

HARVEY'S[®]

NUTRITION GUIDE

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	SERVING SIZE [G]	CALORIES [KCAL]	TOTAL FAT [G]	SATURATED FAT [G]	TRANS FAT [G]	CHOLESTEROL [MG]	SODIUM [MG]	CARBOHYDRATES [G]	DIETARY FIBRE [G]	SUGAR [G]	PROTEIN [G]	VITAMIN A [% DAILY VALUE]	VITAMIN C [% DAILY VALUE]	CALCIUM [% DAILY VALUE]	IRON [% DAILY VALUE]
MAIN MENU (AVAILABLE AT PARTICIPATING RESTAURANTS)															
ORIGINAL HAMBURGER	145	360	17	7	0.5	50	970	35	2	2	18	2	0	6	25
ORIGINAL CHEESEBURGER	162	420	21	9	0.5	60	1230	37	2	3	22	6	0	15	25
ORIGINAL BACON CHEESEBURGER	171	460	24	11	0.5	70	1390	37	2	3	24	6	0	15	25
ORIGINAL PATTY BY ITSELF	80	200	15	7	0.5	50	650	5	1	0	13	2	0	2	10
DOUBLE ORIGINAL BURGER	218	550	30	13	1.0	90	1560	39	2	2	30	2	0	8	35
DOUBLE ORIGINAL CHEESEBURGER	235	600	34	15	1.5	105	1820	41	2	3	34	6	0	20	35
DOUBLE ORIGINAL BACON CHEESEBURGER	244	650	37	17	1.5	115	1980	41	2	3	37	6	0	20	40
ANGUS BURGER	159	410	20	8	1	55	780	36	2	2	22	0	0	6	25
ANGUS BURGER WITH CHEESE	176	470	24	11	1	70	1040	38	2	3	25	4	0	15	30
ANGUS BURGER WITH CHEESE & BACON	185	510	27	12	1	80	1200	39	2	3	28	4	0	15	30
ANGUS PATTY BY ITSELF	94	250	18	8	1	55	460	6	1	0	17	0	0	2	10
DOUBLE ANGUS BURGER	253	660	38	17	2	115	1240	43	3	2	39	0	0	6	40
DOUBLE ANGUS BACON CHEESEBURGER	279	760	45	20	2	135	1670	45	3	3	45	4	0	15	40
DOUBLE ANGUS CHEESEBURGER	270	720	42	19	2	130	1500	45	3	3	42	4	0	15	40
GRILLED HOT DOG	105	290	13	4.5	0.3	50	730	30	2	2	15	0	0	10	20
GRILLED CHICKEN WITH BUN	183	290	5	1	0	75	780	31	1	2	30	0	0	4	20
GRILLED CHICKEN MULTIGRAIN BUN	184	300	5	1	0	75	770	33	2	3	32	0	0	4	15
FISH SANDWICH	161	390	14	1.5	0.1	25	690	51	2	3	14	0	0	6	20
BUFFALO CHICKEN SANDWICH	246	560	23	3.5	0.3	50	2780	60	3	12	27	10	4	6	25
CRISPY CHICKEN SANDWICH	178	450	16	2	0.2	50	1280	48	2	2	27	0	0	6	20
GRILLED CHICKEN WRAP	222	470	13	4	0.2	75	980	53	2	3	34	0	0	6	25
BUFFALO CRISPY CHICKEN WRAP	287	730	29	6	0.5	50	2640	85	4	16	31	0	0	8	35
CRISPY CHICKEN WRAP	217	620	24	5	0.4	50	1490	70	4	3	31	0	0	8	30
VEGGIE BURGER WITH BUN	146	340	10	1.5	0.1	0	700	40	6	3	24	6	0	10	30
MULTIGRAIN BUN	66	170	2	0.4	0	0	310	32	2	3	7	0	0	4	15
CHICKEN STRIPS - 4 PIECES	171	430	21	2	0.1	85	1070	26	2	0	36	0	2	2	15
GRILLED CHICKEN SALAD	570	210	3.5	0.5	0	75	520	18	6	10	29	70	60	8	15
CLASSIC POUTINE, LARGE	454	840	42	13	1	60	2660	91	7	0	23	10	2	45	10
MEAT LOVERS POUTINE	612	1240	71	25	1.5	145	4210	105	8	5	48	15	2	60	25
BACON DOUBLE CHEESE POUTINE	514	1070	61	22	1	110	3340	93	7	1	39	20	2	70	10
SPICY CHICKEN POUTINE	684	1340	67	16	1	120	5050	136	10	11	50	10	6	50	25
