



EST. 2001

Nutritionals Updated: 04/19/2022

	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	
<b>STARTERS</b>																		
<b>APPS</b>	Cauliflower Dreamin' Bites (1/3 portion) incl dip	334	9	2	0	896	0	28	3	7	1	1%	8%	1%	2%	Yes	Yes	No
	Crispy Dills (1/3 portion) incl dip	552	10	0	0	991	1	21	0	0	0	0%	0%	0%	2%	Yes	Yes	No
	Tower-O-Rings (1/3 portion) incl dip. In range	295	28	3	0	661	10	42	1	5	5	0%	3%	9%	1%	No	Yes	No
<b>DIPSTICKS / DRESSINGS</b>																		
<b>DIPSTICKS / DRESSINGS</b>	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 Blue Cheese Ranch	110	10	4	0.2	221	16	1	0	1	3	5%	0%	8%	0%	Yes	Yes	No
	Buttermilk Ranch	110	12	1	0.1	259	6	1	0	2	0	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
	Creamy Garlic	197	20	4	0.1	338	12	2	0	0	1	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	62	0	0	0.0	2225	0	13	3	10	2	50%	79%	0%	6%	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
	Sour Cream	50	4	3	0.1	40	15	2	0	1	1	4%	0%	0%	0%	Yes	Yes	No
	Smokey BBQ	40	0	0	0.0	546	0	9	1	6	1	1%	1%	0%	0%	Yes	Yes	Yes
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	
<b>BURGER PATTIES</b>																		
<b>BURGER PATTIES</b>	Fresh 100% Canadian Beef (8oz)	370	22	9	1.0	675	130	1	1	0	44	0%	0%	2%	30%	Yes	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
	Impossible Burger (4oz)	240	14	8	0.0	370	0	9	3	1	18	0%	0%	13%	28%	Yes	Yes	Yes
	Gourmet Veggie (4oz)	174	12	1	0.0	378	0	7	6	0	16	0%	0%	0%	0%	Yes	Yes	Yes
	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
	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
<b>BUN</b>																		

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<b>BUNS</b>	White	224	4	1	0.0	416	80	38	2	3	6	0%	0%	0%	0%	No	Yes	No
	Vegan Super Multigrain Bun	201	4	0	0.0	367	0	35	0	4	7	0%	0%	2%	15%	No	Yes	Yes
	Gluten-free	254	9	5	0.1	575	0	40	2	8	5	0%	0%	0%	0%	Yes	Yes	No
<b>BURGER TOPPING COMBINATIONS</b>																		
<b>BURGER TOPPING COMBINATIONS</b>	Babewatch	177	16	7	0.2	202	24	4	3	0	8	8%	7%	15%	2%	Yes	Yes	No
	Bacon You Fancy	718	64	20	0.5	1079	90	9	5	2	13	14%	17%	21%	6%	Yes	No	No
	B.A.B Burger	289	27	8	0.4	380	32	4	1	2	7	11%	11%	20%	1%	Yes	Yes	No
	Born To Brie Good	455	44	12	0.4	556	63	6	2	0	16	6%	0%	10%	1%	Yes	No	No
	Blues Burger	347	32	14	0.5	623	63	2	0	1	15	15%	0%	23%	1%	Yes	No	No
	Crappy Tire	166	7	4	0.2	412	28	24	1	20	6	7%	17%	10%	1%	Yes	Yes	No
	Elk On A Beech	364	31	7	0.3	530	113	15	8	6	8	7%	-33%	9%	13%	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
	Gotta Be KD Burger	220	13	7	0.3	422	29	16	1	3	10	10%	0%	24%	4%	No	Yes	No
	Hamburger Mary	494	48	14	0.5	630	178	2	0	1	17	12%	9%	22%	5%	Yes	No	No
	Magic Mushroom Melt	216	14	8	0.3	666	34	13	3	5	12	12%	11%	19%	0%	Yes	Yes	No
	Smoke on the Cheddar	246	23	10	0.3	450	46	0	0	0	12	9%	0%	20%	1%	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	2847	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
	Loaded Lucy	346	35	7	0.2	587	33	5	1	2	7	8%	13%	2%	2%	Yes	No	No
	Love Goat	267	19	8	0.2	568	46	17	0	15	11	7%	11%	3%	1%	Yes	No	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
	Tragically Maple	765	163	9	0.0	1072	96	24	5	10	14	15%	2%	25%	2%	No	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	
Three Ring Binder	473	32	9	0.3	752	36	36	3	4	15	10%	4%	22%	1%	No	Yes	No	
War Pig	537	40	17	0.3	1279	78	17	6	6	16	11%	1%	19%	3%	Yes	No	No	

