

Recipe Name	Comment	Serving (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fiber (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Side included?
Bongo Burgers- Bacon Mozzarella Burger		1 burger	329	896	40	42	2	63	20.9	2.5	854 no
Bongo Burgers- Bacon Mozzarella Burger, Jungle Size		1 burger	497	1376	66	42	2	105	36.9	5.0	964 no
Bongo Burgers- BBQ Bacon Cheddar		1 burger	333	885	38	49	2	59	20.0	2.5	1147 no
Bongo Burgers- BBQ Bacon Cheddar, Jungle Size		1 burger	501	1365	64	49	2	101	36.0	5.0	1257 no
Bongo Burgers- Chipotle Steakhouse Burger		1 burger	384	1123	40	53	3	83	21.4	2.5	1049 no
Bongo Burgers- Chiptole Steakhouse Burger, Jungle Size		1 burger	552	1603	66	53	3	125	37.4	5.0	1159 no
Bongo Burgers- Hungry Hippo		1 burger	363	895	39	50	2	60	20.0	2.5	1330 no
Bongo Burgers- Hungry Hippo, Jungle Size		1 burger	531	1375	65	50	2	102	36.0	5.0	1440 no
Bongo Burgers- Inferno Burger		1 burger	372	971	40	53	4	66	21.7	2.5	1586 no
Bongo Burgers- Inferno Burger, Jungle Size		1 burger	540	1451	66	53	4	108	37.7	5.0	1696 no
Bongo Burgers- Normie Burger		1 burger	389	993	38	52	2	70	20.0	2.7	1277 no
Bongo Burgers- Normie Burger, Jungle Size		1 burger	557	1473	64	52	2	112	36.0	5.2	1387 no
Bongo Burgers - "The Canadian" Burger		1 burger	462	1191	59	61	3	79	31.3	1.0	1934 no
Bongo Burgers- The Headhunter		1 burger	790	2048	98	55	2	160	58.1	7.5	2118 no
Bowls & Salads - Greek Salad		1 order	414	435	12	55	7	21	5.0	0.1	1093 baguette
Bowls & Salads - Greek Salad with Chicken Breast		1 order	520	645	51	58	6	26	6.3	0.2	1700 baguette
Bowls & Salads - Honey Garlic Chicken Bowl		1 order	526	639	30	106	4	10	0.9	0.0	1074 n/a
Bowls & Salads - Viva Las Vegans Bowl		1 order	592	428	13	84	10	6	0.3	0.0	545 n/a
Bowls & Salads- Apple Pecan Chicken Salad		1 order	581	857	58	60	9	46	8.5	0.0	1465 n/a
Bowls & Salads- Caiun Chicken Caesar Salad		1 order	370	831	65	31	3	37	8.6	0.7	1729 baguette
Bowls & Salads- Caiun Chicken Caesar Salad, Caiun Jumbo Shrimp		1 order	318	694	35	32	3	34	7.3	0.7	1489 baguette
Bowls & Salads- Fresh-Mex Faiita Bowl		1 order	634	1042	51	182	10	14	3.7	0.1	3855 n/a
Bowls & Salads- Jungle Chicken Salad		1 order	677	883	65	42	9	54	12.3	0.1	1908 baguette
Breakfast - Breakfast Poutine		1 order	694	1612	46	116	9	110	40.8	2.6	3465 hashbrowns
Breakfast - Eggs Jimmy		1 order	494	1143	44	81	6	74	27.1	1.5	3082 hashbrowns
Breakfast - Hungry Hippo Breakfast		1 order	375	977	39	49	4	68	20.0	1.5	1754 Texas toast
Breakfast - Steak & Eggs		1 order	579	1101	68	78	6	55	16.4	0.7	4308 hashbrowns, Texas toast
Breakfast Add Ons- 2 Eggs		1 order	92	178	12	1	0	14	3.7	0.6	303 n/a
Breakfast Add Ons- 2 Slices Texas Toast		1 order	94	280	7	40	2	10	1.5	0.5	390 n/a
Breakfast Add Ons- 3 Sausages		1 order	75	240	9	5	1	20	7.0	0.2	610 n/a
Breakfast Add Ons- 3 Strips of Bacon		1 order	45	180	5	0	0	18	6.0	0.0	300 n/a
Breakfast- Bacon & Cheese Skillet		1 order	511	1096	34	83	7	69	17.3	2.4	1843 Texas toast
Breakfast- Breakfast Quesadilla		1 order	549	1098	36	85	7	68	20.8	1.1	2320 hashbrowns
