
 <small>EST. 2001</small> Nutritional Updated: 05/20/2024		Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Gluten-Free	Vegetarian	Vegan
STARTERS																		
APPS	Bang Bang Broccoli (1/2 portion) incl dip	740	63	5	0	1378	16	46	6	28	6	24%	74%	20%	131%	No	Yes	No
	Crispy Dills (1/2 portion) incl dip	836	15	0	0	1502	2	32	2	0	0	0%	0%	0%	3%	Yes	Yes	No
	Tower-O-Rings (1/2 portion) incl dip.	447	42	5	0	1002	15	64	2	8	8	0%	5%	14%	2%	No	Yes	No
	Wrecking Balls V2.0 (1/2 portion) incl dip	726	62	12	0	1127	44	31	3	3	17	32%	3%	26%	6%	No	No	No
	Life's a Beach Dip (1/3 portion)	550	53	10	1	640	48	16	1	1	3	5%	4%	4%	2%	No	Yes	No
DIPSTICKS / DRESSINGS																		
DIPSTICKS / DRESSINGS	Bacon Roasted Garlic Aioli	178	19	3	0.2	117	8	2	0	0	0	7%	2%	2%	0%	Yes	No	No
	Balsamic Dressing	88	8	1	0.1	245	0	4	0	3	0	0%	0%	1%	1%	Yes	Yes	Yes
	BBQ Bold	70	0	0	0.0	406	0	17	1	14	1	0%	0%	4%	10%	Yes	Yes	Yes
	Beechhouse	203	22	3	0.2	197	8	1	0	0	0	3%	2%	0%	1%	Yes	Yes	No
	Buffalo Sauce (Ultimate Medium)	45	2	0	0.0	510	0	7	0	5	0	2%	0%	0%	0%	Yes	Yes	Yes
	Buttermilk Ranch	110	12	1	0.1	259	6	1	0	2	0	0%	0%	0%	0%	Yes	Yes	No
	Caesar Dressing	197	20	4	0.1	338	12	2	0	0	1	0%	0%	0%	0%	Yes	Yes	No
	Chipotle Dip	167	18	3	0.2	226	22	1	0	1	0	0%	0%	0%	0%	Yes	Yes	No
	Gravy	39	0	0	0.0	907	0	8	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
	Greek Dressing	91	9	1	0.1	267	1	2	0	1	0	0%	7%	1%	6%	Yes	Yes	No
	Hotter Than Hell	41	0	0	0.0	491	0	10	0	8	0	7%	21%	17%	26%	Yes	Yes	Yes
	Mayo	246	27	4	0.2	173	12	0	0	0	0	0%	0%	0%	0%	Yes	Yes	No
	Salsa	25	0	0	0.0	350	0	5	1	2	1	0%	15%	2%	1%	Yes	Yes	Yes
	Smokey BBQ	40	0	0	0.0	546	0	9	1	6	1	1%	1%	0%	0%	Yes	Yes	Yes
	Sour Cream	50	4	3	0.1	40	15	2	0	1	1	4%	0%	0%	0%	Yes	Yes	No
Sweet 'n Tangy	73	0	0	0.0	290	0	20	1	18	0	2%	14%	0%	0%	Yes	Yes	Yes	
W Sauce	204	22	3	0.2	189	10	1	0	1	0	0%	1%	0%	1%	No	Yes	No	
BURGER PATTIES																		
BURGER PATTIES	Fresh 100% Canadian Beef (8oz)	370	22	9	1.0	675	130	1	1	0	44	0%	0%	2%	30%	Yes	No	No
	Cheese Stuffed Beef Patty (9.5oz)	528	34	16	1.6	966	173	2	1	0	54	10%	0%	33%	30%	Yes	No	No
	Crispy Chicken	270	11	2	0.0	610	115	7	1	0	37	0%	0%	2%	6%	No	No	No
	Fresh 100% Canadian Beef (4oz)	185	11	5	0.5	337	65	1	0.5	0	22	0%	0%	1%	15%	Yes	No	No