**SIDES**

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<b>SIDES</b>	Fresh Cut Fries	620	31	3	0.1	221	0	80	8	1	9	0%	42%	2%	25%	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
	Cukes & Celery	30	31	3	0.1	329	0	86	11	4	10	9%	53%	8%	29%	Yes	Yes	Yes
	Weeds	25	0	0	0.0	15	0	5	2	3	1	15%	40%	3%	5%	Yes	Yes	Yes
<b>PREMIUM SIDES</b>	Side Caesar <i>(incl. dressing)</i>	371	33	10	0.1	635	50	13	2	1	8	5%	8%	5%	7%	No	No	No
	Side Greek <i>(incl. dressing)</i>	197	17	4	0.2	737	10	9	2	3	4	6%	41%	6%	5%	Yes	Yes	No
	Sweet Potato Fries	440	22	2	0.1	140	0	59	7	24	3	0%	0%	0%	0%	Yes	Yes	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 Poutini Martini	964	44	10	0.7	1620	43	109	9	4	22	10%	42%	32%	25%	Yes	Yes	No
	Side Tragically Maple Poutine	884	46	11	0.7	1793	64	94	9	4	25	10%	42%	33%	28%	Yes	No	No
<b>POUTINES</b>																		
<b>POUTINE</b>	Poutine Chez Guy	1634	86	20	1.4	2839	85	178	16	2	38	19%	83%	65%	50%	Yes	Yes	No
	Poutini 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
<b>SAMS</b>																		
<b>SAM</b>	Double Crunch Buffalo Blues	832	62	16	0.5	3056	259	70	4	8	60	78%	-39%	30%	18%	No	No	No
	Chicken Fight Club	689	55	15	0.4	1640	247	48	4	5	57	20%	-29%	25%	19%	No	No	No
<b>SALADS</b>																		
<b>SALADS</b>	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	370	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
	Big Fat Greek <i>(includes dressing)</i>	488	40	10	0.5	1941	30	22	5	8	11	15%	85%	18%	15%	Yes	Yes	No
<b>BEVERAGES</b>																		
	Virgin Arnold	137	0	0	0.0	21	0	34	0	32	1	0%	35%	0%	2%	Yes	Yes	Yes
	Cranberry Juice	246	0	0	0.0	66	0	59	0	59	0	0%	315%	0%	0%	Yes	Yes	Yes
	Lemonade	158	0	0	0.0	7	0	38	0	34	3	0%	63%	0%	3%	Yes	Yes	Yes
	Apple Juice	200	0	0	0.0	27	0	49	0	45	0	0%	181%	0%	4%	Yes	Yes	Yes
	Orange Juice	180	0	0	0.0	22	0	42	1	33	3	15%	150%	3%	4%	Yes	Yes	Yes
	Milk	260	10	6	0.2	240	40	24	0	24	18	20%	0%	60%	0%	Yes	Yes	No

