

## SIGNATURE EGGSMART BREAKFASTS

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
3 Eggs Classic Breakfast	1 Serving	690	29	6	0.3	510	2550	85	6	12	28	45%	150%	15%	45%
3 Eggs Classic Breakfast with Bacon	1 Serving	1080	63	18	0.3	580	3530	85	6	12	40	45%	150%	15%	45%
3 Eggs Classic Breakfast with Turkey Bacon	1 Serving	950	51	14	0.3	605	3120	88	6	12	43	45%	150%	25%	60%
3 Eggs Classic Breakfast with Sausage	1 Serving	1150	69	22	0.5	600	3530	88	6	16	48	45%	150%	15%	50%
3 Eggs Classic Breakfast with Ham	1 Serving	790	32	7	0.3	550	3560	87	6	12	45	45%	150%	15%	45%
3 Eggs Classic Breakfast with Peameal Bacon	1 Serving	880	34	6	0.3	525	3900	94	6	12	56	45%	150%	20%	50%
Eggsmart Big Breakfast	1 Serving	1450	73	23	1	755	4830	126	7	22	62	0%	0%	27%	58%
New York Striploin and Eggs	1 Serving	1060	52	16	1.5	600	2640	85	6	12	62	45%	150%	15%	70%

## SPECIALTY EGGSMART BREAKFASTS

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Eggsmart Signature Hash	1 Serving	1130	55	18	0.5	395	4560	93	11	13	38	0%	0%	27%	33%
Eggsmart Tri-Fecta with Sausage	1 Serving	700	41	11	0.2	405	840	58	2	30	25	0%	0%	17%	19%
Eggsmart Tri-Fecta with Bacon	1 Serving	650	38	9	0.1	395	840	56	2	28	21	0%	0%	17%	19%
Eggsmart Tri-Fecta with Turkey Bacon	1 Serving	600	32	7	0.1	510	640	58	2	28	23	0%	0%	19%	22%
Eggsmart Tri-Fecta with Ham	1 Serving	520	23	4	0.1	380	860	57	2	28	23	0%	0%	17%	19%
Keto Plate	1 Serving	960	80	22	0.3	430	1320	34	16	8	38	80%	110%	25%	40%

## FAMOUS 4 EGG OMELETTES

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Gourmet Meat Lovers	1 Serving	1260	76	27	1	725	3860	92	7	17	59	60%	200%	35%	60%
Classic Western Omelette	1 Serving	820	33	8	0.3	645	3140	94	8	16	41	50%	230%	20%	50%
West Coast Omelette	1 Serving	1150	69	22	0.5	690	3320	92	9	13	46	60%	160%	35%	50%
The Mediterranean Omelette	1 Serving	920	41	12	0.5	665	3320	94	8	16	48	70%	190%	25%	60%
Garden Fresh Vegetarian Omelette	1 Serving	780	32	7	0.3	620	2630	94	8	17	34	60%	220%	20%	50%
Spinach & Feta Cheese Omelette	1 Serving	850	39	12	0.5	645	2970	90	8	13	38	140%	180%	30%	610%

## SIGNATURE EGG SKILLETTS

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Meat Lovers	1 Serving	1390	87	30	1	730	4000	91	8	16	63	50%	190%	45%	60%
Southwest	1 Serving	940	39	9	0.2	630	3040	111	12	20	37	70%	250%	20%	60%
Peppers & Sausage	1 Serving	1160	68	22	1	685	3810	93	8	18	49	0%	0%	38%	39%
Loaded veggie	1 Serving	880	44	10	0.4	635	2840	90	8	14	36	40%	210%	20%	50%

## EGGSMART BENNIES

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Eggs Benedict with Ham	1 Serving	720	32	8	0.3	420	3360	73	5	13	36	50%	150%	15%	35%
Eggs Benedict with Peameal Bacon	1 Serving	740	33	7	0.3	400	3500	71	4	7	41	35%	100%	15%	35%
Eggs Benedict with Smoked Salmon	1 Serving	750	37	9	0.2	405	3060	72	5	14	36	45%	150%	15%	30%
Baja Bennie	1 Serving	780	41	9	0.3	390	2620	80	9	15	26	60%	170%	15%	30%
Eggs Florentine	1 Serving	680	35	8	0.3	390	2700	68	6	7	26	0%	0%	17%	36%
Meat Lovers	1 Serving	1090	68	21	0.3	490	4080	72	5	13	48	35%	110%	15%	35%
The French Benedict	1 Serving	1120	64	20	0.3	590	3670	88	6	15	42	50%	150%	20%	50%

