

## Signature Breakfasts

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Classic Breakfast 2 eggs	1 Serving	620	24	5	0.2	82	6	10	22	340	2520	20%	110%	10%	35%
Classic Breakfast 3 eggs	1 Serving	690	29	6	0.2	82	6	10	28	510	2580	30%	110%	15%	40%
Bacon	4 Pieces	360	34	12	0	0	0	0	12	75	980	0%	0%	0%	4%
Sausages	4 Pieces	460	40	16	0.2	4		4	20	90	980	0%	0%	0%	6%
Ham	4 Pieces	100	3	1	0	2	0	0	16	40	1010	0%	0%	0%	3%
Peameal Bacon	3 Pieces	190	5			10	0	0	27	15	1350	0%	0%	3%	7%
Turkey Bacon	4 Pieces	130	6	1.5	0.4				20	80	880	0%	0%	0%	8%
Big Breakfast with Pancake	1 Serving	1410	73	23	1	124	7	19	62	755	4830	33%	22%	27%	56%
Big Breakfast with Waffle	1 Serving	1390	76	22	0.3	115	7	17	61	780	4370	33%	22%	27%	53%
Steak and Eggs	1 Serving	1610	109	44	2.5	92	6	13	64	705	3420	45%	110%	20%	70%

## Specialty Breakfasts

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Keto Breakfast Plate	1 Serving	950	82	19	0.2	30	15	9	31	405	1080	60%	120%	15%	40%
Breakfast Hash	1 Serving	840	43	13	0.5	88	11	9	31	355	3890	22%	90%	27%	28%
Add Beef Barbacoa	1 Serving	160	10	4.5	1	2	1	2	16	45	480	0%	1%	1%	8%
Add Chicken Breast	1 Serving	130	2	0.4		5			22	60	410	0%	2%		2%
Add Bacon	2 Pieces	180	17	6	0	0	0	0	6	35	500	0%	0%	0%	2%
Tri-Fecta	1 Serving	490	21	3.5	0.1	56	2	28	15	360	390	22%	9%	15%	17%
Sausage	2 Pieces	230	20	8	0.1	2		2	10	45	490	0%	0%	0%	3%
Bacon	2 Pieces	180	17	6	0	0	0	0	6	35	500	0%	0%	0%	2%
Turkey Bacon	2 Pieces	65	3	1	0.2				10	40	440	4%	20%	0%	4%
Smoked Ham	2 Pieces	50	1.5	0.5	0	1	0	0	9	20	540	0%	0%	0%	2%

## Eggsmart Bennies

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Classic Benedict Ham	1 Serving	680	31	8	0.3	70	5	11	32	410	3100	35%	110%	15%	30%
with Salmon	1 Serving	720	35	8	0.3	70	5	10	35	400	2970	30%	110%	15%	30%
with Peameal	1 Serving	770	33	7	0.3	76	5	11	42	400	3500	35%	110%	15%	35%
with Bacon	1 Serving	760	47	13	0.3	69	5	11	30	425	3100	35%	110%	15%	30%
Avocado Toast Benedict	1 Serving	820	47	12	0.4	79	8	13	27	400	2800	60%	140%	20%	35%
with salmon	1 Serving	100	6	1	0.1				11	25	360				
Beef Barbacoa Benedict	1 Serving	880	34	10	1	84	7	20	42	435	3170	30%	180%	15%	50%
The French Benedict	1 Serving	1020	48	15	1	102	6	18	46	615	3830	50%	110%	35%	45%

## Famous 4-Egg Omelettes

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Say Cheese Please	1 Serving	1050	57	21	1	85	6	13	52	890	3290	60%	110%	60%	50%
Barbacoa Fiesta	1 Serving	1210	67	21	1.5	93	10	14	63	905	3380				50%
Classic Western	1 Serving	890	39	10	0.3	90	7	14	47	850	3200	50%	170%	20%	50%
add Cheddar Cheese	1 Serving	120	8	5	0.3				6	25	170	0%	0%	13%	
Veggie Patch	1 Serving	860	38	9	0.3	92	8	16	41	830	2700	50%	180%	20%	50%
Mediterranean Sunset	1 Serving	950	48	14	0.5	90	7	13	43	855	3090	60%	160%	25%	50%
The Notorious P.I.G	1 Serving	1240	70	23	0.5	92	7	14	62	905	3850	60%	170%	40%	60%

## Golden Waffles

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Traditional	1 Serving	530	22	10	0.2	80	2	49	4	70	300	10%	15%	15%	15%
Fresh Fruit	1 Serving	730	23	10	0.2	131	10	79	7	70	300	10%	210%	20%	20%
Hazelnut Banana	1 Serving	1000	51	24	0.2	133	6	88	9	130	330	30%	30%	25%	20%
Chocoholic	1 Serving	1120	56	31	0.2	162	9	121	9	95	330	15%	15%	25%	25%

