

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

NUTRITION MENU




The information in this guide is effective as of April 2012 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis with reliable and verifiable nutrient software and information provided by our suppliers.

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NUTRITION INFORMATION

Daily Calorie and Sodium Requirements


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)

MENU ITEMS		Serving Size														
			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 (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BURGERS																
Baby Burger®		80g	220	7	3	0.2	25	560	25	1	3	12	2	0	2	10
Mama Burger®		165g	400	19	7	0.5	50	850	38	1	7	20	2	2	4	25
Papa Burger®		225g	580	32	13	1	95	1080	38	1	7	34	2	2	4	35
Grandpa Burger®		285g	760	45	19	1.5	140	1300	38	1	7	48	2	2	4	45
Add cheese to the above		15g	50	4.5	3	0.2	15	250	1	0	0	3	4	0	10	0
Teen Burger®		239g	500	26	11	0.5	70	1220	41	1	8	25	6	10	15	25
Double Teen Burger®		299g	680	39	17	1	115	1450	41	1	8	39	6	10	15	35
Uncle Burger®		258g	560	33	11	1	70	1200	39	3	8	29	4	8	10	20
Cheddar Bacon Uncle Burger®		301g	710	46	17	1	105	1490	39	1	9	37	10	8	25	25
Grandma™ Prime Rib Burger		185g	560	38	10	0.5	60	740	31	2	5	22	0	2	6	30
Double Grandma™ Prime Rib Burger		260g	800	57	18	1.5	115	910	31	2	5	39	0	2	8	45
Horseradish Sauce		12g	60	6	1	0	5	85	2	0	1	0	0	0	0	0
Mozza Burger®		212g	600	39	13	0.5	85	1000	36	1	8	27	6	8	20	25
Double Mozza Burger®		272g	780	52	20	1	140	1340	36	1	8	41	6	8	20	35
Veggie Deluxe		233g	420	15	4	0.1	20	1410	57	6	8	16	6	14	20	25
CHICKEN																
Chicken Grill® Deluxe		194g	320	9	1.5	0.1	55	1040	37	2	4	23	0	4	4	15
Chubby Chicken® Burger		184g	480	26	3	0	40	1230	44	2	3	21	0	0	6	25
Chicken BLT		262g	490	24	4	0.2	60	1250	43	2	4	27	0	8	2	6
Spicy Chipotle Chicken Burger		296g	620	34	6	0.1	65	1750	56	3	3	25	4	8	10	15
Chubby Chicken® Strips (3)		129g	300	15	1	0.2	45	1110	24	3	0	18	0	0	0	25
Chubby Chicken® Strips (5)		215g	500	25	2	0.3	75	1850	40	5	0	30	0	0	0	40
CHICKEN STRIP DIPPING SAUCES																
Honey Mustard		28g	110	8	1	0	10	190	9	0	9	0.5	0	0	0	2
Barbecue		28g	45	0.1	0	0	0	350	11	0	10	0.3	2	2	0	2
Sweet & Sour		28g	45	0	0	0	0	120	12	0	7	0	0	2	0	0


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CHUBBY CHICKEN® PIECES																
Thigh		128g	390	28	5	0.3	130	1050	11	0	0	24	0	0	6	10
Keel		137g	310	16	2	0.2	105	1050	9	0	0	32	0	0	2	10
Wing		59g	180	12	2	0.1	60	580	6	0	0	12	0	0	2	6
Drumstick		65g	150	9	1	0	65	460	4	0	0	15	0	2	2	6
Rib		139g	350	21	3	0.2	110	1160	9	0	0	34	0	0	2	10
HOT DOGS																
Hot Dog		152g	360	18	6	0.3	50	1100	33	1	5	17	2	0	10	15
Whistle Dog®		173g	450	26	11	0.5	70	1450	33	1	5	22	4	0	20	15
SIDES																
A&W Fries – small		85g	260	11	0.5	0.1	0	460	38	3	0	5	0	4	2	10
A&W Fries – regular		135g	410	17	1	0.1	0	730	60	5	0	8	0	8	2	15
A&W Fries – large		170g	520	22	1	0.1	0	920	76	6	0	11	0	10	2	20
Poutine		316g	730	40	12	1	65	1880	71	5	2	24	15	8	40	15
Fresh Onion Rings		150g	470	27	2	0.2	5	780	48	4	6	8	0	8	6	20
Gravy – small		118ml	100	6	1.0	0.1	5	730	9	0	2	2	0	0	0	0
Gravy – regular		236ml	190	12	1.5	0.2	5	1460	18	1	3	3	0	0	0	0
Coney Sauce		107g	140	7	2.5	0.3	25	310	11	1	7	10	4	4	2	10
SALADS																
Garden Greens Side Salad		173g	30	0.3	0	0	0	20	7	3	4	2	25	35	4	6
Garden Salad with Chicken		344g	230	9	1	0	35	840	21	4	5	18	45	60	8	20
Peppercorn Ranch Dressing		28 ml	110	11	1.5	0.2	5	210	1	0	1	0.1	0	2	0	0
Light Golden Italian Dressing		28 ml	70	7	1	0.1	0	290	2	0	1	0.1	1	2	0	0
Balsamic Dressing		28 ml	80	7	1	0.1	0	310	3	0	3	0	0	0	0	0
Chicken Caesar Salad		263g	370	29	6	0.4	75	940	8	2	4	23	40	45	15	15
Coleslaw – individual		118ml	170	12	1	0.2	15	270	15	2	10	1	4	180	4	6
Coleslaw – regular		236ml	340	24	2	0.4	30	540	30	4	20	2	8	360	8	10
Macaroni Salad – individual		118ml	260	17	4	0	10	620	22	2	6	4	0	0	0	10
Macaroni Salad – regular		236ml	520	34	8	0	25	1240	44	3	13	8	0	0	0	20
BREAKFAST																
Bacon N' Egger®		139g	430	27	8	0.3	215	900	33	1	3	18	25	0	15	25
Sausage N' Egger®		168g	550	38	12	0.5	235	920	33	1	3	21	25	0	15	25
Homestyle Sausage N' Egger®		191g	560	38	12	0.5	235	950	35	2	3	22	25	4	15	25

