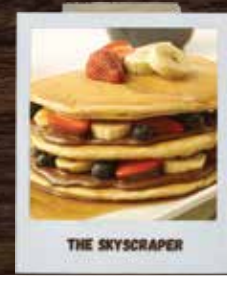


nutritional info



Serving Size
 Calories (kcal)
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrate (g)
 Fibre (g)
 Sugars (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)

Signature Eggsmart Breakfasts (Does not include toast, fries, and fruit garnish)

3 Eggs Classic Breakfast	1 Ser.	190	13	3.5	0.0	480	160	1	0	1	15	15%	0%	6%	15%
3 Eggs Classic Breakfast (w/Bacon)	1 Ser.	570	45	14	0.0	540	1205	6	0	1	32	15%	0%	7%	19%
3 Eggs Classic Breakfast (w/Turkey Bacon)	1 Ser.	570	45	14	0.0	540	1205	6	0	1	32	15%	0%	7%	19%
3 Eggs Classic Breakfast (w/Sausage)	1 Ser.	650	53	19.5	0.2	570	1140	5	0	5	35	15%	0%	6%	23%
3 Eggs Classic Breakfast (w/Ham)	1 Ser.	267	15	4	0.0	511	917	3	0	1	27	15%	0%	6%	18%
3 Eggs Classic Breakfast (w/Peameal Bacon)	1 Ser.	352	15	4	0.0	488	1213	7	0	4	44	15%	3%	9%	25%
Eggsmart Big Breakfast	1 Ser.	1070	61	20	0.9	756	3043	67	2	15	57	20%	0%	25%	49%
Montreal Smoked Meat Hash	1 Ser.	590	39	12	0.5	450	1170	28	2	4	33	20%	15%	6%	30%
Huevos Rancheros	1 Ser.	580	27	8	0.1	490	950	58	7	6	27	45%	50%	10%	40%
Eggsmart Poutine	1 Ser.	1600	113	47	1.5	655	2690	80	6	10	63	80%	40%	90%	30%
New York Striploin & Eggs	1 Ser.	580	40	14.5	0.0	575	245	1	0	1	50	15%	0%	6%	30%

Eggsmart Bennies (Does not include toast, fries, and fruit garnish)

Eggs Benedict (w/Ham)	1 Ser.	500	27	7	0.1	435	1380	35	1	5	28	35%	4%	15%	30%
Eggs Benedict (w/Peameal Bacon)	1 Ser.	531	26	7	0.1	409	1325	38	1	7	35	35%	6%	17%	33%
Eggs Benedict (w/Smoked Salmon)	1 Ser.	548	33	8	0.1	432	1065	35	1	6	28	35%	4%	15%	27%
Montreal Smoked Meat Bennie	1 Ser.	740	48	17	1	487	1959	38	1	7	39	41%	4%	26%	38%
Eggs Benedict on a 6 oz New York Striploin	1 Ser.	813	52	17	0.1	499	708	33	1	5	51	35%	4%	15%	42%
Baja Bennie	1 Ser.	600	38	9	0.2	430	640	42	5	8	23	50%	30%	15%	25%

Famous 4 Egg Omelettes (Does not include toast, fries, and fruit garnish)

Meat Lovers Omelette	1 Ser.	580	32	12	0.3	720	770	11	3	6	61	35%	60%	30%	35%
Smoked Salmon Provolone Omelette	1 Ser.	580	42	16	0.5	625	990	6	1	4	46	15%	2%	45%	10%
Classic Western Omelette	1 Ser.	330	19	6	0	660	840	9	2	5	29	25%	60%	10%	25%
Montreal Smoked Meat Omelette	1 Ser.	540	39	14	1	620	1340	11	2	5	38	8%	30%	20%	20%
Southwest Omelette	1 Ser.	710	59	20	0.5	675	940	9	3	2	34	40%	15%	25%	20%
The Mediterranean Omelette	1 Ser.	490	34	10	0.3	585	1470	17	3	4	31	8%	25%	15%	30%
Spinach & Feta Cheese Omelette	1 Ser.	440	31	11	0.3	765	1060	7	3	1	33	140%	25%	25%	40%
Garden Fresh Vegetarian Omelette	1 Ser.	300	20	5	0.1	550	220	10	2	6	21	6%	35%	8%	15%
Mushroom & Swiss Cheese Omelette	1 Ser.	370	26	9	0.4	575	700	6	1	3	27	6%	2%	20%	15%

