	41	9	0.1	210	1430	70	5	15	20	820	160	5
2 eggs bacon chocolate chip pancake	800	48	11	0.1	380	1510	70	5	15	25	880	190	5
Whole wheat bread (1 slice)	90	1	0.2	0	0	150	15	0	0	5	80	40	0
White bread (1 slice)	90	1	0.3	0	0	160	15	0	0	5	25	40	0
Multigrain bread (1 slice)	100	2	0.3	0	0	140	15	0	0	5	100	40	0
Rye bread (1 slice)	90	1	0.2	0	0	170	15	0	0	5	20	40	0
Whole wheat bread (2 slices)	220	2.5	0.5	0	0	370	40	5	5	10	190	100	0
Multigrain bread (2 slices)	220	4	0.5	0	0	310	40	5	5	10	230	90	0
White bread (2 slices)	170	2	0.5	0	0	320	35	0	5	5	50	80	0
Rye bread (2 slices)	170	1.5	0.4	0	0	340	35	0	0	5	40	80	0
Gluten-free multigrain bread (2 slices)	80	1	0.1	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.