

# TUTTI FRUTTI

## BREAKFAST & LUNCH

### Nutrition Facts

DV: Recommended Daily Value

g: gram mg: milligram

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
<b>French Toast</b>																						
Tutti Frutti brioche	701g	1160	35	47	9	0.3	47	190	9	32	107	107	28	330	650	28	1150	34	150	12	7	39
Raspberry crisp	825g	1590	15	20	6	0.2	31	315	10	36	126	126	42	295	790	34	900	26	350	27	8	44
French toast (3)	287g	520	12	16	4.5	0.1	23	82	2	7	36	36	20	265	520	23	300	9	250	19	4.5	25
Crispy strawberry sandwich	466g	950	17	23	9	0.4	47	168	7	25	61	61	25	165	690	30	500	15	250	19	5	28
Tutti Frutti sandwich	700g	800	23	31	9	0.2	46	116	6	21	61	61	36	415	1120	49	1300	38	400	31	5.5	31
<b>Pancakes</b>																						
Bananas and Nutella®	708g	1490	52	69	18	0.2	91	231	15	54	131	131	32	80	650	28	2200	65	600	46	8.5	47
Strawberry and pastry cream	803g	950	14	19	6	0.3	32	180	7	25	101	101	30	230	670	29	1100	32	650	50	6	33
Wildberry	652g	1060	28	37	10	0.2	51	182	13	46	102	102	27	80	640	28	1200	35	550	42	7.5	42
Fresh fruit and custard	718g	720	8	11	3.5	0.1	18	139	7	25	57	57	26	115	630	27	1400	41	500	38	5.5	31
Apple, caramel and bacon	609g	1100	37	49	12	0.4	62	170	5	18	86	86	23	95	1430	62	750	22	450	35	5	28
<b>Waffles</b>																						
Bananas and Nutella®	694g	1460	51	68	17	0.5	88	244	15	54	157	157	18	5	820	36	1950	57	450	35	8.5	47
Strawberry and pastry cream	713g	770	13	17	4.5	0.2	24	149	6	21	94	94	14	155	790	34	650	19	500	38	4.5	25
Wildberry	562g	880	27	36	8	0.2	41	152	12	43	95	95	11	5	760	33	750	22	400	31	6	33
Fresh fruit and custard	628g	520	6	8	2	0.1	11	109	6	21	50	50	10	40	750	33	1000	29	350	27	4	22
Apple, caramel and bacon	519g	920	35	47	10	0.4	52	139	3	11	79	79	8	20	1550	67	300	9	300	23	3.5	19
<b>Omelettes with homestyle potatoes and 2 white bread toasts</b>																						
Bacon with cheese	514g	1330	85	113	31	1	160	91	5	18	5	5	52	705	2000	87	1200	35	750	58	7.5	42
Spinach and Cheddar	514g	1220	74	99	27	1	140	92	5	18	5	5	49	685	1810	79	1200	35	750	58	8	44
Ham with cheese	574g	1300	78	104	28	1	145	93	5	18	5	5	60	720	2600	113	1300	38	700	54	8	44
Vegetable	559g	1170	69	92	24	1	125	95	6	21	7	7	46	670	1680	73	1300	38	650	50	8	44
Italian sausage	579g	1560	103	137	34	1	175	96	5	18	7	7	61	745	1970	86	1250	37	650	50	8.5	47
All-dressed	633g	1500	98	131	35	1	180	98	6	21	7	7	60	735	2520	110	1400	41	750	58	8.5	47
Western	514g	1000	53	71	12	0.1	61	93	5	18	7	7	39	630	1710	74	1250	37	200	15	7.5	42
<b>Sandwiches</b>																						
Bagel with smoked salmon and cream cheese	716g	1010	33	44	10	0.3	52	130	10	36	48	48	54	95	1900	83	2100	62	250	19	7	39

