



At Cora, we've been serving our dishes fresh and tasty for the past 30 years. We want to offer you the best there is so every visit is memorable.

#### Note

This guide provides nutritional information on products based on the formulations used as of the date indicated at the bottom of each table. This information may be updated at any time without notice.

Nutritional values are obtained from software analyses, published documentation or information provided by Cora suppliers. They are based on formulations and current compositions of Cora menu items. Nutritional values may vary depending on choice of plate garnish, fruit used, restaurant preparation and suppliers. Substituting ingredients and modifying dishes to meet special requests may alter the nutritional value.

Values have been rounded off according to federal recommendations for nutritional labels. Products being tested as well as products offered for a limited time only are not included in this list. For any questions about the nutritional information of our products, please write to [infonutrition@chezcora.com](mailto:infonutrition@chezcora.com).

According to Health Canada, the amount of calories you need each day depends on your age, gender, body size, activity level and if you are pregnant or breastfeeding. Your own daily needs of potassium, calcium and iron may be lower or higher than what is indicated. To know more about your daily needs pertaining to all of the other nutritional information included in this guide, we also invite you to visit Health Canada's official website. If, for health reasons, you are required to follow a specific diet, we invite you to consult a health professional for guidance on dietary choices.

## Beverages

	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
Watermelon, guava and strawberry cocktail	120	0.3	0	0	0	10	31	2	24	1	330	30	1.25
Banana, pineapple, guava and dragon fruit cocktail	170	0.1	0.1	0	0	10	43	2	37	1	210	30	0.5
Orange, peach and carrot cocktail	280	0.3	0	0	0	15	71	5	65	2	340	20	1.25
Peach, mango and apple cocktail	300	0.2	0	0	0	10	73	4	67	2	210	20	0.5
Strawberry and mango iced tea cocktail	80	0.1	0	0	0	3	18	2	13	1	130	10	0.75
Strawberry-banana smoothie	200	2.5	1.5	0	10	65	37	2	33	5	350	175	0.3
Mango-banana smoothie	200	2.5	1.5	0	10	65	37	2	32	5	340	175	0.2
Kale-mango smoothie	220	3	1.5	0	10	80	41	3	34	6	530	250	0.75
Sweet peach smoothie	230	2	0.3	0	0	55	42	3	40	5	370	200	0.75
Pomegranate and berries smoothie	270	2.5	1.5	0	10	65	56	5	43	5	540	175	1
Raspberry Pina Colada smoothie	270	4.5	2.5	0	0	80	52	5	40	4	370	175	0.75
Iced cappuccino	380	17	10	0.1	60	110	49	0	36	8	300	225	0.3
Cora orange juice	170	0.5	0.1	0	0	15	39	1	31	2	650	40	0.4
Soy beverage	120	5	0.5	0	0	110	4	3	1	10	470	450	1.25
Regular coffee	0	0	0	0	0	0	0	0	0	0	0	0	0
Espresso	0	0	0	0	0	0	0	0	0	0	0	0	0
Cappuccino cup	35	1.5	1	0.1	5	30	3	0	3	2	100	75	0.1
Cappuccino bowl	70	2.5	1.5	0.1	10	60	7	0	7	4	190	150	0.1
Mochaccino cup	140	6	3.5	0.2	25	105	18	0	15	4	230	150	0.4
Mochaccino bowl	260	10	6	0.3	40	210	34	0	29	9	460	300	0.75
Café latte cup	70	2.5	1.5	0.1	10	60	6	0	7	4	190	150	0
Café latte bowl	130	5	3.5	0.2	20	125	13	0	13	9	370	300	0.1
Maple café latte	130	2.5	1.5	0.1	10	65	24	0	22	4	250	175	0.1
Iced coffee	60	2.5	1.5	0.1	10	45	6	0	6	3	140	125	0
Iced mochaccino	160	4.5	3.5	0.1	10	200	26	1	22	4	340	150	1
Tea or herbal tea	90	0	0	0	0	4	24	1	23	0	0	0	0
Hot chocolate	120	3.5	3	0.1	5	150	22	1	18	1	200	40	1

