



# NUTRITION GUIDE



# COLD DRINKS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Banango	415 mL	440	22	12	0.5	55	1	45	9	75	170	250	0.20
Banoffee Milkshake	415 mL	875	31	18	1.0	163	1	110	11	90	540	350	0.40
Belgian Milk Milkshake	415 mL	850	91	53	1.5	134	3	124	20	125	330	650	6.00
Belgian Dark Milkshake	415 mL	925	104	53	1.0	135	14	109	16	90	200	350	21.00
Bounty Milkshake	415 mL	700	38	26	0.5	79	2	67	10	95	250	350	1.25
Chai Latte Milkshake	415 mL	470	24	24	0.5	56	0	52	7	85	170	250	0.10
Chilled Hot Chocolate	415 mL	520	19	12	0.4	76	2	57	9	55	300	225	3.00
Chocolate Monkey	415 mL	530	19	12	0.4	81	3	58	10	55	260	225	2.50
Dates & Honey Milkshake	415 mL	790	24	15	0.5	147	5	136	8	85	180	300	1.00
D KID in Me	415 mL	690	31	17	0.5	94	0	86	8	75	220	250	0.20
Iced Coffee (with flavour shot)	415 mL	160	3	1	0.0	26	0	26	5	10	75	175	0.00
Iced Strawberry Lemonade	415 mL	270	0	0	0.0	70	0	67	0.1	0	10	20	0.00
Italian Soda	473 mL	90	0	0	0.0	22	0	21	0	0	80	20	0.00
Kinder Bueno Milkshake	415 mL	860	56	28	1.0	80	1	72	14	100	260	450	0.50
Lotus Cookie Butter Milkshake	415 mL	875	89	28	0.5	141	0	98	16	85	570	250	0.30

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Man Go Wild	415 mL	610	24	15	0.5	93	1	87	7	85	170	250	0.00
Matcha Green Tea Milkshake	415 mL	540	25	15	0.5	70	1	66	10	90	190	300	0.00
Mint Lemonade	415 mL	130	0	0	0.0	34	0	31	0.2	0	10	10	0.10
My BFF	415 mL	500	20	12	0.5	76	1	61	9	75	190	250	0.30
Chocolate Hazelnut Milkshake	415 mL	850	73	28	1.0	110	6	106	14	95	250	450	4.50
Pina Colada Milkshake	415 mL	820	37	25	0.5	116	2	107	9	85	260	250	0.40
Reese's PB Milkshake	415 mL	660	41	20	1.0	63	2	56	13	95	330	350	1.00
Rosy & Nutty Milkshake	415 mL	430	27	12	0.5	39	2	35	10	75	160	300	0.50
Shakey Shakey Milkshake	415 mL	710	46	21	0.5	63	3	56	11	90	210	300	1.50
Skor Milkshake	415 mL	660	39	24	1.0	70	1	66	9	115	320	300	0.75
Smarties Milkshake	415 mL	610	31	19	0.5	75	0	69	9	95	210	350	0.50
Strawberry Cheesecake Milkshake	415 mL	730	41	26	0.5	78	0	70	13	215	480	300	0.50
Strawberry Banana Smoothie	415 mL	470	0	0	0.0	118	0	113	0	0	15	50	0.00
Stone Fruit Lemonade	473 mL	280	0	0	0.0	70	0	65	0.3	0	5	0	0.10
Together Forever Milkshake	415 mL	430	24	14	0.5	47	1	40	8	80	190	250	1.00

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Twisted Chocolate Milkshake	415 mL	510	19	12	0.4	76	2	58	9	55	260	225	2.50
Wake Me Up Vanilla Milkshake	415 mL	450	24	15	0.5	51	0	47	7	85	180	250	0.00
Liquid Gold Milkshake	415 mL	560	35	15	0.5	57	3	47	13	80	170	250	0.30
Cheeky Chocolate Milkshake	415 mL	840	44	27	0.4	97	2	70	16	205	550	350	3.00
Spiced Brown Sugar Oat Latte	415 mL	90	3	0.3	0.0	15	1	10	1	0	65	200	0.30
Passion Fruit Mojito	415 mL	180	0	0	0.0	45	0	43	0.1	0	10	30	0.10
Strawberry Mojito	415 mL	180	0	0	0.0	45	0	43	0.1	0	10	30	0.10
Stone Fruit Mojito	415 mL	180	0	0	0.0	45	0	43	0.1	0	10	30	0.10
Blue Lagoon Mojito	415 mL	190	0	0	0.0	49	0	48	0.1	0	0	20	0.10
Mango Mojito	415 mL	180	0	0	0.0	45	0	42	0.1	0	10	20	0.10
Mix Berry Mojito	415 mL	190	0	0	0.0	47	1	43	0.4	0	0	30	0.20
Strawberry Rose Palmer	415 mL	150	0	0	0.0	36	1	35	0.2	0	25	20	0.10
Pineapple Fusion	415 mL	150	0	0	0.0	38	0	37	0.1	0	20	20	0.00
Power Shake	415 mL	600	24	13	0.5	90	7	77	12	55	230	350	1.5
Oreo Milkshake	415 mL	410	20	10	0.5	51	0	38	9	65	280	300	1.5

