



Nutritional Information | Last Updated: August 1 2018 | % 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	137.2	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	290	25	11	1	65	360	1	0	0	16	0%	0%	2%	15%	yes	yes	no	no	
Hero 6 oz Burger Patty	6oz	440	38	16	1.5	100	540	1	1	0	24	0%	0%	2%	20%	yes	yes	no	no	
Grilled Chicken Breast	3.9oz	150	3	0	0	60	440	1	0	0	29	0%	2%	2%	6%	yes	yes	no	no	
Wild Alaskan Salmon Fillet	3oz	100	3.5	0.5	0	35	210	0	0	0	17	2%	0%	0%	2%	yes	yes	no	no	
Soul Burger Patty	4oz	200	13	1	0	0	400	4	5	0	18	0%	0%	0%	0%	yes	yes	yes	yes	
Turkey Burger Patty	3.1oz	180	9	3	0	60	70	3	0	0	21	0%	0%	0%	10%	yes	no	no	no	
Hot Dog	3.5oz	240	18	7	0.5	55	840	4	0	2	14	0%	0%	2%	10%	no	yes	no	no	
Crispy Chicken Breast	142g	250	12	1.5	0.2	50	640	3	1	5	20	0%	2%	2%	10%	no	yes	no	no	
Crunchy Chicken Strips	per 4 strips 100g	200	10	1	0	35	450	13	1	2	14	0%	0%	2%	8%	no	yes	no	no	
Sesame Poppy Bun	70g	190	3.5	0.3	0	0	290	35	2	3	5	0%	0%	8%	15%	no	n/a	yes	yes	
PRO Burger Bun (no seeds)	50g	135	2.5	0.2	0	0	207	25	1	2	3.5	0	0	8%	15%	no	n/a	yes	yes	
Ciabatta Bun	60g	150	1	0.2	0	0	330	29	1	0	5	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	250g	565	9.5	0	0	0	435	43	3	3	6	0%	6%	0%	0%	4%	yes	yes	yes	yes
Hero Onion Rings	170g	170	9	1.5	0	0	340	20	2	3	2	0%	4%	2%	6%	no	n/a	yes	yes	
Sweet Potato Fries	170g	140	6	0	0	0	260	20	2	7	2	50%	4%	4%	2%	no	n/a	yes	no	
Tempura Zucchini	170g	160	9	1.5	0.2	0	380	18	1	3	3	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	0	0	0	0	0	65	0	0	0	0.2	0%	0%	0%	0%	yes	yes	yes	yes	
Relish	15g	12	0	0	0	0	170	3	0	3	0	0%	0%	0%	0%	yes	yes	yes	yes	
Sliced Pickles	15g	10	0	0	0	0	920	2	1	0	1	2%	0%	4%	2%	yes	yes	yes	yes	
Jalapeno Peppers	1oz	5	0.14	0.1	0	0	286	0.96	0.51	0	0.01	9%	8%	1%	1%	yes	yes	yes	yes	
Hot Sauce	5g	0	0	0	0	0	45	0	0	0	0.1	0%	0%	0%	0%	yes	yes	yes	yes	
Honey Dijon	5g	0	0	0	0	0	55	0	0	0	0	0%	0%	0%	0%	yes	yes	yes	yes	
Low Fat Mayonnaise	15g	35	3.5	0.5	0	4	130	1	0	0	0	0%	0%	0%	0%	yes	yes	yes	no	
Ancho Chipotle	15g	55	4	0.75	0	2.5	140	1	0	3	0.25	2%	4%	0%	2%	yes	yes	yes	no	
Maple Chipotle BBQ	5g	70	0	0	0	0	250	18	0	16	0	2%	4%	0%	2%	yes	yes	yes	no	
Cranberry Sauce	0.5oz	40	0	0	0	0	5	9	1	5	0.1	0%	4%	0%	0%	yes	n/a	yes	no	
Mango Sauce	0.5oz	25	0	0	0	0	35	7	0	6	0	0%	20%	0%	0%	yes	n/a	yes	yes	
Hero Sauce	0.5oz	80	9	1	0	10	85	0	0	0	0.5	0%	0%	0%	0%	yes	n/a	yes	no	
Slawsa	15g	15	0	0	0	0	100	3	0	3	0	2%	6%	0%	0%	yes	n/a	yes	yes	
non-GMO Poutine Gravy	4oz	20	0	0	0	0	280	4	0	0	0.4	0%	0%	0%	0%	yes	n/a	yes	no	
Caramel Sundae Topping	2oz	240	2	0.2	0	0	65	56	0	28	1	0%	0%	2%	0%	yes	n/a	yes	no	
Strawberry Sundae Topping	2oz	160	0	0	0	0	30	39	1	28	0.3	0%	35%	0%	2%	yes	n/a	yes	no	
Chocolate Sundae Topping	2oz	210	0.5	0.4	0	0	55	52	2	37	2	0%	0%	2%	8%	yes	n/a	yes	no	
Vanilla Soft Serve	100ml	192	6.9	4.4	0.17	27	131	27.8	0.1	26	4.9	6%	1%	3%	0%	yes	n/a	yes	no	
Canadian Cheddar	20g	80	7	4	0	25	140	1	0	0	5	0%	0%	0%	0%	yes	yes	yes	no	
Smoked White Cheddar	20g	85	7	0	0	0	0	0	0	0	6	0%	0%	0%	0%	yes	yes	yes	no	
Swiss Cheese	20g	45	1	0	0	0	140	9	0	0	1	0%	0%	0%	2%	yes	yes	yes	no	
Blue Cheese	20g	97	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	yes	yes	yes	no	
Goat Cheese	20g	70	6	4	0.2	20	170	0	0	0	4	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%	20%	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	23	2	0	0	0	55	1	1	1	0	1%	2%	0%	0%	yes	n/a	yes	yes	
Fire Roasted Peppers	1oz	10	0	2	0	0	60	2	0	0	0	4%	10%	2%	2%	yes	n/a	yes	yes	
Crispy Onions	1oz	23	1	0	0	0	33	3	0	0	0	0%	0%	0%	1%	yes	n/a	yes	yes	
Sauteed Onions	50g	60	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	yes	n/a	yes	yes	
Beef Bacon	50g	180	16.6	6	0.26	37	286	0.6	0	0	8	2%	0%	0%	6%	yes	yes	no	no	
Strip Bacon	40g	90	7	3	0	15	240	0	0	0	5	0%	0%	0%	0%	yes	no	no	no	
Portobello Mushrooms	30g	7	0	0	0	0	2	1	0	0	0	0%	0%	0%	0%	yes	n/a	yes	yes	