	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
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### Fresh fruit

Peggy's poached <sup>(1)</sup>	460	8	2.5	0.2	185	690	71	7	42	30	950	300	2.5
Kale-mango smoothie bowl	600	15	9	0	20	170	96	10	56	18	1100	500	3
Bowl of fresh fruit <sup>(1)</sup>	170	1	0.2	0	0	15	44	5	31	3	740	40	1
Yogurt harvest crunch	680	7	2.5	0	10	85	142	12	87	21	1390	400	3
Samira wake-up	440	2	0.3	0	0	40	109	15	80	7	1700	150	2
Samira wake-up with Cheddar cheese	680	21	14	0.5	70	360	113	15	80	21	1740	550	2
Ode to oatmeal <sup>(1)</sup>	470	13	6	0.2	35	70	81	6	37	12	330	150	3
Regular oatmeal <sup>(1)</sup>	530	14	6	0.3	30	50	89	6	44	12	250	75	3

### French toast

1990's harvest	1110	40	14	0.1	290	900	159	9	73	32	900	150	6.5
Strawberry avalanche	500	10	2.5	0.1	110	410	91	8	49	12	660	175	1.75
Surprise with ham	590	18	7	0.2	240	810	88	6	42	26	1010	350	5
Surprise with bacon	640	24	9	0.2	250	690	86	6	42	26	910	350	5
Brioche for Elise	1140	42	19	0.5	235	740	167	9	77	28	480	300	6
French toast with bacon	530	26	9	0.1	155	870	53	2	20	22	270	150	1
French toast with sausages	730	44	15	0.2	165	1430	60	2	21	23	390	150	1.75
French toast with turkey sausages	510	19	5	0.2	180	1090	56	2	20	27	530	150	1.75
French toast with ham	540	19	5	0.1	160	1710	61	2	21	31	610	150	1.5
French toast with fruit	510	10	2.5	0.1	110	430	95	7	50	14	1000	175	1.5

### Waffles

Bananas cocoa-hazelnut custard	990	20	8	0.3	65	1390	195	8	92	18	1170	450	5
Bananas salted caramel	1010	18	9	0.3	70	1480	202	8	100	17	1150	450	4
Strawberries	780	15	6	0.3	55	1360	148	10	69	16	570	450	5
Fresh fruit	790	15	6	0.3	55	1370	154	7	74	16	740	450	4

### Fruit crêpes

April 89 with custard	760	17	8	0.2	140	280	136	8	61	22	1090	350	5
April 89 with cocoa-hazelnut spread	970	35	9	0.1	105	290	157	12	86	22	1280	250	8
Banana-blast	1070	35	9	0.1	105	270	183	11	92	22	1600	250	8
Tasty strawberries with custard	690	17	7	0.2	140	270	116	10	46	21	810	350	5
Tasty strawberries with cocoa-hazelnut spread	900	35	9	0.1	105	270	137	14	71	21	1000	300	8.5
Gourmet crêpe	780	35	17	0.5	150	710	95	7	48	22	520	250	3

	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
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### Pancakes

Blueberry fields	1100	28	11	0.5	135	2750	190	7	64	26	460	750	7.5
Triple chocolat	1470	45	18	0.1	70	2600	254	14	116	26	1140	600	11
Strawberry-banana	1080	17	5	0.2	80	2650	215	12	76	24	1330	600	8.5
Nature with bacon	890	26	8	0	95	3060	136	5	25	29	450	500	7.5
Nature with sausage	1200	45	14	0.1	105	3640	170	8	46	33	1070	550	8.5
Nature with turkey sausages	980	20	4	0.1	120	3300	166	8	45	37	1210	550	8.5
Nature with ham	910	20	4	0	100	3890	144	6	25	38	790	500	8
Plain pancakes with fruit	880	11	1.5	0	50	2620	180	10	55	22	1250	550	8
Plain with plant-based breakfast sausage patty	980	28	8	0.1	50	3000	142	8	25	39	1050	550	13