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Bagel BLT	465g	910	35	47	6	0.1	31	132	9	32	18	18	22	15	1390	60	1350	40	150	12	8	44
Breakfast bagel	673g	1270	62	83	16	0.4	82	139	9	32	22	22	43	430	1850	80	1650	49	400	31	10	56
Bagel with cream cheese	378g	620	17	23	10	0.5	53	100	6	21	29	29	20	45	940	41	700	21	225	17	6	33
Breakfast burrito	933g	1280	60	80	29	1	150	128	12	43	47	47	63	720	2510	109	1900	56	900	69	8	44
<b>Crepes - Sweet</b>																						
Bananas and Nutella®	651g	1440	55	73	20	0.4	102	225	15	54	142	142	26	90	170	7	2050	60	350	27	7.5	42
Country-style crepes	758g	1480	49	65	29	1.5	153	223	4	14	155	155	32	245	880	38	1100	32	450	35	5	28
Wildberries, Nutella® and pastry cream	680g	1100	34	45	13	0.5	68	183	14	50	118	118	23	140	170	7	1150	34	350	27	6.5	36
Fresh fruit and pastry cream	700g	750	12	16	6	0.3	32	145	7	25	82	82	20	170	150	7	1250	37	300	23	4	22
Apples and Cheddar	635g	1240	68	91	31	1.5	163	125	5	18	70	70	37	190	1210	53	500	15	900	69	3.5	19
<b>Crepes - Salty with homestyle potatoes</b>																						
Panini-crepe with ham	666g	1180	59	79	19	0.5	98	112	6	21	17	17	50	545	1510	66	1550	46	500	38	7	39
Panini-crepe with vegetables	726g	1280	69	92	26	1	135	115	8	29	19	19	51	570	1440	63	1650	49	800	62	8	44
Spinach and Cheddar cheese	538g	1210	65	87	27	1.5	143	116	12	43	14	14	44	150	1540	67	1600	47	700	54	5.5	31
Ham and Swiss cheese	645g	1200	59	79	22	1	115	114	6	21	16	16	55	190	2060	90	1550	46	750	58	5.5	31
<b>Eggs your way with homestyle potatoes, 2 white bread toasts, meat not included</b>																						
2 eggs	461g	870	42	56	8	0.1	41	100	6	21	14	14	25	400	1110	48	1200	35	150	12	6.5	36
3 eggs	514g	940	48	64	10	0.1	51	100	6	21	14	14	31	600	1180	51	1250	37	175	13	7.5	42
2 eggs and baked beans	581g	1040	45	60	9	0.1	46	132	13	46	22	22	32	400	1680	73	1650	49	225	17	9	50
3 eggs and baked beans	634g	1110	51	68	10	0.1	51	132	13	46	22	22	38	600	1740	76	1700	50	250	19	10	56
<b>Combos with 2 white bread toasts</b>																						
Banana and Nutella® crepe combo	937g	2070	108	144	31	0.5	158	231	14	50	87	87	51	535	2050	89	2450	72	350	27	12	67
Chocolate chip and banana crepe combo	795g	1700	93	124	29	0.4	147	172	9	32	39	39	48	540	2010	87	1850	54	300	23	10.5	58
Crispy combo with blueberries	978g	2200	100	133	31	0.5	158	270	13	46	73	73	62	670	2570	112	1800	53	400	31	13	72
Waffle combo	749g	1520	86	115	22	0.2	111	150	7	25	18	18	40	470	2640	115	1400	41	400	31	11	61
Banana, Nutella® and custard waffle combo	881g	1810	99	132	27	0.3	137	190	11	39	60	60	44	490	2320	101	2200	65	400	31	10.5	58
French toast combo	758g	1650	92	123	25	0.3	127	160	7	25	38	38	50	645	2290	100	1600	47	350	27	11	61
French toast combo with fresh fruits	748g	950	27	36	8	0.1	41	146	7	25	64	64	35	575	880	38	1250	37	350	27	8.5	47
Pancake combo	747g	1580	86	115	23	0.2	116	155	7	25	22	22	49	520	2320	101	1700	50	450	35	10.5	58
Pancake combo with fresh fruits	795g	1670	92	123	27	0.4	137	170	9	32	53	53	45	515	2260	98	1750	51	350	27	9.5	53
Gourmet	804g	1550	78	104	20	0.2	101	163	14	50	26	26	55	495	2900	126	2150	63	350	27	11.5	64
Céline's special	649g	1320	72	96	18	0.2	91	129	7	25	18	18	43	480	2100	91	1600	47	300	23	9	50