NUTRITION INFORMATION

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		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 (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
Homestyle Ham N' Egger®	209g	590	40	13	0.4	250	1140	37	2	4	25	25	4	15	35	
BACON & EGGS																
Classic – 2 Eggs	94g	140	9	3	0	380	160	2	0	0	14	10	0	4	20	
Classic – 3 Strips Bacon	18g	100	9	3	0	15	360	0	0	0	6	0	0	0	0	
Classic without Toast	112g	240	18	6	0	395	520	2	0	0	20	10	0	4	20	
Deluxe – 3 Eggs	141g	210	14	4.5	0	570	240	3	0	0	21	18	0	6	30	
Deluxe – 5 Strips Bacon	30g	180	15	5	0	25	600	0	0	0	10	0	0	0	0	
Deluxe without Toast	171g	390	29	10	0	595	840	3	0	0	31	18	0	6	30	
Hash Brown	70g	180	11	0.5	0	0	330	18	2	0	2	0	15	0	4	
White Toast (2 pc) with margarine	110g	330	13	2	0.1	0	610	47	1	2	8	15	0	6	20	
Whole Wheat Toast (2 pc) with margarine	110g	330	14	3	0.1	0	570	40	5	2	11	15	0	8	15	
Strawberry Jam	16ml	60	0	0	0	0	10	14	0	9	0.1	0	8	0	0	
Raspberry Jam	16ml	60	0	0	0	0	3	13	0	10	0.1	0	0	0	0	
Peanut Butter	18g	110	9	1	0	0	65	5	1	3	4	0	0	0	2	
Honey	21g	60	0	0	0	0	0	17	0	17	0	0	0	0	0	
DESSERTS																
Apple Turnover	90g	280	15	3.5	0.1	0	190	38	1	14	3	0	35	0	8	
Root Beer Lollipop	9g	35	0	0	0	0	55	9	0	6	0	0	0	0	0	
FOUNTAIN BEVERAGES																
A&W Root Beer® - kid's (9 oz)	266ml	140	0	0	0	0	30	38	0	38	0	0	0	0	0	
small (16 oz)	473ml	260	0	0	0	0	55	68	0	68	0	0	0	0	0	
regular (20 oz)	591ml	320	0	0	0	0	70	85	0	85	0	0	0	0	0	
large (32 oz)	946ml	510	0	0	0	0	115	136	0	136	0	0	0	0	0	
Diet A&W Root Beer® - kid's (9 oz)	266ml	1	0	0	0	0	30	0	0	0	0	0	0	0	0	
small (16 oz)	473ml	1	0	0	0	0	55	0	0	0	0	0	0	0	0	
regular (20 oz)	591ml	1	0	0	0	0	70	0	0	0	0	0	0	0	0	
large (32 oz)	946ml	2	0	0	0	0	115	0	0	0	0	0	0	0	0	
Coca-Cola ¹ - kid's (9 oz)	266ml	120	0	0	0	0	30	32	0	32	0	0	0	0	0	
small (16 oz)	473ml	210	0	0	0	0	55	57	0	57	0	0	0	0	0	
regular (20 oz)	591ml	260	0	0	0	0	70	71	0	71	0	0	0	0	0	
large (32 oz)	946ml	420	0	0	0	0	115	114	0	114	0	0	0	0	0	

