

SMITTY'S CANADA INC. STANDARD NUTRITIONAL GUIDE

Information updated November 2025

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Item Name	Nutritional Information							Common Allergens					
	Energy	Fat	Sodium	Carbohydrate	Fiber	Sugar	Protein	Gluten	Dairy	Soy	Fish/Shellfish	Tree Nut	Peanut
	cal	g	mg	g	g	g	g	X = Present O = May Contain					
BREAKFAST - Without toast or pancake Side Choice													
Western Skillet *on cubed hash browns	728	46	1291	50	8	8	32	x	x	x			
Santa Fe Skillet *on cubed hash browns	616	44	868	34	7	1	27	x	x	x			
Meatlover's Skillet *on cubed hash browns	847	55	2235	36	6	2	54	x	x	x			
Ukrainian Skillet	1114	57	1754	103	8	3	52	x	x	x			
Ultimate Breakfast Bowl *ON CUBED HASH BROWNS	715	42	2153	52	3	8	35	x	x	x			
Big Country Breakfast	1114	61	4174	90	7	30	51	x		O			
Loaded Cubed Hashbrowns	600	46	1730	6	0	0	43	x		O			
Two Eggs with Bacon (4 strips)	962	51	2946	85	7	26	40	x		O			
Two Eggs with Breakfast Sausage (4 links)	920	55	1781	84	7	26	21	x		O			
Two Eggs with Back Bacon (4 pieces)	657	23	2272	87	7	27	25	x		O			
Two Eggs with Ham (2 slices)	651	24	2801	88	7	29	21	x		O			
One Egg with Bacon (2 strips)	602	24	1870	84	7	26	13	x		O			
One Egg with Breakfast Sausage (2 links)	663	32	1536	83	7	25	11	x		O			
One Egg with Back Bacon (2 pieces)	684	30	2118	84	7	25	20	x					

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One Egg with Ham (1 slice)	528	17	2046	85	7	27	11	x		O			
Bacon Lover's (w/Two Eggs)	1386	82	4473	87	7	26	70	x		O			
Steak & Eggs (w/Two Eggs)	881	33	2249	84	7	26	59	x		x			
Omelette - Bacon Denver	881	41	2560	94	8	28	43	x	x	x			
Omelette - Mushroom, Bacon & Cheese	1037	54	2633	91	8	26	54	x	x	x			
Omelette - Spinach & Swiss	762	35	1431	86	9	16	34	x	x	x			
Eggs Benedict	754	32	2077	86	9	8	30	x	x	x			
Southwest Benedict	843	42	1841	89	11	8	29	x	x	x			
So-Cal Eggs Benedict	732	34	1543	89	11	8	20	x	x	x			
Smoked Salmon Benedict	463	25	990	44	2	6	17	x	x	x	x		
Cinnamon Swirl Pancakes	1179	56	1878	162	4	68	12	x	x				
Classic Buttermilk Pancakes	850	25	1684	149	4	32	10	x	x				
Apple Crumble Cinnamon Swirl	1654	75	2142	238	7	121	15	x	x				
Short Stack Combo (w/Bacon)	1274	57	3212	150	4	32	41	x	x				
Short Stack Combo (w/Sausage)	1233	61	2047	149	4	32	23	x	x				
Crepes - Strawberry	522	15	952	129	7	46	20	x					

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Crepes - Apple Cinnamon	626	25	1026	133	6	56	20	x	x	x			
French Toast	916	24	941	153	6	61	24	x					
Bacon N Egg French Toast	873	49	1595	68	3	15	40	x					
Bacon N' Egg Waffle	899	46	2383	87	2	23	33	x	x				
International Breakfast	1078	65	2171	78	3	19	43	x	x				
Waffle	746	16	1435	140	4	64	10	x	x				
SHAREABLES	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein						
Chicken Wings - Plain	742	49	1402	4	0	0	74	O		x			
Deep Fried Pickles	451	19	2578	56	0	6	9	x	x				
Mozzarella Sticks	393	22	1041	30	2	3	18	x	x	x			
Nachos (includes 1 sour cream & 1 salsa)	1381	66	2714	150	22	8	68	O	x				
Portion- Salsa	0	0	0	0	0	0	0						
Portion- Sour Cream	0	0	0	0	0	0	0		x				
Onion Rings	320	1	689	68	3	5	9	x	x				
Poutine	653	36	2244	62	8	2	26	O	x	x			
Smitty's French Fries	558	25	1800	82	5	17	5	O					