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Peanut & Chocolate Smash Milkshake	415 mL	610	35	13	0.3	58	4	43	17	40	430	250	2.3
Lotus Cheesecake Milkshake	415 mL	1100	70	33	0.5	105	0	80	17	215	670	350	0.8
Violet Lemonade	415 mL	220	0	0	0.0	55	0	52	0.2	0	0	0	0.10

# HOT DRINKS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Rolo Latte	415 mL	450	12	6	0.0	78	0	65	10	35	270	350	0.50
Chocolate Hazelnut Latte	415 mL	730	47	15	0.3	68	5	67	14	40	200	450	3.50
Spanish Latte	190 mL	120	4	2	0.0	14	0	15	6	15	90	225	0.10
Rose Latte	200 mL	150	3	1	0.0	25	0	25	5	10	75	175	0.10
English Toffee Latte	415 mL	460	14	7	0.2	77	0	52	10	35	360	350	0.20
Vanilla Honey Tea Latte	320 mL	360	10	5	0.0	60	0	60	9	35	150	300	0.20
Saffron Latte	220 mL	120	4	2	0.0	14	0	15	6	15	95	225	0.10
Hug in a Mug	280 mL	310	13	5	0.0	36	1	35	13	35	170	400	0.50
Espresso single	30 mL	0	0	0	0.0	0	0	0	0	0	0	0	0.00
Espresso double	60 mL	0	0	0	0.0	0	0	0	0.1	0	10	0	0.00
Americano Double (black)	90 mL	0	0	0	0.0	0	0	0	0	0	5	0	0.00
Cappuccino Single*	180 mL	80	3	1	0.0	8	0	8	5	10	75	175	0.10
Cappuccino Double*	210 mL	110	4.5	1.5	0.0	10	0	11	7	15	105	250	0.10
Latte Single*	180 mL	80	3	1	0.0	8	0	8	5	10	75	175	0.10
Latte Double*	210 mL	110	4.5	1.5	0.0	10	0	11	7	15	105	250	0.10

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London Fog	300 mL	190	5	1.5	0.0	28	0	29	8	20	115	300	0.00
Karak Chai	250 mL	200	7	3.5	0.0	27	2	24	8	25	140	300	0.20
Matcha Green Tea Latte	150 mL	120	3	1	0.0	17	0	17	6	10	70	175	0.00
Hot Chocolate	280 mL	280	11	6	0.0	35	1	27	10	35	220	350	0.75
Chocolate Hazelnut Hot Chocolate	415 mL	865	69	21	0.4	98	8	98	16	45	220	500	5.50
Belgian Hot Chocolate	415 mL	925	75	42	1.0	114	3	105	21	75	290	650	6.00
Cookie Butter Hot Chocolate	415 mL	880	86	19	0.0	120	0	81	18	35	530	300	0.10
Coffee, Brewed (Black)	250 mL	0	0	0	0.0	0	0	0	0	0	5	10	0.00
Organic Whole Leaf Tea, Steeped	250 mL	0	0	0	0.0	0	0	0	0	0	10	10	0.00

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# CAKES WITH SIDE OF VANILLA ICE CREAM

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
New York Style Cheesecake (Plain)	275 g	870	59	36	0.3	75	0	55	16	330	630	250	1.50
Add Strawberry Topping	175 g	210	0	0	0.0	55	3	34	1	0	30	30	0.75
Add Hazelnut Topping	65 g	360	26	6	0.0	32	4	28	4	5	30	75	2.25
Add Belgian Chocolate Topping	145 g	820	58	29	0.5	75	3	69	8	25	100	250	4.50
Add Lotus Cookie Topping	130 g	770	50	10	0.0	73	0	46	7	0	280	0	0.10
Add Banoffee Topping	105 g	210	3	1.5	0.0	45	1	29	1	5	105	20	0.20
Red Velvet Cake	400 g	1360	71	26	0.5	162	3	125	16	160	1030	350	4.50
Carrot Cake	365 g	1560	81	32	1.5	197	6	142	14	220	750	150	3.50
Red Velvet Cheesecake	450 g	1660	91	44	0.5	195	3	143	335	335	1790	450	5.50
Double Chocolate Brownie	375 g	1350	52	19	1.0	201	11	145	19	165	1030	150	17.50
Apple Pie	280 g	710	31	14	0.4	105	3	56	6	35	550	125	3.00
Tiramisu Cheesecake	535 g	1240	108	64	0.5	157	5	39	23	410	1220	400	5.50
Chocolate Cake	365 g	1240	50	22	1.0	194	5	140	12	115	570	150	7.50
Chocolate Lava Cake	330 g	985	48	27	0.3	154	6	94	12	65	740	175	9.00
Strawberry Shortcake	445 g	1050	63	38	2.5	116	2	91	10	260	330	350	2.50