Breakfast- Classic Jungle Breakfast (fried eggs)		1 order	439	1123	30	79	6	77	17.9	1.2	1816 bacon
Breakfast- Safari Kid's Breakfast (fried egg)		1 order	153	363	13	24	2	24	6.6	0.5	546 bacon (juice not included)
Breakfast- Western Breakfast Quesadilla		1 order	579	1072	45	89	7	58	18.6	1.0	3255 hashbrowns
Chicken- Bahama Mama Stir Fry		1 order	716	769	39	112	7	17	1.5	0.1	1709 baguette
Chicken- Bahama Mama Stir-Fry, 6 Jumbo Shrimp		1 order	750	761	34	113	7	16	1.1	0.1	1703 baguette
Chicken- Chicken Taquitos Platter, Baked		1 order	384	659	35	78	5	21	10.1	0.1	1536 no
Chicken- Chicken Taquitos Platter, BBQ		1 order	339	681	33	93	6	19	8.6	0.1	2049 no
Chicken- Chicken Taquitos Platter, Fried		1 order	393	738	35	78	5	30	10.8	0.2	1536 no
Chicken- Monkey Finger Platter		1 order	600	1229	23	140	6	65	4.9	0.5	1559 no
Chicken- Seven-Veggie Stir Fry		1 order	714	669	15	116	9	15	0.8	0.1	1501 baguette
Dessert- Sticky Toffee Pudding Cake		1 order	174	475	6	69	1	20	13.6	0.1	259 n/a
Desserts - Apple Crisp		1 order	254	632	5	101	4	24	10.7	0.2	364 n/a
Desserts - Mex-Fried Ice Cream		1 order	274	766	14	159	3	11	5.1	0.2	1103 n/a
Desserts - Sticky Toffee Pudding Cake		1 order	249	795	6	124	2	31	19.4	0.4	489 n/a
Desserts- Berry Chimi Cheesecake		1 order	294	865	21	133	3	26	11.7	0.1	1052 n/a
Desserts- Chimi Cheesecake Bites		1 order	206	614	15	98	2	18	8.0	0.1	723 n/a
Desserts- Chocolate Chip Chimi Cheesecake		1 order	298	949	21	140	3	34	19.0	0.1	1009 n/a
Desserts- Cinnamon-Sugar Coated Caramel Apple Chimi Cheesecake		1 order	312	930	22	149	3	27	12.1	0.1	1095 n/a
Desserts- Ooey Gooey Brownie Sundae		1 order	342	746	7	108	3	33	17.3	0.4	435 n/a
Desserts- White Chocolate Brownie Cheesecake		1 order	236	894	9	64	3	46	25.2	1.0	195 n/a
Handhelds- California Chicken Wrap		1 order	347	707	42	53	6	38	9.7	0.2	1516 no
Handhelds- Chipotle Chicken Tacos		1 order	245	541	31	44	1	28	1.1	0.0	1101 no
Handhelds- Crispy Fish Tacos		1 order	249	529	22	39	1	29	2.8	0.1	1100 no
Handhelds- Jungle Cheese Steak		1 order	696	962	64	87	9	44	19.1	0.2	1439 no
Handhelds- Jungle Crunch		1 order	331	653	49	57	2	24	1.6	0.1	1312 no
Handhelds- Safari Club		1 order	418	866	69	86	4	26	6.7	0.0	2167 no
Handhelds- Safari Wrap		1 order	314	659	40	55	3	31	9.7	0.2	1515 no

Handhelds - Spicy Chicken Crunch	1 order	335	910	51	65	4	48	11.6	0.2	1341	no
Jim's Favourite Add-Ons- 4 Bacon Wrapped Scallops	1 order	108	345	15	2	0	31	6.7	0.1	374	n/a
Jim's Favourite Add-Ons- 4 Buffalo Wings (no sauce)	1 order	113	244	14	6	0	18	4.0	0.1	500	n/a
Jim's Favourite Add-Ons- 4 Jumbo Shrimp	1 order	80	80	14	1	0	1	0.2	0.0	152	n/a
Jim's Favourite Add- Ons- 4 Taquitos	1 order	224	413	22	49	3	13	6.0	0.0	904	salsa, sour cream
Jim's Favourite Add-Ons- Mushrooms and Onions	1 order	141	280	2	7	2	27	2.1	0.4	5	n/a
Jim's Favourite Add-Ons- Sour Cream & Onion Rings	1 order	144	314	4	42	2	15	1.7	0.1	1076	n/a
Mexican - Chicken Fajitas	1 order	831	1149	77	127	6	36	11.7	0.3	2991	Uncle Ben's Mex rice
Mexican - 7-oz Sirloin Steak Fajitas	1 order	843	1285	62	127	6	56	19.9	0.2	2621	Uncle Ben's Mex rice