LIGHTLIFE BURGER WITH BUN	139	340	13	2	0.1	0	670	38	14	3	19	0	0	8	50
KIDS															
JR. BURGER	90	260	11	4.5	0.3	30	460	27	0	3	12	0	0	4	10
JR. BURGER WITH CHEESE	99	290	13	6	0.3	35	590	28	0	3	14	2	0	8	10
JR. BURGER WITH CHEESE & BACON	102	300	14	6	0.3	35	650	28	0	3	15	2	0	8	10
JR. BURGER PATTY BY ITSELF	40	120	10	4	0.3	30	260	2	0	0	7	0	0	0	6
GARNISHES (AVAILABLE AT PARTICIPATING RESTAURANTS)															
CHEESE SLICE	17	60	4	2.5	0.1	15	260	2	0	1	3	4	0	10	0
BACON (1.5 STRIPS)	9	45	3.5	1	0.0	10	160	0	0	0	3	0	0	0	0
SHREDDED CHEESE	28	100	9	6	0.3	25	230	0	0	0	8	8	0	20	0
LETTUCE	15	2	0	0	0	0	1	0	0	0	0.1	0	0	0	0
TOMATO (1 SLICE)	15	3	0	0	0	0	1	1	0	0	0.1	2	4	0	0
PICKLE (1 SLICE)	23	3	0	0	0	0	210	0	0	0	0.2	0	0	0	0
RELISH	15 mL	15	0	0	0	0	80	3	0	3	0.1	0	0	0	0
HOT PEPPERS	15	3	0	0	0.0	0	200	1	0	0	0.2	2	15	0	0
CUCUMBERS	15	2	0	0	0	0	0	1	0	0	0.1	0	0	0	0
JALAPENOS	15	2	0	0	0	0	230	1	1	0	0	2	2	0	2
BLACK OLIVES	15	25	2	0.3	0	0	65	1	1	0	0.1	0	0	0	4
TZATZIKI SAUCE	15 mL	25	2.5	0	0	0	40	2	0	1	1	0	0	2	0

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GARNISHES - CONTINUED (AVAILABLE AT PARTICIPATING RESTAURANTS)															
KETCHUP	15 mL	20	0	0	0.0	0	140	5	0	4	0.3	0	0	0	0
MUSTARD	15 mL	10	0.5	0	0.0	0	180	1	0	0	1	0	0	0	0
MAYONNAISE	15 mL	40	4	0.5	0.0	0	130	1	0	0	0.1	0	0	0	0
BARBECUE SAUCE	15 mL	35	0	0	0.0	0	150	9	0	6	0.2	0	0	0	2
SRIRACHA RANCH SAUCE	24 mL	70	5	0.4	0.1	4	0	13	0	0	3	0.3	0	0.0	2
HOT SAUCE	15 mL	15	1.5	0.3	0.0	0	610	1	0	1	0.1	6	0	0	0
RANCH	15 mL	50	5	1	0	5	115	1	0	1	0.1	0	0	0	0
CHIPOTLE	15 mL	70	7	1	0.1	5	160	1	0	0	0.1	0	0	0	0
GARLIC MAYO	15 mL	35	4	0.5	0.1	0	140	1	0	0	0.1	0	0	0	0
TARTAR SAUCE	15 mL	40	3.5	0.5	0	5	170	2	0	1	0.1	0	0	0	0
HARV SAUCE	15 mL	60	5	1	0	5	180	3	0	2	0.1	0	0	0	0
SIDES															
APPLE SAUCE - KIDS' SIDE	111	50	0	0	0.0	0	0	12	1	11	0	0	20	0	0
FRIES - VALUE/KIDS' SIZE	113	310	14	1	0.1	0	560	43	3	0	4	0	2	2	4
FRIES - REGULAR	156	430	19	1.5	0.1	0	760	59	4	0	5	0	2	2	6
FRIES - LARGE	198	550	25	2	0.2	0	970	75	5	0	7	0	2	2	8
ONION RINGS - REGULAR	72	270	15	1.5	0.2	0	554	33	2	3	3	0	0	2	10
ONION RINGS - LARGE	144	550	29	2.5	0.3	0	1109	65	4	5	6	0	0	4	20
SIDE GARDEN SALAD	218	40	0.3	0	0.0	0	30	9	3	5	2	35	30	4	6
FRINGS	194	620	31	2.5	0.3	0	1450	80	5	3	7	0	2	4	15
DEEP FRIED PICKLES	116	240	12	1	0.1	0	1280	31	2	2	4	2	0	2	10
CLASSIC POUTINE, REGULAR	241	730	41	15	1	80	1390	65	5	0	24	15	2	60	6
GRAVY	92	30	0.5	0	0.0	0	580	6	0	0	1	0	0	0	2
DESSERTS															
APPLE PIE	85	270	15	4	0.1	0	290	34	1	11	2	0	8	0	10
DONUTS (4)	81	330	16	2	0.1	0	410	44	2	19	5	0	0	2	10