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Hazelnut Cheesecake	330 g	1080	70	34	2.0	102	3	83	16	245	750	350	4.00
Oreo Cheesecake	400 g	1430	84	46	1.5	155	3	87	18	245	890	175	7.50
Sticky Toffee Cake	265 g	800	35	22	1.5	113	3	82	7	140	600	150	2.00
White Chocolate Brownie	330 g	1500	86	49	1.0	169	3	129	18	200	40	300	5.50
Funfetti Cake	270 g	1190	58	27	1.0	150	0	104	15	260	890	225	3.50
Lotus Milk Cake	215 g	782	44	23	0.0	62	0	42	10	115	370	225	2.00
Oreo Milk Cake	215 g	690	41	24	0.3	56	0	40	9	115	340	225	3.50
Pistachio Milk Cake	215 g	625	38	22	0.0	47	1	33	9	115	300	225	2.25

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# SKILLET COOKIES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
For the Love of Ferrero	385 g	1700	91	48	0.4	212	9	146	18	175	780	250	10.50
Crunchy Munchy Butter Toffee Cookie	380 g	1570	74	37	1.0	223	0	158	14	105	1100	250	7.00
PB& ME Cookie	405 g	1850	103	49	0.5	204	11	141	30	150	860	300	8.00
Wonderful White Chocolate	400 g	1940	118	61	0.5	200	6	152	21	210	720	400	6.00

# SIGNATURE WAFFLES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Candyland	440 g	1460	72	39	1.0	183	1	133	17	315	770	400	3.50
Chocolate Heaven	475 g	1460	63	34	1.0	200	9	117	24	335	1190	350	16.00
Cookie Monster	530 g	1760	80	43	1.0	240	10	148	26	355	1380	400	14.50
Creamy Dreamy Mango	500 g	1300	76	39	1.0	143	3	90	19	315	720	450	3.50
Day & Night	425 g	1240	58	34	1.0	172	3	87	19	305	1160	400	9.00
Don't Make Me Blush	385 g	1260	82	37	1.0	112	4	69	21	310	710	450	4.00
Eastern Twist	500 g	1640	85	43	1.5	209	13	154	27	320	720	550	7.00
Espresso Yourself	410 g	1140	61	38	1.0	144	6	81	17	305	810	350	11.00
Heaven On Earth	490 g	1640	88	46	1.5	203	8	129	28	345	1210	500	14.50
Hit D Spot	899 g	3040	168	88	2.5	339	12	219	47	669	1930	950	20.00
Nuts for Peanuts	515 g	1320	61	32	1.0	170	8	93	25	285	1020	350	9.00
Passionate and Fruitful	625 g	1110	46	27	1.0	162	7	84	16	310	870	350	4.00
Road Trip	480 g	1520	70	35	1.0	201	8	121	25	340	1170	450	13.00
Something to Talk About	495 g	1400	84	36	1.0	150	10	90	21	305	690	350	14.00
Sweet Cinnamon	430 g	1380	79	44	1.5	149	2	107	14	325	870	350	3.00

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Thank You Berry Much	520 g	940	38	23	1.5	132	6	69	15	295	790	300	4.50
Undercover Nut	395 g	1220	69	34	1.0	135	7	71	24	305	790	350	8.00
Very Cakey	400 g	1280	72	38	1.0	139	1	90	18	335	840	400	3.50
Warm & Loving	630 g	1280	47	28	1.5	203	5	121	15	315	1040	400	4.00
We Blend Together	520 g	1000	45	27	1.0	132	5	68	15	310	870	350	3.50
White Chocolate Dream	415 g	1460	89	48	1.0	145	1	106	20	330	770	550	3.00
You Are Berry Special	530 g	1580	91	50	1.5	170	2	115	23	455	1100	500	4.00
You Better Bruleeve It!	510 g	1220	53	29	1.0	174	4	101	17	315	1260	350	3.50

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# SIGNATURE CREPES

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Candyland	430 g	1220	56	29	1.0	165	0	146	14	185	260	300	1.50
Chocolate Heaven	470 g	1220	47	24	1.0	183	9	130	20	205	680	250	14.00
Cookie Monster	530 g	1520	64	33	1.0	223	10	160	23	225	870	300	12.50
Creamy Dreamy Mango	495 g	1080	60	29	1.0	126	2	103	15	185	220	350	1.50
Day & Night	420 g	1010	42	24	1.0	155	2	100	15	175	650	300	7.50
Don't Make Me Blush	380 g	1020	66	27	1.0	95	3	82	18	180	200	350	2.25
Eastern Twist	500 g	1400	69	33	1.0	192	12	167	24	190	220	450	5.00
Espresso Yourself	400 g	900	45	28	0.5	127	5	94	14	175	310	250	9.00
Heaven On Earth	490 g	1460	72	36	1.0	186	7	142	24	215	400	400	12.50
Nuts for Peanuts	510 g	1080	45	22	0.5	153	8	105	21	155	510	250	7.00
Passionate and Fruitful	620 g	880	30	17	1.0	145	6	97	13	180	370	300	2.00
Road Trip	475 g	1280	54	25	1.0	184	8	134	22	210	670	250	11.00
Something to Talk About	490 g	1160	68	26	1.0	133	9	103	18	175	180	250	12.00
Sweet Cinnamon	425 g	1140	63	34	1.5	132	1	119	11	195	370	250	1.25
Thank You Berry Much	525 g	700	22	13	1.0	115	5	82	12	165	280	225	2.50