## Buttermilk Pancakes

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Traditional	1 Serving	650	20	11	1	109	3	56	7	50	1110	10%	15%	20%	25%
Fresh Fruit	1 Serving	840	21	11	1	155	10	82	9	50	1120	10%	200%	25%	30%
Loaded Blueberry Citrus	1 Serving	880	27	15	1	153	7	89	8	70	1120	20%	30%	25%	30%
Chocoholic	1 Serving	1480	67	40	1	221	12	153	13	85	1150	20%	15%	35%	45%

## Brioche French Toast

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Traditional 2 Slices	1 Serving	770	32	15	0.5	103	3	49	15	240	630	20%	0%	10%	25%
Banana Fosters	1 Serving	1220	33	16	0.5	216	9	121	18	240	760	20%	35%	20%	30%
sub Hazelnut Spread	1 Serving	370	28	14	0	26	1	24	3	55	30	17%	1%	6%	6%
Fresh Fruit	1 Serving	970	34	16	0.5	154	11	78	18	240	640	20%	200%	15%	35%
Sweet Super Stack	1 Serving	1720	64	31	1	275	18	160	23	220	1310	35%	220%	50%	60%

## Egg Scramblers

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Meat Lovers	1 Serving	1290	80	25	0.5	90	7	14	55	720	3920	45%	170%	35%	50%
Southwest	1 Serving	1050	57	12	0.4	101	11	15	36	640	2840	45%	180%	20%	50%
Santorini Scrambler	1 Serving	970	52	13	0.4	93	9	14	37	645	3000	60%	190%	25%	50%
Keto Scrambler	1 Serving	890	72	21	0.4	24	8	10	41	690	930	56%	88%	27%	31%

## Light & Right

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Simply 2 Eggs	1 Serving	420	16	3.5	0.1	51	5	18	16	340	320	20%	100%	8%	25%
Sausage	2 Pieces	230	20	8	0.1	2		2	10	45	490	0%	0%	0%	3%
Bacon	2 Pieces	180	17	6	0	0	0	0	6	35	500	0%	0%	0%	2%
Turkey Bacon	2 Pieces	65	3	1	0.2				10	40	440	4%	20%		4%
Ham	2 Pieces	50	1.5	0.5	0	1	0	0	9	20	540	0%	0%	0%	2%
Avocado Lox	1 Serving	860	44	11	0.3	84	10	6	39	375	1590	30%	40%	8%	280%
Avocado Toast	1 Serving	760	38	9	0.2	83	10	6	28	350	1110	30%	40%	8%	280%
House Salad	1 Serving	490	41	8	0.2	25	7	10	12	25	760	78%	54%	12%	19%
Side house salad	1 Serving	245	20.5	4	0.1	12.5	3.5	5	6	12.5	380	39%	27%	6%	10%
Brunch Cobb Salad	1 Serving	860	62	20	0.4	26	8	7	46	315	1730	89%	24%	23%	28%

## Plentiful Poutines

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Classic Poutine	1 Serving	900	58	14	1.5	82	7	1	22	60	1080	17%	24%	38%	13%
Chicken Club Poutine	1 Serving	1540	112	28	1.5	105	10	7	43	150	2350	33%	33%	42%	19%
Peruvian Poutine	1 Serving	1440	99	22	2.5	101	15	21	41	120	1660	17%	62%	46%	28%

## All Day Handhelds

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Brunch Bagel	1 Serving	1190	73	19	0.5	104	11	4	35	235	2090	28%	23%	23%	36%
Smoked Salmon Bagel	1 Serving	1030	46	8	0.4	107	10	9	35	195	1800			12%	36%
Western Sandwich	1 Serving	970	63	10	0.4	91	7	9	29	440	1490	25%	80%	10%	45%
add Cheese	1 Serving	100	8	5	0.3				5	25	160			12%	0%
Smothered Breakfast Burrito	1 Serving	1440	92	18	1	117	15	19	37	460	2580	35%	100%	30%	50%
Chicken & Waffle Club Sandwich	1 Serving	1850	146	26	1	99	10	12	37	170	2430	33%	27%	17%	28%
Chicken Club Sandwich	1 Serving	1870	113	21	0.5	146	13	3	55	160	2130	17%	24%	2%	322%
Peameal Club Sandwich	1 Serving	1300	85	15	1	53	6	6	52	110	3260	17%	24%	17%	31%
BLT Sandwich	1 Serving	1280	84	19	0.3	109	11	4	30	90	2480	15%	45%	2%	280%
Smashed Burger	1 Serving	1400	102	25	1.5	46	7	9	51	190	1530	40%	40%	20%	60%