	Fresh Whole Chicken Breast	181	3	0	0.0	420	90	3	0	0	36	0%	5%	0%	26%	Yes	No	No
	Gourmet Veggie (4oz)	174	12	1	0.0	378	0	7	6	0	16	0%	0%	0%	0%	Yes	Yes	Yes
	Impossible Burger (4oz)	240	14	8	0.0	370	0	9	3	1	18	0%	0%	13%	28%	Yes	Yes	Yes
	Lean Domestic Elk Patty (6oz)	280	17	6	0.4	180	85	1	1	0	31	0%	3%	2%	20%	Yes	No	No
	Peppercorn Crust	57	1	0	0.0	5	0	15	6	0	2	1%	0%	9%	16%	Yes	Yes	Yes
	BUN																	
S	White	224	4	1	0.0	416	80	38	2	3	6	0%	0%	0%	0%	No	Yes	No

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BUN	Gluten-free	254	9	5	0.1	575	0	40	2	8	5	0%	0%	0%	0%	Yes	Yes	No
	Vegan Super Multigrain Bun	201	4	0	0.0	367	0	35	0	4	7	0%	0%	2%	15%	No	Yes	Yes
BURGER TOPPING COMBINATIONS																		
BURGER TOPPING COMBINATIONS	B.A.B Burger	289	27	8	0.4	380	32	4	1	2	7	11%	11%	20%	1%	Yes	Yes	No
	Bacon You Fancy	718	64	20	0.5	1079	90	9	5	2	13	14%	17%	21%	6%	Yes	No	No
	Blues Burger	347	32	14	0.5	623	63	2	0	1	15	15%	0%	23%	1%	Yes	No	No
	Born To Brie Good	455	44	12	0.4	556	63	6	2	0	16	6%	0%	10%	1%	Yes	No	No
	Hawaii 5-0	166	7	4	0.2	412	28	24	1	20	6	7%	17%	10%	1%	Yes	Yes	No
	Gettin' Piggy With It	721	67	19	0.3	1385	75	23	2	6	22	11%	68%	29%	18%	No	No	No
	Hamburger Mary	494	48	14	0.5	630	178	2	0	1	17	12%	9%	22%	5%	Yes	No	No
	Juicy Lucy	214	22	3	0.2	364	10	4	1	2	1	8%	13%	2%	2%	Yes	No	No
	Kamikaze	192	10	6	0.3	1654	24	16	5	10	9	54%	171%	22%	6%	Yes	Yes	No
	Knock Your Plants Off	248	10	5	0.0	830	0	14	5	2	12	0%	0%	0%	5%	Yes	Yes	Yes
	Love Goat	267	19	8	0.2	568	46	17	0	15	11	7%	11%	3%	1%	Yes	No	No
	Magic Mushroom Melt	216	14	8	0.3	666	34	13	3	5	12	12%	11%	19%	0%	Yes	Yes	No
	Malibu Meltdown	539	47	19	0.8	864	82	13	0	1	19	25%	2%	40%	1%	No	Yes	No
	Man Cave	346	25	12	0.2	1169	54	23	2	16	14	10%	11%	18%	9%	Yes	No	No
	Nacho Libre	436	24	12	0.6	850	63	39	5	3	20	20%	15%	34%	5%	No	No	Yes
	Sexy Burger	186	9	5	0.2	1464	35	26	3	22	3	17%	111%	8%	3%	Yes	Yes	No
	Six Degrees of K'vin Bacon	819	67	19	0.2	1742	85	23	5	7	13	16%	17%	4%	8%	Yes	Yes	No
	SK8R Boy	427	38	13	0.2	501	46	6	2	4	20	8%	0%	15%	5%	Yes	No	No
	Smokey Mountain	259	22	10	0.2	858	46	7	1	5	13	9%	1%	15%	1%	Yes	No	No
	Son of a Beech	364	31	7	0.3	530	33	15	8	6	8	7%	9%	7%	3%	Yes	Yes	No
