



Nutritional Information | Last Updated: January 1, 2017 | % indicates Daily Value

Menu Item	Serving Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Gluten-Free	Halal Certified	Vegetarian	Vegan
PRO 1.7 oz Burger Patty	1.7oz	160	11	5.07	0.4	30	165	0.6	0	0	6.86	0%	0%	2%	15%	yes	yes	no	no
Hero 4 oz Burger Patty	4oz	320	25	11	1	65	360	1	0	0	16	0%	0%	2%	15%	yes	yes	no	no
Hero 6 oz Burger Patty	6oz	480	38	16	1.5	100	540	1	1	0	24	0%	0%	2%	20%	yes	yes	no	no
Grilled Chicken Breast	113g	130	2	0.4	0	60	410	5	0	0	22	0%	2%	2%	2%	yes	yes	no	no
Wild Alaskan Salmon Fillet	85g	100	3.5	0.5	0	35	210	0	0	0	29	2%	0%	0%	2%	yes	yes	no	no
Soul Burger Patty	100g	160	16	1	0	0	400	16	5	0	18	0%	0%	0%	0%	yes	yes	yes	yes
Turkey Burger Patty	179g	222	11	3.5	0	100	105	0	0	0	26	0%	0%	0%	10%	yes	no	no	no
Hot Dog	100g	150	11	3	0.1	30	760	2	1	1	10	0%	0%	2%	15%	no	yes	no	no
Sesame Poppy Bun	62g	158	1.8	0.3	0	0	290	29	2	3	7	0%	0%	8%	15%	no	n/a	yes	yes
PRO Burger Bun (no seeds)	42g	120	0.5	0.2	0	0	207	23	1	2	5	0	0	8%	15%	no	n/a	yes	yes
Ciabatta Bun	85g	240	0	0	0	0	430	42	2	2	6	0%	0%	0%	15%	no	n/a	yes	no
Multigrain	85g	280	10	1	0.1	15	410	41	4	4	6	0%	0%	4%	20%	no	n/a	yes	no
Whole-wheat Flat	70g	170	1.5	0.5	0	0	250	33	4	3	6	0%	0%	6%	15%	no	n/a	yes	no
Gluten-Free Bun	100g	240	7	1	0	0	530	41	4	9	4	0%	0%	4%	4%	yes	yes	yes	yes
Fresh Cut Fries	208g	485	27	0	0	0	435	54	3	3	6	0%	6%	0%	0%	yes	yes	yes	yes
Hero Onion Rings	131g	415	29	1.5	0	0	340	34	2	3	4	0%	4%	2%	6%	no	n/a	yes	yes
Sweet Potato Fries	175g	516	32	0	0	0	260	54	2	7	4	50%	4%	4%	2%	no	n/a	yes	no
Tempura Zucchini	161g	350	16	1.5	0.2	0	380	45	1	3	5	2%	0%	2%	8%	no	n/a	yes	no
Green Salad	70g	15	0	0	0	0	5	3	1	1	1	0%	25%	2%	4%	yes	n/a	yes	yes
Creamy Caesar Dressing	0.5oz	170	17	3	0.2	20	550	4	0	0	2	0%	0%	4%	0%	yes	n/a	yes	no
Ketchup	5g	20	0	0	0	0	140	5	0	4	0.3	0%	0%	0%	0%	yes	yes	yes	yes
Mustard	5g	3	0	0	0	0	65	0	0	0	0.2	0%	0%	0%	0%	yes	yes	yes	yes
Relish	20g	16	0	0	0	0	170	3	0	3	0	0%	0%	0%	0%	yes	yes	yes	yes
Sliced Pickles	20g	2	0	0	0	0	185	2	1	0	1	2%	0%	4%	2%	yes	yes	yes	yes
Jalapeno Peppers	100g	20	0	0	0	0	54	1	2	1	1	8%	110%	6%	2%	yes	yes	yes	yes