Mexican - Chicken Quesadillas	1 order	317	579	34	49	3	26	13.2	0.3	1398	no
Mexican - Mexi-Combo	1 order	483	956	47	77	4	48	18.7	0.4	2669	n/a
Mexican - Veggie Fajitas	1 order	771	1014	30	135	7	39	12.9	0.2	2432	Uncle Ben's Mex rice
Mexican - Veggie Quesadillas	1 order	264	496	20	47	3	25	12.7	0.3	1094	no
Pasta - Bruschetta Chicken Parmesan	1 order	847	2040	68	321	18	51	19.8	0.7	3234	n/a
Pasta- Chicken Linguine Carbonara	1 order	363	757	51	61	5	34	15.4	0.5	1947	n/a
Pasta- Linguine Alfredo	1 order	208	452	14	58	5	18	8.2	0.4	1084	n/a
Pasta- The Godfather	1 order	294	581	40	58	5	20	9.1	0.4	1319	n/a
Safari Kids- Alfredo Pasta	1 order	194	405	12	56	5	15	6.1	0.2	862	baguette
Safari Kids- Apple Slices & Caramel Dip	1 order	220	290	1	66	3	3	0.9	0.0	186	n/a
Safari Kids- Baked Chicken Rappers	4 pieces	179	589	19	43	2	36	8.5	0.1	1123	no
Safari Kids- Baked Chicken Rappers, Whole Wheat	4 pieces	179	579	21	41	4	36	8.2	0.1	1027	no
Safari Kids- BBQ Chicken Rappers	4 pieces	209	649	20	58	3	36	8.5	0.1	1603	no
Safari Kids- BBQ Chicken Rappers, Whole Wheat	4 pieces	209	639	21	56	5	36	8.2	0.1	1507	no
Safari Kids- Bongo Burger	1 burger	125	370	16	38	1	17	4.5	0.3	560	no
Safari Kids- Fish & Chips	fish only	104	194	16	6	0	11	0.8	0.1	302	no
Safari Kids- G'rilla Cheese Sandwich	1 order	136	412	15	43	2	19	7.3	0.5	1052	no
Safari Kids- Jungle Mac N Cheese	1 order	243	473	15	36	4	18	7.9	0.5	1235	baguette
Kids Menu - Kids Cheese Pizza	1 order	297	710	19	76	3	36	9.8	0.5	1165	no
Safari Kids- Kid-Sized Salad, Side	1 order	197	274	2	8	3	26	3.8	0.0	444	n/a
Safari Kids- Monkev Fingers	2 pieces	126	296	8	41	0	11	0.8	0.1	773	no
Safari Kids- Safari Buddies	4 pieces	160	372	10	43	0	18	2.9	0.2	665	no
Safari Kids- Smartie Pantz Sundae	1 order	112	230	2	36	1	9	6.0	0.1	115	n/a
Safari Kids- Veggie Stix 'n' Ranch Dip, Side	1 order	134	265	1	7	1	26	3.8	0.0	428	n/a
Safari Kids- Curly Fries, Side	1 order	143	229	3	34	2	9	2.2	0.1	500	n/a
Safari Lunch- BLT & French Onion Soup	1 order	618	1237	45	91	5	70	25.4	0.4	2132	n/a
Safari Lunch- Chicken Quesadillas	1 order	317	579	34	49	3	26	13.2	0.3	1398	no
Safari Lunch- Chipotle Chicken Tacos	1 order	245	541	31	44	1	28	1.1	0.0	1101	no
Safari Lunch- English-Style Fish & Chips (1 piece)	1 order	521	966	23	90	6	57	4.1	0.5	872	home fries
Safari Lunch- French Onion Soup and Grilled Bacon Cheese	1 order	808	808	31	68	5	47	18.0	1.0	2334	n/a
Safari Lunch - Fresh-Mex Fajita Bowl	1 order	634	1042	51	182	10	14	3.7	0.1	3855	n/a
Safari Lunch - Jungle Cheeseburger	1 burger	356	970	41	47	2	68	25.2	0.0	1162	no
Safari Lunch - Honey Garlic Chicken Bowl	1 order	526	639	30	106	4	10	0.9	0.0	1074	n/a
Safari Lunch- Lunch-Size Chicken Taquitos, Baked	1 order	224	413	22	49	3	13	6.2	0.1	904	no
Safari Lunch- Lunch-Size Chicken Taquitos, BBQ	1 order	259	474	23	63	3	13	6.2	0.1	1344	no
Safari Lunch- Lunch-Size Chicken Taquitos, Fried	1 order	230	465	22	49	3	19	6.7	0.1	904	no
Safari Lunch - Lunch-Size Ribs	1 order	420	787	50	41	4	48	17.1	0.4	2001	no
