

SMITTY'S CANADA INC. STANDARD NUTRITIONAL GUIDE

Information updated Spring 2022

The information provided herein is to be used as a guide only. All nutritional values are based on standardized recipe formulations and average figures, without side choices. Figures are estimates based on vendor product ingredients, specifications and nutritional declarations, the USDA nutritional database, the Canadian Nutrient Database and standard recipes. Some menu items may not be available at all Smitty's Restaurants. Certain locations may, at times, offer test products, limited time offerings, or other regional menu choices not listed below. Nutritional information shown does not apply to special or custom orders

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Item Name	Nutritional Information							Common Allergen Present*					
	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
BREAKFAST													
<i>Values Below are Without Side Choice</i>													
Back Bacon & 2 Eggs	952	40	2671	106	7	29	41						
Bacon & 2 Eggs	1093	61	2121	101	7	29	30						
Bacon Lover's Bacon & Eggs	1393	89	2941	101	7	29	40						
Big Country Breakfast	833	61	3351	10	0	1	58	x					
Classic Buttermilk Pancakes	684	7	2202	137	10	29	15	x	x				
Cinnamon Swirl Pancakes	1876	83	2110	288	44	112	15	x	x				
Strawberry or Blueberry Crepes	1280	60	910	167	6	46	19	x	x	x			
Apple Cinnamon Crepes	1190	66	940	131	6	39	19	x	x	x			
Eggs Benedict	578	31	2208	44	3	6	30	x	x	x			
So Cal Eggs Benedict	390	21	970	33	2	2	18	x	x				
Southwest Benedict	700	41	1690	43	2	3	38	x	x				
Florentine Benedict	1110	76	2030	80	7	5	38	x					
French Toast	962	29	1100	161	7	36	21	x					
Bacon N Egg French Toast	1088	49	1372	134	5	34	32	x					
Ham & Eggs	906	36	2447	105	7	30	36	x					
International Breakfast	1302	70	2181	134	3	35	36	x	x				
Mushroom Bacon Cheddar Omelette	1257	70	2183	106	9	31	47	x	x				
Spinach Swiss Omelette	1087	51	1857	117	10	35	39	x	x				
Sausage & 2 Eggs	1313	79	2941	111	7	29	38	x					
Short Stack Combo with Bacon	1207	52	2548	165	7	45	20	x	x				
Short Stack Combo with Sausage	1427	70	3368	175	7	45	28	x	x				
Meatlover's Skillet	1221	81	3278	63	7	4	58	x	x				
Ukrainian Skillet	1749	87	3128	165	11	36	69	x	x				
Western Skillet	1402	74	2754	137	12	34	42	x	x				
Steak & Eggs	650	32	1080	36	5	4	52	x	x	x			
Two Eggs - Any style	793	33	1301	101	7	29	20						
Waffle	703	22	799	124	2	35	5	x	x				
Bacon N' Egg Waffle	996	46	1351	125	2	35	23	x	x				



