

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

Signature Eggsmart Breakfasts

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
3 Eggs Classic Breakfast	1 Serving	250	19	4.5	0.2	510	170	1	0	1	16	25%	0%	6%	15%
3 Eggs Classic Breakfast with Bacon	1 Serving	610	53	17	0.2	580	1160	1	0	1	29	25%	0%	6%	20%
3 Eggs Classic Breakfast with Turkey Bacon	1 Serving	510	42	12	0.2	605	740	5	0	1	32	25%	0%	15%	30%
3 Eggs Classic Breakfast with Sausage	1 Serving	700	59	21	0.4	600	1150	5	0	5	36	25%	0%	6%	20%
3 Eggs Classic Breakfast with Ham	1 Serving	320	21	5	0.2	540	930	3	0	1	29	25%	0%	6%	15%
3 Eggs Classic Breakfast with peameal bacon	1 Serving	440	24	4.5	0.2	525	1530	11	0	1	44	25%	4%	8%	25%
Eggsmart Big Breakfast	1 Serving	1070	61	20	0.9	756	3043	67	2	15	57	20%	0%	25%	49%
Montreal Smoked Meat Hash	1 Serving	590	39	12	0.5	450	1170	28	2	4	33	20%	15%	6%	30%
Huevos Rancheros	1 Serving	580	27	8	0.1	490	950	58	7	6	27	45%	50%	10%	40%
New York Striploin and Eggs	1 Serving	580	40	14.5	0.0	575	245	1	0	1	50	15%	0%	6%	30%

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

Famous 4 Egg Omelettes

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Meat Lovers Omelette	1 Serving	580	32	12	0.3	720	770	11	3	6	61	35%	60%	30%	35%
Smoked Salmon Provolone Omelette	1 Serving	580	42	16	0.5	625	990	6	1	4	46	15%	2%	45%	10%
Classic Western Omelette	1 Serving	380	24	6	0.2	645	760	11	2	5	29	35%	80%	8%	20%
Montreal Smoked Meat Omelette	1 Serving	540	39	14	1	620	1340	11	2	5	38	8%	30%	20%	20%
Southwest Omelette	1 Serving	710	59	20	0.5	675	940	9	3	2	34	40%	15%	25%	20%
The Mediterranean Omelette	1 Serving	470	32	11	0.4	665	940	10	2	5	36	50%	50%	15%	30%
Garden Fresh Vegetarian Omelette	1 Serving	330	22	6	0.2	620	260	11	2	6	23	40%	70%	8%	20%
Spinach & Feta Cheese Omelette	1 Serving	400	29	10	0.3	645	590	7	3	2	27	140%	35%	10%	30%
Mushroom & Swiss Cheese Omelette	1 Serving	400	29	10	0.4	645	640	6	1	5	28	35%	2%	25%	20%

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

Signature Scrambler Bowls

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Sausage Scrambler	1 Serving	670	52	20	0.5	695	910	12	2	7	38	40%	80%	25%	25%
Meat Lover's Scrambler	1 Serving	760	57	18	0.4	580	1360	12	2	4	49	40%	130%	30%	25%
Mediterranean Scrambler	1 Serving	490	32	11	0.4	665	910	15	3	8	37	50%	100%	15%	30%
Southwest Scrambler	1 Serving	420	25	6	0.1	465	610	27	6	8	20	40%	100%	10%	25%
Montreal Smoked Meat Scrambler	1 Serving	580	43	15	1	560	1320	12	2	6	36	30%	40%	20%	25%

(Does not include fries and fruit garnish)

Eggsmart Bennies

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Eggs Benedict with Ham	1 Serving	540	29	8	0.2	460	1370	35	1	6	33	40%	0%	10%	25%
Eggs Benedict with Peameal Bacon	1 Serving	590	30	7	0.2	440	1520	40	1	6	39	40%	2%	15%	30%
Eggs Benedict with Smoked Salmon	1 Serving	590	35	9	0.2	455	1060	34	1	7	33	40%	0%	10%	20%
Baja Bennie	1 Serving	600	38	9	0.2	430	640	42	5	8	23	50%	30%	15%	25%
The French Benedict	1 Serving	570	50	16	0.1	415	1270	4	0	2	24	25%	0%	6%	15%

