



# TRIPLE O'S NUTRITIONAL INFORMATION

Updated March 2020

## TRIPLE O'S BREAKFAST

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Original Sunny Start - Bacon		213	611	32.0	7.8	0.4	209.8	1270.0	54.4	1.6	9.6	24.1	9	3	20	26
	Without Sauce	180	491	21.0	6.2	0.3	200.8	1015.9	49.7	1.0	6.2	23.7	7	1	20	25
Original Sunny Start - Sausage		271	713	39.3	12.7	0.5	245.3	1318.9	55.1	1.6	9.6	32.5	9	3	22	33
	Without Sauce	238	593	28.3	11.1	0.4	236.3	1064.7	50.4	1.0	6.2	32.1	7	0	21	32
Breakfast Club - Bacon		283	731	37.0	8.8	0.4	209.8	1570.0	71.4	2.6	9.6	25.1	9	3	20	28
	Without Sauce	250	611	26.0	7.2	0.3	200.8	1315.9	66.7	2.0	6.2	24.7	7	0	20	27
Breakfast Club - Sausage		345	843	45.0	14.0	0.5	247.3	1633.3	72.2	2.6	9.6	34.3	9	3	22	35
	Without Sauce	312	723	34.0	12.4	0.4	238.3	1379.2	67.5	2.0	6.2	33.8	7	0	21	34
Canadian Waffle		214	580	34.0	14.0	0.3	260.0	850.0	45.0	2.0	13.0	20.0	15	0	25	6
	Without Syrup	201	550	34.0	14.0	0.3	260.0	850.0	36.0	2.0	4.0	20.0	15	0	25	6
Sausage Ciabatta		248	620	40.0	14.0	0.5	260.0	970.0	34.0	0	3	35	15	0	20	25
	Without Sauce	234	530	30.0	13.0	0.3	255.0	890.0	33.0	0	2	35	15	0	20	25
Egg BLT Ciabatta		281	680	51.0	15.0	0.50	240.0	1000.0	35.0	1	4	18	20	10	20	15
	Without Sauce	252	480	29.0	12.0	0.2	225.0	870.0	34.0	1	3	17	20	10	20	15
Hashbrown	1 Piece	70	120	5.0	1.0	0.0	0.0	300.0	17.0	1.0	0.0	1.0	0	0	0	2

## TRIPLE O'S BURGERS

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Original Burger		304	789	49.2	13.0	0.3	103.6	807.9	54.6	2.5	11.3	29.7	12	12	9	33
	Without Sauce	257	568	27.2	9.8	0.1	85.6	482.9	49.6	1.9	7.7	29.0	10	11	8	32
Original Cheeseburger		326	860	54.1	13.2	0.5	119.9	1169.3	56.9	2.5	11.3	33.8	12	13	19	33
	Without Sauce	278	639	32.1	13.0	0.3	101.9	844.3	51.9	1.9	7.7	33.1	10	11	19	32
Kid's Burger		236	778	49.1	13.0	0.3	103.6	803.1	52.2	1.6	9.7	29.1	2	3	8	32
	Without Sauce	189	557	27.1	9.8	0.1	85.6	478.0	47.2	1.1	6.1	28.4	0	0	7	31
Bacon Cheddar Burger		338	933	60.7	17.2	0.5	124.6	1138.1	54.9	2.5	11.3	39.4	18	13	24	33
	Without Sauce	291	712	38.7	14.0	0.3	106.6	813.1	49.9	1.9	7.7	38.7	16	11	23	32
Monty Mushroom Burger		388	943	62.4	18.2	0.4	123.8	811.9	57.3	3.3	12.9	37.2	12	16	24	35
	Without Sauce	340	722	40.5	15.0	0.2	105.8	486.9	52.3	2.7	9.3	36.6	10	13	24	34
Double Double Burger		436	1217	81.6	28.2	0.7	221.9	1648.8	59.4	2.5	11.4	57.2	12	13	31	44
	Without Sauce	338	996	59.6	25.0	0.5	203.9	1323.8	54.4	2.0	7.8	56.6	10	11	31	43
Chipotle BBQ Bacon Melt		366	1043	61.9	16.7	0.4	120.6	1275.3	60.4	2.6	15.6	39.5	18	17	25	43
	Without Sauce	322	737	39.9	14.1	0.3	106.6	970.4	53.3	2.5	9.2	39.1	16	15	24	32
Crispy Fish Burger		326	684	31.6	4.0	0.1	40.0	1161.8	71.1	1.9	7.9	24.7	35	17	9	38
	Without Sauce	297	544	16.6	3.0	0.1	30.0	1001.8	69.1	1.9	7.9	23.7	10	13	9	23
Chicken & Waffles		372	850	44.0	14.0	0.4	160	2030.0	64.0	2.0	10.0	44.0	8	0	25	15
	Without Sauce	351	730	33.0	13.0	0.3	155	1960.0	60.0	2.0	6.0	43.0	8	0	25	15
Mushroom Super Swiss		414	963	62.4	18.2	0.4	123.8	856.9	57.3	3.3	12.9	37.2	12	16	24	36
	Without Sauce	366	762	40.5	15	0.2	105.8	531.9	52.3	2.7	9.3	36.6	10	13	24	34
Buttermilk Chicken Club		323	591	22.3	2.3	0.1	49	1312.8	65.1	1.8	9.6	31.6	10	12	7	38
	Without Sauce	294	514	15	1.7	0.1	44	1224.1	62.6	1.8	7.6	31.6	10	12	7	30
Chicken Bacon Cheddar		375	791	41	9	0.5	112	1214	58	3	12	44	16	20	24	25
	Without Sauce	326	567	20	6	0.3	94	866	52	2	8	44	13	17	23	24
Beyond Original		336	730	48	13	0.5	40	1330	60	3	18	30	15	60	8	60
	Without sauce	288	510	26	9	0.2	20	990	51	3	10	29	10	60	6	60
Original Veggie Burger		332	660	33	6	0.4	45	1270	78	6	19	20	15	20	15	30
	Without sauce	284	440	12	2.5	0.1	25	930	70	6	11	19	15	15	15	25
Add Toppings	Cheese - 1 slice	21	69	4.8	3.2	0.0	16.2	357.0	2.3	0.0	0.1	4.0	4	0	11	0
	Bacon - 2 slices	13	60	4.8	2.2	0.0	16.6	199.3	0.0	0.0	0.0	4.4	0	0	0	0
	Mushrooms, sautéed	28	17	1.0	0.0	0.0	2.5	8.4	1.4	0.4	0.7	1.3	1	1	0	1
	6 oz Patty	124	430	33.9	13.2	0.1	128.3	98.3	0.0	0.0	0.0	29.1	0	0	1	16