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	cal	g	mg	g	g	g	g	X = Present						
Ginger Beef	532	19	1505	74	3	54	13	O		x		O		
BBQ Boneless Pork Bites	1609	31	2490	62	5	15	59	x		x				
Sweet Potato Fries	759	55	905	61	8	17	4	O			O	O	O	
SALADS		Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein						
Chicken Caesar Salad	623	42	1506	25	5	5	36	x	x	O				
Cobb Salad	701	48	2118	11	2	5	55		x	x				
Mediterranean Salad	584	26	2043	72	12	19	16		x	x		O	O	
HANDHELDS - Values Below are Without Side Choice		Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein						
Bacon Cheeseburger	1142	81	1837	47	3	3	58	x	x	O		O		
Bacon Jam Smash Burger	1169	70	1942	68	4	19	68	x						
Kansas City BBQ Smash Burger	1340	48	2070	62	5	12	57							
Classic Burger	850	58	903	45	3	3	38	x	x	O		O		
Crunchy Chicken Burger	692	33	1861	66	4	3	34	x	x	O		O		
Plant Based Burger - Veggie Black Bean	560	26	1368	71	12	6	18	x		x		O		
Crunchy Chicken Burger	692	33	1861	66	4	3	34	x	x	O		O		
Steak Sandwich	521	27	971	15	1	0	54	x						

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	cal	g	mg	g	g	g	g	X = Present					
Ultimate Mozza Burger	1069	67	1401	68	5	6	49	x	x	O		O	
Chicken Tenders	436	10	1427	54	2	29	31	x	x	x			
Chicken Quesadilla	805	39	2453	55	5	5	63	x	x				
Clubhouse	963	51	2077	73	5	7	53	x					
Clubhouse 1/2	506	26	1075	41	3	5	26	x					
Philly Cheesesteak	910	47	1844	64	4	0	61	x	x	x			
Beef Dip	961	55	2011	65	4	3	51	x	x	x			
Cajun Chicken Burger	729	40	2104	52	4	5	41						
Roast Beef Dip 1/2	512	28	1291	39	2	4	26	x	x	x			
MAINS		Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein					
Veal Cutlet	584	26	1946	50	8	12	43	x	O	x			
Ginger Beef Rice Bowl	1432	56	2471	204	7	60	33	x	x	O			O
Butter Chicken Rice Bowl	1497	81	3524	164	12	23	52	x	x				
Fish & Chips - 1 Piece	631	20	2404	110	7	24	22	x			x		
Fish & Chips - 2 Piece	890	25	3070	163	8	29	40	x			x		
Home-Style Turkey Dinner	875	30	2291	99	10	43	61	x					

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Cranberry Sauce Portion	140	0	12	34	1	28	0						
Fettuccine Alfredo	1190	51	6659	128	6	8	56	x	x	x			
Fettuccine and Meatballs	1272	57	6849	150	12	24	47	x	x	x			
Braised Beef	1097	73	3536	50	5	15	57	x	x	x			
Salisbury Steak	764	45	1571	41	8	12	51		x	x			
New York Steak Dinner	763	37	1676	34	6	10	75			x			
Southern Fried Chicken Dinner	552	21	2039	54	5	14	39	x		x			
KID'S MENU													
	Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein						
Big Brekkie with Pancakes	870	33	1232	122	5	64	22	x	x				
Kid's Burger	1292	60	2219	152	6	67	35	x					
Cheesy Pizza	848	25	1061	131	4	63	24	x	x				
Fettuccine Alfredo	1177	33	5612	191	7	60	31	x	x				
Dino Nuggets	1055	32	2269	158	5	97	23	x	x				
French Toast	874	28	805	132	4	67	24	x	x				
Grilled Cheese	1131	45	2077	163	7	71	23	x	x				
Happy Cakes	825	20	1062	149	4	76	12	x					