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	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
SHAREABLES													
Chicken Wings - Plain	109	10	15	0	0	0	5	x		x			
Mozzarella Sticks	709	48	2831	44	2	5	25	x	x	x			
Nachos (includes 1 sour cream & 1 salsa)	1276	62	2104	141	21	13	47		x				
Portion- Salsa	21	0	544	4	1	3	1						
Portion- Sour Cream	100	9	60	4	0	4	2		x				
Onion Rings	592	7	874	119	8	18	13	x	x				
Poutine	725	34	2023	88	7	0	17	x	x	-			
Smitty's French Fries	404	19	975	54	5	0	5	-		-	-	-	-
Roasted Cauliflower & Artichoke Dip	1010	77	3050	44	2	8	25	x	x	x			
Sweet Potato Fries	826	42	1471	106	4	35	5	-			-	-	-
SALADS													
Chicken Caesar Salad	730	47	1484	39	4	2	41	x	x				
Cobb Salad	590	36	1240	10	3	4	56		x	x			
Mediterranean Salad	660	36	610	72	16	35	16		x	x		-	-
CLASSIC HANDHELDS													
<i>Values Below are Without Side Choice</i>													
Bacon Cheeseburger	895	66	1838	43	2	7	49	x	x				
Classic Burger	661	45	1198	43	2	7	37	x	x				
Crunchy Chicken Burger	630	27	720	40	1	6	55	x	x				
Great Canadian Burger	1047	66	2523	82	2	27	51	x	x				
Honey BBQ Burger	1046	66	2239	79	3	26	51	x	x				
Plant Based Burger - Veggie Black Bean	380	13	770	55	5	8	13	x		x			
Cajun Chicken Cheddar Sandwich	1070	76	1760	42	1	7	58	x	x				
Steak Sandwich	760	53	2000	40	4	5	33	x	x	x			
Ultimate Mozza Burger	1170	84	2494	64	4	8	56	x	x				
Chicken Fingers	372	25	795	15	2	0	28	x	x	x			
Chicken Quesadilla	830	33	2060	81	5	7	49	x	x				
Clubhouse	763	39	1550	70	8	10	27	x					
Clubhouse 1/2	389	23	789	25	3	4	20	x					
Philly Cheese Melt	1020	41	1870	76	5	6	84	x	x				
Roast Beef Dip	1020	54	2070	71	4	3	58	x	x				
Roast Beef Dip 1/2	492	13	775	61	4	5	31	x	x				



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	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
MAINS													
<i>Values Below are Without Side Choice</i>													
Veal Cutlet	245	10	1019	24	1	6	17	x	-	-			
Grilled Citrus Herb Chicken	610	25	910	24	3	4	66	x	x				
Fish & Chips - 1 Piece	263	14	439	17	1	0	16	x			x		
Fish & Chips - 2 Piece	496	28	748	27	1	1	31	x			x		
Home-Style Turkey Dinner	370	10	1175	32	4	5	39	x	x	x			
Cranberry Sauce Portion	105	0	20	27	1	26	0						
Fettuccine Alfredo	780	48	1430	50	2	7	47	x	x				
Roast Beef Dinner	557	16	566	4	0	0	94	x					
Salisbury Steak	459	40	1120	9	1	2	33	x	x				
New York Steak Dinner	481	31	430	0	0	0	49	x					
Salmon Dinner	110	54	330	0	0	0	21				x		
KID'S MENU													
Big Brekkie with Pancakes	460	15	1283	63	5	14	15	x	x				
Kid's Burger	426	46	604	28	1	2	25	x					
Cheesy Pizza	350	13	740	43	2	2	13	x	x				
Fettuccine Alfredo	520	25	44	55	3	4	17	x	x				
Dino Nuggets	225	10	425	16	0	3	14	x	x				
French Toast	425	14	726	59	5	15	10	x	x				
Grilled Cheese	407	20	771	42	4	4	11	x	x				
Happy Cakes	485	10	979	87	4	37	7	x	x				
Side Choice- Kid's Poutine	190	14	577	7	0	2	8		x	-			
Kid's Dessert - Oreo	100	5	85	16	0	9	1	x	x				
Kid's Dessert - Oreo Sundae	320	10	129	50	0	37	2	x	x				
DESSERT													
Apple Pie Slice	500	20	431	77	2	41	7	x	x				
Carrot Cake Slice	700	44	370	72	3	52	7	x	x				
Cheesecake Slice	700	43	470	67	1	51	13	x	x				
Mini Donuts	640	34	150	79	3	60	6	x	x		x	-	
Milkshake	721	29	313	78	0	62	8		x				
A la mode (1 scoop)	140	5	64	16	0	12	1		x				
A la mode (2 scoops)	280	10	128	32	0	24	2		x				