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Undercover Nut	390 g	980	53	25	0.5	118	6	84	20	175	280	250	6.00
Very Cakey	395 g	1040	56	28	1.0	122	0	103	15	205	330	300	1.75
Warm & Loving	635 g	1060	31	18	1.5	185	4	134	12	185	530	300	2.00
We Blend Together	520 g	760	29	17	1.0	115	4	81	12	180	360	250	1.75
White Chocolate Dream	410 g	1220	73	38	1.0	128	0	119	16	200	270	450	1.25
You Are Berry Special	525 g	1340	75	40	1.0	153	1	127	20	325	600	400	2.00
You Better Bruleeve It!	505 g	980	37	19	1.0	157	3	114	14	185	760	250	1.75

# DESSERT WAFFLE DISHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Basic Waffle	225 g	600	25	15	0.5	82	1	41	10	250	580	250	4.00
Banana Nutella Waffle	375 g	1160	68	27	0.5	127	8	78	17	255	640	350	7.00
Banoffee Brulee Waffle	400 g	880	40	22	1.0	121	4	59	15	285	740	300	3.50
Bueno! Waffle	325 g	1200	75	39	1.0	111	2	68	19	295	710	450	4.00
Chocolatey Coconut! Waffle	335 g	1070	54	37	1.0	130	5	70	16	285	780	300	6.50
Oreo and White Chocolate Waffle	310 g	1240	70	29	0.5	146	1	66	19	265	1140	350	9.00
PB & Chocolate Concoction Waffle	320 g	1020	57	29	1.0	109	4	54	20	285	930	300	5.50
Royalty Waffle	320 g	1160	76	32	1.0	104	5	59	19	290	680	350	5.50
Simply Lotus Waffle	375 g	1460	88	32	1.0	147	1	73	20	280	990	250	3.50
S'more Twist (Waffle)	470 g	1700	86	33	1.0	206	7	116	27	325	1350	300	10.00
Strawberry & Banana Waffle	375 g	720	36	18	0.5	89	6	37	13	250	590	250	4.50
Strawberry & Cream Cheese Waffle	440 g	1120	63	33	1.0	127	5	85	12	265	770	225	3.50
Strawberry Cheesecake Delight Waffle	580 g	1320	77	43	1.0	137	5	82	21	435	1040	500	4.50
Strawberry & Nutella Waffle	385 g	880	52	22	0.5	91	8	50	14	250	620	300	6.00
Fruity Goodness Waffle	475 g	760	26	15	0.5	124	7	64	13	250	590	300	4.50

ADULTS AND YOUTH (13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES PER DAY, AND CHILDREN (4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES PER DAY - INDIVIDUAL NEEDS MAY VARY. NUTRITION INFORMATION IS CALCULATED BASED ON STANDARD RECIPES CONTENT AND MAY VARY FOR CUSTOMIZED ITEMS.  
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# DESSERT CREPE DISHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Basic Crepe	220 g	360	9	5	0.3	65	1	53	7	120	80	175	1.75
Banana Nutella Crepe	375 g	920	52	17	0.4	110	8	91	13	125	130	250	5.50
Banoffee Brulee Crepe	390 g	660	24	12	0.5	104	3	71	11	155	230	200	1.50
Bueno! Crepe	325 g	960	59	29	0.5	94	2	81	16	165	210	350	2.00
Chocolatey Coconut! Crepe	330 g	840	38	27	0.5	113	4	82	12	155	270	225	4.50
Oreo and White Chocolate Crepe	305 g	1000	54	19	0.5	128	0	79	16	135	640	225	7.00
PB & Chocolate Concoction Crepe	320 g	820	43	21	0.5	96	4	69	17	155	440	225	3.50
Royalty Crepe	315 g	920	60	22	0.5	86	5	72	16	160	180	250	3.50
Simply Lotus Crepe	370 g	1220	72	22	0.5	130	0	86	16	150	480	175	1.25
S'more Twist (Crepe)	465 g	1460	70	23	1.0	189	6	128	24	195	840	225	8.00
Strawberry & Banana Crepe	370 g	480	20	8	0.3	72	6	50	10	120	90	150	2.50
Strawberry & Cream Cheese Crepe	440 g	880	47	23	1.0	110	4	97	9	135	270	125	1.75
Strawberry Cheesecake Delight Crepe	575 g	1100	61	33	1.0	120	5	95	18	305	530	400	2.50
Strawberry & Nutella Crepe	380 g	640	36	12	0.4	74	7	62	11	125	110	225	4.00
Fruit Goodness Crepe	475 g	520	10	5	0.3	107	7	77	9	120	85	200	2.50