### Savoury crêpes

The Boss' favourite	1300	77	35	1	585	1690	95	5	28	60	1030	800	6
Sunshine panini-crêpe with ham	860	35	16	0.5	480	1220	93	7	36	45	1320	500	5
Sunshine panini-crêpe with bacon	850	39	18	0.5	475	740	89	7	36	39	1130	500	5
Buckwheat blessing	1450	74	32	1	230	2330	157	16	40	49	1460	750	5
Spinach and Cheddar	910	44	27	1	220	790	90	8	28	44	1080	1000	4
Halloumi and Chorizo	1160	62	30	1	400	2490	99	7	33	51	1150	1050	7.5
Plain crêpes regular flour with fruit	950	19	6	0	200	420	166	9	42	33	1330	350	8
Plain crêpes buckwheat-sorghum flour with fruit	860	18	7	0	195	270	156	18	46	31	1900	350	7
Add bacon	190	13	5	0	50	890	2	0	1	15	0	0	0.5
Add sausages	390	34	13	0.1	55	1020	8	0	1	12	120	10	1
Add turkey sausage	150	7	2	0.1	70	660	4	0	0	16	250	10	1
Add ham	200	10	3	0	50	1300	8	0	1	20	340	20	0.75
Add plant-based breakfast sausage patty	260	19	8	0.2	0	460	5	4	0	20	330	100	4

### Crêpomelettes

Chorizo and goat cheese	1260	63	21	1	485	2390	131	10	32	46	1170	300	7
Spinach and Cheddar	1180	58	22	1	475	1710	126	9	30	40	1050	550	5
Western-Cheddar	1190	62	23	1	505	2390	109	7	13	49	850	500	5

	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
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### Eggs

Cora's Special <sup>(1)</sup>	1210	57	17	0.5	445	3290	127	9	30	48	970	250	5.5
Rosemary's Sunday <sup>(1)</sup>	1250	46	12	0.5	415	3180	172	11	42	40	910	400	7
Jo construction <sup>(1)</sup>	1160	74	24	0.5	600	2410	84	7	23	42	790	125	4
Gargantuan Breakfast <sup>(1)</sup>	1310	63	19	0.5	470	3830	131	9	31	58	970	250	6

### Eggs with accompaniment

1 egg, potatoes	470	16	3	0.5	170	910	75	7	20	12	560	75	1.25
2 eggs, potatoes	560	23	5	0.5	340	990	75	7	21	17	620	100	2
3 eggs, potatoes	630	27	6	0.5	510	1050	76	7	21	23	670	100	2.5
Add bacon	190	16	6	0	45	460	0	0	0	11	0	0	0.3
Add ham	390	34	13	0.1	55	1020	8	0	1	12	120	10	1
Add frankfurters	150	7	2	0.1	70	660	4	0	0	16	250	10	1
Add turkey sausages	200	10	3	0	50	1300	8	0	1	20	340	20	0.75
Add sausages	510	26	9	0.5	135	1660	9	2	0	24	290	125	3
Add bologna	300	24	8	0	95	950	6	0	1	15	220	75	2
Add cretons	150	11	4	0	35	380	3	0	1	10	180	20	0.75
Add baked beans	190	4.5	1.5	0	5	510	30	6	11	8	420	75	2.25
Add black bean patty	120	7	1	0	0	320	13	3	2	4	0	30	1
Add plant-based breakfast sausage patty	270	18	7	0.1	0	400	6	3	0	20	600	100	6
Add Steak strips	110	3	1	0.1	40	50	0	0	0	20	270	10	1.25
Add Canadian peameal bacon	130	7	2	0	35	800	2	0	0	16	0	0	0.75

### Eggs with fruit

1 egg, fruit <sup>(1)</sup>	270	8	2	0.1	170	105	45	5	31	9	860	75	1.75
2 eggs, fruit <sup>(1)</sup>	340	13	3.5	0.1	340	160	46	5	32	14	910	100	2.25
3 eggs, fruit <sup>(1)</sup>	400	17	5	0.1	510	220	46	5	32	20	960	125	3