# TRIPLE O'S NUTRITIONAL INFORMATION

Updated March 2020

## TRIPLE O'S CLASSICS

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Dippin' Chicken	3 pieces	130	270	10.9	1.0	0.0	40.0	550.0	17.0	4.0	5.0	21.0	2	1	1	8
	5 pieces	217	450	18.2	1.7	0.0	66.7	916.7	28.3	6.7	8.3	35.0	4	2	2	13
	Side Honey Mustard	45	225	19.5	1.5	0.0	22.5	315.0	12.0	0.0	4.5	0.0	0	0	0	0
Kale Caesar Salad		151	328	28.0	3.7	0.1	36.4	484.4	14.5	1.8	8	18	35	6	35	15
Kid's Grilled Cheese	On a burger bun	152	520	35	21	0.5	105	840	44	0.0	32.0	18.1	2	2	28	22
3 Piece Fish & Chips	3 pieces with Fries	323	629	30.0	3.8	0.1	45.0	883.8	58.5	3.1	1.7	24.5	0	26	5	12
	Side Tartar	44	210	22.5	1.5	0.0	15.0	240.0	3.0	0.0	0.0	1.5	38	6	0	23
	Kid's (3 oz)	92	134	6.2	0.4	0.0	0.0	71.3	18.0	1.9	1.0	2.1	0	14	1	5
Fries	Regular (5 oz)	155	239	12.0	0.8	0.1	0.0	118.8	30.0	3.1	1.7	3.5	0	23	2	9
	Large (7 oz)	217	334	16.8	1.1	0.1	0.0	165.2	42.0	4.4	2.3	5.0	0	32	3	12
	Side of Gravy	130	38	0.9	0.6	0.0	0.0	608.0	5.7	0.0	0.0	1.9	0	0	0	0
Poutine		312	490	29.9	11.5	0.9	60.0	986.5	35.9	3.1	1.7	18.7	14	23	48	9
Onion Rings	6 pieces	184	467	28.8	2.3	0.0	0.0	436.5	47.7	2.5	11.4	5.5	0	0	3	15
Garlic Parmesan Fries		162	267	14.1	2.2	0.1	7.1	133.0	31.0	3.1	1.7	5.7	3	27	8	9
Sweet Potato Fries	Regular (5 oz)	235	519	29.6	0.9	0.1	0.0	522.7	60.5	8.2	23.4	5.4	288	39	6	6
	Large (7 oz)	305	674	38.4	1.2	0.1	0.0	678.9	78.6	10.6	30.4	7.0	374	51	8	8
	Side Chipotle Mayo	38	260	28.0	2.0	0.0	20.0	105.0	3.0	0.0	2.0	1.0	0	2	2	25
Vanilla Milkshake	Small (12 oz)	390	491	28.9	17.6	0.6	101.9	134.6	51.1	0.0	41.6	8.2	29	0	27	0
	Regular (20 oz)	624	575	37.8	22.3	1.0	128.5	228.4	83.8	0.0	68.0	9.7	44	0	42	0
Chocolate Milkshake	Small (12 oz)	406	530	29.2	17.7	0.6	101.9	198.3	60.6	0.7	46.1	8.8	29	0	28	7
	Regular (20 oz)	656	654	38.3	22.6	1.0	128.5	355.8	103.0	1.7	76.9	10.9	44	0	44	15
Strawberry Milkshake	Small (12 oz)	283	478	26.0	16.9	0.6	98.2	119.1	51.5	0.9	44.8	8.3	27	21	27	1
	Regular (20 oz)	433	523	34.1	21.3	0.9	96.5	202.8	76.7	1.1	66.9	9.9	41	24	41	1
Cookies & Cream Milkshake	Small (12 oz)	419	638	36.7	21.6	0.7	101.9	146.2	69.9	0.9	49.6	9.7	29	0	28	8
	Regular (20 oz)	668	819	51.9	29.6	1.1	128.5	220.4	112.6	1.4	78.8	12.2	44	0	43	13