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# SIGNATURE BELGIAN CREATIONS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
A Sweet Treat	420 g	1560	87	39	1.5	170	7	111	24	365	1140	400	11.50
Chill to the Cone	605 g	1240	70	37	1.0	151	9	111	14	95	470	450	6.00
Crepe Done Right	535 g	1020	57	28	0.5	125	10	94	16	140	150	300	6.00
Waffle Done Right	540 g	1260	73	38	1.0	142	10	82	19	270	650	400	8.00
Cookielicious	660 g	2620	137	66	2.0	325	15	206	40	435	1870	500	21.00
Divide and Conquer	575 g	1980	95	45	1.5	255	9	160	30	355	1550	650	14.50
Dream Come True	620 g	2480	138	63	2.0	281	15	199	37	440	1590	550	24.50
Enlighten Me Crepe	685 g	2000	119	45	1.0	221	7	158	25	170	650	350	6.00
Hidden Gem	630 g	1600	90	47	1.0	192	9	137	23	205	670	400	9.50
My Crepe Ate Your Brownie	720 g	2840	162	76	2.0	321	16	264	41	335	1170	700	26.00
Rise of the Donut	540 g	2260	138	67	1.5	232	2	155	27	325	1050	650	5.00
Sweet Destruction	600 g	2460	156	77	2.0	240	6	164	32	345	1080	650	15.50
My Big Fat Cookie	500 g	2000	98	46	0.5	249	11	174	18	165	1460	350	15.5
Two Can Do Fondue	1005 g	3460	189	94	2.0	433	22	346	42	170	940	850	26.00

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# PANCAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Buttermilk Pancakes	275 g	560	13	8	0.5	102	1	55	9	30	800	225	3.50
Apple Pie Pancakes	555 g	1000	25	14	1.0	187	6	109	12	35	1100	250	3.50
Cinnamon Bun Pancakes	520 g	1820	90	46	1.5	242	3	183	11	60	1300	200	3.00
Cookie Dough Pancakes	335 g	1000	50	27	1.0	129	5	70	17	55	1020	300	6.50
Dessert for Breakfast	645 g	1260	41	23	1.0	214	6	109	19	60	1270	300	5.50
Nutella Banana Pancakes	365 g	660	24	11	0.5	104	5	49	12	30	810	200	4.00
Reese PB Sauce	375 g	960	47	17	0.5	118	7	56	23	35	1210	225	5.00
Strawberry & Cream Cheese	465 g	1140	51	26	1.0	161	4	108	10	45	1000	175	3.50
Strawberry & Cheesecake	435 g	800	35	22	0.5	108	4	54	15	175	1120	300	3.50

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# FUNNEL CAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Nuts for Peanuts	600 g	1450	69	23	0.5	192	7	115	25	110	1010	500	5.0
Classic Strawberry	700 g	1350	42	15	0.5	235	6	152	14	105	750	450	3.5
Me Am Cookie	600 g	1730	77	27	1.0	245	9	150	27	180	1360	500	11.5
Pistache	460 g	1500	77	24	0.5	190	10	114	24	140	830	225	13.5
Road Trip	560 g	1630	73	24	1.0	221	8	139	26	175	1190	550	10.0
Bananatella	570 g	1380	72	21	0.5	173	8	111	19	110	670	550	5.0
Cozy and Comfy	760 g	1610	55	21	1.0	268	5	174	17	110	1070	500	3.5
Royalty	500 g	1620	94	27	0.5	173	8	118	24	125	810	600	6.5
Lotus Cookie Crunch	550 g	1840	102	31	1.0	214	3	131	23	125	1100	500	3.5
Chocolate Decadence	570 g	1660	72	25	1.0	231	9	146	26	185	1280	500	15.0
Oreo & White Chocolate	580 g	1740	83	32	1.0	238	2	147	21	120	1110	600	7.0
Luxurious Rose	380 g	1260	79	23	0.5	125	5	76	18	95	450	350	4.0
All Mine	550 g	1710	82	33	1.0	230	1	148	20	150	850	600	4.0
Birthday Kind of Day	490 g	1420	70	28	1.0	181	1	118	18	160	830	550	3.0
Rich In Chocolate	450 g	1270	68	29	1.0	152	3	100	19	125	750	600	5.0

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# FUNNEL FRIES POUTINE

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Funnel Fries	1 portion (360 g)	1160	60	17	0.4	149	0	93	10	95	750	350	1.5
Strawberry Poutine	1 portion (530 g)	1880	115	46	1.0	197	1	131	20	260	1230	550	2.0
Cookie Butter Poutine	1 portion (420 g)	1650	101	28	0.5	177	1	102	16	120	1110	300	1.4
Fudge & Caramel Concoction	1 portion (370 g)	1570	77	22	0.4	210	5	120	15	110	1130	175	9.0