Safari Lunch - Small BBQ Chicken Nachos	1 order	439	939	40	75	5	51	16.6	0.3	2114	n/a
Safari Lunch - Viva Las Vegans Rice Bowl	1 order	592	428	13	84	10	6	0.3	0.0	545	n/a
Seafood- Fish & Chips	1 order	648	1205	39	98	6	73	5.0	0.6	1444	home fries
Seafood- Great Big Splash	1 order	428	874	47	19	2	67	7.8	0.2	1686	steamed veggies
Seafood- Pan-Fried Cod	1 order	440	813	49	21	2	58	6.7	0.2	1422	steamed veggies
Seafood- Surf & Turf	1 order	503	1110	76	8	2	85	20.9	0.1	959	steamed veggies
Side Dishes- Caesar Salad	1 order	107	250	8	16	1	16	4.5	0.2	652	n/a
Side Dishes- Greek Salad	1 order	186	219	6	12	2	17	6.0	0.0	863	n/a
Side Dishes- Green Salad	1 order	279	124	9	13	4	6	2.0	0.1	744	n/a
Side Dishes- Home Cut Fries	1 order	309	605	6	70	5	33	2.6	0.2	102	n/a
Side Dishes- Sweet Balsamic Mixed Greens	1 order	93	101	1	7	1	7	1.0	0.0	333	n/a
Side Dishes- Uncle Ben's Mex Rice	1 order	198	216	2	47	0	2	0.0	0.0	897	n/a
Snack Attacks - Bowl of Chili	1 order	325	459	26	54	7	17	6.8	0.6	1402	n/a
Snack Attacks - Calamari	1 order	213	473	20	33	0	30	0.0	0.0	1247	n/a
Snack Attacks - Jungle Trio	1 order	865	1399	44	184	14	55	13.7	0.3	8546	n/a
Snack Attacks- Buffalo Wings	1 order	226	488	28	11	0	37	8.0	0.3	1000	n/a
Snack Attacks- Buffalo Wings, Buffalo Ranch	1 order	283	692	28	21	0	54	10.5	0.3	1703	n/a

Snack Attacks- Buffalo Wings, Honey Garlic	1 order	285	576	28	33	0	37	8.0	0.3	1344	n/a
Snack Attacks- Buffalo Wings, Hot & Honey	1 order	284	557	28	27	0	37	8.0	0.3	1889	n/a
Snack Attacks- Buffalo Wings, Hot Buffalo	1 order	283	538	28	21	0	37	8.0	0.3	2434	n/a
Snack Attacks- Buffalo Wings, Ridiculously Hot!	1 order	283	601	28	11	0	37	8.0	0.3	1113	n/a
Snack Attacks- Buffalo Wings, Medium Buffalo	1 order	283	571	29	28	0	37	8.0	0.3	1900	n/a
Snack Attacks- Buffalo Wings, Mild Buffalo	1 order	283	588	29	35	0	37	8.0	0.3	1567	n/a
Snack Attacks- Buffalo Wings, Original BBQ	1 order	283	585	28	34	0	37	8.0	0.3	1704	n/a
Snack Attacks- Buffalo Wings, Salt & Vinegar	1 order	228	488	28	11	0	37	8.0	0.3	1608	n/a
Snack Attacks- Buffalo Wings, Salted Maple	1 order	298	806	37	26	2	61	12.9	0.6	1460	n/a
Snack Attacks- Buffalo Wings, Seasoning Salt	1 order	228	488	28	11	0	37	8.0	0.3	1760	n/a
Snack Attacks- Buffalo Wings, Sour Cream & Onion	1 order	228	493	28	12	0	37	8.0	0.3	1180	n/a
Snack Attacks- Buffalo Wings, Super Hot	1 order	285	547	28	23	0	37	8.0	0.3	3542	n/a
Snack Attacks- Buffalo Wings, Sweet & Spicy Thai	1 order	283	601	28	38	0	37	8.0	0.3	1397	n/a
Snack Attacks- Buffalo Wings, Wild Buffalo	1 order	295	797	37	23	2	61	13.0	1.0	1492	n/a
Snack Attacks - Canadian maple Bbq nachos	1 order	592	1816	40	122	8	125	34.2	1.0	3090	n/a
Snack Attacks- Caesar Salad	1 order	123	311	9	22	2	21	4.5	0.2	758	n/a
Snack Attacks- Chicken Taquitos, Baked	1 order	294	591	32	70	4	19	8.6	0.1	1329	n/a
Snack Attacks- Chicken Taquitos, BBQ	1 order	339	681	33	93	6	19	8.6	0.1	2049	n/a
Snack Attacks- Chicken Taquitos, Fried	1 order	303	671	32	70	4	27	9.3	0.2	1329	n/a
Snack Attacks - Chipotle Chicken Nachos	1 order	636	1566	60	129	8	85	32.2	0.9	3442	n/a
