



# NUTRITIONAL INFORMATION

ENERGY (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
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## BEEF BURGERS (including condiments and bun)

Baby Fatburger	591.1	31.9	9.2	0	67.76	872.9	53.2	2.9	4.8	22.8
Original Fatburger	790.3	47.8	15.5	0	118.8	974.3	55.7	2.9	10.3	36.1
Double Fatcheese	933.2	58.9	22.6	.38	151.2	1632.8	56.7	3.4	11.4	45.3
Kingburger (choice of cheese omitted)	852.9	58.6	19.4	0	155.2	1234.6	41.7	2.2	8.9	42.9
Double Kingburger (choice of cheese omitted)	1139	81.6	28.4	0	228.2	1641.1	56	2.5	8.9	62
California Burger	1013.6	70.1	23.8	.1	155.6	1217.5	53.3	3.7	4.7	46.1
Old Style Bacon n Cheddar	1112.4	78.3	30.8	.59	192.8	1451.5	50.9	2.7	6.6	53
Ultimate BBQ Burger	1383	80.1	28.2	.68	188.8	2836.5	107.2	6.3	27.6	55
Mushroom Swiss Burger	899.8	57.4	24.6	.4	158.8	1465.1	51	2.3	3.3	43.9
Hawaiian Cheeseburger	1230	75	28	0	170	2270	80	3	32	52
Value Cheeseburger	480	28	12	0	90	1590	30	2	6	24
Bourbon BBQ Burger	854.8	48	13.6	.17	100	1741.9	74.8	4.6	20.9	63

## CHICKEN SANDWICHES

Classic Grilled Chicken	387.9	15.6	1.7	0	80.1	639.2	33	1.6	3.2	32
Crispy Southern Fried Fillet	703.7	34.1	4.0	.18	59.8	1176.2	67.6	5.6	14	30.6
Red Hot Crispy Buffalo	726.5	34.4	4.1	.18	59.8	3016.2	67.6	5.6	14	30.6
Blackened Cajun Cheddar	551.9	29.4	10.9	.49	123.9	2953.1	32.7	1.6	3.3	43.7
Chicken Crisper (choice of sauce omitted)	500	25	3.5	0	70	150	4	2	0	26

## PLANT BASED VEGGIE BURGERS

Beyond Meat® Deluxe Burger	640	42	11	0	25	1980	41	6	9	29
Veggie Burger	507.6	21.2	9.6	0	9.5	1973.1	61.9	10.8	10.5	24.5
Veggie California Burger	800	47	18	0	245	2300	57	14	5	39

## SALADS

Cajun Chicken Entree (dressing omitted)	295.4	11.4	6.2	.28	94	2539.8	10.5	4.3	6.1	39.9
Chicken Caesar Entree	565.5	36.8	4.4	0	92.7	977.3	26.2	3.6	3.9	34.1
Side Caesar	407.1	34.2	4.01	0	20.6	677.7	18.8	1.8	2.2	5.6
Balsamic Vinaigrette Dressing	200	20	3	.3	5	390	3	0	3	.1
Ranch Dressing	210	21	1.5	0	15	270	3	0	0	.6

## FRIES & SIDES

Fresh Cooked fries (regular)	577	31.6	3.7	.77	0	1587.6	67.8	3.4	1.13	6
Large Bag O'Fries	1038.7	56.9	6.6	1.4	0	2857.6	122	6.1	2	10.7
Fries w/ Gravy	606.6	32.3	4.1	.77	0	2060.8	72.2	3.4	1.1	7.4
Chili Cheese Fries	878.3	53.3	15.2	1.2	59.5	2382.4	73.9	3.4	3.3	24.6
Poutine	932.4	56.9	18.8	1.9	85.1	2801.6	76.1	3.4	1.1	27.4
Lumberjack Poutine	1175.4	81	27.4	1.97	102.6	3123.6	76.1	3.4	1.1	34.4
Chicken Tender Poutine	1152.4	66.9	20.8	1.9	155.1	2951.6	80.1	5.4	1.1	53.4
Nacho Fries	1036.5	66	19.5	1.2	80.7	3012	89.1	5.9	9	28.2
Yam Fries	434	16.5	2.3	.2	0	644	67.2	4.2	22.4	3.92
Home style Onion Rings	1124	40.1	3.2	.88	.09	2059.7	178.8	18.2	29.2	20
Tumbleweed Chips (choice of seasoning omitted)	507.6	21.8	2.5	.4	0	1053	49	3.9	0	4.1
Curly Fries (choice of seasoning omitted)	642	27.1	6	.7	0	832.5	68.5	5.9	.92	7.1