	Taste of Heaven	619	54	16	0.2	1200	67	17	5	9	6	1%	14%	3%	1%	Yes	No	No
	The Hipster	259	21	10	0.3	625	31	13	5	5	8	12%	18%	15%	2%	Yes	Yes	No
	The Tom Green	483	47	14	0.3	583	52	5	4	0	14	10%	9%	16%	3%	Yes	No	No
	Ring Of Fire	192	14	6	0	1755	24	26	5	11	10	53%	172%	19%	6%	No	Yes	No
	Three Ring Binder	473	32	9	0.3	752	36	36	3	4	15	10%	4%	22%	1%	No	Yes	No
	Tragically Maple	765	163	9	0.0	1072	96	24	5	10	14	15%	2%	25%	2%	No	No	No
	War Pig	537	40	17	0.3	1279	78	17	6	6	16	11%	1%	19%	3%	Yes	No	No
	Get ELKED	643	46	12	1.0	870	57	22	0	25	14	9%	3%	19%	2%	No	No	No
Pig Bang Theory	484	27	11	0.3	1596	82	37	2	14	26	10%	10%	80%	53%	No	No	No	
SIDES																		
SIDES	Fresh Cut Fries	620	31	3	0.1	221	0	80	8	1	9	0%	42%	2%	25%	Yes	Yes	Yes
	Cukes & Celery	30	31	3	0.1	329	0	86	11	4	10	9%	53%	8%	29%	Yes	Yes	Yes
	Spicy Die-Cut Chips	584	41	3	0.2	1080	0	50	4	0	4	0%	5%	16%	1%	Yes	Yes	Yes
	Steamed Broccoli	31	1	0	0.0	47	0	4	4	1	4	19%	48%	14%	22%	Yes	Yes	Yes
	Weeds	25	0	0	0.0	15	0	5	2	3	1	15%	40%	3%	5%	Yes	Yes	Yes

T H E
WORKS
CRAFT BURGERS & BEER

EST. 2001

Nutritionals Updated: 05/20/2024

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Gluten-Free	Vegetarian	Vegan	
PREMIUM SIDES	Side Caesar <i>(incl. dressing)</i>	371	33	10	0.1	635	50	13	2	1	8	5%	8%	5%	7%	No	No	No
	Kraft Dinner	299	9	2	0.1	547	14	44	2	8	10	2%	1%	13%	13%	No	Yes	No
	Side Onion Rings	590	29	2	0.0	1040	0	82	2	10	10	0%	5%	17%	1%	No	Yes	No
	Side Poutine Chez Guy	817	43	10	0.7	1420	43	89	8	1	19	10%	42%	32%	25%	Yes	Yes	No
	Side Poutine Martini	964	44	10	0.7	1620	43	109	9	4	22	10%	42%	32%	25%	Yes	Yes	No
	Side Tragically Maple Poutine	1114	9	17	0.7	1831	32	97	10	2	19	10%	42%	33%	28%	Yes	No	No
	Side Pulled Pork Poutine	1021	52	14	0.7	2285	101	102	9	10	37	10%	42%	32%	30%	Yes	No	No
	Side Nacho Average Poutine	998	46	12	0.5	1758	42	127	13	4	22	4%	85%	72%	20%	Yes	Yes	No
	Side Get Baked Poutine	951	57	16	0.5	1596	65	91	8	2	23	4%	34%	72%	41%	Yes	No	No
Sweet Potato Fries	440	22	2	0.1	140	0	59	7	24	3	0%	0%	0%	0%	Yes	Yes	No	
POUTINES																		
POUTINE	Poutine Chez Guy	1634	86	20	1.4	2839	85	178	16	2	38	19%	83%	65%	50%	Yes	Yes	No
	Poutine Martini	1854	87	20	1.4	3229	85	208	17	5	42	19%	83%	65%	50%	Yes	Yes	No