nutritional info



Serving Size
 Calories (kcal)
 Total Fat (g)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Sodium (mg)
 Carbohydrate (g)
 Fibre (g)
 Sugars (g)
 Protein (g)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)

Signature Scrambler Bowls (Does not include toast, fries, and fruit garnish)

Sausage Scrambler	1 Ser.	650	53	20	0.5	565	890	10	2	6	34	30%	40%	25%	25%
Egg White Scrambler	1 Ser.	280	12	6	0.4	20	520	12	4	8	28	16%	80%	24%	8%
Meat Lover's Scrambler	1 Ser.	760	57	18	0.4	580	1360	12	2	4	49	40%	130%	30%	25%
Mediterranean Scrambler	1 Ser.	550	38	10	0.3	525	1450	21	4	6	30	35%	45%	15%	35%
Southwest Scrambler	1 Ser.	420	25	6	0.1	465	610	27	6	8	20	40%	100%	10%	25%
Montreal Smoked Meat Scrambler	1 Ser.	580	43	15	1	560	1320	12	2	6	36	30%	40%	20%	25%

Waffles

Traditional Golden Waffle	Per Waffle	300	10	0.5	0	35	350	46	2	8	6	0%	0%	20%	15%
Chocolate Chip Waffle	Per Waffle	714	31	19	0.4	35	386	106	5	63	8	0%	0%	21%	29%
Fresh Fruit Waffle	Per Waffle	680	42	11	0	95	1395	51	2	8	23	0%	0%	21%	19%

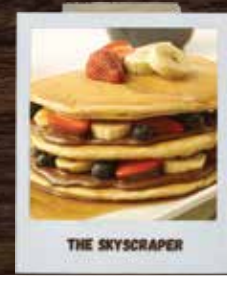
French Toast

Traditional Fresh Toast	Per Slice	140	3.5	1	0	105	250	19	2	2	8	4%	0%	4%	10%
Fresh Fruit on French Toast	Per Slice	85	0	0	0	0	8	24	4	16	2	11%	49%	4%	3%

Pancakes

Traditional Buttermilk Pancake	1 Ser.	470	8	1.5	1	15	1590	90	3	18	9	0%	0%	25%	30%
Chocolate Chip Pancake	1 Ser.	680	18	11	1.5	15	1610	120	4	45	10	0%	0%	25%	40%
Chunky Monkey Pancake	1 Ser.	1160	45	19	1	25	1110	176	8	110	13	10%	15%	30%	40%
Red Velvet Dream Pancake	1 Ser.	970	43	21	1.5	30	1210	136	2	85	7	15%	0%	20%	20%
The Skyscraper Pancake	1 Ser.	1010	38	14	1	20	1090	155	8	92	13	8%	60%	30%	35%
Bananaberry Pancakes	1 Ser.	530	8	1.5	1	15	1590	106	6	27	10	0%	40%	25%	35%
Very Blueberry Pancake	1 Ser.	560	8	1.5	1	15	1590	115	7	35	10	0%	15%	25%	35%

nutritional info



Serving Size
Calories (kcal)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

