

	Serving	Serving Size	Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	CHO (g)	Fibre (g)	Sugars (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)
<b>Proteins</b>																
4 oz burger	71	71 g	230	17	7	1	62	128	1	1	0	18	0	0	2	15
6 oz burger	116	116 g	375	27	12	1	102	209	2	1	0	30	0	0	2	25
Chicken	1 breast	74 g	90	2	1	0	50	31	0	0	0	17	0	0	3	0
Turkey burger 4 oz	1 patty	99 g	110	4	1	0	74	350	1	0	1	20	2	0	0	10
Veggie Burger	4 oz	100 g	190	10	1	0	0	760	11	6	3	19	0	15	8	60
Hot Dog - All beef Juicy Jumbo	1 hot dog	75 g	190	18	8	0.5	50	710	2	0	2	9	0	0	0	10
Oktoberfest Sausage	1 sausage	100 g	370	39	14	0	71	871	3	0	2	16	5	0	2	5
<b>Buns</b>																
White Hamburger Bun, ON	1 bun	58 g	170	2	0.5	0	0	280	31	1	3	6	0	0	4	15
White Hamburger Bun, CALGARY	1 bun	54 g	130	1	0	0	0	260	29	1	2	5	0	0	2	15
White Hamburger Bun, EDMONTON, FORT McMURRAY, BC	1 bun	68 g	160	2	0	0	0	370	31	1	2	7	0	0	4	15
Whole Wheat Hamburger Buns, ON	1 bun	63 g	160	2	0.5	0	0	320	30	4	3	6	0	0	4	8
Brown Hamburger Buns, CALGARY	1 bun	54 g	140	1	0	0	0	135	26	2	1	5	0	2	2	10
Whole Wheat Hamburger Buns, EDMONTON, FORT McMURRAY, BC	1 bun	71 g	160	2	0.5	0	0	400	30	3	2	7	0	0	4	15
Hot Dog Bun/Sausage ON	1 bun	70 g	160	2	0	0	0	370	32	2	2	6	0	0	4	15
Hot Dog Bun, CALGARY	1 bun	70 g	170	2	0	0	0	340	39	2	2	7	0	0	4	20
Hot Dog Bun/Sausage EDMONTON, FORT McMURRAY, BC	1 bun	62 g	150	2	0.5	0	0	300	29	1	3	5	0	0	4	10
Gluten Free Hamburger Bun	1 bun	100 g	240	7	1	0	0	530	41	4	9	4	0	0	4	4
Hot Dog Bun	1 bun	70 g	160	1.5	0.3	0	0	370	32	2	2	6	0	0	4	15
<b>Sides</b>																
House-Cut Fries, Regular	1 cup	150 g	430	20	1.5	0.2	0	95	57	5	0	6	0	2	2	15
House-Cut Fries, Medium	1 cup	200 g	580	28	2	0	0	120	76	6	0	8	0	4	4	16
House-Cut Fries, Large	1 cup	265 g	770	36	4	0.5	0	166	100	8	0	9	0	5	3	20
Poutine, Regular	1 cup	350 g	860	46.6	15.5	0	61	1089	87	6	1	8	20	4	44	16
Poutine, Large	1 cup	464 g	1145	60.8	22	1	81	1453	115	8	2	23	30	5	53	20
Veggie Fries, Regular	1 cup	312 g	685	33	4.5	0.2	17	500.5	88	6	4.5	10	5	9	7	18
Veggie Fries, Large	1 cup	424 g	910	41	6.9	0.7	19	728	119	8	6	11.2	6	15	7	22
Onion Rings, Regular	1 cup	184 g	630	35	3	0.3	0	1420	70	5	10	9	0	0	6	30
Onion Rings, Large	1 cup	276 g	940	52	5	0.4	0	2130	105	8	14	13	0	0	8	45
<b>Salad</b>																
Garden Salad, Side	16 oz container	169 g	18	0	0	0	0	2	4	0	3	0.5	0	13	0	0
Garden Salad, Main	24 oz container	302 g	174	6	3	0	67	113	5	0	3	21	4	16	4	0
<b>Dressings</b>																
Ranch Fat Free Dressing	1 oz	30 g	50	0.3	0	0	0	330	11	0	5	0	0	0	0	0
Balsamic Vinaigrette	1 oz	30 g	90	8	1	0	0	240	4	0	3	0	0	0	0	0
Greek Feta & Oregano	1 oz	30 g	90	9	1	0	0.6	270	2	0	1	0.3	0	0	0	0
SSB BBQ Shake on Seasoning	4 g	4 g	10	1	0	0	0	470	2	0	1	0	2	1	0	2

**Premium Toppings**

Bacon, ON

1 slice      6 g      30      3      1      0      5      111      0      0      0      2      0      0      0      0

Applewood Smoked Bacon, AB, BC

1 slice      5 g      25      2      0.5      0      5      60      0      0      0      2      0      0      0      0