Light & Right Choices

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Avocado Toast	1 Serving	550	21	5	0.1	340	450	72	8	17	20	20%	70%	10%	30%

Steel Cut Oatmeal	1 Serving	560	15	2	0	0	135	95	11	21	14	0%	70%	10%	30%
Poached Eggs & Turkey	1 Serving	450	19	6	0.1	370	440	51	4	15	22	20%	70%	10%	30%
Half Club Sandwich with Soup	1 Serving	385	12.5	3.5	0	42.5	1660	49	3	5	21	9%	3%	7%	24%
Simply 2 Eggs with Ham	1 Serving	460	18	4.5	0.1	370	1080	46	4	15	28	20%	70%	8%	25%
Homestyle Chicken Noodle Soup	1 Serving	230	6.5	1.5	0	15	1120	37	2	3	9	10%	0%	4%	21%
Cream of Potato with Bacon Soup	1 Serving	310	8.5	3.5	0.1	20	1140	46	2	6	9	8%	2%	12%	19%
Broccoli with Cheese Soup	1 Serving	280	10.5	3.5	0	15	1220	37	3	5	9	4%	15%	12%	17%
Greek Yogurt Parfait	1 Serving	350	6	1	0	0	80	65	8	23	12	8%	15%	15%	20%
Smoked Salmon Salad	1 Serving	360	23	11	0.4	75	910	13	5	7	30	170%	120%	45%	15%
Hail Caesar Chicken Salad	1 Serving	558	35	7	0.4	61	1564	36	5	4	24	150%	6%	17%	27%
Citrus Balsamic Chicken Salad	1 Serving	200	9	1	0	20	560	16	5	8	15	160%	120%	6%	15%
Southwest Salad	1 Serving	420	24	9	0.3	60	980	29	8	8	25	170%	120%	25%	20%

Pancakes

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Traditional Buttermilk Pancake	1 Serving	310	5	1	1	0	1040	59	2	12	6	0%	0%	15%	20%
Chocolate Chip Pancake	1 Serving	520	15	10	z	0	1060	89	3	39	7	0%	0%	15%	25%
Chunky Monkey Pancake	1 Serving	1160	45	19	1	25	1110	176	8	110	13	10%	15%	30%	40%
The Skyscraper Pancake	1 Serving	1010	38	14	1	20	1090	155	8	92	13	8%	60%	30%	35%
Bananaberry Pancakes	1 Serving	420	5	1	1	0	1040	85	6	26	7	0%	100%	20%	25%
Very Blueberry Pancake	1 Serving	410	5	1	1	0	1040	83	6	29	7	0%	25%	15%	25%

French Toast

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Traditional French Toast	1 Serving	470	12	4.5	0.1	200	570	70	3	8	17	15%	0%	15%	35%
French Toast with Fresh Fruit	1 Serving	520	13	5	0	200	570	82	6	17	18	15%	70%	15%	40%

Waffles

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Traditional Waffle	1 Serving	520	30	9	0.4	60	350	60	1	26	5	25%	0%	20%	10%
Chocolate Chip Waffle	1 Serving	1070	58	34	1.0	60	400	140	5	99	8	25%	0%	25%	30%
Fresh Fruit Waffle	1 Serving	570	31	10	0.4	60	350	72	4	35	6	25%	90%	25%	15%

(Does not include fries and garnish)

Lunch Spot - Sandwiches

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Fried Egg & Bacon Sandwich	1 Serving	540	27	8	0.1	305	1410	45	2	3	29	20%	2%	10%	30%
Eggsmart Western Sandwich	1 Serving	560	29	6	0.2	355	910	51	3	7	23	25%	40%	10%	30%
Loaded Grilled Triple Cheese	1 Serving	520	28	13	0.5	50	900	46	2	5	20	15%	0%	45%	20%
Club House Sandwich	1 Serving	610	21	6	0	55	1780	74	4	6	31	6%	6%	10%	35%
Peameal Bacon with Swiss Cheese	1 Serving	570	18	6	0.3	35	2210	59	2	4	44	10%	6%	15%	30%
Montreal Smoked Meat	1 Serving	640	36	14	1	115	2080	39	2	2	40	0%	0%	4%	40%
Traditional Fish & Chips (2 pc)	1 Serving	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%

(Does not include fries and garnish)