Snack Attacks- Crispy Home-Style Wings	1 order	294	792	37	22	2	61	12.9	0.6	1336	n/a
Snack Attacks- Crispy Home-Style Wings, Buffalo Ranch	1 order	350	995	37	32	2	79	15.4	0.6	2040	n/a
Snack Attacks- Crispy Home-Style Wings, Honey Garlic	1 order	353	880	38	44	2	61	12.9	0.6	1681	n/a
Snack Attacks- Crispy Home-Style Wings, Hot & Honey	1 order	352	861	38	38	2	61	12.9	0.6	2226	n/a
Snack Attacks- Crispy Home-Style Wings, Hot Buffalo	1 order	350	842	37	32	2	61	12.9	0.6	2771	n/a
Snack Attacks- Crispy Home-Style Wings, Insanity-Style	1 order	350	905	37	22	2	61	12.9	0.6	1450	n/a
Snack Attacks- Crispy Home-Style Wings, Medium Buffalo	1 order	350	875	38	39	2	61	12.9	0.6	2237	n/a
Snack Attacks- Crispy Home-Style Wings, Mild Buffalo	1 order	350	892	38	46	2	62	12.9	0.6	1903	n/a
Snack Attacks- Crispy Home-Style Wings, Original BBQ	1 order	350	889	38	46	3	62	12.9	0.6	2040	n/a
Snack Attacks- Crispy Home-Style Wings, Salt & Vinegar	1 order	296	792	37	22	2	61	12.9	0.6	1944	n/a
Snack Attacks- Crispy Home-Style Wings, Seasoning Salt	1 order	296	792	37	22	2	61	12.9	0.6	2096	n/a
Snack Attacks- Crispy Home-Style Wings, Sour Cream & Onion	1 order	295	797	37	23	2	61	12.9	0.6	1516	n/a
Snack Attacks- Crispy Home-Style Wings, Suicide	1 order	353	851	37	34	2	61	12.9	0.6	3878	n/a
Snack Attacks- Crispy Home-Style Wings, Sweet & Spicy Thai	1 order	350	905	37	49	2	61	12.9	0.6	1733	n/a
Snack Attacks- Crocodile Skins	1 order	568	1016	34	91	9	57	16.9	0.5	1387	n/a
Snack Attacks- Deep-Fried Pickles	1 order	214	403	4	38	1	26	2.1	0.2	1455	n/a
Snack Attacks- French Onion Soup	1 order	382	303	14	24	3	18	8.1	0.0	1172	n/a
Snack Attacks- Greek Salad	1 order	223	331	7	15	2	27	7.5	0.0	434	n/a
Snack Attacks- Guacamole, Jungle Size	1 order	113	151	4	11	8	13	0.0	0.0	454	n/a
Snack Attacks- Guacamole, Regular Size	1 order	50	66	2	5	3	6	0.0	0.0	198	n/a
Snack Attacks- Home-Cut Fries	1 order	311	605	6	70	5	33	2.6	0.2	862	n/a
Snack Attacks- Jungle Poutine	1 order	381	864	20	80	5	50	13.1	0.2	1231	n/a
Snack Attacks- Jungle Rings	1 order	316	868	8	83	3	57	5.5	0.4	2731	n/a
Snack Attacks- Mozzarella Cheese Sticks	1 order	208	671	22	47	0	43	12.7	0.6	1319	n/a
Snack Attacks- Spinach Dip	1 order	316	740	16	66	3	41	18.7	0.9	915	n/a
Snack Attacks- Spudmania!	1 order	419	1049	24	51	4	82	19.4	0.4	3738	n/a
Snack Attacks- Super Super Nachos	1 order	980	2411	62	220	14	133	40.8	1.0	4116	n/a
Snack Attacks - Super Super Nachos, Chili Cheese Nachos	1 order	895	1620	58	140	12	85	35.8	0.9	4230	n/a
Snack Attacks- Super Super Nachos, Soicv Beef	1 order	753	1579	52	123	10	90	33.0	1.5	2194	n/a
Snack Attacks- Super Super Nachos, Tex-Mex Chicken	1 order	685	1418	42	120	9	76	28.7	0.7	1928	n/a
Snack Attacks- Sweet Balsamic Mixed Greens	1 order	93	101	1	7	1	7	1.0	0.0	333	n/a
Snack Attacks- Sweet Potato Fries	1 order	261	818	3	61	4	62	3.5	0.4	604	n/a
Snack Attacks- The Bathroom Sink	1 order	521	1139	38	109	4	61	12.8	0.6	4310	n/a
Snack Attacks- The Kitchen Sink	1 order	1486	3581	92	354	25	200	35.1	1.7	8932	n/a