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	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
SIDE CHOICES													
Back Bacon 4 Slices	159	7	2529	5	0	0	22						
Bacon 4 Slices	300	28	820	0	0	0	10						
Basmati Rice Side	260	2	200	53	0	0	7						
Caesar Salad	232	19	467	9	2	1	5	x	x				
Side Lemon-Herb Mixed Green Salad	170	12	220	14	3	7	2		x	x	-	-	
Side French Fries	300	8	610	34	3	0	3	-		-	-	-	-
Egg	72	5	71	0	0	0	6						
Fresh Fruit	80	0	12	20	2	16	1						
Ham 2 Slices	113	3	1145	3	0	1	16						
Hash Browns Golden Chunky	480	21	802	66	6	5	7	x					
Hash Browns Shredded	273	11	481	40	4	3	4						
Add Breakfast Poutine to Hash Browns	765	46	1379	73	6	7	16	x	x	x			
Mashed Potatoes with Gravy	222	6	1315	36	3	1	6	x	x				
Onion Rings	296	4	437	60	4	9	6	x	x				
Poutine	369	16	1289	47	3	0	9	x	x	-			
Sausage 4 Slices	520	46	1640	10	0	0	18	x					
Sweet Potato Fries	399	18	544	57	2	18	3						
Toast and Jam	403	13	545	62	4	24	4	x					
Tomatoes	20	0	6	4	1	3	1						
Yogurt Cup	140	0	85	28	0	25	6		x				

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	Energy cal	Fat g	Sodium mg	Carbohydrate g	Fiber g	Sugar g	Protein g	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
ADDITIONS													
Avocado	85	8	4	5	4	0	1						
Bacon 2 Pieces	150	14	410	0	0	0	5						
Breakfast Poutine	190	14	577	7	0	2	8	x	x				
Blue Cheese Crumble	97	8	936	0	0	0	6		x				
Cheddar Cheese Slice	84	7	230	0	0	0	7		x				
Mozzarella Cheese Slice	70	6	140	0	0	0	5		x				
Swiss Cheese Slice	80	6	80	0	0	0	6		x				
Lemon Herb Marinated Chicken Breast	250	11	370	1	0	1	32			-			
Egg	72	5	71	0	0	0	6						
English Muffin	150	1	200	30	3	2	5	x					
French Toast 1 Piece	280	8	361	40	5	6	13	x					
Garlic Toast 2 Piece	310	14	360	41	2	1	8	x					
Gravy Portion	37	1	554	6	0	0	2	x					
Green Pepper	6	0	1	1	1	1	0						
Ham 2 Slices	57	2	573	2	0	1	8						
Hamburger Beef Patty	405	39	563	0	0	0	30						
Hollandaise Portion	60	1	360	10	0	4	2		x	x			
Hot Oatmeal- Steel Cut	323	4	91	62	4	39	9	x					
Jalapenos	15	1	947	3	2	1	1						
Mashed Potatoes Plain	185	5	761	31	3	1	4		x				
Mushrooms	12	0	3	2	1	1	2						
Grilled Onions	45	0	5	11	2	5	1						
Pancake	228	2	734	46	3	10	5	x	x				
Poutine to Fries	167	11	560	7	0	0	10	x		-			
Ranch	343	36	536	2	0	0	0		x				
Red Pepper	9	0	1	2	1	1	0						
Sausages 2 pieces	260	23	820	5	0	0	9						
Soup - Broth	106	2	827	16	1	2	5	-					
Soup - Cream	160	8	854	18	3	4	5	-	x				
Taco Beef	49	1	907	8	2	4	3	x					
Tomato Diced	5	0	1	1	0	1	0						
Tomato Slice	10	0	3	2	1	1	1						
Topping- Blueberry	382	14	20	66	4	58	1						
Topping- Strawberry	382	14	0	58	0	54	1						
Topping- Apple Cinnamon	80	5	3	9	0	9	0						

indicates may contain

