TRIPLE O'S NUTRITIONAL INFORMATION

Updated June 2025

TRIPLE O'S BREAKFAST

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Original Sunny Start - Bacon		213	611	32.0	7.8	0.4	209.8	1270.0	54.4	1.6	9.6	24.1	9	3	20	26
	Without Sauce	180	491	21.0	6.2	0.3	200.8	1015.9	49.7	1.0	6.2	23.7	7	1	20	25
Original Sunny Start - Sausage		271	713	39.3	12.7	0.5	245.3	1318.9	55.1	1.6	9.6	32.5	9	3	22	33
	Without Sauce	238	593	28.3	11.1	0.4	236.3	1064.7	50.4	1.0	6.2	32.1	7	0	21	32
Breakfast Club - Bacon		283	731	37.0	8.8	0.4	209.8	1570.0	71.4	2.6	9.6	25.1	9	3	20	28
	Without Sauce	250	611	26.0	7.2	0.3	200.8	1315.9	66.7	2.0	6.2	24.7	7	0	20	27
Breakfast Club – Sausage		345	843	45.0	14.0	0.5	247.3	1633.3	72.2	2.6	9.6	34.3	9	3	22	35
	Without Sauce	312	723	34.0	12.4	0.4	238.3	1379.2	67.5	2.0	6.2	33.8	7	0	21	34
Loaded Breakfast Wrap		323	564	41.0	9.9	0.1	421.9	942.7	21.0	2.5	1.4	30.8	21	9	14	19
Breakfast Burger		370	1090	81	28	2	345	1340	52	0	17	39	20	6	25	35
	Without sauce	322	870	59	24	2	330	1010	43	0	8	38	20	0	25	35
Egg BLT Ciabatta		281	680	51.0	15.0	0.50	240.0	1000.0	35.0	1.0	4.0	18.0	20	10	20	15
	Without Sauce	252	480	29.0	12.0	0.2	225.0	870.0	34.0	1.0	3.0	17.0	20	10	20	15
Hamburger Bun		90	220	4.5	2.5	0.1	20.0	390.0	42.0	0	8.0	8.0	4	6	4	15
Ciabatta		63	150	1	0	0	0	340.0	31.0	0	2.0	6.0	2	0	0	10
Hashbrown	5 pieces	70	120	5.0	1.0	0.0	0.0	300.0	17.0	1.0	0.0	1.0	0	0	0	2