### Our sweet'n salty

Louis the undecided <sup>(1)</sup>	1190	55	15	0.5	455	2010	137	10	44	42	780	200	6
Mountain of banana-chocolate waffle for Adam <sup>(1)</sup>	1150	48	14	0.5	410	2130	149	8	50	35	710	300	5
Mountain of banana-caramel waffle for Adam <sup>(1)</sup>	1170	46	15	0.5	415	2220	157	8	58	34	690	250	3.5
Paul wants it all <sup>(1)</sup>	1020	43	13	0.5	400	2100	127	7	37	33	430	250	3.5
Jessica born in 89 custard <sup>(1)</sup>	1070	48	16	0.5	465	1580	124	7	33	37	590	225	4
Jessica born in 89 chocolate <sup>(1)</sup>	1180	58	17	0.5	445	1580	136	9	46	37	680	200	6
Strawberry avalanche for Fannie <sup>(1)</sup>	880	43	12	0.5	440	1630	91	7	23	31	370	125	2.25
The Club's youngest <sup>(1)</sup>	1230	58	17	0.5	445	1580	147	10	48	38	930	175	6

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.

Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

### Eggs Ben et Dictine

Spinach, onions, mushrooms and goat cheese (1 egg)	820	39	11	0.5	190	1460	119	11	41	20	1170	200	3
Spinach, onions, mushrooms and goat cheese (2 eggs)	1180	69	20	1	385	2110	145	14	49	33	1620	300	5
Spinach, onions, mushrooms and goat cheese (3 eggs)	1530	99	29	1.5	575	2760	171	16	57	46	2070	450	7
Ham (1 egg)	760	33	9	0.5	200	1710	115	10	38	22	1040	175	2.5
Ham (2 eggs)	1060	57	16	0.5	400	2610	136	11	43	37	1360	250	5
Ham (3 eggs)	1360	81	23	1	595	3500	156	11	48	52	1680	350	6.5
Tomatoes, bacon and green onions (1 egg)	550	33	11	0.2	205	810	66	6	39	18	1020	175	3
Tomatoes, bacon and green onions (2 eggs)	1210	74	22	1	415	2410	135	11	45	38	1330	300	5
Tomatoes, bacon and green onions (3 eggs)	1580	106	33	1	620	3210	155	12	51	53	1650	400	6.5
Smoked salmon (1 egg)	770	34	9	0.5	200	1560	113	10	38	23	940	175	2.5
Smoked salmon (2 eggs)	1070	59	16	1	400	2310	132	11	43	39	1170	250	4
Smoked salmon (3 eggs)	1380	85	24	1	600	3050	151	11	48	55	1400	350	6
Montreal smoked meat, kale, green onions and smoked paprika (1 egg)	800	37	10	0.5	200	1650	115	10	39	22	1040	175	6
Montreal smoked meat, kale, green onions and smoked paprika (2 eggs)	1130	64	19	1	405	2480	137	11	45	37	1380	300	10.5
Montreal smoked meat, kale, green onions and smoked paprika (3 eggs)	1460	92	28	1	605	3310	158	12	52	52	1710	400	15.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (1 egg)	820	36	12	1	225	1540	113	10	38	31	1100	300	3
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (2 eggs)	1170	63	23	1	450	2270	132	11	42	54	1480	500	5.5
Steak lover with peppers, onions, green onions, cheddar cheese and cheesy hollandaise sauce (3 eggs)	1530	90	33	1.5	670	2990	151	11	46	78	1870	700	8

### Eggs in a skillet

10 star	1150	65	23	1.5	295	2720	94	11	7	43	970	400	3
Burger in a skillet	1110	66	14	1	285	2300	82	8	6	45	660	175	4
Montreal smoked meat	1160	66	27	1.5	320	3090	88	6	8	47	490	500	13.5
Halloumi-chorizo sausage	1070	61	22	1.5	280	3890	92	11	9	37	450	650	6
The vegetarian	960	45	13	1	195	2240	106	10	22	28	790	200	4

	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
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### Omelettes