# TWISTED TORNADOS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Bounty Tornado Small	1 portion (16 oz)	890	39	27	0.5	125	3	100	11	80	470	450	2.0
Bounty Tornado Large	1 portion (20 oz)	1090	48	33	0.5	156	3	124	13	100	610	550	2.5
Reese's PB Tornado Small	1 portion (16 oz)	820	41	20	0.5	103	3	82	15	80	590	450	1.8
Reese's PB Tornado Large	1 portion (20 oz)	990	47	24	1.0	131	3	103	17	95	710	550	2.3
Turtles Tornado Small	1 portion (16 oz)	1180	51	25	1.0	170	2	128	14	85	610	500	3.5
Turtle Tornado Large	1 portion (20 oz)	1430	58	29	1.0	214	3	158	17	105	790	650	4.0
Rolo Tornado Small	1 portion (16 oz)	940	35	23	0.5	148	0	117	11	80	600	450	1.5
Rolo Tornado Large	1 portion (20 oz)	1180	42	27	1.0	192	1	147	13	100	780	550	2.0
Ferrero Tornado Small	1 portion (16 oz)	850	50	19	0.5	90	4	77	15	90	450	450	2.0
Ferrero Tornado Large	1 portion (20 oz)	1120	66	25	1.0	118	5	102	19	110	570	550	3.0
Strawberry Cheesecake Tornado Small	1 portion (16 oz)	860	44	27	0.5	107	1	90	14	220	640	500	0.8
Strawberry Cheesecake Tornado Large	1 portion (20 oz)	1020	50	31	0.5	132	1	109	15	240	720	600	0.8
Chocolate Cheesecake Tornado Small	1 portion (16 oz)	970	47	29	0.5	121	1	94	18	245	880	500	1.8
Chocolate Cheesecake Tornado Large	1 portion (20 oz)	1140	53	33	0.5	149	1	114	20	265	1030	650	2.0
Fudge Brownie Tornado Small	1 portion (16 oz)	750	29	15	0.5	110	2	83	13	105	640	400	3.5

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# TWISTED TORNADOS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Fudge Brownie Tornado Large	1 portion (20 oz)	920	35	19	1.0	138	3	103	16	130	730	500	4.0
Cookie Dough Tornado Small	1 portion (16 oz)	880	39	21	0.5	128	3	94	14	90	620	400	2.5
Cookie Dough Tornado Large	1 portion (20 oz)	1050	46	25	0.5	156	3	115	16	105	740	500	3.0
Smarties Tornado Small	1 portion (16 oz)	810	35	20	0.5	121	0	111	10	85	350	450	1.0
Smarties Tornado Large	1 portion (20 oz)	1020	43	25	0.5	151	0	139	12	105	440	550	1.3
Skittles Tornado Small	1 portion (16 oz)	870	27	17	0.5	152	0	131	8	75	330	350	0.0
Skittles Tornado Large	1 portion (20 oz)	1090	33	22	1.0	190	0	163	10	95	450	450	0.0
Oreo Tornado Small	1 portion (16 oz)	840	36	14	0.5	129	0	80	13	75	830	350	6.0
Oreo Tornado Large	1 portion (20 oz)	950	41	18	0.5	144	0	93	15	95	910	450	6.0
Birthday Cake Tornado Small	1 portion (16 oz)	1080	59	30	1.0	129	0	112	12	110	440	500	0.5
Birthday Cake Tornado Large	1 portion (20 oz)	1190	64	33	1.0	144	0	125	14	130	520	600	0.5
Coffee Crisp Small	1 portion (16 oz)	1250	75	23	1.0	143	4	125	12	95	410	500	3.0
Coffee Crisp Large	1 portion (20 oz)	1370	81	27	1.0	157	4	138	13	115	490	600	3.0
Kit Kat Small	1 portion (16 oz)	1250	75	23	1.0	143	4	125	12	95	410	500	3.0
Kit Kat Large	1 portion (20 oz)	1370	81	27	1.0	157	4	138	13	115	490	600	3.0

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# TWISTED TORNADOS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Lotus Cookie Butter Small	1 portion (16 oz)	1210	59	25	0.5	159	0	108	16	75	790	400	1.0
Lotus Cookie Butter Large	1 portion (20 oz)	1320	65	28	0.5	174	0	121	18	95	860	500	1.0
Lotus Cooke Butter Cheesecake Small	1 portion (16 oz)	1380	72	33	0.5	170	0	119	20	165	960	450	1.3
Lotus Cookie Butter Cheesecake Large	1 portion (20 oz)	1490	78	36	0.5	184	0	132	22	180	1040	550	1.3
Mango Banana Small	1 portion (16 oz)	750	23	13	0.5	133	3	113	9	75	310	400	0.3
Mango Banana Large	1 portion (20 oz)	860	25	17	0.5	148	3	126	11	95	390	500	0.3
Oreo Cheesecake Small	1 portion (16 oz)	1020	49	23	0.5	141	0	92	17	165	1020	450	6.0
Oreo Cheesecake Large	1 portion (20 oz)	1130	54	26	0.5	156	0	105	19	180	1090	500	6.0
Skor Small	1 portion (16 oz)	1100	58	35	1.5	142	2	128	10	130	700	450	1.8
Skor Large	1 portion (20 oz)	1220	63	38	2.0	157	2	141	12	150	780	550	1.8
Strawberry Shortcake Small	1 portion (16 oz)	670	25	14	0.5	107	1	82	9	95	410	400	0.8
Strawberry Shortcake Large	1 portion (20 oz)	780	30	18	0.5	121	1	95	10	115	490	500	0.8
Apple Pie Small	1 portion (16 oz)	870	25	14	1.0	158	3	121	9	75	590	400	1.0
Apple Pie Large	1 portion (20 oz)	980	30	17	1.0	172	3	135	11	95	670	500	1.0