TRIPLE O'S BURGERS

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Original Burger		304	789	49.2	13.0	0.3	103.6	807.9	54.6	2.5	11.3	29.7	12	12	9	33
	Without Sauce	257	568	27.2	9.8	0.1	85.6	482.9	49.6	1.9	7.7	29.0	10	11	8	32
Original Cheeseburger		326	860	54.1	13.2	0.5	119.9	1169.3	56.9	2.5	11.3	33.8	12	13	19	33
	Without Sauce	278	639	32.1	13.0	0.3	101.9	844.3	51.9	1.9	7.7	33.1	10	11	19	32
Kid's Burger		236	778	49.1	13.0	0.3	103.6	803.1	52.2	1.6	9.7	29.1	2	3	8	32
	Without Sauce	189	557	27.1	9.8	0.1	85.6	478.0	47.2	1.1	6.1	28.4	0	0	7	31
Bacon Cheddar Burger		338	933	60.7	17.2	0.5	124.6	1138.1	54.9	2.5	11.3	39.4	18	13	24	33
	Without Sauce	291	712	38.7	14.0	0.3	106.6	813.1	49.9	1.9	7.7	38.7	16	11	23	32
Monty Mushroom		388	943	62.4	18.2	0.4	123.8	811.9	57.3	3.3	12.9	37.2	12	16	24	35
	Without Sauce	340	722	40.5	15.0	0.2	105.8	486.9	52.3	2.7	9.3	36.6	10	13	24	34
Double Double Burger		436	1217	81.6	28.2	0.7	221.9	1648.8	59.4	2.5	11.4	57.2	12	13	31	44
	Without Sauce	338	996	59.6	25.0	0.5	203.9	1323.8	54.4	2.0	7.8	56.6	10	11	31	43
Smokehouse Supreme		366	1043	61.9	16.7	0.4	120.6	1275.3	60.4	2.6	15.6	39.5	18	17	25	43
	Without Sauce	322	737	39.9	14.1	0.3	106.6	970.4	53.3	2.5	9.2	39.1	16	15	24	32
Crispy Fish Burger		326	684	31.6	4.0	0.1	40.0	1161.8	71.1	1.9	7.9	24.7	35	17	9	38
	Without Sauce	297	544	16.6	3.0	0.1	30.0	1001.8	69.1	1.9	7.9	23.7	10	13	9	23
Buffalo Chicken		355	714	34.1	7.2	0.3	66.0	2100.1	63.7	4.8	11.6	36.3	16	10	25	37
	Without Sauce	315	644	27.1	6.7	0.3	56.0	1445.1	62.7	4.8	10.6	36.3	16	10	25	27
Spicy Ultimate Crunch		310	703	37.6	5.7	0.3	53.0	1256.6	63.0	4.8	11.1	27.1	10	11	9	28
	Without Sauce	281	501	15.6	2.5	0.1	35.0	1114.8	62.4	4.8	10.6	26.6	10	10	9	27
Honey Mustard Crunch		330	734	39	7	0	55.0	1336	66.0	5.0	13	28.0	12	13	9	32
	Without Sauce	291	530	17	3	0	37.0	1189	63.0	5.0	11	28.0	12	9	9	30
Crispy Chicken Club		350	710	32	7	0.1	49	2090	65.1	1.8	9.6	31.6	10	12	7	38
	Without Sauce	310	650	28	5	0.1	44	1730	62.6	1.8	7.6	31.6	10	12	7	30
Chicken Bacon Cheddar		375	791	41	9	0.5	112	1214	58	3	12	44	16	20	24	25
	Without Sauce	326	567	20	6	0.3	94	866	52	2	8	44	13	17	23	24
Mushroom Veggie Burger		332	660	33	6	0.4	45	1270	78	6	19	20	15	20	15	30
	Without Sauce	284	440	12	2.5	0.1	25	930	70	6	11	19	15	15	15	25
Impossible Burger		338	660	49	13	0.5	40	1282	78	6	19	20	15	20	15	30
	Without Sauce	288	440	25	9	0.2	20	930	70	6	11	19	15	15	15	25
Add Toppings	Cheese – 1 slice	21	69	4.8	3.2	0.0	16.2	357.0	2.3	0.0	0.1	4.0	4	0	11	0
	Bacon – 2 slices	13	60	4.8	2.2	0.0	16.6	199.3	0.0	0.0	0.0	4.4	0	0	0	0
	Mushrooms, sautéed	28	17	1.0	0.0	0.0	2.5	8.4	1.4	0.4	0.7	1.3	1	1	0	1
	6 oz Patty	124	430	33.9	13.2	0.1	128.3	98.3	0.0	0.0	0.0	29.1	0	0	1	16

