



TRIPLE O'S NUTRITIONAL INFORMATION

Updated April 2017

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
Baja Breakfast Sandwich	On White Bread	277	598	31.3	4.9	0.0	366.3	884.8	55.6	2.1	4.7	26.3	19	10	12	44
Baja Breakfast Sandwich	On Multigrain Bread	287	624	33.8	5.1	0.0	366.3	840.8	58.4	8.7	3.8	25.1	19	8	13	39
Bigger 2-Egg Breakfast	No Toast	285	529	35.4	9.9	0.1	403.9	936.7	20.0	1.5	1.4	30.8	21	8	8	19
Multigrain Toast	1 Slice, buttered	60	179	6.8	2.9	0.0	11.0	231.0	26.4	3.3	0.6	4.4	2	0	3	9
White Toast	1 Slice, buttered	55	165	5.6	2.7	0.0	11.0	253.0	25.0	0.0	0.1	5.0	2	1	3	11
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
Baja Chicken Burger		355	746	38.9	4.6	0.1	45.0	1581.3	66.6	6.4	12.1	31.8	13	15	11	42
	Without Sauce	315	565	20.4	2.5	0.1	35.0	1550.2	62.4	4.8	10.6	31.0	10	11	9	27
Spicy Ultimate Crunch		310	703	37.6	5.7	0.3	53.0	1256.6	63.0	4.8	11.1	27.1	10	11	9	28
	Without Sauce	281	501	15.6	2.5	0.1	35.0	1114.8	62.4	4.8	10.6	26.6	10	10	9	27
Buffalo Chicken Club		355	714	34.1	7.2	0.3	66.0	2100.1	63.7	4.8	11.6	36.3	16	10	24	37
	Without Sauce	315	644	27.1	6.7	0.3	56.0	1445.1	62.7	4.8	10.6	36.3	16	10	24	27
Grilled Chicken Feta Burger		384	548	17.6	3.9	0.1	93.0	871.7	57.2	2.8	1.0	36.8	10	20	19	24
	Without Sauce	350	468	10.6	3.3	0.1	83.0	671.7	55.2	2.8	1.0	36.0	10	20	15	24
Surf & Turf Burger		363	795	46.2	13.9	0.2	164.6	999.1	64.8	1.3	18	35.6	17	24	9	34
	Without Sauce	328	659	35.3	12.3	0.1	155.6	698.2	56	1.3	10.8	35.3	16	22	8	33
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 April 2017

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
Caesar Salad		151	328	28.0	3.7	0.1	36.4	484.4	14.5	1.8	2.0	6.6	148	9	12	64
Kid's Grilled Cheese	On White Bread	148	436	16.8	9.3	0.4	43.7	1195.9	54.7	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
Shrimp & Chips	7 pieces with fries	344	754	42.5	3.9	0.1	116.7	1065.5	76.5	3.1	22.7	20	8	33	7	26
Fish, Shrimp & Chips	2-Pieces of fish, 3 Shrimp, and fries	433	1050	66.3	6.1	0.1	95									
Fries	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
	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
	Side Caesar Dressing	207	492	38.1	4.5	0.1	37.1	418.0	32.5	3.1	1.7	7.2	3	30	11	46
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 (24 oz)	644	761	41.8	25.3	1.0	148.5	230.4	84.8	0.0	70.0	13.7	44	0	46	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 (24 oz)	676	840	42.3	25.6	1.0	148.5	357.8	104.0	1.7	78.9	14.9	44	0	47	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 (24 oz)	453	709	37.1	24.3	0.9	142.5	204.8	77.7	1.1	68.9	13.9	42	24	45	1
Cookie & Cream Milkshake	Small (12oz)	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 (24oz)	688	1005	55.9	32.6	1.1	148.5	240.4	113.6	1.4	80.8	16.2	44	0	47	13
Chocolate Chunk Cookie	1 Cookie	38	170	8.0	3.5	0.0	10.0	120.0	23.0	1.0	14.0	2.0	8	0	0	6