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# SUNDAES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Hot Fudge	1 portion (230 g)	530	17	12	0.4	91	1	65	7	45	360	300	1.8
Caramel	1 portion (230 g)	560	18	10	0.5	98	0	69	6	45	440	250	0.1
Strawberry	1 portion (220 g)	430	14	8	0.4	75	1	57	5	45	220	250	0.4
Nutella	1 portion (200 g)	600	35	14	0.5	67	3	63	7	50	220	300	2.0
Lotus	1 portion (270 g)	1000	62	17	0.4	103	0	75	11	45	440	225	0.0



# SIGNATURE SUNDAES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Chocolate Therapy	1 portion (650 g)	2130	123	60	1.5	243	6	205	27	155	750	800	8.5
Cookie Butter Partay	1 portion (540 g)	1390	70	28	0.5	178	1	128	17	100	720	450	1.5
PB & Chocolate	1 portion (440 g)	1290	65	28	0.5	161	5	115	24	85	910	500	4.0
Smashin Strawberry	1 portion (480 g)	980	47	27	1.0	132	2	106	13	175	600	450	2.0
This Hits D Spot	1 portion (430 g)	1300	59	31	1.0	185	0	144	14	125	560	500	1.5
Twisted & Cooky	1 portion (380 g)	960	38	21	0.5	151	1	103	13	85	660	450	3.5

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# PARFAITS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Carnival Party	270 g	1120	50	16	0.5	152	11	108	18	110	780	125	13.50
Cookies & Cream Overload	130 g	530	26	14	0.0	72	0	46	6	50	350	100	2.50
Strawberry Cheesecake	210 g	490	29	20	0.0	50	2	38	8	150	390	150	1.00
My Day My Way	190 g	720	47	24	0.0	66	0	48	10	150	480	150	0.50

# FUNNEL FRY POUTINE

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Funnel Fries	1 portion (360 g)	1160	60	17	0.4	149	0	93	10	95	750	350	1.5
Strawberry Poutine	1 portion (530 g)	1880	115	46	1.0	197	1	131	20	260	1230	550	2.0
Cookie Butter Poutine	1 portion (420 g)	1650	101	28	0.5	177	1	102	16	120	1110	300	1.4
Fudge & Caramel Concoction	1 portion (370 g)	1570	77	22	0.4	210	5	120	15	110	1130	175	9.0

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# CROFFLES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Cookie Butter Heaven	255 g	840	47	22	0.3	93	3	34	15	120	760	100	3.50
Dark Chocolate and Pistachio	230 g	710	42	22	0.3	75	3	24	13	120	650	100	4.00
Just Heavenly	290 g	940	56	31	0.4	95	2	46	16	195	820	175	3.00
My Treat	285 g	860	50	28	0.5	90	2	37	15	195	860	150	3.50

ADULTS AND YOUTH (13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES PER DAY, AND CHILDREN (4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES PER DAY - INDIVIDUAL NEEDS MAY VARY. NUTRITION INFORMATION IS CALCULATED BASED ON STANDARD RECIPES CONTENT AND MAY VARY FOR CUSTOMIZED ITEMS.  
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# POUTINE & NACHOS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Bacon N Cheese Poutine	560 g	1160	82	22	3.0	76	3	2	34	105	3270	750	4.00
BBQ Chicken Poutine	600 g	1220	81	20	2.5	86	3	14	42	150	3100	650	4.50
BBQ Steak Poutine	600 g	1220	79	20	2.5	90	3	14	45	115	3170	700	5.00
Butter Chicken Poutine	600 g	1190	83	21	2.5	74	3	2	42	155	3060	700	4.50
Cheesy Fries	380 g	750	53	6	1.5	61	3	2	7	5	1690	75	2.00
Chipotle Chicken Poutine	650 g	1350	95	24	2.5	84	3	9	44	170	3150	650	4.00
Chipotle Steak Poutine	650 g	1340	93	24	3.0	85	3	9	46	135	3220	700	4.50
D Spot Classic Poutine	485 g	1070	76	19	2.5	71	3	1	29	85	2800	650	3.50
Meat Feast Poutine	700 g	1360	87	22	3.0	91	3	14	61	190	3260	700	6.00
Nacho Average Poutine	705 g	1460	96	25	3.0	116	8	6	36	105	3750	800	4.00
Philly Steak Poutine	700 g	1260	85	3	3.0	85	4	5	48	120	3350	750	5.00
Spicy Tandoori Poutine	640 g	1250	86	22	2.5	79	4	6	43	155	3600	650	4.50
Supreme Veggie Poutine	600 g	1180	84	23	3.0	79	3	4	32	105	3270	750	3.50
Onion Ring Poutine	450 g	870	50	17	1.5	81	2	7	29	85	2430	700	4.00
Nachos	1140 g	2370	115	43	1.5	170	20	3	58	170	1810	1300	0.8