DONUTS (8)	162	670	32	4.5	0.2	0	810	87	4	38	9	0	0	6	20
DIPPING SAUCES															
HONEY MUSTARD	43	160	12	2	0.1	15	250	13	0	12	1	0	0	0	0
BARBECUE DIPPING SAUCE	43	90	0	0	0	0	715	21	1	19	1	0	6	2	0
SWEET N' SOUR SAUCE	43	80	0.5	0	0.0	0	190	17	0	16	0.1	0	4	0	0
PLUM SAUCE	43	80	0	0	0.0	0	430	21	0	16	0	0	0	0	0
SALAD DRESSINGS															
GARLIC PEPPERCORN RANCH DRESSING	28 mL	110	11	1.5	0.2	5	220	1	0	1	0.1	0	0	0	0
CREAMY CAESAR DRESSING	28 mL	100	11	2	0.1	8	216	0.8	0	0	0	0	0	0	0
LITE ITALIAN DRESSING	28 mL	66	7	1	0.1	0	287	2	0	1	0	0	0	0	0
BALSAMIC VINAIGRETTE DRESSING	28 mL	78	7	1	0.1	0	306	3	0	3	0	0	0	0	0
BEVERAGES (AVAILABLE AT PARTICIPATING RESTAURANTS)															
APPLE JUICE BOX - KIDS' SIDES	200 mL	90	0	0	0.0	0	20	22	0	21	0	0	100	8	2
STRAWBERRY/BANANA JUICE BOX - KIDS' SIDES	200 mL	90	0	0	0.0	0	25	22	0	20	0.2	0	100	2	10
PEPSI (LARGE 32 OZ - WITHOUT ICE)	946 mL	410	0	0	0	0	140	107	0	107	0	0	0	0	0
PEPSI (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	260	0	0	0	0	90	67	0	67	0	0	0	0	0
PEPSI (SMALL 15 OZ - WITHOUT ICE)	473 mL	210	0	0	0	0	70	53	0	53	0	0	0	0	0
DIET PEPSI (LARGE 32 OZ - WITHOUT ICE)	946 mL	0	0	0	0	0	280	0	0	0	0	0	0	0	0
DIET PEPSI (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	0	0	0	0	0	180	0	0	0	0	0	0	0	0
DIET PEPSI (SMALL 15 OZ - WITHOUT ICE)	473 mL	0	0	0	0	0	140	0	0	0	0	0	0	0	0
7 UP (LARGE 32 OZ - WITHOUT ICE)	946 mL	420	0	0	0	0	170	106	0	105	0	0	0	0	0
7 UP (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	260	0	0	0	0	105	66	0	66	0	0	0	0	0
7 UP (SMALL 15 OZ - WITHOUT ICE)	473 mL	210	0	0	0	0	85	53	0	52	0	0	0	0	0

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BEVERAGES - CONTINUED (AVAILABLE AT PARTICIPATING RESTAURANTS)															
MUG ROOT BEER (LARGE 32 OZ - WITHOUT ICE)	946 mL	390	0	0	0	0	70	104	0	104	0	0	0	0	0
MUG ROOT BEER (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	240	0	0	0	0	45	65	0	65	0	0	0	0	0
MUG ROOT BEER (SMALL 15 OZ - WITHOUT ICE)	473 mL	200	0	0	0	0	35	52	0	52	0	0	0	0	0
LIPTON LEMON BRISK ICED TEA (LARGE 32 OZ - WITHOUT ICE)	946 mL	330	0	0	0	0	55	81	0	81	0	0	0	0	0
LIPTON LEMON BRISK ICED TEA (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	210	0	0	0	0	35	51	0	51	0	0	0	0	0
LIPTON LEMON BRISK ICED TEA (SMALL 15 OZ - WITHOUT ICE)	473 mL	160	0	0	0	0	25	41	0	41	0	0	0	0	0
ORANGE CRUSH (LARGE 32 OZ - WITHOUT ICE)	946 mL	430	0	0	0	0	115	114	0	110	0	0	0	0	0
ORANGE CRUSH (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	270	0	0	0	0	70	71	0	69	0	0	0	0	0
ORANGE CRUSH (SMALL 15 OZ - WITHOUT ICE)	473 mL	220	0	0	0	0	55	57	0	55	0	0	0	0	0
