

Sides	Portion Size	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
Recipe Name															
Apple Walnut Salad (Get the Good Stuff)	96 grams	81	3	0	0	0	15	13	2	10	2	1	10	3	2
Asian Rice Noodle Salad (Get the Good Stuff)	95 grams	154	9	1	0	0	122	18	1	4	2	11	25	1	2
Baked Quinoa Ratatouille Casserole with Feta (Get the Good Stuff)	369 grams	347	14	5	0	19	637	46	6	7	13	18	120	8	37
Barley Salad with Sweet Corn & Cilantro (Get the Good Stuff)	120 grams	215	12	2	0	0	264	25	5	2	3	2	8	2	7
Carrots, Fresh, Sliced, Roasted (Get the Good Stuff)	118 mL	89	3	0	0	0	172	15	4	7	1	125	15	5	4
Carrots, Fresh, Sliced, Steamed (Get the Good Stuff)	118 mL	34	0	0	0	0	57	8	2	4	1	69	8	2	2
Cauliflower Kale Calcannon (Get the Good Stuff)	130 grams	90	2	0	0	1	309	17	2	2	3	11	73	4	6
Cauliflower, Fresh, Steamed (Get the Good Stuff)	118 mL	18	0	0	0	0	21	4	1	1	1	0	57	1	2
Chickpea, Cucumber, Tomato Salad (Get the Good Stuff)	85 grams	84	5	0	0	0	94	8	2	2	2	17	15	2	8
Cranberry Spinach Orzo (Get the Good Stuff)	105 grams	162	3	0	0	0	196	32	2	10	4	7	8	3	9
Eggplant, Grilled (Get the Good Stuff)	85 grams	86	7	1	0	0	95	7	4	3	1	0	5	1	2
Fresh Grilled Corn Cob (Get the Good Stuff)	90 grams	109	5	1	0	0	412	17	2	6	3	1	10	0	4
Fresh Grilled Vegetables in Balsamic Vinaigrette (Get the Good Stuff)	140 grams	117	8	1	0	0	345	11	2	8	2	31	130	2	4
Fresh Zucchini Tomato Sauté (Get the Good Stuff)	118 mL	54	3	1	0	0	310	6	2	4	2	4	40	2	5
Hot German Potato Salad (Get the Good Stuff)	106 grams	97	2	1	0	2	83	19	2	2	2	0	30	1	6
Lemon and Herbs Corn (Get the Good Stuff)	118 mL	106	2	0	0	0	117	22	3	4	3	2	13	1	4
Lentil Almond Brown Rice Salad (Get the Good Stuff)	114 grams	170	4	0	0	0	34	27	3	4	6	1	17	2	11
Maple Glazed Acorn Squash (Get the Good Stuff)	140 grams	144	3	0	0	0	33	31	3	14	2	3	27	8	13
Minted Pea Salad (Get the Good Stuff)	85 grams	156	10	1	0	0	214	12	4	5	4	7	15	2	12
Mushrooms, Roasted (Get the Good Stuff)	118 mL	108	10	1	0	0	53	4	1	2	3	0	3	1	4
Pan-seared Scallops Gremolata (Get the Good Stuff)	123 grams	140	6	0	0	34	361	4	0	0	19	3	18	3	3
Pear, Fennel & Goat Cheese Salad (Get the Good Stuff)	60 grams	77	5	1	0	6	56	8	1	5	1	10	18	2	2
Potatoes, Mashed with Spinach & Roasted Red Onions (Get the Good Stuff)	153 grams	148	3	1	0	2	255	28	3	3	4	8	67	5	11
Roasted Carrots (Get the Good Stuff)	118 mL	106	4	0	0	0	201	19	5	9	2	160	18	6	5
Superfood Energy Salad w/ Balsamic Dressing (16oz) (Get the Good Stuff)	160 grams	127	2	0	0	0	19	20	5	3	8	43	47	6	17
Vegetable Medley (Get the Good Stuff)	118 mL	38	1	0	0	0	69	6	2	2	2	21	58	2	3
Asian Style Beef Poutine w/ 3/8" Fries	353 grams	996	60	12	1	69	1302	87	7	8	28	21	27	6	21
Asian Style Beef Poutine w/ 7/16" Fries	373 grams	855	47	11	1	69	1314	79	9	8	29	21	228	6	23
Bacon Cheese Burger Poutine Fresh Cut 7/16" Fries	362 grams	870	52	12	1	70	984	72	8	0	28	11	227	5	19
Bacon Cheese Burger Poutine Straight Cut 3/8" Frie	342 grams	1014	64	14	1	70	972	81	6	0	27	11	25	6	17
Butter Chicken Poutine w/ Fresh Cut 7/16" Fries	347 grams	789	44	10	1	71	693	71	8	2	28	14	228	8	17
Butter Chicken Poutine w/ Straight Cut 3/8" Fries	327 grams	933	57	11	1	71	681	79	7	2	27	14	25	8	16
Buttered Fusilli Pasta 12 oz	228 grams	207	9	5	0	21	2	27	1	1	5	7	0	1	8
Buttered Linguine Pasta 12 oz	280 grams	523	10	5	0	21	8	92	4	3	16	7	0	3	29
Buttered Penne Pasta 12 oz	231 grams	350	9	5	0	21	6	57	2	2	10	7	0	2	18
Caesar Side Salad	237 mL	117	6	2	0	14	279	11	2	2	6	23	20	5	6
California Roll Salad	123 grams	174	5	1	0	9	434	28	1	6	5	13	10	2	5
Canadiana Pulled Beef Poutine Fresh Cut 7/16" Fry	368 grams	915	48	11	1	72	1548	94	9	19	30	13	238	6	25
Canadiana Pulled Beef Poutine Straight Cut 3/8" Fry	348 grams	1059	60	12	1	72	1535	102	7	19	29	13	35	6	23
Canadiana Pulled Pork Poutine Fresh Cut 7/16" Fry	368 grams	907	45	10	1	62	1738	102	9	28	25	13	238	6	19
Canadiana Pulled Pork Poutine Straight Cut 3/8" Fry	348 grams	1051	58	11	1	62	1726	110	7	28	24	13	37	6	17
Caponata Pasta Salad	170 grams	351	19	3	0	1	274	39	3	6	7	4	35	4	15
Cucumber Raita	3000 mL	1342	2	0	0	0	3261	124	10	107	212	29	138	131	48
Garlic Breadstick	46 grams	170	6	2	0	0	250	23	0	2	3	4	0	0	8
Greek Poutine w/ Fresh Cut 7/16" Fries	357 grams	768	44	10	1	46	920	73	8	1	19	13	228	6	14
Greek Poutine w/ Straight Cut 3/8" Fries	337 grams	911	57	11	1	46	908	81	7	1	18	13	27	6	12