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# PIZZA

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Butter Chicken	1/2 pizza (365 g)	650	27	13	1.0	75	4	10	34	90	1640	550	5.00
Canadian Eh!	1/2 pizza (335 g)	740	36	15	1.0	72	5	10	37	90	1820	550	5.00
Chicken Pesto	1/2 pizza (326 g)	690	32	12	1.0	69	4	7	35	85	1410	600	5.00
Chipotle Steak	1/2 pizza (385 g)	790	36	13	1.0	84	4	18	35	70	1610	550	4.50
Meat Feast	1/2 pizza (320 g)	780	35	15	0.5	76	3	11	41	115	1380	400	5.00
Mexican Taste	1/2 pizza (360 g)	720	33	12	1.0	79	4	15	33	85	1410	550	4.50
Simply Cheese	1/2 pizza (200 g)	530	21	10	1.0	65	3	6	26	45	1130	500	4.00
Steak & Cheese	1/2 pizza (460 g)	880	43	22	1.5	81	5	12	50	125	1890	950	4.50
Veggielicious	1/2 pizza (350 g)	590	24	10	1.0	74	5	11	27	45	1510	550	4.50
You Can't Handle Me	1/2 pizza (300 g)	610	24	10	1.0	71	5	9	33	80	1640	500	4.50

# BURGERS & SANDWICHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Swiss Burger	1 burger (310 g)	700	51	18	2.0	44	1	5	44	155	910	200	3.00
Classic Cheese burger	1 burger (335 g)	625	47	18	2.5	47	1	11	45	155	1380	300	3.50
Hawaiian Burger	1 burger (380 g)	700	47	19	2.0	55	1	15	48	160	1160	250	4.00
Samosa Burger	1 burger (345 g)	790	55	18	2.0	57	2	11	45	150	1200	200	4.00
Avocado Brie Burger	1 burger (335 g)	790	56	19	3.0	54	2	10	44	160	1380	350	4.00
Sultan Steak SW	1 sandw. (465 g)	610	17	9	0.4	104	6	32	47	80	1610	400	7.00
Steak & Brie SW	1 sandw. (470 g)	710	37	14	2.0	82	4	15	44	110	2090	600	6.50
Crispy Chicken Sandwich	1 sandw. (305 g)	710	19	7	0.3	104	3	10	28	65	1890	250	5.50
Bacon Double Cheeseburger	1 burger (430 g)	1080	71	27	3.0	44	1	9	73	250	1370	250	4.0
Veggie Burger	1 burger (290 g)	750	43	14	0.3	60	5	13	34	50	1260	350	8.50
Combo (Small Side Fries)	1 portion (125 g)	350	25	2.5	0.5	28	1	0	3	0	640	10	1.00
Combo (Small Side Poutine)	1 portion (240 g)	530	38	10	1.5	36	1	0	14	45	1400	250	1.75

# SAUSAGES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Dspot Sausage	1 sausage (210 g)	430	20	8	0.3	37	1	5	19	50	910	50	3.50
Cheesy Sausage Goodness	1 sausage (270 g)	490	23	9	0.4	41	1	6	20	55	1330	125	3.50
Butter Chicken Sausage	1 sausage (335 g)	550	26	9	0.4	40	2	6	32	120	1160	75	4.50
Chipotle Bacon Sausage	1 sausage (275 g)	610	32	10	0.5	45	1	11	24	70	1230	75	4.00
Jalapeno Queso Goodness	1 sausage (275 g)	490	23	9	0.4	42	1	7	20	55	1330	125	3.50
Philly Loaded Sausage	1 sausage (280 g)	530	26	10	0.5	40	1	5	29	70	1020	125	4.00
Spicy Tandoori Sausage	1 sausage (225 g)	550	25	9	0.3	40	2	7	32	115	1440	50	4.50
Super Spicy Sausage (On Fire)	1 sausage (235 g)	470	22	9	0.4	39	1	6	20	55	1080	100	3.5

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# VEGAN MENU

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Vegan Milkshake	1 portion (415 mL)	440	14	7	0.2	87	5	54	5	10	150	200	5.5
Vegan Croffle	1 portion (500 g)	1040	34	14	0.0	180	8	94	15	10	650	125	8.0
Vegan Cake	1 portion (265 g)	730	35	13	0.3	114	9	77	7	10	370	20	5.0