Hot Sauce	5g	2	0	0	0	0	170	0	0	0	0.1	0%	0%	0%	0%	yes	yes	yes	yes
Honey Dijon	5g	20	0.3	0	0	0	70	4g	0	3	0.2	0%	0%	0%	0%	yes	yes	yes	yes
Low Fat Mayonnaise	15g	45	4	0.5	0	0.01	130	1	0.03	0.35	0.24	0%	0%	0%	0%	yes	yes	yes	no
Ancho Chipotle	15g	55	4	0.75	0	2.5	120	1	0	6	0	2%	4%	0%	2%	yes	yes	yes	no
Maple Chipotle BBQ	5g	30	0	0	0	0	85	9	0	8	0	2%	4%	0%	2%	yes	yes	yes	no
Cranberry Sauce	15g	40	0	0	0	0	0	9	0	7	0	0%	0%	0%	0%	yes	n/a	yes	no
Mango Sauce	15g	30	0	0	0	0	40	8	0	7	0	0%	20%	0%	0%	yes	n/a	yes	yes
Hero Sauce	15g	70	9	1	0	10	48	0	0	0	0.5	2%	2%	2%	2%	yes	n/a	yes	no
Slawsa	15g	20	0	0	0	0	100	3	0	3	0	2%	6%	0%	0%	yes	n/a	yes	yes
non-GMO Poutine Gravy	90ml	30	0	0	0	0	570	12	0	0	1	0%	0%	0%	0%	yes	n/a	yes	no
Caramel Sundae Topping	30ml	140	2	0.2	0.5	0	125	30	0	19	0.3	0%	0%	2%	0%	yes	n/a	yes	no
Strawberry Sundae Topping	30ml	80	0	0	0	0	9	19	1	12	0.3	0%	35%	0%	2%	yes	n/a	yes	no
Chocolate Sundae Topping	30ml	90	0.5	0	0	0	60	21	1	17	1	0%	0%	2%	6%	yes	n/a	yes	no
Vanilla Soft Serve	100g	167	6	4	0.14	22	100	24	0.1	22	4	6%	1%	3%	0%	yes	n/a	yes	no
Canadian Cheddar	26g	90	5	4	0	25	140	4	0	0	8	0%	0%	15%	0%	yes	yes	yes	no
Smoked White Cheddar	30g	130	11	7		30	200	0	0	0	8	10%	0%	20%	0%	yes	yes	yes	no
Swiss Cheese	20g	110	8	5	0	25	105	0	0	0	8	10%	0%	25%	2%	yes	yes	yes	no
Blue Cheese	30g	100	9	5	1	0	450	0	6	0	0	8%	0%	15%	0%	yes	yes	yes	no
Goat Cheese	30g	100	7	5	0.2	30	110	2	0	0	6	6%	0%	2%	0%	yes	yes	yes	no
Caramelized Onion Cheddar	30g	120	9	6	0.3	30	210	1	0	0	7	6%	0%	2%	2%	yes	yes	yes	no
Fried Egg	53g	70	5	1.5	0	195	65	1	0	0	6	10%	0%	2%	6%	yes	n/a	yes	no
Guacamole	30g	40	4	0.5	0	0	85	3	2	0.5	0.5	0%	6%	0%	0%	yes	n/a	yes	yes
Fire Roasted Peppers	30g	5	0	0	0	0	60	2	0	0	0	4%	10%	2%	2%	yes	n/a	yes	yes
Crispy Onions	24g	146	11	0	0	0	33	10	0	0	1.4	0%	0%	0%	1%	yes	n/a	yes	yes
Sauteed Onions	30g	27	1	0	0	0	0	4	0	0	1	0%	0%	0%	0%	yes	n/a	yes	yes
Beef Bacon	25g	90	8	3	0.4	19	145	0.6	0	0	4	2%	0%	0%	2%	yes	yes	no	no
Strip Bacon	16g	80	6	2	0	15	300	0	0	0	6	0%	0%	0%	2%	yes	no	no	no
Portobello Mushrooms	30g	47	3	0	0	0	2	3	0	0	1.4	0%	0%	0%	0%	yes	n/a	yes	yes