Cracker Barrel Medium Cheddar

1 slice      21 g      90      7      5      0      21      150      0      0      0      5      4      0      15      0

Cracker Barrel Swiss, ON

1 slice      21 g      80      6      4      0      20      50      0      0      0      6      4      0      20      0

Swiss Cheese, AB, BC

1 slice      21 g      80      6      3.5      0.2      15      75      0      0      0      6      8      0      20      0

Monterey Jalapeno Cheese

1 slice      21 g      70      6      4      0.1      15      150      0      0      0      5      6      0      10      0

Farmer's Goat Cheese

1 scoop      20 g      55      4      2.3      0      17      80      1      0      0      3      4      0      1      0

Cheese Curd

1 level scoop      30 g      120      9      6      0.2      30      140      2      0      0      7      10      0      20      0

Ginger Glaze Pineapple

1 tbsp      15 ml      50      4      2.5      0.1      10      1      4      0      4      0      4      0      0      0

Mushroom Cremini

23 g      23 g      110      12      1      0      0      10      0      0      0      0.3      0      0      0      0

**Dips**

Garlic Mayo

1 tbsp      15 g      45      4      0.5      0      5      85      2      0      1      0.1      0      0      0      0

Wasabi Mayo

1 tbsp      15 ml      80      9      1.5      0      5      55      1      0      1      0.4      0      0      0      0

Curry Mayo

1 tbsp      15 ml      110      12      2      0.1      5      85      0      0      0      0.1      0      0      0      0

Gravy

3 pumps      3 oz      35      0.6      1.5      0      0      562      7      0      1      0      0      0      0      0

Cheese Sauce

3 pumps      3 oz      80      1      0.4      0      4      534      16      0      4      1      0      0      4      0

Dijon Horseradish

1 tbsp      15 ml      35      3      0.4      0      0      110      1      0      1      0.2      0      0      0      0

Sour Cream (14%)

2 tbsp      30 g      50      4      2.5      0.2      15      25      2      0      1      1      4      0      0      2

Jalapeno Sour Cream

1 tbsp      15 ml      25      2      1      0      5      15      1      0      0      0.5      2      0      2      0

Signature Pink Sauce

1 tbsp      15 ml      90      10      1.5      0.1      5      65      1      0      1      0.1      0      0      0      0

Maple Syrup Infused Red Onions

1 tbsp      15 ml      5      0      0      0      0      0      2      0      2      0.1      0      2      0      0

Piri Piri Marinade

1 tbsp      15 g      110      12      1.7      0      0      400      2      0.5      0      0.2      9      3      8      0

Forty Creek

1 tbsp      15 ml      30      0      0      0      0      215      7      0      6      0.2      0      3      0      1

Ketchup, Heinz

1 tbsp      15 ml      18      0      0      0      0      120      4      0      4      0.2      2      0      0      0

Franks Sauce Original

1 ml      1 ml      0      0      0      0      0      35      0      0      0      0      0      0      0      0

Honey Mustard, French, ON

1 tbsp      15 ml      25      0.5      0      0      0      130      4      0      3      1      0      0      0      4

Honey Mustard, GFS AB, BC

1 tbsp      15 ml      30      0      0      0      0      125      7      0      6      0.1      0      0      0      0

Yellow Mustard, Heinz

1 tbsp      15 ml      10      0.5      0      0      0      170      1      0      0      1      0      0      0      2

Dijon Mustard, Select

1 tbsp      15 ml      30      1.5      0.3      0      0      290      3      0      0      3      0      0      0      6

Dijon Mustard, Fleur de Dijon, AB, BC

1 tbsp      15 ml      30      1.5      0      0      0      465      0      0      0      0      0      0      0      0

Relish Sweet, Whytes, ON, CALGARY, BC

1 tbsp      15 g      10      0      0      0      0      110      3      0      3      0      0      0      2      0

Relish Hot Pepper, Gielow

1 tbsp      20 g      4      0      0      0      0      200      1      0      1      0      0      10      2      0

Sweet Relish, Gielow, ON

1 tbsp      15 g      12      0      0      0      0      166      3      0      3      0      0      0      0      0

Sweet Green Relish Portion

1 packet      8 g      10      0      0      0      0      50      2      0      2      0      0      0      0      0

Ultimate BBQ Sauce, Richardson

1 tbsp      15 ml      25      0      0      0      0      190      6      0      5      0.2      0      2      0      0

3rd Degree hot,Saucemaker

12      12 g      10      0      0      0      0      510      2      0      2      0      0      0      0      0

Tabasco Sauce Green Jalapeno

1 ml      1 ml      0      0      0      0      0      30      0      0      0      0      0      0      0      0

Forth Creek BBQ, Kraft

1 tbsp      15 g      30      0      0      0      0      215      7      0      6      0.2      0      6      0      2

Cajun Onions

15 g      15 g      5      0      0      0      0      85      2      0      1      0.2      0      2      0      0

Tomato salsa

1 tbsp      15 ml      5      0.3      0      0      0      55      1      0      0      0.1      0      4      0      0