NUTRITION INFORMATION

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Diet Coke ¹ - kid's (9 oz)		266ml	0	0	0	0	0	35	0	0	0	0.1	0	0	0	0
small (16 oz)		473ml	0	0	0	0	0	70	0	0	0	0.2	0	0	0	0
regular (20 oz)		591ml	0	0	0	0	0	100	0	0	0	0.3	0	0	0	0
large (32 oz)		946ml	0	0	0	0	0	140	0	0	0	0.4	0	0	0	0
Sprite ¹ - kid's (9 oz)		266ml	110	0	0	0	0	50	29	0	29	0	0	0	0	0
small (16 oz)		473ml	190	0	0	0	0	90	51	0	51	0	0	0	0	0
regular (20 oz)		591ml	240	0	0	0	0	130	64	0	64	0	0	0	0	0
large (32 oz)		946ml	380	0	0	0	0	190	102	0	102	0	0	0	0	0
Nestea Iced Tea ² - kid's (9 oz)		266ml	90	0	0	0	0	30	22	0	22	0	0	0	0	0
small (16 oz)		473ml	150	0	0	0	0	65	40	0	40	0	0	0	0	0
regular (20 oz)		591ml	190	0	0	0	0	90	50	0	50	0	0	0	0	0
large (32 oz)		946ml	300	0	0	0	0	130	79	0	79	0	0	0	0	0
BEVERAGES																
Orange Juice – 9oz		266ml	120	0	0	0	0	0	30	0	27	0.5	0	130	2	0
Orange Juice – 16oz		473ml	220	0	0	0	0	0	54	0	48	1	0	240	4	0
Apple Juice - 9oz		266ml	130	0	0	0	0	10	33	0	33	0	0	220	0	0
Apple Juice – 16oz		473ml	240	0	0	0	0	20	58	0	58	0	0	400	0	0
2% Milk - small		250ml	130	5	3	0.2	20	130	12	0	12	9	15	6	30	0
2% Milk - large		500ml	260	10	6	0.4	40	260	24	0	24	18	36	12	60	0
1% Chocolate Milk - small		250ml	160	3	1.5	0	10	270	26	1	25	8	10	0	25	4
1% Chocolate Milk - large		500ml	320	6	3	0	20	540	52	2	50	16	20	0	50	8
Hot Chocolate		296ml	120	4	4	0	0	180	23	1	22	1	0	0	15	2
Allen & Wright® Classic Roast Coffee		296ml	5	0	0	0	0	5	1	0	0	0	0	0	0	0
Tea		296ml	3	0	0	0	0	10	1	0	0	0	0	0	0	0
A&W Root Beer® Float		485ml	330	7	4.5	0.3	30	105	68	0	65	2	20	0	6	0
Diet A&W Root Beer Float		485ml	140	7	4.5	0.3	30	105	17	0	14	2	20	0	6	0
MILKSHAKES																
Chocolate Milkshake		591ml	700	18	11	0.5	75	450	115	2	105	20	15	0	70	6
Strawberry Milkshake		591ml	690	18	11	0.5	75	420	114	1	104	20	15	0	70	2
Vanilla Milkshake		591ml	690	18	11	0.5	75	420	114	1	104	20	15	0	70	2
A&W Root Beer® Milkshake		591ml	700	18	11	0.5	75	500	116	2	104	20	15	0	70	2



FOOD FACTS



Welcome to A&W, Canada's original fast food restaurant.
At A&W, we stand behind our food and take special care in its preparation,
using only the freshest, quality ingredients and our secret blend of natural seasonings.

These "Food Facts" have been put together to help you make informed choices about the food you eat.
Inside you will find the ingredient information for each of our standard menu items.

If you would like more information about our products and their ingredients, please write, call or fax us at:

A&W Food Facts, A&W Food Services of Canada Inc.,
300 – 171 West Esplanade, North Vancouver, BC V7M 3K9.
Phone: (604) 988-2141 Fax: (604) 988-5531 Email: reception@aw.ca



FOOD FACTS

COMPONENTS OF OUR MENU ITEMS

BURGERS

BABY BURGER®: pure beef patty, A&W seasoning, hamburger bun, ketchup.

MAMA BURGER®: pure beef patty, A&W seasoning, sesame seed bun, Teen® Sauce, onion slice, pickles, ketchup, mustard.

PAPA BURGER®: pure beef patty (2), A&W seasoning, sesame seed bun, Teen® Sauce, onion slice, pickles, ketchup, mustard.

GRANDPA BURGER®: pure beef patty (3), A&W seasoning, sesame seed bun, Teen® Sauce, onion slice, pickles, ketchup, mustard.

*OPTIONAL: customer may choose to add processed cheddar cheese to these burgers.

TEEN BURGER®: pure beef patty, A&W seasoning, processed cheddar cheese, bacon, sesame seed bun, Teen® Sauce, mustard, ketchup, pickles, onion slice, lettuce, tomato.

MOZZA BURGER®: pure beef patty, A&W seasoning, mozzarella cheese, bacon, sesame seed bun, Mozza Sauce, lettuce, tomato.

UNCLE BURGER®: sirloin beef patty, A&W seasoning, sesame seed bun, ketchup, mustard, pickles, mayonnaise, lettuce, tomato, red onion rings.

CHEDDAR BACON UNCLE BURGER®: sirloin beef patty, A&W seasoning, sesame seed bun, ketchup, mustard, pickles, Chubby mayonnaise, lettuce, tomato, red onion rings, cheddar cheese, bacon.

GRANDMA™ PRIME RIB BURGER: prime rib beef patty, hamburger bun, prime rib burger sauce, grilled onions.

DOUBLE GRANDMA™ PRIME RIB BURGER: prime rib beef patty (2), hamburger bun, prime rib burger sauce, grilled onions.

VEGGIE DELUXE: veggie burger patty, mozzarella cheese, A&W seasoning, wheat bun, light Ranch dressing, pickles, onion slice, lettuce, tomato, canola pan coating.

HOT DOGS

WHISTLE DOG®: wiener, bacon, processed cheddar cheese, bun, relish.

HOT DOG: wiener, bun, ketchup.

CHICKEN

CHUBBY CHICKEN® BURGER: breaded Chubby Chicken portion, bun, mayonnaise, lettuce.

