

# Harveys

## Nutrition Information

Serving Size	Calories	Kilojoules	Protein (g)	Fat (g)	Polyunsaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Potassium (mg)
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### MAIN MENU ITEMS

Original Hamburger	129g	357	1494	18.4	17.5	0.8	7.8	6.9	45	31.5	1000	316
Original Cheeseburger	148g	418	1749	22.1	22.0	0.8	7.8	9.9	51	32.6	1087	385
Ultra Burger	152g	409	1712	28.0	19.0	1.4	7.6	8.3	38	33.0	746	340
Ultra Burger w/Cheese	166g	464	1940	29.9	22.2	1.2	7.7	7.9	53	35.9	1210	438
Value Burger	104g	300	1260	17.0	13.0	1.1	5.3	4.8	23	30.0	452	179
Value Burger w/Cheese	120g	352	1470	21.0	16.0	1.2	5.8	7.1	34	31.0	694	224
Double Value Burger	166g	473	1980	31.0	24.9	1.6	9.8	10.8	52	31.1	862	351
Double Original Burger	214g	609	2549	32.8	38.8	1.1	16.2	13.9	83	32.3	1540	530
Hot Dog	112g	313	1310	13.0	11.7	1.3	5.0	3.6	43	39.2	220	6
Fish Sandwich	155g	393	1645	15.3	14.9	2.5	6.7	1.6	17	49.3	750	250
Harvy's Supreme Chicken	160g	299	1250	28.0	5.2	1.2	2.0	1.3	42	35.0	1341	411
Harvey's Crispy Chicken	150g	345	1440	22.0	8.7	1.3	4.4	1.4	26	44.0	1247	437
Chicken Strips - 5 pieces	126g	364	1523	17.0	22.0	4.0	9.8	4.9	33	24.0	620	300
VeggieBurger (3.2 oz.)	125g	315	1320	21.0	8.8	0.0	1.8	2.6	0	38.0	695	420

### GARNISHES

Plum Sauce	28 ml	69	289	0.0	0.0	0.0	0.0	0.0	0	17.1	345	10
Sweet & Sour Sauce	28 ml	49	205	0.1	0.0	0.0	0.0	0.0	0	12.6	63	60
Honey Mustard Sauce	28 ml	78	326	0.4	0.4	0.0	0.0	0.0	0	19.3	160	14
B.B.Q. Sauce	28 ml	56	234	0.5	0.1	0.0	0.0	0.0	0	13.9	380	27
Process Cheese Food Slice	18.9g	61	255	3.7	4.5	n/a	n/a	3.0	6	1.1	87	69
Bacon	11g	52	218	3.9	4.1	0.4	1.8	1.3	8	0.0	160	70
Ketchup	8 ml	12	50	0.2	0.0	0.0	0.0	0.0	0	2.6	119	35
Mustard	7 ml	3	13	0.2	0.0	0.0	0.0	0.0	0	0.3	54	6
Pickle	15 g	2	8	0.0	0.0	0.0	0.0	0.0	0	0.4	216	30
Hot Peppers	12 g	4	17	0.1	0.0	0.0	0.0	0.0	0	1.5	194	17
Mayonnaise	7 ml	43	180	0.0	4.6	1.5	2.6	0.3	2	0.6	28	1
Relish	13 ml	21	88	0.1	0.0	0.0	0.0	0.0	0	5.3	93	5
Tomato	13 g	3	13	0.1	0.0	0.0	0.0	0.0	0	0.5	1	28
Onions	10 g	8	33	0.3	0.0	0.0	0.0	0.0	0	1.8	0	39
Peppercorn Ranch Dressing	28 g	127	531	0.3	13.5	7.8	3.2	2.0	6	0.9	132	8
Creamy Caesar Dressing	28 g	133	555	0.7	14.2	7.9	3.3	2.1	13	1.2	301	16
Light Caesar Dressing	28 g	63	264	0.6	4.5	2.3	1.0	0.7	7	3.0	175	17
Balsamic Vinaigrette	28 g	122	512	0.0	12.6	6.6	3.7	1.8	0	1.4	131	4
French Dressing	28 g	108	453	0.1	10.7	6.1	2.5	1.5	0	3.7	220	5
Creamy Thousand Island Dressing	28 g	111	464	0.2	10.9	6.3	2.6	1.6	3	3.6	229	21
Oriental Vinaigrette	28 g	115	485	0.1	12.1	7.0	2.8	1.8	0	2.2	310	17
Light Italian Dressing	28 g	54	226	0.3	4.0	2.3	0.9	0.6	0	4.8	320	24

### SIDE ORDERS

French Fries - Junior	88 g	234	979	3.0	9.9	0.3	4.9	1.1	2	33.0	152	4
- Regular	116 g	308	1289	4.0	13.0	0.4	6.5	1.5	3	43.5	200	5
- Large	162 g	430	1800	5.5	18.2	0.5	9.0	2.0	4	60.8	280	7
Onion Rings - Regular	81 g	286	1197	4.0	19.9	1.8	9.4	1.8	1	22.7	580	5
- Large	122 g	431	1804	6.0	29.9	2.7	14.1	2.7	2	34.1	870	8
Poutine	280 g	738	3089	18.5	42.9	1.5	20.4	11.4	15	69.2	275	1792
Gravy	92 ml	43	180	0.6	0.7	0.2	0.3	0.2	1	8.5	720	20
Garden Salad	210 g	103	431	5.9	6.7	n/a	n/a	n/a	106	1.4	137	201
Soup - Vegetable	280 ml	99	414	1.0	1.2	0.1	0.5	0.5	0	21.1	1349	207
- Chicken Noodle	280 ml	87	364	7.8	1.4	0.3	0.6	0.6	31	10.9	1092	168