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
<b>Eggs Benedict</b> with shredded hashbrowns and caramelized onions																						
Brie and mushrooms	525g	980	48	64	18	0.5	93	93	7	25	9	9	39	465	2170	94	1300	38	450	35	5	28
Grilled cheese with bacon	553g	1150	61	81	23	0.5	118	102	6	21	13	13	44	475	3010	131	1450	43	550	42	5.5	31
Ham and Swiss cheese	543g	1000	49	65	18	0.5	93	92	6	21	9	9	44	460	2490	108	1300	38	500	38	5	28
Spicy Italian sausage	698g	1380	82	109	25	0.3	127	102	8	29	18	18	52	525	3070	133	1600	47	250	19	7	39
Smoked salmon and capers	506g	980	46	61	11	0.3	57	89	6	21	9	9	46	445	2380	103	1700	50	225	17	5	28
<b>Poutines</b>																						
Breakfast poutine	572g	1580	118	157	38	2	200	85	5	18	9	9	47	345	2640	115	1650	49	800	62	4.5	25
Spicy Italian sausage poutine	676g	1670	122	163	39	2	205	91	7	25	14	14	56	375	2680	117	1750	51	800	62	5	28
Vegetarian poutine	665g	1340	92	123	29	2	155	92	8	29	14	14	41	300	2130	93	1800	53	800	62	4.5	25
<b>Fruits</b>																						
Healthy breakfast	671g	730	17	23	5	0.1	26	115	8	29	47	47	33	215	1000	43	1200	35	250	19	5.5	31
Strawberries, yogurt and granola	330g	550	18	24	13	0	65	87	8	29	39	39	15	5	130	6	350	10	150	12	0.5	3
Fruit extravaganza	710g	830	17	23	9	0.4	47	150	10	36	65	65	23	75	900	39	1400	41	300	23	7	39
Old-fashioned oatmeal with 2 white bread toasts	885g	890	23	31	9	0.1	46	154	13	46	52	52	23	20	430	19	800	24	250	19	7	39
Fresh fruit and eggs	559g	620	19	25	5	0.1	26	92	6	21	40	40	22	400	540	23	1050	31	150	12	5.5	31
<b>Casseroles</b>																						
Tutti Croustade	711g	1310	36	48	19	0.4	97	221	12	43	132	132	31	345	1130	49	700	21	600	46	6	33
Sugar Shack	674g	1450	81	108	22	0.5	113	142	13	46	43	43	45	275	2990	130	2150	63	225	17	6.5	36
Spicy Italian sausage	566g	1390	101	135	29	0.5	148	82	7	25	10	10	42	315	2140	93	1600	47	150	12	5	28
Steak and mushrooms	617g	1020	59	79	17	0.5	88	82	7	25	7	7	44	285	3080	134	1600	47	100	8	5.5	31
<b>Early Bird Menu</b>																						
Bagel with cream cheese	310g	560	17	23	10	0.5	53	86	5	18	21	21	19	45	940	41	500	15	225	17	5.5	31
Tutti Frutti croque matin	349g	780	45	60	11	0.2	56	71	6	21	2	2	25	235	1330	58	1150	34	225	17	4.5	25
2 eggs and meat with 2 white bread toasts, meat not included	341g	820	42	56	8	0.1	41	88	5	18	4	4	24	400	1100	48	950	28	150	12	6.5	36
Old-fashioned oatmeal with 2 white bread toasts	842g	770	20	27	8	0	40	135	13	46	50	50	20	20	260	11	800	24	225	17	6	33
3 cheese omelette	446g	1100	64	85	22	1	115	92	5	18	6	6	41	465	1730	75	1100	32	600	46	6.5	36
Breakfast BLT wrap	458g	1180	75	100	16	0.3	82	99	6	21	4	4	29	425	1680	73	1350	40	175	13	6.5	36
<b>Lunch</b>																						
Classic Burger	501g	1240	81	108	21	1.5	113	94	8	29	8	8	37	125	2240	97	1400	41	175	13	5.5	31
Poutine Burger	603g	1300	78	104	30	2.5	163	98	7	25	4	4	54	190	2820	123	1250	37	700	54	5	28
Chicken Poutine	640g	1100	63	84	20	1.5	108	84	6	21	5	5	51	135	2750	120	1550	46	700	54	3.5	19
Philly Steak Poutine	597g	1130	67	89	23	2	125	85	6	21	6	6	49	140	3220	140	1500	44	700	54	4.5	25