CHUBBY 'JUNIOR'®: 2 pieces of Chubby Chicken, Chubby Chicken seasoning, regular fries, individual size salad (choice of coleslaw or macaroni).

CHUBBY DINNER®: 3 pieces of Chubby Chicken, Chubby Chicken seasoning, regular fries, individual size salad (choice of coleslaw or macaroni).

CHUBBY '5'™ FAMILY MEAL: 5 pieces of Chubby Chicken, Chubby Chicken seasoning, large size fries, small gravy, regular salad (choice of coleslaw or macaroni).

CHICKEN GRILL® DELUXE: chicken grill portion, Chubby Chicken seasoning, wheat bun, light Ranch dressing, pickles, lettuce, tomato.

POUTINE: fries, gravy, cheese curds.

Not available at all restaurants:

SPICY CHIPOTLE CHICKEN BURGER: breaded chubby chicken portion, processed cheddar cheese with jalapeno, ciabatta bun, chipotle mayonnaise, lettuce, tomato.

CHICKEN BLT: chicken grill portion, Chubby Chicken seasoning, bacon, ciabatta bun, mayonnaise, lettuce, tomato.

BREAKFAST

BACON N' EGGER®: egg, processed cheddar cheese, bacon, sesame seed bun, margarine, canola pan coating.

SAUSAGE N' EGGER®: egg, processed cheddar cheese, sausage patty, sesame seed bun, margarine, canola pan coating.

HOMESTYLE HAM N' EGGER®: egg, processed cheddar cheese, ham patty, wheat bun, margarine, tomato slice, canola pan coating.

HOMESTYLE SAUSAGE N' EGGER®: egg, processed cheddar cheese, sausage patty, wheat bun, margarine, tomato slice, canola pan coating.

CLASSIC BACON AND EGGS: 2 eggs, 3 strips of bacon, 2 slices of toast (white or whole wheat), margarine, canola pan coating.

DELUXE BACON AND EGGS: 3 eggs, 5 strips of bacon, 2 slices of toast (white or whole wheat), margarine, canola pan coating.

SALADS

GARDEN GREENS SALAD: iceberg lettuce, red cabbage, carrots, grape tomatoes, cucumbers.

Not available at all restaurants:

CHICKEN CAESAR SALAD: Chicken Grill® portion, Shredded parmesan cheese, Croutons, Hellmann's® Caesar dressing, Romaine lettuce.

GARDEN SALAD WITH CHICKEN: Chubby Chicken® burger, Iceberg Lettuce, Romaine Lettuce, Tomatoes, Cucumber, Red Onion.

SIDES

CONEY SAUCE: beef patty, tomato soup, tomato paste, onion, black pepper, celery seed, chili powder, cayenne pepper, sugar, water.

To give our customers variety, we often have special promotional items that are not a part of our regular menu. If you would like to know the components of these special menu items, please ask the restaurant manager or visit aw.ca.

LIST OF INGREDIENTS

BURGERS

PURE BEEF PATTY: 100% beef.

SIRLOIN BEEF PATTY: sirloin beef, water, skim milk powder, salt, spice.

VEGGIE BURGER PATTY: Water, mushrooms, onions, natural flavours (contains milk), rye flakes, oats, brown rice, flax meal, barley, wheat gluten, soy protein product, canola oil, red peppers, unmodified corn starch, cracked wheat, modified cellulose, salt, bulgur wheat, kamut, spices, evaporated cane juice, tomato powder, carrageenan, yeast extract, citric acid, caramel colour, turmeric, egg albumen (egg white, bakers yeast, citric acid).

A&W® SEASONING: salt, spice, sugar, cornstarch, garlic powder, dextrose, onion powder, yeast extract, colour, citric acid, high oleic sunflower seed oil, silicon dioxide.



FOOD FACTS

SESAME SEED BUN: enriched flour, water, glucose-fructose/sugar, yeast*, sesame seeds, vegetable oil (canola or soybean), salt, calcium propionate, monoglycerides, sodium stearoyl-2-lactylate. May contain potassium sorbate and vinegar. *Order may change.

HAMBURGER BUN: enriched wheat flour, water, sugar / glucose-fructose, yeast*, vegetable oil (canola or soybean), salt, calcium propionate, sodium stearoyl-2-lactylate, monoglycerides. may contain wheat gluten, vinegar, acetylated tartaric acid esters of mono and diglycerides, sorbic acid, corn starch, calcium carbonate, ammonium chloride, calcium sulphate, potassium sorbate. *Order may change.

WHEAT BUN: enriched wheat flour, water, whole wheat flour, cornmeal, yeast*, glucose-fructose/sugar, vegetable oil (canola or soybean), salt, rolled oats, oatmeal, vinegar, flavour (contains sulfites), caramel colour (contains sulfites), calcium propionate, sodium stearoyl-2-lactylate, sorbic acid. *Order may change.

BACON: pork (cured with water, salt, sugar, smoke flavouring, sodium phosphate, sodium erythorbate, sodium nitrite).

PROCESSED CHEDDAR CHEESE: cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, colour, lipase, sorbic acid), modified milk ingredients, water, sodium citrate and/or sodium phosphate, glucose, salt, acetic acid, sorbic acid, soy lecithin, carboxymethylcellulose, citric acid, colour.

MOZZARELLA CHEESE: milk, bacterial culture, salt, calcium chloride, microbial enzyme, modified milk ingredients.

