



Nutritives Values

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	Portions	Calories (kcal)	Cholesterol (mg)	Fibre (g)	Fat (g)	Protein (g)	Saturated (g)	Sodium (mg)	Sugars (g)	Trans (g)	Carbohydrate (g)	Calcium (% DV)	Iron (% DV)	Vitamin A (% DV)	Vitamin C (% DV)
Appetizers															
Cheese sticks, without sauce (4 un)*	117 g	370	45	2	24	18	8	1380	0	0.5	23	45	10	10	0
Chicken wings - Original, without sauce (4 un)*	32 g	60	40	0	4.5	6	1.5	150	0	0	0	0	2	0	0
Crispy ribs (5 un)	151 g	380	100	0	30	21	11	850	0	0.3	6	4	10	2	6
Mini vegetable spring roll, without sauce (4un)*	98 g	210	5	3	8	5	1	420	3	0.1	29	2	10	4	10
St-Hubert Caesar salad	156 g	390	35	2	35	6	4.5	600	2	0.5	14	8	15	60	40

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Appetizers for sharing															
Butcher's board (1/4 serving)	107 g	230	35	1	13	11	4	1050	1	0	13	2	8	2	4
Loaded Nachos, large (1/4 serving)	203 g	500	40	6	29	16	13	830	4	0.4	44	35	6	20	20
Loaded nachos with grilled chicken, large (1/4 serving)	230 g	530	55	6	31	21	13	920	4	0.4	44	35	6	20	20
Mixed Platter - Onion rings	84 g	310	0	3	18	3	2.5	720	4	0	32	2	15	0	0
Mixed platter - Sweet potato fries	140 g	260	0	3	12	2	1.5	360	12	0.2	38	4	6	45	15

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Brunches															
Belgian waffle and crispy chicken breast	457 g	710	55	5	23	27	5	890	33	0.1	102	15	25	0	40
Belgian waffle with field berries	565 g	670	0	9	19	10	9	440	51	0.2	117	20	20	0	130
Breakfast poutine	758 g	1160	415	3	66	51	34	3420	16	3.5	85	80	30	70	25
Cantonnier-bacon Grilled cheese	561 g	1100	170	3	59	43	22	1880	11	1	98	58	31		41
Deluxe breakfast burger	587 g	890	330	7	35	48	6	1810	9	0.1	97	15	50	10	60
Egg benedict	545 g	630	295	3	29	27	13	2100	13	1.5	60	20	25	30	45
Fun Oatmeal - Kid meal	460 g	600	25	6	15	14	4	380	46	0.2	100	10	19		27
Gourmet Oatmeal	800 g	890	25	11	20	23	5	480	71	0.2	154	15	28		73
Ham, egg, and Cantonnier cheese cassolette	737 g	970	505	5	47	45	20	2540	14	1.5	90	40	40	50	50
Hollandaise sauce (Brunch)	90 g	250	65	0	22	3	11	560	6	1.5	10	8	2	25	0

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Brunchs															
Salmon, avocado and goat cheese toast	565 g	820	90	5	42	34	10	1350	9	0.5	75	13	19		46
Waffle mania - Kids meal	295 g	600	10	4	23	6	12	80	61	0.3	93	8	10	4	4

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Burgers and wraps (without side dish and without BBQ sauce)															
Club burger - Crispy chicken breast*	254 g	680	145	5	32	38	6	1260	6	0.2	63	20	35	6	15
Club burger - Grilled chicken breast*	245 g	490	135	3	23	34	5	940	5	0.2	36	15	20	6	15
Piri-Piri St-Burger	323 g	820	125	6	48	33	4.5	2240	8	0.2	68	10	35	10	50
St-Burger	273 g	670	125	6	32	32	3.5	1510	8	0.2	65	10	35	6	40
St-Hubert Chicken roll	236 g	630	55	3	41	17	13	850	8	0.3	47	6	20	15	45
St-Hubert wrap - Crispy fillets*	210 g	610	60	5	35	26	7	1140	2	0.4	49	30	25	2	8
St-Hubert wrap - Grilled chicken breast*	232 g	520	85	4	28	34	7	980	1	0.2	35	25	15	2	6