### BEVERAGES

Coke Classic	341 ml	149	624	0.0	0.0	0.0	0.0	0.0	0	38.7	9	0
Diet Coke	341 ml	1	6	0.2	0.0	0.0	0.0	0.0	0	0.0	19	1
Sprite	341 ml	136	569	0.0	0.0	0.0	0.0	0.0	0	34.9	42	1
Minute Maid Orange Soda	341 ml	172	720	0.0	0.0	0.0	0.0	0.0	0	43.7	46	26
2% Partially Skimmed Milk	250 ml	128	536	9.0	5.0	tr	n/a	3.0	19	12.0	129	398
Shakes - Chocolate	286 g	364	1523	10.6	9.2	0.3	2.0	4.9	27	59.4	190	600
- Vanilla	290 g	370	1548	10.8	9.9	0.3	2.3	5.2	28	59.4	120	370
- Strawberry	285 g	356	1490	11.9	9.2	0.3	2.0	5.2	25	55.9	130	490
Coffee	227 ml	5	21	0.0	0.0	0.0	0.0	0.0	0	1.0	5	137
Tea	227 ml	3	13	0.0	0.0	0.0	0.0	0.0	0	0.0	8	94

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<b>DESSERTS</b>												
Apple Turnover	82 g	243	1017	2.6	14.6	1.3	7.0	3.5	2	25.3	310	5
<b>BREAKFAST</b>												
Two Eggs - Fried	98 g	174	728	12.6	13.1	2.0	6.0	3.0	290	1.5	140	120
Bacon	22 g	103	431	7.7	8.1	0.8	3.5	2.6	16	0.0	320	140
Sausage	46 g	137	573	7.9	10.5	1.2	3.4	4.5	31	2.7	270	130
Home Fries	130 g	272	1138	5.0	11.1	0.4	6.5	1.4	0	37.9	923	429
Toast	76 g	306	1281	8.7	13.1	0.8	3.1	6.6	20	38.3	490	60
Strawberry Jam	21 ml	50	209	0.0	0.0	0.0	0.0	0.0	0	12.6	5	16
Orange Marmalade	21 ml	56	234	0.1	0.0	0.0	0.0	0.0	0	14.4	9	12
Honey	21 g	64	268	0.0	0.0	0.0	0.0	0.0	0	17.0	1	11
Peanut Butter	18 g	115	481	4.0	9.5	2.6	5.0	1.6	1	3.4	86	108
Two Pancakes	113 g	223	933	6.7	3.0	0.3	0.9	0.6	10	42.2	870	60
Pancake Syrup	43 ml	166	695	0.0	0.0	0.0	0.0	0.0	0	41.9	1	60
Toasted Western Sandwich	138 g	370	1548	7.9	14.7	1.4	3.6	5.5	134	51.6	731	76
Bacon, Egg, Tomato Sandwich	165 g	500	2093	23.0	27.8	2.6	9.6	10.7	180	40.0	882	303
Sausage, Egg, Tomato Sandwich	189 g	534	2235	23.2	30.2	3.0	9.5	12.6	196	42.6	832	293
Breakfast Club Sandwich	111 g	310	1297	17.0	15.0	1.8	5.3	8.1	180	26.0	560	260
Blueberry Muffin	100 g	376	1574	6.1	18.7	n/a	n/a	n/a	n/a	62.1	321	207
Bran Muffin*	100 g	436	1825	6.2	17.3	n/a	n/a	n/a	n/a	57.4	380	201
Apple Juice from Concentrate	170 ml	87	364	0.1	0.2	0.1	0.0	0.0	0	21.8	5	222
Orange Juice from Concentrate	170 ml	78	326	1.1	0.3	0.1	0.1	0.0	0	18.5	4	327
<b>CHURCHS® CHICKEN</b>												
Churchs® Chicken Breast Portion	137 g	399	1670	28.8	26.6	3.2	14.4	6.2	56	11.2	795	315
Churchs® Chicken Thigh Portion	117 g	360	1507	22.1	26.8	3.5	13.7	6.4	54	7.8	538	234
Churchs® Chicken Wing Portion	132 g	363	1519	29.4	23.6	3.2	12.5	5.0	65	8.2	620	304
Churchs® Chicken Leg Portion	82 g	198	829	17.5	11.6	1.5	5.8	2.5	53	5.9	353	180
Churchs® Chunky Chicken Sandwich	190 g	354	1481	44.0	5.8	1.6	2.0	1.7	105	32.0	946	395
Churchs® Chicken Breast Sandwich	152 g	401	1678	23.2	14.1	1.2	7.8	2.3	29	45.3	775	243
Fried Zucchini	74 g	219	917	2.8	15.0	2.1	8.0	1.9	0	18.0	281	178
Cole Slaw - Small	70 g	96	402	1.0	6.4	0.6	3.8	0.6	1	8.2	247	55
Cole Slaw - Large	153g	210	879	2.1	14.0	1.3	8.3	1.3	3	18.0	540	120

\*Bran Muffin: Total Dietary Fibre - 5.3 g

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