## LIGHT & RIGHT CHOICES

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Avocado Toast	1 Serving	670	29	6	0.1	340	1020	82	11	6	25	20%	30%	6%	280%
Avocado Lox	1 Serving	870	41	8	0	380	1790	87	13	9	45	25%	45%	6%	280%
Simply 2 Eggs with Ham	1 Serving	590	20	5	0.1	360	1020	75	6	23	28	35%	120%	10%	35%
Simply 2 Eggs with Bacon	1 Serving	720	36	10	0.1	375	1000	74	6	23	26	35%	120%	10%	35%
Simply 2 Eggs with Sausage	1 Serving	770	39	12	0.2	385	1000	76	6	25	30	35%	120%	10%	35%
Simply 2 Eggs with Turkey Bacon	1 Serving	670	30	8	0.1	385	800	76	6	23	27	35%	120%	15%	40%
Homestyle Chicken Noodle Soup	1 Serving	350	6.5	1.5	0	15	1120	37	2	3	9	10%	0%	4%	21%
Greek Yogurt Parfait	1 Serving	480	12	1.5	0	0	75	79	8	51	18	0%	0%	15%	17%

## FARM FRESH SALADS

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Caesar Salad with Chicken	1 Serving	880	72	16	0.5	140	2590	39	7	7	40	150%	15%	35%	30%
Caesar Salad	1 Serving	750	70	16	0.5	80	2180	34	6	7	18	150%	15%	35%	30%
Cobb Salad	1 Serving	750	52	17	0.4	315	1700	22	6	8	45	0%	0%	19%	14%
Taco Salad	1 Serving	600	32	10	0.4	105	1390	37	8	8	37	0%	0%	19%	14%
Eggsmart Signature Salad	1 Serving	350	22	6	0.2	30	770	16	5	10	13	0%	0%	23%	11%

## WAFFLES

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Traditional Waffle	1 Serving	520	20	6	0.2	40	350	82	2	49	5	30%	50%	20%	15%
Chocolate Chip Waffle	1 Serving	990	44	22	0.5	60	380	107	4	68	7	40%	50%	25%	25%
Fresh Fruit Waffle	1 Serving	610	20	6	0.2	40	350	93	5	56	6	30%	140%	20%	15%
Nutella Banana	1 Serving	1000	42	14	0.2	45	380	148	7	101	11	30%	70%	30%	25%
Strawberry Banana	1 Serving	690	20	6	0.2	40	340	107	6	60	6	15%	70%	20%	15%
Chicken & Waffles	1 Serving	790	34	5	0.1	60	950	112	3	58	18	4%	20%	15%	25%

## PANCAKES

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Traditional Buttermilk Pancake	1 Serving	630	18	6	1	20	1160	110	3	53	7	30%	50%	25%	25%
Chocolate Chip Pancake	1 Serving	840	28	16	1	20	1180	140	4	81	8	30%	50%	25%	35%
The Skyscraper Pancake	1 Serving	1180	50	17	1	25	1200	170	10	106	14	30%	110%	35%	45%
Strawberry Banana Pancakes	1 Serving	740	18	7	1	20	1160	133	6	67	9	30%	120%	25%	30%
Very Blueberry Pancake	1 Serving	730	18	7	1	20	1160	118	4	59	8	30%	60%	25%	25%

## FRENCH TOAST

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Traditional French Toast	1 Serving	650	24	12	0.5	235	610	109	4	37	20	45%	50%	25%	35%
French Toast with Fresh Fruit	1 Serving	680	24	12	1	235	610	134	6	56	20	30%	70%	25%	40%
Nutella Banana	1 Serving	1130	46	20	1	240	640	177	9	91	25	45%	70%	30%	50%