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Chicken (without side dish and without BBQ sauce)															
Breast*	216 g	400	165	0	19	56	5	580	0	0	0	2	20	6	0
Chicken brochette*	170 g	220	60	0	6	22	1	970	14	0	19	0	2	0	0
Double leg*	265 g	630	200	0	45	54	13	660	0	0	0	2	25	6	0
Grilled chicken breast with apples and Cantonier cheese - Regular serving*	179 g	290	85	1	14	28	6	640	7	0.2	12	15	2	6	60
Half chicken*	349 g	770	265	0	46	83	13	920	0	0	0	4	30	8	0
Indian chicken - Breast*	241 g	500	165	0	28	56	6	880	1	0.1	3	4	25	10	4
Indian chicken - Double leg*	315 g	830	200	0	64	54	14	1280	2	0.2	5	6	30	15	8
Indian chicken - Half chicken*	399 g	970	265	0	65	84	14	1540	2	0.2	5	6	40	15	8
Indian chicken - Leg*	158 g	410	100	0	32	27	7	640	1	0.1	3	2	15	8	4
Leg*	133 g	320	100	0	22	27	6	330	0	0	0	2	10	4	0

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Chicken (without side dish and without BBQ sauce)															
Piri-piri chicken - Breast*	241 g	520	165	0	32	56	6	930	0	0	2	2	20	8	4
Piri-piri chicken - Double leg*	315 g	870	200	0	72	54	14	1360	0	0	3	2	25	15	6
Piri-piri chicken - Half chicken*	399 g	1010	265	0	73	84	15	1620	0	0	3	4	30	15	6
Piri-piri chicken - Leg*	158 g	430	100	0	36	27	7	680	0	0	2	2	10	6	4
Vegetables brochette (served with chicken brochette)	80 g	70	0	1	0.1	1	0	100	9	0	11	0	2	8	60

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Classics (without side dish and without BBQ sauce)															
Chicken pot pie*	418 g	650	55	3	30	29	8	1750	8	0.3	63	25	25	40	10
Chicken vol-au-vent à la jardinière*	305 g	370	45	2	15	22	6	1290	6	0	35	20	15	35	8
Club sandwich - Dark meat (without mayonnaise)*	342 g	640	95	3	26	39	6	1080	8	0.1	62	10	35	6	25
Club sandwich - White meat (without mayonnaise)*	342 g	620	95	3	22	44	4.5	1070	8	0.1	62	10	35	6	25
Crispy chicken breast fillets (1 un)*	42 g	110	15	0	7	6	0.5	260	0	0.1	7	0	4	0	0
Hot chicken - Dark meat*	450 g	450	75	3	9	33	2.5	1650	7	0	57	10	30	2	6
Hot chicken - White meat*	450 g	430	75	3	4.5	38	1	1640	7	0	57	10	30	2	6
Regular poutine	487 g	920	80	7	51	26	17	1650	2	1.5	87	60	15	20	20
St-Hubert poutine	602 g	1210	120	8	68	39	20	3010	2	1.5	109	60	25	20	35

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Condiments, Sauces and Dressings															
BBQ sauce, cup	21 mL	35	0	0	0	0.2	0	170	7	0	8	0	2	0	2
Butter	5.5 g	40	15	0	4.5	0.1	2.5	45	0	0.1	0	0	0	4	0
Caesar dressing	43 mL	260	25	0	28	1	2	320	0	0.5	2		2	0	4
Fruity sauce, cup	21 mL	35	0	0	0	0	0	15	8	0	9	0	0	0	0
Home-style dressing	44 g	180	0	0	18	0.1	2.5	370	3	0.4	3	0	0	0	0
Honey sauce, cup	21 mL	90	0	0	0	0	0	0	19	0	22	0	0	0	0
Indian sauce	55 g	210	0		21	1	1.5	680	3	0.2	6	2	8	8	8
Marinara sauce for chicken sticks	100 g	80	0	2	4	1	0.4	370	6	0	10	4	4	6	30
Mayonnaise, pouch	11 g	70	5	0	8	0.1	1	55	0	0.1	0				
Mustard sauce, cup	21 mL	90	0	0	0	0	0	0	19	0	22	0	0	0	0