Snack Attacks - Wild Buffalo Chicken Nachos	1 order	802	1540	73	141	12	72	30.5	0.6	3383	n/a
Steak & Ribs - Ribs & Shrimp	1 order	633	1213	97	40	3	75	28.3	0.5	2695	coleslaw
Steak & Ribs - Ribs & Taquitos	1 order	909	1735	117	103	7	95	38.2	0.6	3625	coleslaw
Steak & Ribs - Ribs & Wings	1 order	715	1416	103	53	2	90	32.1	0.6	3469	coleslaw
Steak 'n' Ribs- Monster Grill	1 order	1082	2293	165	47	2	160	52.2	1.0	4430	n/a
Steak 'n' Ribs- New York Striploin Steak, 12-oz	1 order	435	917	70	7	2	66	22.1	0.0	1518	steamed veggies
Steak 'n' Ribs- New York Striploin Steak, 8-oz	1 order	318	655	47	7	2	48	14.1	0.0	942	steamed veggies
Steak 'n' Ribs- St. Louis-Style Ribs, Half Rack	1 order	577	1138	82	34	1	77	28.3	0.5	2003	coleslaw
Steak 'n' Ribs- St. Louis-Style Ribs, Jungle Rack	1 order	1069	2153	164	57	1	145	55.9	0.9	3808	coleslaw

Notes:

Menu item analysis includes all additions provided with meal, such as sauces, salad dressings, sour cream, salsa, cheese, and baguette, where applicable. Unless otherwise stated, menu item does not include starch sides (e.g. fries, potato). These items must be added separately and can be found under 'Sides.'

Ingredient substitutions can be made by Jungle Jim's without prior notice, which may result in minor variations from nutrition information provided.

Substitutions or special requests made on behalf of guest will result in variations of nutrition information provided.

Actual nutritional content of recipes may vary depending on several factors including, but not limited to: ingredient brand, accuracy of measurements, physical changes during the cooking process, nutrient losses or gains during cooking, and serving sizes. Due to variations in ingredients and measurements, values are approximations and cannot be verified or guaranteed. Oil uptake in deep fried food items have been estimated based on average values of similar products from industry standard databases listed above. Natural variations in deep frying process (e.g. time, temperature) may result in minor alterations to nutrition information provided, particularly to calories and fat. Nutrition information has been derived using nutrient data from suppliers and industry standard databases, including the Canadian Nutrient File and National Nutrient Database for Standard Reference from the United States Department of Agriculture (USDA). Nutrition data has been collected and calculated by a registered dietitian. This nutrition data is used along with the professional judgement of the person performing the calculation. Although the information has been calculated by a registered dietitian, this information is not a substitute for medical advice, personal health evaluation, or professional recommendation. It should not be used in the treatment of medical conditions. This data should be interpreted and used at your own risk. We are not responsible for any loss, adverse reactions, or illness resulting in your reliance on this content.

Nutrient analysis compiled April 26 2021