Lunch Spot - Burgers

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Hey Smokey	1 Serving	800	45	18	1.5	110	1260	50	2	9	50	2%	15%	8%	40%
Mushroom Melter	1 Serving	740	41	17	1	120	760	47	3	8	47	8%	15%	20%	40%

Simpleton	1 Serving	590	29	12	1	95	460	42	2	7	38	0%	15%	2%	40%
Simpleton with Canadian Cheddar Cheese	1 Serving	820	49	24	1.5	150	860	42	2	7	51	10%	15%	40%	40%
Simpleton with Canadian Cheddar Cheese and Bacon	1 Serving	1090	74	33	1.5	205	1590	42	2	7	60	10%	15%	40%	45%

(Does not include fries and garnish)

Lunch Spot - Wraps

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Southwest Breakfast Burrito	1 Serving	1060	66	22	0.4	410	2000	76	12	7	39	45%	45%	30%	45%
BLT Chicken Avocado	1 Serving	570	24	5	0	50	1590	56	7	3	31	15%	8%	6%	20%

Side Fare

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Home Fries	1 Serving	150	0.2	0	0	0	1690	34	3	1	3	0%	15%	2%	4%
Jersey Shore Fries	1 Serving	240	8	1	0	0	580	40	4	0	4	0%	20%	0%	8%
Sweet Potato Fries	1 Serving	260	8	0.1	0	0	480	42	6	14	4	140%	8%	4%	8%
Side Garden Salad	1 Serving	40	0.3	0.1	0	0	10	9	2	5	2	8%	50%	2%	4%
Bagel & Nutella	1 Serving	620	22	6	0	0	720	92	6	34	15	0%	2%	10%	35%
Bacon	1 Serving	380	32	11	0	60	1045	5	0	0	17	0%	0%	1%	4%
Ham	1 Serving	80	2.5	1	0	30	760	2	0	0	12	0%	0%	0%	4%
Sausage Links	1 Serving	460	40	16	0.2	90	980	4	0	4	20	0%	0%	0%	8%
Peameal Bacon	1 Serving	130	3	0	0	10	900	6	0	0	18	0%	2%	2%	6%
White Toast	1 slice	130	3.5	0.5	0	0	190	23	1	2	4	2%	0%	4%	10%
Whole Wheat Toast	1 slice	120	3.5	0.5	0	0	180	19	2	1	4	2%	0%	2%	8%
Rye Toast	1 slice	100	3	0.5	0	0	190	17	1	1	3	2%	0%	2%	8%
Fruit Bowl	1 Serving	90	0.5	0.1	0	0	1	21	3	13	1	0%	70%	2%	4%

Beverages

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Fresh Squeezed Orange Juice	1 Glass	180	0	0	0	0	5	43	1	31	3	2%	210%	4%	4%
Eggsmart Signature Coffee	1 Serving	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Tea	1 Serving	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Herbal Tea	1 Serving	5	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Hot Chocolate	1 Serving	170	4	4	0	0	180	30	0	25	2	0%	0%	4%	15%
Orange Juice	1 Serving	120	0	0	0	0	15	28	0	25	2	0%	100%	0%	0%
Apple Juice	1 Serving	120	0	0	0	0	20	29	0	27	0.4	0%	150%	0%	0%
Milk (2%)	1 Serving	130	5	3	0.1	20	120	12	0	12	9	10%	0%	30%	0%

Kids Menu

	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vit A (% DV)	Vit C (% DV)	Calcium (% DV)	Iron (% DV)
Kid's French Toast with Ham	1 Serving	420	11	3.5	0.1	165	1150	56	3	12	25	30%	60%	10%	30%
Kid's Traditional Pancakes	1 Serving	360	21	3.5	0.4	340	470	28	2	12	14	40%	60%	10%	15%
Traditional Grilled Cheese	1 Serving	650	29	14	1	60	1640	75	5	12	23	35%	70%	45%	25%
Chicken Breast Strips	1 Serving	450	18	2	0.2	35	1310	55	4	8	18	20%	80%	4%	10%
Mini Cheese Omelette	1 Serving	430	28	11	0.5	370	550	23	1	3	21	25%	0%	25%	20%
Jr. Classic Breakfast with Ham	1 Serving	540	23	5	0.3	370	1930	55	4	11	29	40%	70%	10%	25%