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Condiments, Sauces and Dressings															
Pepper-brandy sauce for angus steak	40 g	15	0	0	0.5	0.4	0.3	220	0	0	2	0	0	0	0
Piri-piri sauce	55 g	260	0	0	29	0.4	2	770	0	0	4	0	0	8	8
Roasted red pepper spread	40 g	250	40	0	27	1	2.5	310	0	0.3	1	0	2	4	25
Smoked BBQ sauce for chicken wing	55 g	100	0	1	0.1	1	0	670	19	0	22	0	2	15	6
Sour cream	55 g	90	20	0	8	2	4.5	35	2	0.2	4	4	0	8	0
Spicy sauce for chicken wing	55 g	100	0	0	2	0.3	0.3	770	10	0.3	22	0	0	0	0
St-Hubert barbecue sauce	120 g	70	5	0	3.5	1	1	960	1	0	8	0	2	2	0
Sweet and sour sauce, cup	21 mL	35	0	0	0	0.1	0	30	8	0	9	0	0	0	2
Thai Sauce for Mini vegetable spring roll	40 g	110	0	0	0.1	0.4	0	440	26	0	28	0	0	0	0
White balsamic dressing	50 g	240	0	0	24	0.1	1.5	300	5	0	6	0	0		0

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Desserts															
Big chill, chocolate sauce	218 g	510	70	1	19	4	14	105	61	0.5	77	10	6	15	0
Big chill, sugar cream sauce	218 g	500	65	0	21	3	15	20	66	0.5	71	10	2	15	0
Brownie, Lunch&Go	93 g	360	25	2	17	4	10	230	33	0.1	50	4	15	10	0
Brownie, chocolaty sauce	146 g	570	50	4	28	6	15	380	46	0.2	78	6	30	20	0
Chômeur pudding	431 g	860	55	2	12	6	8	330	148	0.5	184	20	25	10	40
Chômeur pudding - Lunch&Go	150 g	290	5	1	0.5	2	0.2	160	54	0.1	71	6	15	0	20
Ice cream, Lunch&Go	105 g	210	35	0	9	2	6	5	25	0.3	28	6	0	8	0
Millefeuille	190 g	580	45	2	27	5	14	240	47	0.5	78	6	10	6	2
Mini brownies (1/3 bag)	91 g	380	50	3	20	5	8	280	20	0.1	47	4	25	20	0
Mount-choco	256 g	800	85	4	38	8	23	400	74	0.5	108	15	30	30	0

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Desserts															
New yorker	181 g	460	155	3	30	8	18	300	36	1.5	41	8	4	8	6
Pure heaven	288 g	830	130	0	38	6	11	560	88	2.5	114	15	15	20	0
Sugar pie	155 g	540	30	1	21	3	8	340	62	0.2	86	8	15	6	0
The volcano	191 g	740	200	5	38	12	15	180	68	0.1	92	6	50	30	2
Vanilla cake with strawberry coulis	119 g	300	40	1	12	2	1	270	30	1	44	2	8	2	0
Vanilla cake with sugar cream sauce	119 g	400	55	0	17	3	4	280	46	1	59	6	6	8	0
Yogurt with fruits	165 g	150	5	2	1	12	0.1	75	14	0	24	15	4	0	4

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Kid's Menu (without side dish and without BBQ sauce)															
Fries, kids	120 g	290	0	4	14	4	1.5	65	0	0.1	39	0	8	0	10
Proteinman*	136 g	180	55	0	6	21	1	550	7	0	10	0	0	0	0
Super hero*	93 g	220	70	0	16	19	4.5	230	0	0	0	2	8	2	0
The Zoo*	91 g	350	30	0	26	12	2.5	340	4	0.1	16	2	10	2	0
UFO*	179 g	490	45	3	25	21	4.5	1130	4	0.5	44	15	20	4	4
Wrap-a-gogo*	111 g	300	30	2	16	13	3.5	780	1	0.3	25	10	4		3

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Kid's Menu, desserts															
Brownie	206 g	590	60	2	27	5	17	240	63	0.4	83	10	20	20	0
Chocolate and Raspberry muffin	55 g	160	0	2	6	2	0.5	160	15	0	26	2	15	2	2
Chocolate-cranberry cookies	30 g	150	0	2	6	3	1	85	8	0	20	2	10	0	0
Fruit pocket	90 g	60	0	1	0	0	0	10	14	0	15	0	0	0	0
Ice crest	49 g	140	15	0	9	1	7	35	13	0.2	14	4	0	4	0
Kiddie ice cream (Clown)	159 g	410	35	0	21	3	16	10	40	0.5	50	6	2	10	2
Vanilla cake with sugar cream sauce	99 g	340	50	0	15	2	3	280	35	1	49	4	6	4	0