<b>From the Garden</b>																
Leaf Lettuce	1 leaf	3 g	0	0	0	0	0	1	0	0	0	0	2	0	0	0
Tomato Slices	2 slices	23 g	5	0	0	0	0	1	1	0	1	0.2	0	6	0	0
Red Onions	heapping spoon	12 g	5	0	0	0	0	0	1	0	1	0.1	0	2	0	0
Cucumber Slices	2 slices	15 g	2	0	0	0	0	0	1	0	0	0.1	0	0	0	0
Green Olives, Whytes	1 tbsp	13 g	15	1	0.2	0	0	210	1	0	0	0.2	0	0	0	0
Pickles, Gielow, ON	2 slices	15 g	2	0	0	0	0	135	0	0	0	0	0	0	0	0
Pickles, GFS, AB, BC	2 slices	15 g	2	0	0	0	0	140	0	0	0	0	0	0	0	0
Guacamole, Pico de Gallo, ON	1 tbsp	15 g	20	2	0.2	0	0	50	2	1	1	0	0	2	0	0
Guacamole, California Supreme, AB, BC	1 tbsp	15 g	25	2	0.3	0	0	55	1	1	0	0.3	0	4	0	0
Hot Pepper Banana Rings, Strub	6-7 rings	15 g	3	0	0	0	0	125	2	1	1	0.1	0	15	2	0
Hot Pepper Jalapeno, Strub	6-7 rings	15 g	3	0	0	0	0	125	2	1	1	0.1	0	15	2	0
Hot Banana Pepper Rings, GFS, AB, BC	6-7 rings	15 g	3	0	0	0	0	195		0	0	0.1	1	17	1	0
Mango Chutney, Celtrade ON	1 tbsp	15 g	45	0	0	0	0	105	11	0	8	0	0	0	0	5
Mango Chutney, Patak's AB, BC	1 tbsp	15 g	40	0	0	0	0	250	10	0	10	0	8	4	0	0
<b>Drinks</b>																
Coca-Cola Classic	1 cup	532 ml	240	0	0	0	0	60	63	0	63	0	0	0	0	0
Diet Coke	1 cup	532 ml	0	0	0	0	0	75	0	0	0	0.1	0	0	0	0
Coca-Cola Zero	1 cup	532 ml	0	0	0	0	0	60	0	0	0	0.1	0	0	0	0
Barq's Root Beer	1 cup	532 ml	240	0	0	0	0	97	67	0	67	0	0	0	0	0
Nestea Sweetened Lemon Tea	1 cup	532 ml	170	0	0	0	0	67	45	0	45	0	0	0	0	0
Fruitopia Strawberry	1 cup	532 ml	250	0	0	0	0	52	66	0	64	0	0	210	0	0
Fanta Orange	1 cup	532 ml	220	0	0	0	0	60	61	0	61	0	0	0	0	0
<b>Milk Shakes</b>																
Vanilla Milk Shake, ON	1 each	433 g	650	38	22	1	280	220	61	0	54	16	20	10	45	6
Chocolate Milk Shake, ON	1 each	433 g	610	32	19	1.5	100	320	75	5	64	14	15	2	35	45
Strawberry Milk Shake, ON	1 each	433 g	590	30	16	1	75	190	65	1	56	14	10	50	35	4
Mocha Milk Skake, ON	1 each	433 g	550	34	20	1	245	160	53	1	46	9	6	10	25	8
Vanilla Milk Shake, AB, BC	1 each	433 g	620	34	22	0.5	140	230	67	5	54	14	50	0	45	10
Pralines Milk Shake, AB, BC	1 each	433 g	630	31	19	0.5	115	300	77	5	63	14	50	0	45	10
Chocolate Milk Shake, AB, BC	1 each	433 g	610	27	18	0.5	95	240	74	5	66	16	40	0	45	50
Strawberry Milk Shake, AB, BC	1 each	433 g	540	24	16	0.5	95	190	74	3	57	13	40	35	40	10
Café Latte Milk Shake, AB, BC	1 each	433 g	620	31	20	0.5	125	230	71	2	59	14	50	0	45	10

**Analysis Notes:**

Nutrient data is calculated with nutrient analysis software based on standardized recipes using lab data, supplier data, and data from the Canadian Nutrient File.

Nutrient analysis software is Genesis R&D from ESHA Research

South St. Burger Co. attempts to provide nutrition and ingredient information regarding its menu items that is as complete as possible. Some menu items may not be available at all restaurants. Test products, test formulations, regional products and/or limited time promotional products have not been included. The nutrition and ingredient information is based on standard product formulations, standard product assembly and standard serving sizes. Actual sizes and assembly may vary. Due to the individual preparation of each of our menu items, actual values may vary from those listed. Variations may also occur depending on the local supplier and region of the country.

Further, product formulations change periodically. Serving sizes may vary from quantity upon which the analysis was conducted. This list is effective as of January 12, 2017 and is updated periodically. Items included may be subjected to change without notice.