



## 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)
<b>Appetizers</b>															
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 - Bold teriyaki (4 un)	138 g	260	100	0	14	20	4.5	640	7	0.2	11	4	8	2	2
Chicken wings - Original, without sauce (4 un)*	26 g	50	25	0	3.5	5	1	110	0	0.1	0	2	2	0	0
Chicken wings - Smoked BBQ (4 un)	134 g	270	100	0	15	20	4.5	830	11	0.2	13	4	8	10	8
Chicken wings - Sriracha (4 un)	144 g	240	100	1	15	20	4.5	980	3	0.2	7	6	8	2	6
Crispy ribs (5 un)	151 g	370	100	0	29	20	11	890	0	0.2	7	4	10	2	8
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	580	2	0.5	15	8	10	60	40
Stuffed potato skins (2un)	236 g	640	30	6	39	10	9	1240	8	0.3	62	10	30	10	15
Thai-style mini chicken brochettes	251 g	430	55	3	7	24	0.4	1250	39	0	67	2	25	4	40

\*The side dish, BBQ sauce, bun, coleslaw, side sauce and salad dressing are not included in the nutritional value and allergens of the dish. Refer to "Side dishes" and "Condiments, Sauces and Dressings" categories to get the information specific to your selection.



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<b>Appetizers for sharing</b>															
Baked brie (1/4 serving)	85 g	200	25	1	12	9	5	440	2	0.3	14	15	8	10	10
Butcher's board (1/4 serving)	90 g	240	50	1	12	15	6	1450	1	0.2	13	4	15	30	2
Discovery platter	238 g	620	65	4	42	14	10	1140	8	0.4	46	10	20	20	25
Loaded Nachos, large (1/4 serving)	203 g	500	40	6	29	16	13	830	3	0.4	44	35	6	20	30
Loaded nachos with grilled chicken, large (1/4 serving)	230 g	530	55	6	31	21	13	920	3	0.4	44	35	6	20	30
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	420	0	4	22	3	2.5	510	17	0.3	54	6	8	60	25

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<b>Brunches - Participating St-Hubert only - Starting on November 4</b>															
Belgian waffle and crispy chicken breast	457 g	880	65	5	32	33	7	1370	40	0.2	119	15	30	0	10
Belgian waffle with field berries	467 g	650	0	7	22	9	9	700	49	0.2	107	15	15	2	70
Breakfast poutine	679 g	1170	410	3	75	46	36	3680	16	3.5	73	80	25	70	20
Deluxe breakfast burger	467 g	840	325	6	36	44	5	1970	7	0.2	88	15	45	10	25
Egg benedict on artisan bread (1 egg)	1.1 g	2	0	0	0.1	0.1	0	5	0	0	0	0	0	0	0
Ham breakfast sandwich	447 g	630	295	4	28	29	7	1990	8	0.2	63	20	30	15	25
Ham, egg, and Oka cheese cassalette	489 g	740	325	2	43	30	18	2370	12	1.5	55	15	25	35	15
Mediterranean plate	492 g	800	35	9	26	36	11	980	40	0.5	106	45	35	6	60
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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<b>Burgers and wraps (without side dish and without BBQ sauce)</b>															
Club burger - Crispy chicken breast*	200 g	460	60	2	22	27	5	660	6	0.2	39	15	20	6	15
Club burger - Grilled chicken breast*	207 g	400	85	2	16	32	4	810	3	0.2	34	15	15	6	15
Spicy St-Burger	323 g	690	125	7	32	33	3.5	2360	12	0.2	70	10	35	6	50
St-Burger	273 g	670	125	6	32	32	3.5	1510	8	0.2	65	10	35	6	40
St-Hubert wrap - Crispy fillets*	206 g	600	55	5	34	25	7	1090	2	0.4	49	30	25	2	8
St-Hubert wrap - Grilled chicken breast*	212 g	480	80	4	23	33	6	940	1	0.2	38	25	20	2	8

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<b>Chicken (without side dish and without BBQ sauce)</b>															
Breast*	216 g	400	165	0	19	56	5	570	0	0	0	2	20	6	0
Double leg*	265 g	630	200	0	45	54	13	660	0	0	0	2	25	6	0
Half chicken*	349 g	770	265	0	46	83	13	910	0	0	0	4	30	8	0
Leg*	133 g	320	100	0	22	27	6	330	0	0	0	2	10	4	0