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	Portions	Calories (kcal)	Cholesterol (mg)	Fibre (g)	Fat (g)	Protein (g)	Saturated (g)	Sodium (mg)	Sugars (g)	Trans (g)	Carbohydrate (g)	Calcium (% DV)	Iron (% DV)	Vitamin A (% DV)	Vitamin C (% DV)
Pasta & Salads															
Aragula and balsamic salad	495 g	640	75	5	37	38	5	1080	12	0	38	8	28		34
Bangkok - Crispy chicken fillets*	432 g	730	60	6	24	26	2	1570	53	0.3	101	10	35	15	90
Bangkok - Grilled chicken*	413 g	530	60	5	10	28	1.5	1150	52	0	80	8	25	15	90
Goat Cheese and Spinach (Grilled breast, with Home-style dressing)	369 g	540	80	5	34	33	7	1090	6	0.5	28	10	30	140	60
Goat Cheese and Spinach (with home-style dressing)	263 g	410	25	5	28	12	6	740	6	0.5	28	10	30	140	60
Maraîcher Salad	295 g	410	0	3	33	5	3.5	420	20	0	25	4	8		10
Maraîcher Salad (with rotisserie chicken)	461 g	650	125	3	37	55	4.5	690	20	0	25	6	19		10
Pesto and Vegetable penne	425 g	770	5	7	31	23	5	910	9	0.4	89	17	14		36
St-Hubert Caesar (with caesar dressing)	485 g	830	180	5	55	63	10	1080	3	1	20	20	35	180	100
Strawberry and rotisserie chicken summer salad (with raspberry poppyseed dressing)	386 g	530	75	7	24	38	4	780	29	0.1	40	8	25	6	130

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Promotion - Ribs															
Chicken wings - Original, without sauce (4 un)*	32 g	60	40	0	4.5	6	1.5	150	0	0	0	2	0	0	
Ribs (11 oz.) - Whisky-BBQ sauce*	249 g	590	130	1	38	27	14	1200	21	0.3	31	6	15	20	15
Ribs (11oz.) - Original sauce*	206 g	460	115	1	33	23	12	880	0	0.3	15	6	10	2	15

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Ribs & Steak (without side dish and without BBQ sauce)															
Angus beef steak (without sauce)*	215 g	420	120	0	22	47	5	1450	0	0.5	2	0	35	0	4
Ribs (11 oz.) - Whisky-BBQ sauce*	249 g	590	130	1	38	27	14	1200	21	0.3	31	6	15	20	15
Ribs (11oz.) - Original sauce*	206 g	460	115	1	33	23	12	880	0	0.3	15	6	10	2	15

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Side dishes															
Coleslaw - Creamy	110 g	160	10	2	13	1	2	190	6	0.1	8	4	4	8	50
Coleslaw - Traditionnal	110 g	110	0	2	9	1	0.5	220	5	0	7	4	4	8	50
Fries	198 g	480	0	6	23	6	2.5	105	0	0.1	64	0	10	0	20
Fries, kids	120 g	290	0	4	14	4	1.5	65	0	0.1	39	0	8	0	10
Grain rice (quinoa, millet, lentils)	170 g	290	0	2	7	5	1	590	1	0.1	52	6	6	4	2
Maraîcher Salad	130 g	250	0	1	24	1	1.5	310	5	0	7	2	2		5
Mashed potato	194 g	120	0	3	1.5	3	0	690	0	0	25	0	0	0	0
Poutine	398 g	830	80	6	47	25	17	1310	1	1.5	74	60	15	20	20
Seasonal Vegetable	171 g	260	0	0	22	4	2.5	470	2	0	9	6	7		106
St-Hubert Caesar salad	156 g	390	35	2	35	6	4.5	600	2	0.5	14	8	15	60	40

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Side dishes															
Sweet potato fries without spread*	140 g	260	0	3	12	2	1.5	360	12	0.2	38	4	6	45	15
Toasted bread	31 g	80	0	1	1.5	3	0.2	170	2	0	15	2	6	0	0

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Soups															
Chicken noodle soup (without saltine crackers)	285 g	130	40	1	2.5	10	0.5	770	1	0	17	2	8	8	2
Cream of chicken (without saltine crackers)	285 g	160	25	0	4	11	1.5	720	5	0	18	10	6	4	4
Saltine crackers for soups	5.6 g	25	0	0	0.5	0.5	0.1	45	0	0	5	0	2	0	0

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