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Philly Steak Quesadillas	571g	1240	64	85	24	1	125	120	8	29	14	14	50	125	2860	124	1550	46	600	46	6	33
Guacamole and chicken quesadillas	566g	1200	66	88	21	0.4	107	116	12	43	6	6	41	70	2000	87	1800	53	500	38	5	28
Strawberry Balsamic Salad	468g	570	31	41	9	0.3	47	57	9	32	30	30	19	50	430	19	1100	32	350	27	4	22
Roma Sandwich	465g	1220	87	116	21	0.5	106	83	8	29	7	7	31	100	1500	65	1200	35	250	19	4.5	25
Soup - broccoli cream	240ml	60	2	3	0.5	0	3	11	1	4	4	4	1	0	850	37	100	3	20	2	0.3	2
Soup - carrot cream	240ml	70	2	3	0.5	0	3	12	1	4	4	4	0.5	0	860	37	100	3	20	2	0.2	1
<b>Kid's Menu</b>																						
1 egg and 1 meat with homestyle potatoes, 1 white bread toast, meat not included	316g	530	25	33	4.5	0.1	23	64	4	14	12	12	13	200	660	29	850	25	75	6	3.5	19
1/2 waffle with apple and salted caramel	310g	370	9	12	2.5	0.1	13	69	2	7	39	39	3	5	660	29	300	9	150	12	2	11
3 mini-pancakes and 1 egg with 1 white bread toast, meat not included	306g	380	10	13	3	0	15	56	2	7	16	16	17	225	470	20	500	15	200	15	4	22
Bacon grilled cheese	327g	510	19	25	9	0.3	47	69	4	14	23	23	18	45	1100	48	700	21	300	23	3	17
French toast with bananas and strawberries	226g	380	5	7	2	0.2	11	74	3	11	35	35	11	90	340	15	350	10	150	12	3.5	19
<b>Smoothies</b>																						
Choco-banana shake	438g	330	16	21	7	0.2	36	42	3	11	34	34	7	15	70	3	550	16	200	15	1	6
Strawberry	467g	140	0.1	1	0	0	0	35	2	7	29	29	0.4	0	15	1	200	6	40	3	0.75	4
Strawberry banana	585g	240	0.5	1	0.1	0	1	62	5	18	44	44	2	0	20	1	600	18	50	4	1.25	7
Wildberry	407g	80	0.1	1	0	0	0	20	3	11	15	15	0.2	0	15	1	125	4	30	2	0.5	3
Mango, peach and pineapple	467g	140	0.2	1	0	0	0	35	2	7	32	32	1	0	15	1	300	9	40	3	0.3	2
<b>Beverages</b>																						
Grapefruit juice	355ml	150	0	0	0	0	0	37	0	0	31	31	0	0	30	1	300	9	50	4	0.1	1
Orange juice	355ml	160	0	0	0	0	0	37	0	0	30	30	3	0	15	1	650	19	10	1	0.3	2
Apple juice	355ml	150	0	0	0	0	0	38	0	0	36	36	0	0	15	1	300	9	40	3	0.1	1
<b>Extras</b>																						
Bacon (4)	40g	160	15	20	5	0	25	1	0	0	0	0	5	25	290	13	175	5	0	0	0.2	1
Fresh fruit bowl	368g	220	1	1	0.2	0	1	53	5	18	36	36	3	0	20	1	850	25	30	2	1	6
Fried bologna (2)	120g	280	26	35	10	1	55	4	0	0	0	0	15	65	1030	45	350	10	150	12	1.75	10
Strawberry coulis	120ml	360	0	0	0	0	0	88	0	0	86	86	0.2	0	30	1	75	2	0	0	0.2	1
Raspberry coulis	120ml	320	0	0	0	0	0	80	0	0	78	78	0.4	0	30	1	100	3	0	0	0.2	1
Custard	120ml	90	3	4	1.5	0.1	8	12	0	0	10	10	3	40	30	1	100	3	100	8	0.2	1
Country-style cream	120ml	400	23	31	15	0.5	78	37	1	4	34	34	7	70	420	18	250	7	125	10	0.1	1
Pastry cream	120ml	190	6	8	3	0.2	16	28	0	0	23	23	5	100	50	2	175	5	150	12	0.4	2
Buckwheat crepe (3)	375g	610	16	21	7	0.3	37	93	8	29	14	14	27	185	200	9	800	24	350	27	5	28
Cretons	70g	130	8	11	2.5	0	13	4	0	0	0	0	10	30	470	20	225	7	10	1	0	0