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<b>Classics (without side dish and without BBQ sauce)</b>															
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	620	85	4	25	39	6	1200	5	0	59	10	35	20	25
Club sandwich - White meat (without mayonnaise)*	342 g	600	85	4	21	44	4.5	1200	5	0	59	10	35	20	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	4	10	34	3	1780	5	0	55	8	30	2	6
Hot chicken - White meat*	450 g	430	75	4	5	39	1.5	1770	5	0	55	8	30	2	6
Regular poutine	487 g	920	80	7	51	26	17	1680	2	1.5	87	60	15	20	20
St-Hubert poutine	456 g	980	100	7	56	32	18	2090	1	1.5	85	60	20	20	30
St-Hubert poutine	602 g	1210	120	8	68	39	20	3030	2	1.5	109	60	25	20	35

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<b>Condiments, Sauces and Dressings</b>															
BBQ sauce, cup	21 mL	35	0	0	0.2	0.2	0	170	7	0	8	0	0	6	2
Balsamic dressing	43 mL	120	0	0	10	0.2	1	320	4	0.1	5	0	2	0	0
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	200	20	0	22	1	1.5	250	0	0.3	1	2	2	0	4
Fruity sauce, cup	21 mL	30	0	0	0	0	0	25	8	0	9	0	0	0	0
Home-style dressing	44 g	170	0	0	18	0.1	2.5	370	3	0.3	3	0	0	0	0
Honey and garlic sauce for chicken wings	55 g	110	0	1	0.1	1	0	150	17	0	27	2	4	0	0
Honey sauce, cup	21 mL	90	0	0	0	0	0	0	21	0	24	0	0	0	0
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				

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<b>Condiments, Sauces and Dressings</b>															
Mustard sauce, cup	21 mL	45	0	0	2.5	0.4	0.3	230	5	0	6	0	0	0	0
Olive oil and lemon dressing	43 mL	80	0	0	7	0.2	1	370	3	0	4	0	2	0	8
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
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	970	1	0	8	0	0	2	0
Sweet and sour sauce, cup	21 mL	35	0	0	0	0	0	30	8	0	8	0	0	2	2
Thai Sauce for Mini vegetable spring roll	40 g	110	0	0	0.1	0.4	0	440	25	0	27	0	2	0	0

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<b>Desserts</b>															
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
Chocolate Mousse Cake	156 g	510	135	3	38	6	19	125	24	0.1	46	8	15	25	0
Chômeur pudding	431 g	930	55	2	12	6	8	360	160	0.5	200	20	30	10	45
Chômeur pudding - Lunch&Go	150 g	320	5	1	0.5	2	0.2	180	60	0.1	79	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

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<b>Desserts</b>															
Mount-choco	256 g	800	85	4	38	8	23	400	74	0.5	108	15	30	30	0
New yorker	181 g	460	155	3	30	8	18	300	36	1.5	41	8	4	8	6
Pure heaven	431 g	930	55	2	12	6	8	360	160	0.5	200	20	30	10	45
Sweet desire (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	260	40	1	7	3	1	290	31	0.1	44	4	10	2	0
Vanilla cake with sugar cream sauce	119 g	360	55	0	12	4	4	300	47	0.3	59	8	8	8	0
Yogurt with fruits	165 g	120	0	2	1	5	0.1	135	11	0	22	15	4	0	4

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<b>Entré salads</b>															
Bangkok - Crispy chicken fillets*	314 g	450	40	4	16	17	1.5	920	24	0.2	59	6	25	50	60
Bangkok - Grilled chicken*	307 g	360	60	4	8	24	1	750	24	0	45	4	15	40	60
Garden*	563 g	480	150	6	14	61	7	610	8	0.3	22	30	25	140	120
Pita chips and crunchy vegetables	420 g	480	0	8	38	10	4.5	600	6	0	27	8	30	130	90
Pita chips and crunchy vegetables with grilled chicken	526 g	620	55	8	44	31	5	960	6	0	27	8	30	130	90
St-Hubert Caesar	485 g	830	185	5	54	64	9	1040	3	0.5	21	25	35	180	100

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<b>Kid's Menu (without side dish and without BBQ sauce)</b>															
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	45	1	27	13	3	410	0	0.2	16	2	10	0	2
UFO*	179 g	470	45	3	22	22	4	1130	4	0.4	45	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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<b>Kid's Menu, desserts</b>															
Brownie	206 g	580	60	5	26	6	17	240	59	0.4	83	15	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	40	0	1	0	0.2	0	0	9	0	10	0	2	0	2
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	290	50	3	10	4	2.5	300	33	0.2	49	10	10	4	0