## Smoothies

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Heart Healthy Mango Smoothie	1 Serving	240	1	0.2	0	58	7	45	6	0	10	11%	163%	10%	3%
Keto Green Smoothie	1 Serving	240	6	1	0	59	10	37	9	0	80	44%	150%	15%	17%
Mixed Berry Smoothie	1 Serving	160	0.2	0	0	39	9	29	5	0	10	2%	121%	12%	6%
Strawberry Banana Smoothie	1 Serving	230	0.5	0.2	0	56	8	33	6	0	10	2%	167%	10%	3%

## Beverages

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Freshly Squeezed Orange Juice (Glass)	1 Glass	180	0	0	0	43	1	31	3	0	5	2%	210%	4%	4%
Freshly Squeezed Orange Juice (1 L)	1 Litre	580	1	0.1	0	80	12	64	6	0	0	11%	403%	19%	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	190	4	4	0	30	0	25	2	0	180	0%	0%	4%	15%
Orange Juice	1 Serving	120	0	0	0	28	0	25	2	0	15	0%	100%	0%	0%
Apple Juice	1 Serving	120	0	0	0	29	0	27	0.4	0	20	0%	150%	0%	0%
Milk (2%)	1 Serving	260	5	3	0.1	12	0	12	9	20	120	10%	0%	30%	0%

## Extras

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Add Pancake	1 Serving	100	1.5	0.3	0.3	20	1	4	2	0	350	0%	0%	6%	7%
Fruit Salad	1 Serving	170	1	0.2	0	43	7	25	2	0	3	2%	160%	4%	6%
Greek Yogurt Parfait	1 Serving	580	7	1	0	119	7	69	18	0	50	1%	91%	13%	4%
Bagel & Hazelnut Spread	1 Serving	620	21	3	0	93	7	33	14	0	720	0%	2%	15%	45%
Bagel & Cream Cheese	1 Serving	440	16	9	0.4	62	2	6	13	45	910	0%	1%	12%	25%
White Toast	1 Slice	115	3.5	0.5	0	23	1	2	4	0	190	2%	0%	4%	10%
Whole Wheat Toast	1 Slice	110	3.5	0.5	0	19	2	1	4	0	180	2%	0%	2%	8%
Rye Toast	1 Slice	105	3	0.5	0	17	1	1	3	0	190	2%	0%	2%	8%
Sourdough	1 Slice	180	1	0.2	0	33	2	0	6	0	380	0%	0%	0%	103%

## Sub Your Side

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Fries	1 Serving	340	20	2	0.1	37	4	0	4	0	1720	0%	12%	0%	6%
Sweet Potato Fries	1 Serving	370	15	1	0.1	40	4	18	4	0	1870	0%	10%	2%	19%
Side Signature Salad	1 Serving	245	20.5	4	0.1	12.5	3.5	5	6	12.5	380	39%	27%	6%	10%

## Elevate Your Fries

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	VIT. A (% DV)	VIT. C (% DV)	CALCIUM (% DV)	IRON (% DV)
Gravy	1 Serving	35	0.5	0.2	0	6	0	1	1	0	4	0%	0%	0%	1%
Cheese Curd	1 Serving	220	17	10	1	2			14	60		17%	0%	38%	
Hollandaise	1 Serving	300	28	6	0.2	10	0	6	3	5	680	0%	1%	4%	1%

## Kids Menu

	SERVING SIZE	CALORIES (kcal)	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOLESTEROL (mg)	SODIUM (mg)	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	56	3	12	25	165	1150	30%	60%	10%	30%
<b>Kid's French Toast with Bacon</b>	1 Serving	520	25	9	0.1	55	3	12	18	170	880	30%	60%	10%	25%
<b>Kid's Traditional Pancakes</b>	1 Serving	360	21	3.5	0.4	28	2	12	14	340	470	40%	60%	10%	15%
<b>Traditional Grilled Cheese</b>	1 Serving	650	29	14	1	75	5	12	23	60	1640	35%	70%	45%	25%
<b>Chicken Breast Strips</b>	1 Serving	450	18	2	0.2	55	4	8	18	35	1310	20%	80%	4%	10%
<b>Mini Cheese Omelette</b>	1 Serving	430	28	11	0.5	23	1	3	21	370	550	25%	0%	25%	20%
<b>Jr. Classic Breakfast with Ham</b>	1 Serving	540	23	5	0.3	55	4	11	29	370	1930	40%	70%	10%	25%