	Poutine Tragically Maple	2229	18	34	1.6	3661	146	193	20	3	38	26%	85%	69%	50%	Yes	No	No
	Poutine Nacho Average	1997	92	23	1.0	3515	84	255	26	8	43	8%	165%	144%	40%	Yes	Yes	No
	Poutine Pulled Pork	2042	104	28	1.4	4570	202	204	18	20	74	20%	84%	64%	60%	Yes	No	No
	Poutine Get Baked	1903	114	31	1.0	3191	130	183	16	4	45	8%	68%	144%	52%	Yes	No	No
SAMS																		
SAM	The Great Canadian	555	39	13	0.4	1545	226	53	4	7	79	20%	29%	24%	26%	No	No	No
	Sweet Chicka Chicka Boom Boom	703	42	11	0.4	1997	224	87	6	41	51	24%	57%	24%	18%	No	No	No
	Hog Wild Pulled Pork Sandwich 9oz	853	46	18	0.3	2779	198	53	3	26	61	10%	11%	86%	58%	No	No	No
	Hog Wild Pulled Pork Sandwich 6oz	668	37	14	0.3	2188	140	45	3	20	43	10%	10%	80%	53%	No	No	No
	Chicken Fight Club	689	55	15	0.4	1640	247	48	4	5	57	20%	29%	25%	19%	No	No	No
SALADS																		
SALADS	All Dressed Salad <i>(includes dressing)</i>	936	84	20	0.7	983	67	30	7	7	19	14%	88%	42%	62%	No	No	No
	Crispy Cluck N Caesar <i>(incl. dressing)</i>	758	66	20	0.2	1275	101	29	6	4	17	9%	26%	14%	21%	No	No	No
	Waldork	458	26	8	0.3	331	24	26	11	13	12	10%	24%	22%	46%	Yes	Yes	No
	Weeds	75	1	0	0.0	38	0	15	7	8	4	34%	146%	8%	17%	Yes	Yes	Yes
BEVERAGES																		
	Virgin Arnold	137	0	0	0.0	21	0	34	0	32	1	0%	35%	0%	2%	Yes	Yes	Yes
	7 Up	142	0	0	0.0	43	0	38	0	38	0	0%	0%	0%	0%	Yes	Yes	Yes
	Apple Juice	200	0	0	0.0	27	0	49	0	45	0	0%	181%	0%	4%	Yes	Yes	Yes
	Chocolate Milk	427	10	6	0.2	281	40	65	1	56	19	20%	0%	61%	10%	Yes	Yes	No
	Diet Pepsi	0	0	0	0.0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
	Floats (ice cream, pop not incl)	120	12	7	0.4	80	40	34	2	22	2	12%	2%	8%	2%	Yes	Yes	No
	Gingerale	124	0	0	0.0	26	0	32	0	32	0	0%	0%	1%	5%	Yes	Yes	Yes
	Iced Tea	116	0	0	0.0	36	0	30	0	30	0	0%	6%	0%	0%	Yes	Yes	Yes

THE WORKS
CRAFT BURGERS & BEER

EST. 2001

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Lemonade	158	0	0	0.0	7	0	38	0	34	3	0%	63%	0%	3%	Yes	Yes	Yes	
Milk	260	10	6	0.2	240	40	24	0	24	18	20%	0%	60%	0%	Yes	Yes	No	
Orange Juice	180	0	0	0.0	22	0	42	1	33	3	15%	150%	3%	4%	Yes	Yes	Yes	
Pepsi	156	0	0	0.0	43	0	43	0	43	0	0%	0%	0%	0%	Yes	Yes	Yes	
Root Beer	180	0	0	0.0	68	0	47	0	47	0	0%	0%	0%	0%	Yes	Yes	Yes	