MOUNTAIN DEW (LARGE 32 OZ - WITHOUT ICE)	946 mL	460	0	0	0	0	120	124	0	123	0.1	0	0	0	0
MOUNTAIN DEW (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	290	0	0	0	0	75	78	0	77	0	0	0	0	0
MOUNTAIN DEW (SMALL 15 OZ - WITHOUT ICE)	473 mL	230	0	0	0	0	60	62	0	62	0	0	0	0	0
GINGER ALE (LARGE 32 OZ - WITHOUT ICE)	946 mL	330	0	0	0	0	140	95	0	95	0	0	0	0	0
GINGER ALE (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	210	0	0	0	0	90	59	0	59	0	0	0	0	0
GINGER ALE (SMALL 15 OZ - WITHOUT ICE)	473 mL	170	0	0	0	0	70	47	0	47	0	0	0	0	0
DR PEPPER (LARGE 32 OZ - WITHOUT ICE)	946 mL	380	0	0	0	0	140	104	0	95	0	0	0	0	0
DR PEPPER (MEDIUM 20 OZ - WITHOUT ICE)	591 mL	240	0	0	0	0	90	65	0	59	0	0	0	0	0
DR PEPPER (SMALL 15 OZ - WITHOUT ICE)	473 mL	190	0	0	0	0	70	52	0	47	0	0	0	0	0
ORANGE JUICE	296 mL	150	0	0	0.0	0	20	35	0	29	1.3	0	125	2	0
APPLE JUICE	296 mL	150	0	0	0.0	0	10	35	0	30	0.6	0	125	0	0
2% PARTIALLY SKIMMED MILK	250 mL	125	5	3	0.2	20	100	11	0	11	8	15	0	25	0
2% PARTIALLY SKIMMED CHOCOLATE MILK	250 mL	185	5	3	0.2	20	130	14	0	13	8	15	0	25	0
COFFEE	375 mL	10	0	0	0.0	0	5	2	0	0	0	0	0	0	0
TEA	375 mL	5	0	0	0.0	0	0	1	0	0	0	0	0	0	0
VANILLA MILKSHAKE - REGULAR	354 mL	590	16	8	0.4	60	380	96	0	80	16	15	0	50	0
VANILLA MILKSHAKE - LARGE	443 mL	740	20	10	0.5	75	470	120	0	100	20	20	0	60	0
STRAWBERRY MILKSHAKE - REGULAR	369 mL	650	16	8	0.4	60	380	112	0	95	16	15	0	45	0
STRAWBERRY MILKSHAKE - LARGE	473 mL	890	20	10	0.5	75	490	157	0	135	20	20	0	60	0
ORANGE MILKSHAKE - REGULAR	369 mL	840	16	8	0.4	60	400	158	0	133	16	15	0	45	0
ORANGE MILKSHAKE - LARGE	473 mL	1140	20	10	0.5	75	520	217	0	184	20	20	0	60	0
CHOCOLATE MILKSHAKE - REGULAR	377 mL	660	16	8	0.4	60	440	114	1	96	16	15	0	50	8
CHOCOLATE MILKSHAKE - LARGE	488 mL	900	21	10	0.5	75	610	161	3	137	21	20	0	60	15
OREO MILKSHAKE - REGULAR	364 mL	520	15	8.0	0.3	45	350	84	0	67	13	10	0	35	4
OREO MILKSHAKE - LARGE	463 mL	860	26	13.0	0.5	75	580	138	1	110	1	20	0	60	8
FROZEN LEMONADE	375 mL	290	0	0	0	0	60	74	0	74	0	0	0	0	0
FROZEN LEMONADE	500 mL	420	0	0	0	0	85	109	0	108	0	0	0	0	0
BLUE RASPBERRY SLUSHIE	375 mL	290	0	0	0	0	60	74	0	74	0	0	0	0	0
BLUE RASPBERRY SLUSHIE	500 mL	360	0	0	0	0	70	92	0	92	0	0	0	0	0
CHERRY SLUSHIE	375 mL	320	0	0	0	0	85	82	0	82	0	0	0	0	0
CHERRY SLUSHIE	500 mL	430	0	0	0	0	115	111	0	111	0	0	0	0	0
ORANGE SLUSHIE	375 mL	290	0	0	0	0	60	75	0	75	0	0	0	0	0
ORANGE SLUSHIE	500 mL	360	0	0	0	0	70	93	0	93	0	0	0	0	0
SLUSHIE WITH NERDS	375 mL	350	0	0	0	0	60	88	0	88	0	0	0	0	0
SLUSHIE WITH NERDS	500 mL	440	0	0	0	0	70	112	0	111	0	0	0	0	0

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