10 star <sup>(1)</sup>	1150	65	24	1	620	2130	91	10	26	48	1270	450	4
10 star <sup>(1)</sup> (egg white option)	950	44	17	1	105	2170	90	10	25	47	1110	400	2.25
Spinach and Cheddar <sup>(1)</sup>	810	41	16	1	565	1270	79	8	22	33	770	450	3
Spinach and Cheddar <sup>(1)</sup> (egg white option)	640	23	10	1	50	1340	78	8	21	33	610	350	1
Smoked salmon <sup>(1)</sup>	760	34	9	0.5	550	1680	80	8	23	36	780	150	3
Smoked salmon <sup>(1)</sup> (egg white option)	600	18	3	0.5	30	1770	79	8	22	36	630	75	1
Western <sup>(1)</sup>	790	34	9	0.5	550	1800	87	9	25	35	1060	150	3.5
Western <sup>(1)</sup> (egg white option)	600	14	3	0.4	30	1830	85	9	24	34	890	75	1.5
Goat cheese, tomatoes, bacon <sup>(1)</sup>	890	48	17	1	575	1530	80	8	24	37	820	150	3
Goat cheese, tomatoes, bacon <sup>(1)</sup> (egg white option)	710	29	11	0.5	60	1600	79	8	22	36	660	100	1.25
Theo's <sup>(1)</sup>	860	48	18	1	565	1360	63	8	8	35	640	400	2.5
Theo's <sup>(1)</sup> (egg white option)	810	32	12	1	50	1470	88	11	26	36	990	350	1.25
Gigi (GS)	700	24	8	0.4	30	840	97	11	51	33	1360	175	2.25

### Sandwichs

Smoked meat panini with salad	1040	66	20	1	500	2000	64	4	16	53	850	750	19
Smoked meat panini with potatoes	1040	66	20	1	500	2000	64	4	16	53	850	750	19
Smoked meat panini with fruit	1020	45	19	1	500	1920	105	8	47	55	1500	800	19
Tuna melt with salad	780	30	8	1	85	2070	84	9	6	46	520	300	3
Tuna melt with potatoes	890	31	8	1	85	2090	110	12	26	48	1030	350	4
Tuna melt with fruit	720	23	7	0.4	85	1280	90	11	45	46	1430	350	4.5
Nacho grilled cheese with salad	750	45	10	1	85	1860	55	9	14	38	640	350	4
Nacho grilled cheese with potatoes	780	31	9	1	85	2560	90	10	7	40	380	300	2.5
Nacho grilled cheese nacho with fruit	720	24	9	0.4	85	1770	96	12	45	40	1290	400	4
Pizza grilled cheese with fruits	870	40	18	1	130	1390	101	9	48	34	1440	500	2.5
Pizza grilled cheese with potatoes	940	47	18	1	130	2170	96	7	10	34	530	400	1.5
Pizza grilled cheese with salad	1010	62	19	1	130	1500	87	9	37	35	1350	500	3.5
Bagel and lox with salad	740	40	8	1	60	1160	71	6	18	28	470	125	5
Bagel and lox with potatoes	780	26	7	1	60	1850	107	8	11	30	220	75	4
Bagel and lox with fruit	710	19	7	0.5	60	1070	112	10	49	30	1120	175	5

(GS) Gluten sensitive option

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.

Calories (kcal)

Fat (g)

Saturated (g)

Trans (g)

Cholesterol (mg)

Sodium (mg)

Carbohydrate (g)

Fibre (g)

Sugars (g)

Protein (g)

Potassium (mg)

Calcium (mg)

Iron (mg)