Light & Right Choices

Smoked Salmon Salad	1 Ser.	360	23	11	0.4	75	910	13	5	7	30	170%	120%	45%	15%
Hail Caesar Chicken Salad	1 Ser.	558	35	7	0.4	61	1564	36	5	4	24	150%	6%	17%	27%
Citrus Balsamic Chicken Salad	1 Ser.	200	9	1	0	20	560	16	5	8	15	160%	120%	6%	15%
Southwest Salad	1 Ser.	420	24	9	0.3	60	980	29	8	8	25	170%	120%	25%	20%
Garden Fresh Veggie Egg White Omelette	1 Ser.	160	5	0.5	0	0	320	8	2	5	21	6%	70%	2%	4%
Spinach & Feta Egg White Omelette	1 Ser.	230	12	5	0.2	25	1080	6	3	1	26	100%	35%	4%	10%
Chicken Noodle Soup	1 Ser.	80	1.5	0.5	0	15	890	10	1	1	6	2%	2%	2%	4%
Bagel & Cream Cheese	1 Ser.	487	20	11	0.4	70	867	68	10	9	16	17%	1%	9%	20%
Bagel (w/Smoked Salmon & Cream Cheese)	1 Ser.	630	28	13	0.4	100	1430	71	11	11	28	25%	4%	10%	20%
Greek Yogurt Parfait	1 Ser.	350	6	1	0	0	80	65	8	23	12	8%	15%	15%	20%
Deluxe Parfait Delight	1 Ser.	610	10	2	0	0	750	117	17	32	20	25%	45%	20%	30%

Lunch Spot - Wraps (Does not include fries and garnish)

Chicken Caesar Wrap	1 Ser.	730	35	8	0.2	70	2210	70	4	1	34	60%	2%	20%	35%
Mediterranean Chicken Wrap	1 Ser.	600	28	5	0.1	25	1940	25	6	4	19	30%	25%	10%	50%
Southwest Chicken Wrap	1 Ser.	680	28	7	0	75	1700	75	10	7	33	35%	25%	8%	35%
Southwest Breakfast Burrito	1 Ser.	1060	66	22	0.4	410	2000	410	12	7	39	45%	45%	30%	45%

Lunch Spot - Burgers (Does not include fries and garnish)

Heart Break	1 Ser.	1080	65	21	1	130	1120	77	7	23	52	0%	30%	4%	45%
Hey Smokey	1 Ser.	800	45	18	1.5	110	1260	50	2	9	50	2%	15%	8%	40%
The Aussie	1 Ser.	1060	70	32	1.5	340	1400	42	2	7	62	20%	15%	40%	45%
Mushroom Melter	1 Ser.	740	41	17	1	120	760	47	3	8	47	8%	15%	20%	40%
Southwest Burger	1 Ser.	800	46	15	1	100	760	53	5	9	40	4%	30%	2%	40%
Simpleton	1 Ser.	590	29	12	1	95	460	42	2	7	38	0%	15%	2%	40%
Simpleton (w/Canadian Cheddar Cheese)	1 Ser.	820	49	24	1.5	150	860	42	2	7	51	10%	15%	40%	40%
Simpleton (w/Canadian Cheddar Cheese & Bacon)	1 Ser.	1090	74	33	1.5	205	1590	42	2	7	60	10%	15%	40%	45%

nutritional info



Serving Size
Calories (kcal)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

Lunch Spot - Sandwiches (Does not include fries and garnish)

Eggsplosion	1 Ser.	540	27	8	0.1	305	1410	45	2	3	29	20%	2%	10%	30%
Eggsmart Western	1 Ser.	650	38	12	0.4	370	1270	43	5	6	32	30%	35%	30%	30%
Loaded Grilled Triple Cheese	1 Ser.	510	26	15	0.5	70	1110	42	2	3	26	20%	2%	50%	20%
Club House	1 Ser.	610	21	6	0	55	1780	74	4	6	31	6%	6%	10%	35%
Peameal Bacon (w/Swiss Cheese)	1 Ser.	570	18	6	0.3	35	2210	59	2	4	44	10%	6%	15%	30%
Provolone Peameal Club	1 Ser.	610	22	8	0.2	55	2090	59	3	4	45	35%	10%	25%	30%
Eggsmart BLT	1 Ser.	760	48	15	0.1	230	1150	54	5	3	27	15%	20%	4%	30%
Chipotle BBQ Chicken	1 Ser.	520	18	8	0.3	65	810	58	4	4	33	15%	10%	20%	25%
Chipotle BBQ Steak	1 Ser.	600	17	7	0.3	75	1490	64	5	5	49	250%	15%	30%	25%
Traditional Montreal Smoked Meat	1 Ser.	640	36	14	1	115	2080	39	2	2	40	0%	0%	4%	40%
Classic BLT	1 Ser.	570	31	8	0.1	70	1590	49	3	5	26	8%	10%	8%	25%