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Carbohydrates (g)	Fiber (g)	% DV Fiber	Sugars (g)	% DV Sugars	Protein (g)	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Potassium (mg)	% DV Potassium	Calcium (mg)	% DV Calcium	Iron (mg)	% DV Iron
Baked beans	70g	100	1.5	2	0.4	0	2	19	4	14	5	5	4	0	330	14	250	7	40	3	1.5	8
Cream cheese	70g	180	15	20	10	0.5	53	5	0	0	4	4	5	45	280	12	175	5	75	6	0.1	1
Brie	90g	270	20	27	13	0.5	68	5	1	4	0	0	18	90	560	24	75	2	300	23	0.1	1
Cheddar cheese	80g	320	27	36	16	1	85	0	0	0	0	0	19	65	610	27	50	1	50	4	0	0
Cheese curds	90g	330	26	35	16	1.5	88	3	0	0	0	0	21	90	630	27	75	2	650	50	0.1	1
Swiss cheese	60g	220	16	21	11	0.5	58	2	0	0	0	0	15	45	230	10	30	1	450	35	0.1	1
Ham (2)	120g	130	6	8	2	0	10	4	0	0	0	0	16	50	1080	47	250	7	0	0	0.5	3
Nutella®	120ml	800	47	63	16	0.1	81	90	5	18	84	84	9	5	65	3	750	22	175	13	3.5	19
Gluten-free white bread (3)	60g	160	4	5	0.4	0	2	29	1	4	1	1	2	15	210	9	40	1	0	0	0.3	2
Shredded hashbrowns and caramelized onions	180g	290	3.5	5	1	0	5	56	5	18	2	2	5	0	1010	44	800	24	50	4	1	6
Homestyle potatoes	150g	440	24	32	3	0.1	16	49	4	14	0	0	5	0	580	25	750	22	10	1	1.75	10
White bread toasts (2)	85g	240	7	9	1.5	0.1	8	39	1	4	4	4	6	0	390	17	50	1	75	6	2.5	14
Hollandaise sauce	120ml	210	19	25	5	0.2	26	9	0	0	5	5	3	5	440	19	175	5	50	4	0.1	1
Sausages	117g	480	44	59	15	0.1	76	8	0	0	0	0	12	75	910	40	150	4	10	1	1.75	10
Italian sausage	80g	330	30	40	10	0	50	0	0	0	0	0	15	75	270	12	125	4	10	1	1	6
Maple syrup (20 ml)	20ml	70	0	0	0	0	0	18	0	0	18	18	0	0	0	0	75	2	20	2	0.1	1
Maple syrup (120 ml)	120ml	440	0	0	0	0	0	109	0	0	108	108	0	0	0	0	400	12	125	10	0.75	4

Notes:

Nutrition facts are based on laboratory analysis, supplier's information and databases.

% Daily Value (DV): 5 % or less is a little, 15 % or more is a lot

Maple syrup is not included in the calculation of nutritional values.