### Early Birds

Daily oatmeal <sup>(1)</sup>	530	14	6	0.3	30	50	89	6	44	12	250	75	3
2 crêpes, bacon	670	24	9	0	165	620	85	4	10	29	570	225	5.5
2 crêpes, ham	670	18	6	0	170	1230	91	4	10	36	830	225	6
2 crêpes, bologna	740	28	10	0	205	970	89	4	11	33	740	250	7
2 crêpes, sausages	730	29	10	0.1	160	780	89	4	10	27	630	225	5.5
2 crêpes, turkey sausages	590	14	5	0	170	590	87	4	10	29	700	225	5.5
2 crêpes, Beyond Meat®	820	26	10	0.2	145	520	115	5	31	32	880	300	8
Morning panini-crêpe ham	920	42	16	0.5	480	1460	87	6	9	48	640	500	6
Morning panini-crêpe bacon	920	46	18	0.5	475	980	83	6	8	43	450	500	5.5
2 eggs, 2 strips of bacon and 2 blueberry pancakes <sup>(1)</sup>	1070	34	9	0.2	395	2520	157	8	39	37	710	500	9
2 eggs, bacon <sup>(1)</sup>	610	34	10	0.5	370	1320	52	5	2	24	290	75	1.75
2 eggs, ham <sup>(1)</sup>	620	29	7	0.5	380	1940	58	5	3	31	540	75	2.25
2 eggs, bologna <sup>(1)</sup>	700	40	11	0.5	410	1690	56	5	4	27	450	125	3
2 eggs, sausage <sup>(1)</sup>	730	45	13	0.5	375	1650	57	5	3	24	370	75	2.25
2 eggs, turkey sausages <sup>(1)</sup>	560	27	6	0.5	375	1310	54	5	3	24	420	75	2
2 eggs with fruit <sup>(1)</sup>	360	15	4	0.1	340	190	46	5	32	14	910	100	2.25
2 eggs, plant-based breakfast sausage patty <sup>(1)</sup>	550	29	8	0.2	340	620	44	6	5	28	590	150	6

### Teen's favourites!

Crêpe burrito	1280	61	25	1	510	2260	135	11	17	47	560	600	6.5
Breakfast poutine	1410	86	32	1.5	335	3200	102	9	15	43	690	650	2.25
Morning hot-dogs	1100	49	18	1	210	2870	98	6	5	43	490	400	5
Brunch burger	1230	68	23	1	480	2410	95	6	11	60	840	300	7
THE Club	1350	72	19	1	175	2910	109	12	9	70	810	650	5

<sup>1</sup>Plate served with 2 slices of toast. Please see the Bread section to add the nutritional values to your plate according to the type of bread chosen.



	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>Kid's menu</b>													
Crêpe banana and cocoa hazelnut	580	20	6	0.1	65	150	97	6	48	12	820	125	5
Crêpe fruits and custard	530	10	5	0.2	80	170	100	3	51	12	480	175	2.5
Crêpe strawberries and cocoa-hazelnut	500	20	5	0.1	65	150	75	7	37	12	520	150	5
Waffle fruits and english cream	330	5	1.5	0.1	15	660	69	3	30	6	330	175	2
Pancakes with fruits	570	7	1	0	35	1730	117	6	34	14	620	350	5
Blueberry pancakes with fruits	600	7	1	0	35	1740	124	7	39	14	620	350	5.5
Chocolate chip pancakes with fruits	730	16	6	0	35	1730	139	8	53	15	620	350	6
Nicky's panini ham	510	19	7	0.2	250	850	63	4	21	25	740	225	3.5
Nicky's panini bacon	510	21	8	0.2	250	610	61	4	21	22	650	225	3.5
Grilled cheese	670	24	8	1	30	1860	95	6	6	20	250	300	3
French toast with fruits	270	5	1.5	0.1	60	210	51	3	27	7	430	75	0.75
1 egg bacon	470	23	6	0.5	190	1120	51	5	1	15	130	40	1
1 egg ham	490	21	4.5	0.5	195	1550	55	5	2	20	300	50	1.25
1 egg sausage	640	38	11	0.5	205	1570	56	5	2	18	210	40	1.5
1 egg turkey sausage	440	17	3.5	0.5	205	1200	52	5	1	18	260	40	1.25
1 egg plant-based breakfast sausage patty	510	24	6	0.5	170	1090	53	6	1	20	430	75	4
1 egg bacon blueberry pancake	630	25	6	0.5	200	1670	82	6	8	19	230	150	2.5
1 egg bacon chocolate chip pancake	680	28	8	0.5	200	1670	87	6	13	20	230	150	3
Add 1 egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Orange juice	120	0.4	0.1	0	0	10	29	1	23	2	480	30	0.3
Apple juice	130	0	0	0	0	0	31	1	28	0	0	30	0
Apple-grape juice	130	0	0	0	0	20	32	0	30	1	0	50	0.4
Glass of milk	120	5	3	0.2	20	115	12	0	13	8	350	300	0.1
Chocolate milk	160	3	1	0	10	180	26	0	24	7	430	250	0.75
Whole wheat bread (1 slice)	120	5	1	0	0	190	16	2	2	4	80	40	1
Multigrain bread (1 slice)	130	6	1	0	0	180	17	2	2	4	100	40	1
White bread (1 slice)	140	5	1.5	0.1	0	260	20	1	1	4	0	30	1.25
Rye bread (1 slice)	120	5	1	0.1	0	210	17	1	1	3	0	30	1