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<b>BUFFALO'S</b>										
1 Chicken tender (choice of sauce omitted)	110	5	1	0	35	78	2	1	0	13
1 Chicken wing (choice of sauce omitted)	60	3.5	1	0	30	75	0	0	0	7
1 Boneless wing (choice of sauce omitted)	54	2.5	0	0	15	70	2	0	0	6
Buffalo's Mild sauce (1 oz)	80	9	1	0	0	620	0	0	0	0
Buffalo's Hot sauce (1 oz)	10	0	0	0	0	1240	2	0	0	0
Buffalo's Sriracha sauce (1 oz)	30	0	0	0	0	480	6	0	6	0
Buffalo's Teriyaki sauce (1 oz)	40	0	0	0	0	600	10	0	10	.4
Buffalo's Honey Garlic sauce (1 oz)	100	4	0	0	0	250	16	0	12	0
Buffalo's Sweet Thai Chili sauce (1 oz)	70	0	0	0	0	460	17	0	14	.1
Buffalo's Lemon Pepper sauce (1 oz)	120	14	2	0	0	640	2	0	0	0
Buffalo's Asian Sesame sauce (1 oz)	36	0	0	0	0	554	8	0	8	.3
Buffalo's Bourbon BBQ sauce (1 oz)	60	0	0	0	0	230	14	0	12	0
Buffalo's Red Hot Ranch sauce (1 oz)	60	6	0	0	0	800	2	0	0	0
Buffalo's Coconut Jerk sauce (1 oz)	30	2	4	0	0	900	2	0	2	.4
Honey Mustard sauce (1 oz)	100	8	1	0	0	260	8	0	8	.2
Blue Cheese sauce (1 oz)	120	12	2	.2	0	240	2	0	0	.4
<b>CHEESE</b>										
American cheese (1 slice)	60	4	2.5	.2	15	380	2	0	1	3
Canadian Cheddar cheese (1 slice)	80	7	4.5	.2	20	170	0	0	0	5
Swiss cheese (1 slice)	70	4.5	3	.2	20	350	2	0	0	4
Pepperjack cheese (1 slice)	70	6	4	.1	18	150	0	0	0	5
<b>BUNS</b>										
Baby bun	160	2.5	3	0	0	280	30	1	3	5
Fat bun	220	2.5	1.0	0	0	400	39	2	3	7
King bun	280	3.5	.5	0	0	420	49	1	9	10
Whole wheat bun	172	1.9	.2	0	0	376	34	4	1.7	7
<b>BREAKFAST ITEMS</b>										
Pancake (1 piece)	205	4	1	0	9	618	35	4	6	7
Bacon (2 strips)	194	18	8	0	16	306	0	0	0	6
Sausage (2 links)	262	24	10	0	40	378	40	0	0	8
Egg (2 pieces)	140	10	3	0	390	130	3.8	0	0	6
Hashbrowns (10 oz)	530	28.3	3.7	.77	0	263.6	63.8	2.1	.97	4
Wheat Texas Toast (2 slices – margarine omitted)	250	4.5	1	0	0	360	41	4	2	10
White Texas Toast (2 slices – margarine omitted)	230	2	.5	0	0	350	44	2	3	8
Egg sandwich w/ Bacon (choice of cheese omitted)	570	43	13	0	215	810	31	1	3	18
Egg sandwich w/ Sausage (choice of cheese omitted)	501	36	10	0	215	679	51	1	3	15
<b>SHAKES</b>										
Chocolate Milkshake	1041.3	50.1	22.3	1.6	166.4	433.7	146.4	1	113.9	13.6
Strawberry Milkshake	979.5	49.9	22.3	1.5	166.4	434.3	129.7	1.1	100.6	13.9
Vanilla Milkshake	1119.1	49.7	22.8	1.5	166.4	439.7	164.8	0	129.4	13.6
Oreo Milkshake	1315.2	62.4	29.4	1.6	166.4	665.2	184.9	1.5	135.6	15.8
<b>KIDS MENU</b>										
Kids burger	223.9	10	3.9	0	29.2	346.1	22.1	1	2	11.6
Kids burger w/ cheese	295.3	15.6	7.5	.19	45.8	675.4	22.6	1.3	2.5	16.2
Kids Hot dog	210	8	4	0	30	599.9	22	1	2	12
Kids chicken tenders (choice of sauce omitted)	220	10	2	0	70	150	4	2	0	26
Kids fries	230.8	12.6	1.5	.31	0	635	27.1	1.4	.5	2.4