CHEDDAR CHEESE: milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour. May contain calcium chloride.

TEEN® SAUCE: water, soybean oil, sugar, vinegar, modified corn starch, egg yolk, salt, mustard, spices, calcium disodium EDTA.

MOZZA® SAUCE: soybean oil, relish (cucumbers, vinegar, salt, xanthan gum), sugar, water, tomato paste, egg yolk, vinegar, salt, spices, seasoning, xanthan gum, calcium disodium EDTA.

KETCHUP: tomato paste (made from fresh ripe tomatoes), liquid sugar, white vinegar, salt, onion powder, spices.

MUSTARD: vinegar, water, mustard seed, salt, turmeric, spices.

LIGHT RANCH DRESSING: water, soybean oil, modified milk ingredients, maltodextrin, liquid egg yolk, salt, modified corn starch, flavour, sugar, monosodium glutamate, garlic juice, vinegar, onion juice, phosphoric acid, lactic acid, spices, xanthan gum, polysorbate 60, artificial colour, propylene glycol alginate, potassium sorbate, lemon juice concentrate, calcium disodium EDTA.

PICKLES: cucumbers, water, white vinegar, salt, calcium chloride, sodium benzoate, seasonings, polysorbate 80, turmeric, tartrazine. May contain potassium sorbate.

GRILLED ONIONS: yellow onions, seasoned oil [beef fat, canola oil, salt, flavors and spice].

PRIME RIB BURGER SAUCE: Mayonnaise [soybean oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spices, lemon juice concentrate, calcium disodium EDTA, citric acid], flavour [vegetable oil (soybean oil and /or palm), maltodextrin, sugar, salt, vegetable stock (onion, carrot, celery), beef fat, sunflower oil, yeast extract, flavors, caramelized sugar, beef stock and spice.*contains mustard extractive].

HORSERADISH SAUCE: soybean oil, distilled white vinegar, horseradish, water, sugar, high fructose corn syrup, egg yolks and enzyme modified egg yolks, salt, lemon juice concentrate, mustard flour, onion powder, spice, corn oil, xanthan gum, onion juice concentrate, natural and artificial flavourings, calcium disodium EDTA (added to protect flavour), extractives of turmeric.

CHICKEN

CHUBBY CHICKEN® PIECES: cut-up whole chicken pieces (wing, drumstick, back attached thigh (may contain kidneys), breast with rib attached, keel breast), water, sodium phosphate, salt, monosodium glutamate. Battered and breaded wheat flour, salt, spices, monosodium glutamate, disodium inosinate, disodium guanylate, modified corn starch, yellow corn flour, baking powder, vegetable oil shortening (soybean and cottonseed), defatted soy flour, dried egg white, guar gum, browned in vegetable oil.

CHUBBY CHICKEN® SEASONING: wheat flour, vegetable oil shortening (soybean, cottonseed), spices, salt, hydrolyzed plant protein (corn, soy, wheat gluten), monosodium glutamate, sugar, calcium silicate (mfg aid), onion powder, flavour, autolyzed yeast extract, dehydrated parsley, silicon dioxide (mfg aid), garlic powder.

CHICKEN GRILL® PORTION: chicken breast portion (boneless, skinless), water, salt, dextrose, maltodextrin, sodium phosphate, flavour (contains hydrogenated soybean & cottonseed oil), garlic powder, onion powder, modified corn starch, glucose solids, torula yeast, spice, vegetable oil, brown sugar, caramel colour, autolyzed yeast extract.

LIGHT RANCH DRESSING: see Burger Section.

CHUBBY CHICKEN® BURGER: chicken breast portion (boneless, skinless), water, soy protein isolate, monosodium glutamate, sodium tripolyphosphate. Battered and breaded with wheat flour, toasted wheat crumbs, salt, spices, disodium inosinate, disodium guanylate, yellow corn flour, corn starch, dextrose, guar gum. Browned in vegetable oil.

MAYONNAISE: soybean oil, water, liquid whole egg, vinegar, liquid egg yolk, salt, sugar, spices, lemon juice concentrate, calcium disodium EDTA, citric acid.

SESAME SEED BUN: see Burger Section.

CIABATTA BUN: enriched wheat flour, water, sea salt, extra virgin olive oil, vegetable oil (canola or soybean), whole wheat flour, rye flour, rice flour, yeast.

PROCESSED CHEDDAR CHEESE WITH JALAPENO: Cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, rennet and/or pepsin and/or microbial enzyme, lipase, jalapeno pepper), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, sorbic acid, lecithin.

CHIPOTLE MAYONNAISE: soybean oil, eggs, water, high fructose corn syrup, white vinegar, tomato paste, salt, dried chipotle chili peppers, natural mesquite smoke flavour, maltodextrin, cultured dextrose, spice, glucono delta lactone, potassium sorbate and sodium benzoate (preservatives), calcium disodium EDTA (to protect flavour).

CHUBBY CHICKEN® STRIPS: chicken breast portions (boneless, skinless), water, onion powder, garlic powder, monosodium glutamate, salt, spice, soy protein isolate, sodium tripolyphosphate. Battered and breaded with wheat flour, toasted wheat crumbs with spices (wheat flour, baking powder, soybean oil shortening, salt, dextrose, yeast, spices) salt, spices, disodium inosinate, disodium guanylate, yellow corn flour, corn starch, guar gum, sugar, hydrogenated soybean oil (mfg aid). Browned in vegetable oil.