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<b>On the Grill (without side dish and without BBQ sauce)</b>																
Angus beef steak*	193 g	380	110	0	20	42	5	1300	0	0.5	1	0	30	0	4	
Chicken brochette*	170 g	220	60	0	6	22	1	970	14	0	19	0	2	0	0	
Ribs (11 oz.) - Wisky-BBQ sauce*	206 g	480	105	1	31	22	11	1000	16	0.3	25	6	10	15	10	
Ribs (11oz.) - Original sauce*	206 g	440	105	1	31	22	11	980	0	0.3	18	6	10	2	20	
Vegetables brochette	80 g	70	0	1	0.1	1	0	100	5	0	12	0	2	8	60	

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<b>Reinvented chicken (without side dish and without BBQ sauce)</b>															
Grilled chicken breast with apples and oka cheese - Regular serving*	175 g	260	75	1	13	27	5	570	8	0.2	9	2	0	2	110
Piri-piri rotisserie chicken - Breast*	241 g	520	165	0	32	56	6	920	0	0	2	2	20	8	4
Piri-piri rotisserie chicken - Double leg*	315 g	870	200	0	72	54	14	1360	0	0	3	2	25	15	6
Piri-piri rotisserie chicken - Half chicken*	399 g	1010	265	0	73	84	15	1610	0	0	3	4	30	15	6
Piri-piri rotisserie chicken - Leg*	158 g	430	100	0	36	27	7	680	0	0	2	2	10	6	4
Tuscan-style grilled chicken breast - Regular service	541 g	1120	65	7	65	44	12	1530	8	0.5	90	20	20	410	150

\*The side dish, BBQ sauce, bun, coleslaw, side sauce and salad dressing are not included in the nutritional value and allergens of the dish. Refer to "Side dishes" and "Condiments, Sauces and Dressings" categories to get the information specific to your selection.



## 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)
<b>Side dishes</b>															
Baked potato*	231 g	280	0	7	0.4	7	0	40	3	0	61	4	20	0	60
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
Garden salad*	110 g	25	0	1	0.5	1	0.1	55	2	0	4	2	2	30	15
Garnish baked potato	309 g	500	30	7	19	13	7	510	5	0.3	71	15	30	10	60
Grain rice	170 g	280	0	1	7	5	0.5	610	1	0.1	50	6	4	4	2
Honey and herb roasted vegetables	135 g	110	0	2	6	1	0.5	130	6	0.1	12	0	6	40	30
Mashed potato	194 g	120	0	3	1.5	3	0	690	0	0	25	0	0	0	0

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<b>Side dishes</b>															
Poutine	398 g	830	80	6	47	25	17	1330	1	1.5	74	60	15	20	20
Root vegetable julienne	128 g	110	0	2	7	1	0.5	190	7	0.1	13	4	4	60	35
Rotisserie potato	232 g	220	0	2	4.5	6	0.4	1040	3	0	38	6	10	2	15
St-Hubert Caesar salad	156 g	390	35	2	35	6	4	580	2	0.5	15	8	10	60	40
Sweet potato fries without spread*	140 g	420	0	4	22	3	2.5	510	17	0.3	54	6	8	60	25
Toasted bread	31 g	80	0	1	1.5	3	0.2	170	2	0	15	2	6	0	0

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<b>Soups (without saltine crackers)</b>															
Chicken noodle soup	285 g	130	40	1	2.5	10	0.5	780	1	0	17	2	8	8	2
Cream of chicken	285 g	160	25	0	4	11	1.5	730	5	0.1	18	10	6	4	4
French onion soup	379 g	330	50	3	14	19	9	1700	1	0.4	33	35	10	10	0
Rice and chicken soup	285 g	130	20	1	2	9	0.5	780	1	0	20	4	4	6	2
Saltine crackers for soups	5.6 g	25	0	0	0.5	0.5	0.1	45	0	0	5	0	2	0	0
Vegetable soup	285 g	50	0	3	0.5	2	0.1	490	5	0	12	4	15	80	20

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<b>Special offers</b>															
Ribs (11 oz.) - Wisky-BBQ sauce*	206 g	480	105	1	31	22	11	1000	16	0.3	25	6	10	15	10
Ribs (11oz.) - Original sauce*	206 g	440	105	1	31	22	11	980	0	0.3	18	6	10	2	20

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