**GROUND CHUCK  
- BURGERS**

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Brunch Burger	1 Serving	1480	108	29	1.5	325	2550	82	3	8	57	0%	0%	13%	44%
Classic	1 Serving	1120	53	14	1	95	1320	84	4	9	43	30%	60%	6%	50%
Classic with Cheese	1 Serving	1240	62	21	1.5	125	1520	84	4	9	49	35%	60%	25%	50%
Classic with Cheese & Bacon	1 Serving	1360	89	33	1.5	190	2210	84	4	9	62	40%	60%	45%	50%
Classic Double	1 Serving	1450	78	23	1.5	230	1540	82	7	7	75	35%	35%	6%	80%
Classic Double with Cheese	1 Serving	1570	87	29	2	260	1740	82	7	7	81	40%	35%	25%	80%
Classic Double with Cheese & Bacon	1 Serving	1690	103	35	2	285	2120	72	7	6	85	40%	35%	25%	80%

**POUTINES**

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Eggsmart Poutine	1 Serving	1120	79	23	1.5	110	1680	77	0	0	31	0%	0%	46%	14%
Pulled Pork Poutine	1 Serving	1050	65	18	1.5	120	1520	86	1	9	40	0%	0%	50%	19%

**THE ALMIGHTY HANDHELDS**

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
BLT Sandwich	1 Serving	1270	84	19	0.3	90	2790	107	10	2	29	10%	30%	4%	280%
Eggsmart Western Sandwich	1 Serving	1040	56	10	0.3	585	1840	89	3	7	34	35%	60%	15%	50%
Loaded Grilled Cheese	1 Serving	1050	61	23	1	90	2680	106	9	3	37	25%	20%	70%	280%
Loaded Grilled Cheese with Bacon	1 Serving	1230	86	32	1	145	3410	106	9	3	46	25%	20%	70%	280%
Club House Sandwich	1 Serving	1580	113	21	0.5	160	3560	146	13	3	55	0%	0%	4%	325%
Two - Handed Bagel	1 Serving	1210	73	15	0.4	220	2460	101	6	4	31	0%	0%	19%	36%
St Lawrence Peameal	1 Serving	1180	52	11	0.5	55	3950	112	3	4	68	0%	0%	23%	44%
Pulled Pork	1 Serving	990	38	6	0.2	85	2100	115	5	22	45	0%	0%	10%	47%
Nashville Hot Chicken Sandwich	1 Serving	1150	58	8	0.4	25	2470	134	8	19	29	0%	0%	4%	42%
Two - Handed Smoked Salmon	1 Serving	1050	61	11	0.5	185	2210	102	5	7	30	0%	0%	13%	33%

## BURRITOS

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Southwest Breakfast Burrito	1 Serving	1280	84	24	0.5	525	2940	111	11	7	46	50%	60%	35%	60%
Classic Steak	1 Serving	1020	53	10	0.5	355	2390	97	8	5	41	0%	0%	17%	36%

## SMOOTHIES

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Going Green	1 Serving	240	1	0.2	0	0	85	55	8	36	8	0%	0%	15%	17%
Winning	1 Serving	170	0.5	0	0	0	10	39	8	26	5	0%	0%	10%	3%
MMMMango	1 Serving	240	1	0.2	0	0	15	60	7	47	6	0%	0%	10%	3%
Strawberry Banana	1 Serving	230	0.5	0.2	0	0	10	56	8	33	6	0%	0%	10%	3%

## HOT & COLD

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Fresh Squeezed Orange Juice	1 Glass	180	0	0	0	0	5	43	1	31	3	2%	210%	4%	4%
Eggsmart Signature Coffee	1 Serving	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Tea	1 Serving	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Herbal Tea	1 Serving	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Chocolate	1 Serving	100	4	4	0	0	180	30	0	25	2	0%	0%	4%	15%
Orange Juice	1 Serving	120	0	0	0	0	15	28	0	25	2	0%	100%	0%	0%
Apple Juice	1 Serving	120	0	0	0	0	20	29	0	27	0.4	0%	150%	0%	0%
Milk (2%)	1 Serving	260	5	3	0.1	20	120	12	0	12	9	10%	0%	30%	0%