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Recipe Name															
Mashed Potatoes	118 mL	112	3	2	0	9	163	19	2	2	3	3	32	3	6
Mexican Poutine w/ Fresh Cut 7/16" Fries	365 grams	898	56	12	1	67	1017	74	8	2	25	15	230	5	19
Mexican Poutine w/ Straight Cut 3/8" Fries	345 grams	1042	68	13	1	67	1004	82	7	2	24	15	27	5	17
Noodles, Soba,cooked	180 mL	203	1	0	0	0	511	43	2	1	7	0	0	3	16
Noodles,Vermicelli,cooked	180 mL	150	0	0	0	0	50	34	1	0	3	0	0	0	0
Potatoes, Red, Mashed with Goat Cheese	150 grams	147	4	2	0	17	354	23	2	3	6	4	20	4	8
Potatoes, Red, Mashed with Miso & Chives	155 grams	145	4	0	0	0	511	25	3	3	4	0	22	2	10
Sautéed Lemon Broccolini	65 grams	38	2	1	0	4	146	6	3	1	3	5	72	5	4
Signature Cajun Potato Chips	56 grams	450	37	4	1	0	380	26	3	1	3	0	28	1	8
Signature Chipotle Mango Potato Chips	56 grams	449	37	4	1	0	378	26	3	1	3	0	28	1	8
Signature Jerk Potato Chips	56 grams	450	37	4	1	0	402	26	3	1	3	0	28	1	8
Signature Potato Chips	56 grams	449	37	4	1	0	464	26	3	1	3	0	28	1	8
Thai Shrimp Cakes	106 grams	256	15	6	0	132	549	18	3	3	16	7	8	4	18
Twisted Breadsticks	37 grams	112	3	1	0	5	191	18	1	1	4	2	0	2	0
Vegetarian Chili Baked Potatoes	116 grams	389	8	1	0	0	910	71	10	8	14	24	93	9	32
Wonton Chips, Baked	15 grams	42	0	0	0	3	26	8	1	0	2	0	0	0	4

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.