Soda Water	0	0	0	0.0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes	
SHAKES																		
Shake Odyssey (8oz)	594	34	13	0.1	249	49	63	4	43	13	16%	1%	16%	4%	No	Yes	No	
(16oz)	1242	70	29	0.3	524	104	132	9	90	26	35%	8%	34%	8%	No	Yes	No	
Black Forest Cake (8oz)	431	16	10	0.1	150	50	42	3	103	5	16%	3%	16%	5%	No	Yes	No	
(16oz)	862	32	19	0.2	300	100	85	6	106	10	33%	5%	33%	9%	No	Yes	No	
Bella Nutella (8oz)	593	27	15	0.0	250	45	82	4	65	7	15%	2%	16%	6%	Yes	Yes	No	
(16oz)	1186	54	30	0.0	500	90	164	8	130	14	29%	5%	31%	3%	Yes	Yes	No	
Birthday Sprinkle Shake (8oz)	416	18	10	0.1	113	50	46	2	33	5	15%	2%	18%	2%	Yes	Yes	No	
(16oz)	831	35	20	0.2	225	100	92	4	65	10	29%	5%	33%	3%	Yes	Yes	No	
Shake (base) (8oz)	273	13	8	0.0	110	45	37	2	25	4	15%	2%	16%	2%	Yes	Yes	No	
(16oz)	545	27	16	0.1	220	90	74	4	50	9	29%	5%	31%	3%	Yes	Yes	No	
SHAKE FLAVOURS (add-ons for 8 oz shake, double values for 16oz)																		
Caramel	76	0	0	0.0	0	0	18	0	17	0	0%	0%	0%	0%	Yes	Yes	Yes	
Cherry	70	0	0	0.0	0	0	18	0	18	0	0%	0%	0%	0%	Yes	Yes	Yes	
Chocolate	84	0	0	0.0	20	0	21	1	16	0	0%	0%	0%	5%	Yes	Yes	No	
Oreo Cookies	137	6	4	0.1	114	0	20	1	11	1	0%	0%	0%	0%	No	Yes	Yes	
Nutella	200	11	4	0.0	15	0	22	1	21	2	0%	0%	4%	6%	Yes	Yes	No	
Peanut Butter	100	8	2	0.0	40	0	3	1	2	4	0%	0%	1%	2%	Yes	Yes	Yes	
Strawberry	104	0	0	0.0	1	0	26	1	24	0	0%	34%	1%	3%	Yes	Yes	Yes	
Vanilla	79	0	0	0.0	5	0	19	0	19	0	0%	0%	0%	0%	Yes	Yes	Yes	
PUMP UP YOUR BURG																		
Avocado	83	8	1	0.0	4	0	4	3	0	1	0%	7%	1%	2%	Yes	Yes	Yes	
Bacon	132	13	4	0.0	223	23	1	0	0	6	0%	0%	1%	1%	Yes	No	No	
Bacon Roasted Tomatoes	52	4	1	0.0	110	4	3	1	2	1	3%	13%	1%	2%	Yes	No	No	
Bacon Sticks	190	10	5	0.0	100	0	14	1	1	2	0%	4%	1%	2%	Yes	Yes	No	
Bananas	44	0	0	0.0	1	0	12	1	6	1	0%	7%	0%	1%	Yes	Yes	Yes	
Beets	37	0	0	0.0	132	0	9	2	8	1	0%	0%	0%	27%	Yes	Yes	Yes	
Blue Cheese	103	9	6	0.3	180	24	1	0	1	6	9%	0%	14%	0%	Yes	Yes	No	
Brie	85	7	4	0.2	180	28	2	0	0	6	6%	0%	9%	0%	Yes	Yes	No	
Canadian Bacon/Peameal Bacon	49	2	1	0.0	284	1	3	0	1	14	0%	0%	0%	4%	Yes	No	No	
Caramelized Onions	63	3	2	0.0	423	8	9	1	5	1	2%	11%	0%	0%	Yes	Yes	Yes	
Cheddar	113	9	6	0.3	227	24	0	0	0	7	9%	0%	19%	0%	Yes	Yes	No	