FOOD FACTS

CHUBBY CHICKEN® DIPPING SAUCES

HONEY MUSTARD SAUCE: soybean oil, brown mustard (vinegar, mustard seed, water, salt, spices, turmeric, natural flavour), glucose-fructose, sugar, honey, water, white vinegar, liquid egg yolk, salt, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spices), spices, natural and artificial flavour, mustard flour, xanthan gum, propylene glycol alginate, sodium benzoate, potassium sorbate, caramel, disodium EDTA, sodium citrate.

BARBECUE SAUCE: water, tomato paste, brown sugar, sugar, white vinegar, salt, spices, modified corn starch, worcestershire sauce (vinegar, molasses, corn syrup, water, salt, caramel, garlic, sugar, spices, tamarind, natural flavour, contains sulphites), dehydrated onions, hydrolyzed soy protein, sodium benzoate, potassium sorbate, natural smoke flavour, caramel, hydrogenated soybean oil.

SWEET AND SOUR SAUCE: water, sugar/glucose-fructose, white vinegar, concentrated pineapple juice, modified cornstarch, salt, soybean oil, sodium benzoate, potassium sorbate, dehydrated red and green peppers, spice.

HOT DOGS

WIENER: pork, mechanically separated pork, beef, water, milk ingredients, soy protein, salt, spices, dextrose, sodium erythroate, sodium nitrite, smoke.

HOT DOG BUN: enriched flour, water, yeast*, vegetable oil (canola or soybean), glucose-fructose/sugar, wheatlets, salt, calcium propionate, sodium stearoyl-2-lactylate, monoglycerides. May contain wheat gluten, vinegar, potassium sorbate. *Order may change. May contain traces of milk ingredients, soybean and sesame seeds.

RELISH: cucumbers, water, glucose/fructose and/or sugar, white vinegar, cauliflower, modified corn starch, salt, calcium chloride, sodium benzoate, potassium sorbate, xanthan gum, seasonings, colour, tartrazine, polysorbate 80, sulphites.

KETCHUP: see Burger Section.

PROCESSED CHEDDAR CHEESE: see Burger Section.

BACON: see Burger Section.

SALADS

COLESLAW: Cabbage, canola oil, sugar, water, vinegar, carrot, egg yolk, salt, mustard powder, xanthan gum, ascorbic acid, onion powder, potassium sorbate, celery salt.

MACARONI SALAD: macaroni (wheat flour), mayonnaisennaise (soybean oil, water, egg yolks, vinegar, glucose-fructose, salt, spice, calcium disodium EDTA), sweet pickles (cured cucumbers, glucose-fructose, water, vinegar, salt, modified tapioca starch, sodium benzoate, flavour, calcium chloride), glucose-fructose, celery, water, onion, red bell pepper, salt, vinegar, mustard (water, vinegar, mustard seed, salt, sugar, soybean oil, turmeric, colour, garlic, spices, xanthan gum, calcium disodium EDTA, flavour, citric acid), potassium sorbate, sodium benzoate, modified corn starch, sugar, xanthan gum, colour.

GARDEN GREENS SIDE SALAD: English cucumber, grape tomatoes, shredded carrots, iceberg lettuce, shredded red cabbage.

SHREDDED PARMESAN CHEESE: milk, bacterial culture, salt, lipase, microbial enzymes, calcium chloride.

CROUTONS: enriched wheat flour, canola oil, salt, whey powder, garlic powder, sugar, yeast, dehydrated romano cheese, dehydrated parsley, dehydrated onion, spice, citric acid, disodium inosinate disodium guanylate, ascorbic acid.

CAESAR DRESSING PORTION: Water, vegetable oil, vinegar, frozen yolk, salt, sugar, modified corn starch, parmesan cheese, fresh lemon juice, spices and seasonings, concentrated lemon juice, garlic, lactic acid, xanthan gum, onion juice, potassium sorbate, sodium benzoate, propylene glycol alginate, calcium disodium EDTA, anchovies.

PEPPERCORN RANCH DRESSING PORTION: Soybean oil, water, vinegar, sugar, salt, frozen egg yolk, dehydrated garlic, black peppercorns, xanthan gum, dehydrated onion, propylene glycol alginate, potassium sorbate, sodium benzoate, concentrated lemon juice, flavour, yeast extract, calcium disodium EDTA, phospholipase.

LIGHT GOLDEN ITALIAN DRESSING PORTION: Water, vegetable oil, vinegar, sugar, salt, garlic, modified corn starch, white wine vinegar, dehydrated garlic and red pepper, xanthan gum, propylene glycol, alginate, potassium sorbate, colour, spices and herbs, calcium disodium EDTA.

BALSAMIC DRESSING PORTION: Water, vegetable oil, balsamic vinegar (contains sulphites), glucose-fructose, olive oil, dijon mustard (water, mustard seed, vinegar, salt, white wine, citric acid, turmeric, tartaric acid, spices), vinegar, salt, spices and herbs, concentrated lemon juice, dehydrated garlic and onion, xanthan gum, propylene glycol alginate, potassium sorbate, sodium benzoate.