## SIDE FARE

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Home Fries	1 Serving	190	4.5	0.4	0.1	0	2270	36	4	2	5	0%	0%	2%	7%
Regular Fries	1 Serving	350	22	2	0.1	0	580	40	0	0	4	0%	20%	0%	6%
Sweet Potato Fries	1 Serving	320	15	0.5	0.1	0	480	42	6	14	4	140%	8%	4%	8%
Side Spinach Salad	1 Serving	200	16	5	0.2	25	320	11	3	2	8	60%	60%	10%	15%
Side Signature Salad	1 Serving	130	6	1	0	10	370	9	2	6	2	0%	0%	6%	6%
Bacon	1 Serving	360	34	12	0	75	980	5	0	0	12	0%	0%	0%	4%
Ham	1 Serving	100	3.0	1	0	40	1010	2	0	0	16	0%	0%	0%	4%
Sausage Links	1 Serving	460	40	16	0.2	90	980	4	0	4	20	0%	0%	0%	8%
Peameal Bacon	1 Serving	130	3	0	0	10	900	6	0	0	18	0%	2%	2%	6%
Smoked Salmon	1 Slice	190	12	3	0	45	660	2	0	2	19	0%	0%	0%	0%
Fruit Bowl	1 Slice	90	0.5	0.1	0	0	1	21	3	13	1	0%	70%	2%	4%
Bagel	1 Slice	310	8	1	0	0	750	59	4	2	11	6%	2%	6%	25%
Bagel & Nutella	1 Serving	460	22	6	0	0	720	92	6	34	15	0%	2%	10%	35%
Bagel with Cream Cheese	1 Serving	430	18	9	0.4	45	960	63	4	6	15	0%	0%	12%	19%

## BREADS

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
White Toast	2 Slices	230	6	1	0	0	370	45	2	4	7	4%	0%	6%	20%
Whole Wheat Toast	2 Slices	220	6	1	0	0	340	38	4	2	8	4%	0%	4%	15%
Rye Toast	2 Slices	210	4.5	1	0	0	370	33	2	1	6	4%	0%	4%	15%
Sourdough	2 Slices	360	8	2	0	0	840	67	5	0	12	8%	0%	0%	10%

## KIDS MENU

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
<b>Kid's French Toast with Ham</b>	1 Serving	420	11	3.5	0.1	165	1150	56	3	12	25	30%	60%	10%	30%
<b>Kid's French Toast with Bacon</b>	1 Serving	520	25	9	0.1	170	880	55	3	12	18	30%	60%	10%	25%
<b>Kid's French Toast with Sausage</b>	1 Serving	570	28	11	0.2	175	880	55	3	13	22	25%	50%	10%	30%
<b>Kid's Traditional Pancakes</b>	1 Serving	340	21	3.5	0.4	340	470	28	2	12	14	40%	60%	10%	15%
<b>Kid's Traditional Pancakes Chocolate Chip</b>	1 Serving	480	28	10	0.5	340	480	48	3	30	14	40%	60%	10%	25%
<b>Kid's Traditional Pancakes Blueberry</b>	1 Serving	410	21	3.5	0.4	340	470	37	3	17	14	40%	70%	10%	20%
<b>Kid's Traditional Pancakes Banana</b>	1 Serving	410	21	3.5	0.4	340	470	55	5	26	15	40%	80%	10%	20%
<b>Traditional Grilled Cheese</b>	1 Serving	650	29	14	1	60	1640	75	5	12	23	35%	70%	45%	25%
<b>Chicken Breast Strips</b>	1 Serving	450	18	2	0.2	35	1310	55	4	8	18	20%	80%	4%	10%
<b>Mini Cheese Omelette</b>	1 Serving	430	28	11	0.5	370	550	23	1	3	21	25%	0%	25%	20%
<b>Jr. Classic Breakfast with Bacon</b>	1 Serving	640	37	10	0.2	375	2130	52	4	11	21	40%	120%	10%	30%
<b>Jr. Classic Breakfast with Sausage</b>	1 Serving	720	40	12	0.3	385	2130	54	4	13	28	40%	120%	10%	30%
<b>Jr. Classic Breakfast with Ham</b>	1 Serving	540	23	5	0.3	370	1930	55	4	11	29	40%	70%	10%	25%

Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings and operations. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information provided includes a selection of the most popular items. It may not include all products found in-store. Information may be subject to change at any time. We continue to update this list to reflect changes that occur in our products. Eggsmart its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health care practitioner for questions regarding your diet.