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		cal	g	mg	g	g	g	g		X = Present					
Side Choice- Kid's Poutine		359	19	1186	37	4	1	13		x	x	O			
Kid's Dessert - Oreo		110	4	75	17	0	9	1		x	x				
Kids Brownie		367	15	181	52	2	36	3		x	x	O		O	O
DESSERT		Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein							
Apple Pie Slice		685	32	482	97	4	50	5		x	x				
Apple Crumble		694	14	333	140	3	93	4		x	x				
Cheesecake Slice		1023	51	639	129	3	95	16		x	x				
Mini Donuts		1259	65	573	146	7	75	12		x	x	X		X	O
A la mode (1 scoop)		107	5	20	14	0	10	1			x				
A la mode (2 scoops)		214	10	39	28	0	20	1			x				
SIDE CHOICES		Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein							
Back Bacon 4 Slices		120	4	854	3	0	1	16							
Bacon 4 Slices		425	32	1528	2	0	0	31							
Sausage 4 Slices		383	36	363	0	0	0	12							
Basmati Rice Side		290	0	4	69	2	0	7							
Caesar Salad		245	19	414	15	2	3	5		x					

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	cal	g	mg	g	g	g	g	X = Present					
Side Lemon-Herb Mixed Green Salad	146	9	422	15	3	9	2		x	x		O	O
Side French Fries inc. Ketchup	314	13	1164	49	3	16	3	O		O	O	O	O
Egg	66	5	64	1	0	1	4						
Fresh Fruit	75	0	21	20	4	14	1						
Ham 2 Slices	113	6	1383	5	0	3	12						
Hash Browns Golden Chunky	311	10	919	54	4	2	4	x					
Hash Browns Shredded	125	1	200	27	10	0	2						
Add Breakfast Poutine to Hash Browns	144	9	518	9	0	3	9		x	x			
Mashed Potatoes with Gravy	231	14	877	25	3	4	6		x	x			
Onion Rings	200	1	431	43	2	3	6	x	x				
Poutine	359	19	1186	37	4	1	13	O	x	x			
Dilly Dill Dip	220	22	275	2	0	0	2						
Sweet Potato Fries	582	46	723	39	5	11	3	O					
Toast and Jam	607	24	839	85	4	25	15	x					
ADDITIONS		Calories	Fat	Sodium	Carbs	Fiber	Sugar	Protein					
Bacon 2 Pieces	212	16	764	1	0	0	15						

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	cal	g	mg	g	g	g	g	X = Present					
Breakfast Poutine	439	16	1252	65	11	4	14		x				
Blue Cheese Crumble	100	8	325	1	0	0	6		x				
Goat Cheese	76	6	85	1	0	0	5						
Cheddar Cheese Slice	80	7	170	1	0	0	5		x				
Mozzarella Cheese Slice	48	4	105	1	0	0	3		x				
Swiss Cheese Slice	80	6	80	1	0	0	5		x				
Chicken Breast	0	0	0	0	0	0	0			O			
Egg	66	5	64	1	0	1	4						
English Muffin	254	12	400	30	2	0	5	x					
French Toast 1 Piece	265	12	352	33	1	7	8	x					
Garlic Toast 2 Piece	447	36	257	30	1	0	6	x					
Gravy Portion	0	0	0	0	0	0	0			x			
Ham 2 Slices	113	6	1383	5	0	3	12						
Hamburger Beef Patty	480	40	115	0	0	0	29						
Hollandaise Portion	50	2	301	8	0	3	2		x	x			
Mashed Potatoes Plain	213	13	625	23	1	4	5						

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	cal	g	mg	g	g	g	g		X = Present					
Pancake Side (2)	844	31	1247	136	2	42	7		x	x				
Poutine to Fries	175	13	550	4	2	0	11		O		x			
Sausages 2 pieces	192	18	181	0	0	0	6							
Topping- Strawberry	176	0	52	44	2	31	0							
Topping- Apple Cinnamon	143	0	41	36	1	29	0							
Soup - Broth	Please ask your server about today's selection													
Soup - Cream	Please ask your server about today's selection													

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