SIDES

FRIES: potatoes, canola oil, modified potato starch, rice flour, dextrin, wheat starch, cornstarch, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, xanthan gum, dextrose.

GRAVY: toasted wheat crumbs, modified corn starch, salt, chicken fat, dextrose, autolyzed yeast extract, monosodium glutamate, onion powder, hydrolyzed corn protein, flavour, spices, caramel, silicon dioxide (mfg aid).

CHEESE CURDS: pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme.

ONION RINGS: Spanish type onions, batter [wheat flour, yellow corn flour, corn starch, milk ingredients, defatted soy flour, palm oil shortening, soy protein isolate (with soy lecithin), salt, baking powder (sodium bicarbonate, monocalcium phosphate), sodium aluminum phosphate], toasted wheat crumbs with spices [wheat flour, salt, canola oil (mfg aid), baking powder, spices]. Onion rings are sprinkled with A&W seasoning (see Burger Section for ingredients).

A&W HIGH STABILITY CANOLA OIL: High oleic, low linolenic canola oil, dimethylpolysiloxane.

BREAKFAST

BACON: see Burger section.

SAUSAGE PATTY: pork, whey protein concentrate, salt, spices, corn syrup solids, dextrose, spice extractives.

HAM PATTY: boneless ham, corn syrup, salt, sugar, natural hickory smoke flavouring, maltodextrin, citric acid, sodium erythroate, flavouring, natural flavouring, sodium nitrite.

EGG: fresh, Canada grade A, large.

PROCESSED CHEDDAR CHEESE: See Burger Section.

SESAME SEED BUN: See Burger Section.

WHEAT BUN: See Burger Section.



FOOD FACTS

HASH BROWNS: potatoes, canola oil, salt, dehydrated potato, onion powder, natural flavour, dextrose, isodium dihydrogen pyrophosphate (to promote colour retention).

BREAD

WHITE: enriched wheat flour, water, yeast*, glucose-fructose/sugar, vegetable oil (canola or soybean), salt, calcium propionate, sodium stearoyl-2-lactylate. May contain wheat gluten, vinegar, acetylated tartaric acid esters of mono and diglycerides, potassium sorbate. *Order may change.

WHOLE WHEAT: whole wheat flour, water, glucose-fructose/sugar, yeast*, vegetable oil (canola or soybean), wheat gluten, salt, enriched wheat flour, sodium stearoyl-2-lactylate, monoglycerides, calcium propionate, ammonium chloride, calcium sulphate, calcium carbonate. *Order may change.

Toppings for toast:

NOTE: Restaurants may source toppings locally. Please check exact ingredients with restaurant manager.

HONEY: pasteurized honey, golden Canada 1, blend of China and of Canada honey.

RASPBERRY JAM: raspberries, glucose and/or glucose-fructose and/or sugar, pectin, citric acid, sodium benzoate.

STRAWBERRY JAM: strawberries, glucose and/or glucose-fructose and/or sugar, pectin, citric acid, sodium benzoate.

PEANUT BUTTER: roasted peanuts, sugar, peanut oil, hydrogenated vegetable oils, cooking molasses, salt, mono and diglycerides.

MARGARINE: Canola oil, water, modified palm and palm kernel oils, salt, whey powder, vegetable monoglycerides, soya lecithin, sodium benzoate, citric acid, artificial flavour, colour, vitamin A palmitate, vitamin D3.

CANOLA PAN COATING: canola oil, soy lecithin, natural flavour.

DESSERTS

APPLE TURNOVER: Water, enriched wheat flour, apples (apples, erythorbic and/or ascorbic acid, citric acid, calcium chloride, salt), palm oil shortening, sugar, modified corn starch, corn starch, salt, whey powder, hydroxypropyl methylcellulose, guar gum, carrageenan, dextrose, cinnamon, glycerin.

BEVERAGES

A&W ROOT BEER®: carbonated water, sugar (glucose-fructose), caramel, sodium benzoate, natural and artificial flavours.

DIET A&W ROOT BEER®: carbonated water, caramel, sodium benzoate, aspartame5 (contains phenylalanine), natural and artificial flavours, sodium citrate, malic acid, dimethylpolysiloxane (anti-foaming agent).

COCA-COLA¹: carbonated water, sugar (glucose-fructose), caramel colour, natural flavours, caffeine.

DIET COKE¹: carbonated water, caramel colour, phosphoric and citric acid, aspartame (contains phenylalanine), flavours, sodium benzoate, acesulfame-potassium, caffeine, dimethylpolysiloxane.

SPRITE¹: carbonated water, sugar (glucose-fructose), citric acid, sodium citrate, natural flavours, sodium benzoate.

NESTEA ICED TEA²: water, sugar/glucose-fructose, citric acid, concentrated tea from tea leaves, potassium citrate, natural flavour, sodium benzoate.

APPLE JUICE: Water, Concentrated Apple Juice, Ascorbic Acid (vitamin C).

ORANGE JUICE: Pasteurized Orange Juice.

MILK (2%): partly skimmed milk, vitamin A palmitate, vitamin D3. Chocolate milk (1%): milk ingredients, sugar, cocoa, colour, salt, disodium phosphate, modified corn starch, carrageenan, guar gum, artificial flavour, vitamin A, palmitate, vitamin D3.