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Chocolate Milk	427	10	6	0.2	281	40	65	1	56	19	20%	0%	61%	10%	Yes	Yes	No	
Pepsi	156	0	0	0.0	43	0	43	0	43	0	0%	0%	0%	0%	Yes	Yes	Yes	
Diet Pepsi	0	0	0	0.0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes	
7 Up	142	0	0	0.0	43	0	38	0	38	0	0%	0%	0%	0%	Yes	Yes	Yes	
Gingerale	124	0	0	0.0	26	0	32	0	32	0	0%	0%	1%	5%	Yes	Yes	Yes	
Root Beer	180	0	0	0.0	68	0	47	0	47	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	
Iced Tea	116	0	0	0.0	36	0	30	0	30	0	0%	6%	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	
<b>SHAKES</b>																		
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	
Birthday Cake Cookie Dough (8oz)	584	25	15	0.1	447	56	85	4	58	7	15%	2%	20%	17%	No	No	No	
(16oz)	1168	51	30	0	894	111	169	8	115	14	29%	5%	31%	3%	No	No	No	
Bella Nutella (8oz)	593	27	15	0.0	250	45	82	4	65	7	15%	2%	16%	6%	Yes	No	No	
(16oz)	1186	54	30	0	500	90	164	8	130	14	29%	5%	31%	3%	Yes	No	No	
Shake What Your Brownie Gave Ya (8oz)	563	23	14	0.1	315	83	84	4	60	7	21%	2%	20%	17%	No	No	No	
(16oz)	1126	46	29	0	630	166	168	8	120	14	29%	5%	31%	3%	no	No	No	
Shake (base) (8oz)	273	13	8	0.0	110	45	37	2	25	4	15%	2%	16%	2%	Yes	No	No	
(16oz)	545	27	16	0.1	220	90	74	4	50	9	29%	5%	31%	3%	Yes	No	No	
<b>SHAKE FLAVOURS (add-ons for 8 oz shake, double values for 16oz)</b>																		
Brownie Bites	170	7	3	0.1	85	38	24	1	16	2	6%	0%	4%	15%	No	Yes	No	
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	Yes	
Cookie Dough	191	9	4	0.1	216	11	25	1	14	2	0%	0%	4%	15%	No	No	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	
<b>PUMP UP YOUR BURG TOPPINGS</b>																		
Bananas	44	0	0	0.0	1	0	12	1	6	1	0%	7%	0%	1%	Yes	Yes	Yes	
Bacon Sticks	190	10	5	0.0	100	0	14	1	1	2	0%	4%	1%	2%	Yes	Yes	No	
Beets	37	0	0	0.0	132	0	9	2	8	1	0%	0%	0%	27%	Yes	Yes	Yes	

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Cheddar	113	9	6	0.3	227	24	0	0	0	7	9%	0%	19%	0%	Yes	Yes	No	
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	
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	
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	
Red Peppers	10	0	0	0.0	1	0	2	1	1	0	5%	71%	0%	1%	Yes	Yes	Yes	
Sundried Tomatoes	61	0	0	0.0	0	13	10	4	6	3	0%	0%	0%	0%	Yes	Yes	Yes	
Avocado	83	8	1	0.0	4	0	4	3	0	1	0%	7%	1%	2%	Yes	Yes	Yes	
Canadian Bacon	49	2	1	0.0	284	1	3	0	1	14	0%	0%	0%	4%	Yes	No	No	
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	
Brie	85	7	4	0.2	180	28	2	0	0	6	6%	0%	9%	0%	Yes	Yes	No	
Blue Cheese	103	9	6	0.3	180	24	1	0	1	6	9%	0%	14%	0%	Yes	Yes	No	
Caramelized Onions	63	3	2	0.0	423	8	9	1	5	1	2%	11%	0%	0%	Yes	Yes	Yes	
Sauteed Mushrooms	40	2	1	0.0	16	2	4	2	0	4	0%	0%	0%	0%	Yes	Yes	Yes	
Goat Cheese	75	6	3	0.2	113	24	1	0	0	5	6%	0%	2%	0%	Yes	Yes	No	
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	
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	
<b>KIDS MENU</b>																		
Cheese Boiga	114	9	6	0.3	227	24	0	0	0	7	9%	0%	19%	0%	No	Yes	No	
Julian's Cash Burger	180	16	8	0.3	338	35	0	0	0	10	9%	0%	19%	0%	Yes	Yes	No	
McKayla's Mega Mac	157	11	6	0.3	305	26	6	0	1	8	10%	0%	21%	2%	No	Yes	Yes	
Sophia's K.D. Supreme	299	9	2	0.1	547	14	44	2	8	10	2%	1%	13%	13%	No	Yes	No	
Grilled Cheese	392	15	9	0.4	909	35	47	2	1	16	13%	7%	26%	107%	No	Yes	No	
Nolan's Poutine	817	43	10	0.7	1420	43	89	8	1	19	10%	42%	32%	25%	Yes	Yes	No	
Kid's Free Ice Cream	272	9	5	0.0	117	20	48	2	33	2	6%	0%	4%	5%	No	Yes	No	
Spencers Nutella Crunch	566	53	19	0.0	848	76	28	25	3	6	0%	0%	7%	9%	No	No	No	