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Cream Cheese	88	9	5	0.2	126	35	1	0	1	2	0%	0%	0%	0%	Yes	Yes	No	
Egg	43	3	1	0.0	40	121	1	0	0	4	1%	0%	1%	4%	Yes	Yes	No	
Feta	75	7	4	0.2	491	19	0	0	0	5	6%	0%	8%	0%	Yes	Yes	No	
Goat Cheese	75	6	3	0.2	113	24	1	0	0	5	6%	0%	2%	0%	Yes	Yes	No	
Gourmet O-Ring	73	4	0	0.0	130	0	10	0	1	1	0%	1%	2%	0%	No	Yes	No	
Havarti	113	10	7	0.3	198	24	0	0	0	6	9%	0%	14%	0%	Yes	Yes	No	
Hot Peppers	11	0	0	0.0	737	0	2	1	1	1	5%	62%	3%	1%	Yes	Yes	Yes	
Jack Cheese	94	9	6	0.2	198	24	0	0	0	7	8%	0%	14%	0%	Yes	Yes	No	
Kalamata Olives	42	4	0	0.0	217	0	2	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes	
Kraft Dinner	107	3	1	0.1	195	5	16	1	3	4	1%	0%	5%	4%	No	Yes	No	
Maple Bacon	352	29	11	0.0	600	53	6	4	1	5	0%	0%	0%	3%	Yes	No	No	
Peanut Butter	188	15	3	0.0	76	0	6	2	4	8	0%	0%	1%	4%	Yes	Yes	Yes	
Pineapple	22	0	0	0.0	0	0	6	0	5	0	0%	6%	1%	1%	Yes	Yes	Yes	
Pulled Pork	185	9	4	0.0	592	58	8	1	6	17	0%	1%	6%	5%	Yes	No	No	
Red Peppers	10	0	0	0.0	1	0	2	1	1	0	5%	71%	0%	1%	Yes	Yes	Yes	
Sauteed Mushrooms	40	2	1	0.0	16	2	4	2	0	4	0%	0%	0%	0%	Yes	Yes	Yes	
Shredded Cheese 1.5oz	107	9	6	0.3	205	27	0	0	0	7	0%	0%	20%	0%	Yes	Yes	No	
Sundried Tomatoes	61	0	0	0.0	0	13	10	4	6	3	0%	0%	0%	0%	Yes	Yes	Yes	
Tempeh Smoked Bacon	140	5	1	0.0	650	0	10	5	2	12	0%	0%	5%	9%	Yes	Yes	Yes	
Tortilla Chips	154	2	0	0.0	35	0	32	4	0	4	0%	0%	8%	4%	Yes	Yes	Yes	
Vegan Cheese (Chao)	60	5	4	0.0	180	0	4	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes	
BUN																		
BUNS	White	224	4	1	0.0	416	80	38	2	3	6	0%	0%	0%	0%	No	Yes	No
	Gluten-free	254	9	5	0.1	575	0	40	2	8	5	0%	0%	0%	0%	Yes	Yes	No
	Vegan Super Multigrain Bun	201	4	0	0.0	367	0	35	0	4	7	0%	0%	2%	15%	No	Yes	Yes
KIDS MENU																		
KIDS MENU	Plain Jack Junior Burger	185	11	5	0.5	337	65	1	0.5	0	22	0%	0%	1%	15%	Yes	No	No
	Cheese Please Burger	298	20	9	0.8	564	89	1	0.5	0	29	9%	0%	19%	15%	Yes	No	No
	Bacon me crazy cheeseburger	430	33	15	0.8	787	112	2	0.5	0	35	9%	0%	21%	16%	Yes	No	No
	Kid's Free Ice Cream	272	9	5	0.0	117	20	48	2	33	2	6%	0%	4%	5%	No	Yes	No
	Dino Chicken Nuggets	413	27	4	0.4	773	60	25	1	5	15	0%	0%	1%	12%	No	No	No
Fry-Day Poutine	817	43	10	0.7	1420	43	89	8	1	19	10%	42%	32%	25%	Yes	Yes	No	