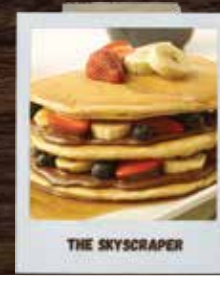
Lunch Spot - Fish & Chips (Does not include fries and garnish)

Traditional Fish & Chips (2 pc)	1 Ser.	550	37	2.5	0.1	60	760	33	0	2	21	0%	0%	4%	20%
Add 1 pc of Fish	1 Piece	250	17	1	0	30	310	15	0	0	10	0%	0%	2%	10%

Side Fare

Home Fries	1 Ser.	150	0.2	0	0	0	1690	34	3	1	3	0%	15%	2%	4%
Jersey Shore Fries	1 Ser.	240	8	1	0	0	580	40	4	0	4	0%	20%	0%	8%
Sweet Potato Fries	1 Ser.	260	8	0.1	0	0	480	42	6	14	4	140%	8%	4%	8%
Side Garden Salad	1 Ser.	40	0.3	0.1	0	0	10	9	2	5	2	8%	50%	2%	4%
Bagel & Nutella	1 Ser.	620	22	6	0	0	720	92	6	34	15	0%	2%	10%	35%
Bacon	1 Ser.	380	32	11	0	60	1045	5	0	0	17	0%	0%	1%	4%
Ham	1 Ser.	77	2	1	0	31	757	2	0	0	12	0%	0%	0%	3%
Sausage Links	1 Ser.	460	40	16	0.2	90	980	4	0	4	20	0%	0%	0%	8%
White Toast	1 Ser.	130	3.5	0.5	0	0	190	23	1	2	4	2%	0%	4%	10%
Whole Wheat Toast	1 Ser.	120	3.5	0.5	0	0	180	19	2	1	4	2%	0%	2%	8%
Rye Toast	1 Ser.	100	3	0.5	0	0	190	17	1	1	3	2%	0%	2%	8%
Peameal Bacon	1 Ser.	162	2	1	0	8	1053	6	0	3	29	0%	3%	3%	10%

nutritional info



Serving Size
Calories (kcal)
Total Fat (g)
Saturated Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)
Carbohydrate (g)
Fibre (g)
Sugars (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

Beverages

Fresh Squeezed Orange Juice	1 Glass	180	0	0	0	0	5	43	1	31	3	2%	210%	4%	4%
Eggsmart Signature Coffee	1 Ser.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Tea	1 Ser.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Herbal Tea	1 Ser.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Chocolate	1 Ser.	170	4	4	0	0	180	30	0	2	2	0%	0%	4%	15%
Orange Juice	1 Ser.	120	0	0	0	0	15	28	0	2	2	0%	100%	0%	0%
Apple Juice	1 Ser.	120	0	0	0	0	20	29	0	0.4	0.4	0%	150%	0%	0%
Milk (2%)	1 Ser.	130	5	3	0.1	20	120	12	0	9	9	10%	0%	30%	0%

Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings and operations. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information provided includes a selection of the most popular items. It may not include all products found in-store. Information may be subject to change at any time. We continue to update this list to reflect changes that occur in our products. Eggsmart, its franchisees, and employees, do not assume responsibility for a person's sensitivity or allergy to any food item provided in our restaurants. Please always consult your health care practitioner for questions regarding your diet.