TRIPLE O'S NUTRITIONAL INFORMATION

Updated June 2025

TRIPLE O'S CLASSICS

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Dippin' Chicken	3 pieces	130	270	10.9	1.0	0.0	40.0	550.0	17.0	4.0	5.0	21.0	2	1	1	8
	5 pieces	217	450	18.2	1.7	0.0	66.7	916.7	28.3	6.7	8.3	35.0	4	2	2	13
	Side Honey Mustard	45	225	19.5	1.5	0.0	22.5	315.0	12.0	0.0	4.5	0.0	0	0	0	0
Kid's Grilled Cheese	On a burger bun	152	520	35	21	0.5	105	840	44	0.0	32.0	18.1	2	2	28	22
3 Piece Fish & Chips	3 pieces with Fries	323	629	30.0	3.8	0.1	45.0	883.8	58.5	3.1	1.7	24.5	0	26	5	12
	Side Tartar	44	210	22.5	1.5	0.0	15.0	240.0	3.0	0.0	0.0	1.5	38	6	0	23
Fries	Kid's (3 oz)	92	134	6.2	0.4	0.0	0.0	71.3	18.0	1.9	1.0	2.1	0	14	1	5
	Regular (5 oz)	155	239	12.0	0.8	0.1	0.0	118.8	30.0	3.1	1.7	3.5	0	23	2	9
	Large (7 oz)	217	334	16.8	1.1	0.1	0.0	165.2	42.0	4.4	2.3	5.0	0	32	3	12
	Side of Gravy	130	38	0.9	0.6	0.0	0.0	608.0	5.7	0.0	0.0	1.9	0	0	0	0
Poutine		312	490	29.9	11.5	0.9	60.0	986.5	35.9	3.1	1.7	18.7	14	23	48	9
Onion Rings	6 pieces	184	467	28.8	2.3	0.0	0.0	436.5	47.7	2.5	11.4	5.5	0	0	3	15
Garlic Parmesan Fries		162	267	14.1	2.2	0.1	7.1	133.0	31.0	3.1	1.7	5.7	3	27	8	9
Cajun Fries		177	337	2.7	2.2	0.1	7.1	133.0	31.0	3.1	1.7	5.7	3	27	8	9
Pickle Chips	Ranch Dip	170	510	48	11.0	0.5	25.0	111.0	20.0	3.0	1.0	2.0	0	6	4	6
Sweet Potato Fries	Regular (5 oz)	235	519	29.6	0.9	0.1	0.0	522.7	60.5	8.2	23.4	5.4	288	39	6	6
	Large (7 oz)	305	674	38.4	1.2	0.1	0.0	678.9	78.6	10.6	30.4	7.0	374	51	8	8
	Side Chipotle Mayo	38	260	28.0	2.0	0.0	20.0	105.0	3.0	0.0	2.0	1.0	0	2	2	25
Cheesecake on a stick		51	190	11	4.5	0.0	40	105	21	1	10	3	0	1	2	4
Vanilla Milkshake	Small (12 oz)	390	491	28.9	17.6	0.6	101.9	134.6	51.1	0.0	41.6	8.2	29	0	27	0
	Regular (20 oz)	624	575	37.8	22.3	1.0	128.5	228.4	83.8	0.0	68.0	9.7	44	0	42	0
Chocolate Milkshake	Small (12 oz)	406	530	29.2	17.7	0.6	101.9	198.3	60.6	0.7	46.1	8.8	29	0	28	7
	Regular (20 oz)	656	654	38.3	22.6	1.0	128.5	355.8	103.0	1.7	76.9	10.9	44	0	44	15
Strawberry Milkshake	Small (12 oz)	283	478	26.0	16.9	0.6	98.2	119.1	51.5	0.9	44.8	8.3	27	21	27	1
	Regular (20 oz)	433	523	34.1	21.3	0.9	96.5	202.8	76.7	1.1	66.9	9.9	41	24	41	1
Cookies & Cream Milkshake	Small (12 oz)	419	638	36.7	21.6	0.7	101.9	146.2	69.9	0.9	49.6	9.7	29	0	28	8
	Regular (20 oz)	668	819	51.9	29.6	1.1	128.5	220.4	112.6	1.4	78.8	12.2	44	0	43	13
Chocolate Chunk Cookie	1 cookie	38	170	8.0	3.5	0.0	10.0	120.0	23.0	1.0	14.0	2.0	8	0	0	6
Iced Coffee	Small (12 oz)	188	96	4	1	0	12	36	14	0	0	1	5	4	12	6
	Regular (20 oz)	304	162	7	3	0	20	60	26	0	11	2	8	6	20	11
Frappuccino	Small (12 oz)	230	145	5	2	0	16	40	18	0	10	2	6	4	15	8
	Regular (20 oz)	384	242	7	3	0	23	60	28	0	14	4	9	6	20	11