

HARVEY'S[®]

NUTRITION GUIDE

harveys.ca

	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
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

*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions. ®Registered trademark of Recipe Unlimited Corporation.

Updated information may be found on our website: www.harveys.ca or by phone 1-844-289-7828.

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

HARVEY'S[®]

NUTRITION GUIDE

harveys.ca

	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]
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

*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions. ®Registered trademark of Recipe Unlimited Corporation.

Updated information may be found on our website: www.harveys.ca or by phone 1-844-289-7828.

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

HARVEY'S[®]

NUTRITION GUIDE

harveys.ca

	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]
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 (12 OZ)	354 mL	590	16	8	0.4	60	380	96	0	80	16	15	0	50	0
VANILLA MILKSHAKE - LARGE (16 OZ)	443 mL	740	20	10	0.5	75	470	120	0	100	20	20	0	60	0
STRAWBERRY MILKSHAKE - REGULAR (12 OZ)	369 mL	650	16	8	0.4	60	380	112	0	95	16	15	0	45	0
STRAWBERRY MILKSHAKE - LARGE (16 OZ)	473 mL	890	20	10	0.5	75	490	157	0	135	20	20	0	60	0
ORANGE MILKSHAKE - REGULAR (12 OZ)	369 mL	840	16	8	0.4	60	400	158	0	133	16	15	0	45	0
ORANGE MILKSHAKE - LARGE (16 OZ)	473 mL	1140	20	10	0.5	75	520	217	0	184	20	20	0	60	0
CHOCOLATE MILKSHAKE - REGULAR (12 OZ)	377 mL	660	16	8	0.4	60	440	114	1	96	16	15	0	50	8
CHOCOLATE MILKSHAKE - LARGE (16 OZ)	488 mL	900	21	10	0.5	75	610	161	3	137	21	20	0	60	15
OREO MILKSHAKE - REGULAR (12 OZ)	364 mL	520	15	8.0	0.3	45	350	84	0	67	13	10	0	35	4
OREO MILKSHAKE - LARGE (16 OZ)	463 mL	860	26	13.0	0.5	75	580	138	1	110	1	20	0	60	8
FROZEN LEMONADE (12 OZ)	375mL	290	0	0	0	0	60	74	0	74	0	0	0	0	0
FROZEN LEMONADE (16 OZ)	500mL	420	0	0	0	0	85	109	0	108	0	0	0	0	0
BLUE RASPBERRY SLUSHIE (12 OZ)	375mL	290	0	0	0	0	60	74	0	74	0	0	0	0	0
BLUE RASPBERRY SLUSHIE (16 OZ)	500mL	360	0	0	0	0	70	92	0	92	0	0	0	0	0
CHERRY SLUSHIE (12 OZ)	375mL	320	0	0	0	0	85	82	0	82	0	0	0	0	0
CHERRY SLUSHIE (16 OZ)	500mL	430	0	0	0	0	115	111	0	111	0	0	0	0	0
ORANGE SLUSHIE (12 OZ)	375mL	290	0	0	0	0	60	75	0	75	0	0	0	0	0
ORANGE SLUSHIE (16 OZ)	500mL	360	0	0	0	0	70	93	0	93	0	0	0	0	0
SLUSHIE WITH NERDS (12 OZ)	375 mL	350	0	0	0	0	60	88	0	88	0	0	0	0	0
SLUSHIE WITH NERDS (16 OZ)	500 mL	440	0	0	0	0	70	112	0	111	0	0	0	0	0

*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions. ®Registered trademark of Recipe Unlimited Corporation.

Updated information may be found on our website: www.harveys.ca or by phone 1-844-289-7828.

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)