	Calories (kcal)	Fat (g)	Saturated (g)	Trans (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Potassium (mg)	Calcium (mg)	Iron (mg)
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### Little extras

English cream Cora Style	140	7	4	0.2	35	60	17	0	13	3	0	100	0.1
Custard	170	4.5	2.5	0.1	35	70	28	0	21	4	0	150	0.1
Cocoa-hazelnut custard	380	22	6	0.2	30	105	48	3	42	5	130	125	2.5
Cocoa-hazelnut spread	790	48	8	0	0	160	103	8	95	8	400	150	8
Salted caramel	440	13	9	0.3	50	490	78	0	76	2	60	100	0.2
Single portion of maple syrup	70	0.1	0	0	0	2	18	0	16	0	60	30	0
Ramekin of fruit	80	0.4	0.1	0	0	10	19	2	15	1	340	30	0.4
Bacon	190	16	6	0	45	470	1	0	0	11	60	20	0.5
Sausages	390	35	13	0.1	55	1020	9	1	2	12	180	20	1.25
Turkey sausages	150	7	2	0.1	70	660	5	0	1	17	310	30	1.25
Frankfurters	530	28	9	0.5	135	2040	12	3	1	25	380	175	3.5
Ham	190	8	2.5	0	50	1280	9	1	1	20	400	40	1
Bologna	310	24	8	0	95	960	7	0	2	16	280	100	2.25
Baked beans	190	4.5	1.5	0	5	510	30	6	11	8	420	75	2.25
Creton	160	11	4	0	35	390	4	0	1	11	240	40	1
Canadian peameal bacon	130	7	2	0	35	800	3	0	0	16	60	20	1
Plant-based breakfast sausage patty	280	19	7	0.1	0	410	7	3	1	21	660	100	6
Chia seeds	160	10	8	0	0	5	12	9	0	5	0	200	2.25
Potatoes	280	8	1	0.4	0	800	48	4	0	4	0	0	0
Hollandaise sauce	340	30	10	0.2	30	1040	14	0	8	4	300	100	0.4
Egg	90	7	2	0.1	170	85	0	0	0	5	50	20	0.75
Grated Cheddar	160	13	9	0.4	45	220	2	0	0	10	30	300	0
Sautéed mushrooms	60	5	1	0.1	0	60	2	1	0	2	220	0	0.1
Caramelized onions	80	4.5	1	0	0	45	11	2	5	1	150	20	0.2
Three toppings	290	20	10	0.5	45	300	15	3	6	13	390	300	0.4
Poutine	380	31	16	0.4	80	710	7	0	4	16	200	500	0.1

### Bread

Whole wheat bread (2 slices)	250	7	1.5	0.1	0	500	39	4	2	9	0	75	2.25
Multigrain bread (2 slices)	250	8	1.5	0	0	350	38	5	4	9	230	75	2.25
White bread (2 slices)	250	7	1.5	0.1	0	450	42	1	4	8	70	100	3
Rye bread (2 slices)	210	6	1	0.1	0	390	33	2	1	6	0	50	2
Bagel	280	4	0.5	0	10	270	50	2	5	9	0	0	3.5
Gluten-free multigrain bread (2 slices)	80	1	0.1	0	0	180	17	1	1	1	30	10	0.4