HOT CHOCOLATE MIX: sugar, whey, dried skim milk, cocoa, hydrogenated coconut oil, corn syrup solids, tricalcium phosphate, silicon dioxide, salt, sodium caseinate, cellulose gum, dipotassium phosphate, propylene glycol monostearate, mono- and diglycerides, sodium silicoaluminate, artificial flavour, soy lecithin, carrageenan, colour, flavour.

A&W ROOT BEER® FLOAT: Ice cream portion: milk ingredients, modified milk ingredients, sugar, corn syrup, stabilizers*, natural and artificial flavour, colour (contains tartrazine). Stabilizers: mono and diglycerides, guar gum, calcium sulphate, cellulose gum, carrageenan. Made on equipment that processes peanuts/nuts.

MILKSHAKE BASE: milk ingredients, sugar, modified milk ingredients, glucose/fructose, guar gum, propylene glycol alginate, carrageenan, locust bean gum, artificial flavour, polysorbate 80*, microcrystalline cellulose*, potassium phosphate*, sodium citrate*, salt*, colour*, calcium sulphate*. *May or may not be present or in the order indicated.

CHOCOLATE SYRUP: glucose-fructose, water, glucose, cocoa, caramel colour (sulphites), salt, artificial flavour, potassium sorbate, carrageenan, colour.

STRAWBERRY SYRUP: glucose-fructose, water, glucose, concentrated strawberry juice, citric acid, natural and artificial flavour, sodium benzoate, colour (FD&C red #2, yellow #6, yellow #5-tartrazine).

VANILLA SYRUP: glucose-fructose, water, glucose, artificial flavour, caramel colour (sulphites), potassium sorbate, sodium benzoate.

A&W ROOT BEER® SYRUP: glucose-fructose, caramel colour (sulphites), water, glucose, natural and artificial flavour, quillaia, sodium benzoate, potassium sorbate.

All deep fried products are cooked in a non-hydrogenated, high stability canola oil that has zero trans fats.

1 Registered trademark of Coca-Cola Ltd.

2 Registered trademark of Société des Produits Nestlé S.A.

The ingredients listed are those reported by product suppliers. Sensitivities and allergies to some food ingredients may occur in some individuals. A&W Food Services of Canada Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product in our restaurants.

The nutritional information is based on standard product recipes and may vary between restaurants.

Product data is current as of the issue date noted on the first page. Any product changes or new products introduced thereafter may result in changes to the information provided in this booklet.

For more nutritional information along with full allergen information please visit our web site at: www.aw.ca

Customer requests for eggs to be cooked in styles such as sunny side up, may increase the risk of food borne illness, especially for those with certain medical conditions.

ALLERGEN INFORMATION	Peanuts	Tree Nuts	Sesame Seeds	Milk	Wheat & other gluten	Soy	Eggs	Fish	Shellfish	Sulphites	Other (specify)
P = in product M = in manufacturing facility											
PROTEINS											
Small Beef Patty				M	M	M					
Large Beef Patty				M	M	M					
Sirloin Beef Patty				P/M	M	M					
Veggie Burger Patty				P/M	P/M	P/M	P/M				
Wiener				P/M	M	P/M					
Bacon											
Sausage Patty				P/M		M					
Ham Patty				M	M	M					
A&W Seasoning			M	M	M	M	M	M	M	M	
Chubby Chicken® Pieces				M	P/M	P/M	P/M			M	
Breaded Chubby Chicken Portion				M	P/M	P/M	M			M	
Chicken Grill® Portion				M	M	P/M	M			M	
Chubby Chicken® Strip				M	P/M	P/M	M			M	
Chubby Chicken® Seasoning			M	M	P/M	P/M	M	M	M	P/M	
BREAD											
Sesame Seed Bun			P/M	M	P/M	M	M			M	
Hamburger Bun			M	M	P/M	M	M			M	
Wheat Bun			M	M	P/M	M	M			P/M	
Hot Dog Bun			M	M	P/M	P/M	M			P/M	
Ciabatta Bun		M	M		P/M	M				M	
White Toast			M	M	P/M	M	M			M	
Whole Wheat Toast			M	M	P/M	M	M			M	
CHEESE											
Processed Cheddar Cheese				P/M		P/M				P/M	
Mozzarella Cheese				P/M							
Cheddar Cheese				P/M							
Cheese Curds				P/M							
Processed Cheese with Jalepeno				P/M		P/M				M	
Shredded Parmesan Cheese				P/M							
SIDES											
Fries				P/M	P/M	M					
Hash Browns				M	M	M					
Onion Rings			M	P/M	P/M	P/M	M	M	M	P/M	
Gravy			M	M	P/M	M	M	M	M	P/M	
Coleslaw				M	M	M	P/M	M		M	
Macaroni Salad	M	M	M	M	P/M	M	P/M	M	M	M	
DESSERTS											
Apple Turnover				P/M	M	M	M				
Root Beer Lollipop				M		P/M				P/M	P/M (coconut)



ALLERGEN INFORMATION	Peanuts	Tree Nuts	Sesame Seeds	Milk	Wheat & other gluten	Soy	Eggs	Fish	Shellfish	Sulphites	Other (specify)
P = in product M = in manufacturing facility											
CONDIMENTS											
Ketchup				M	M	M	M	M		M	
Mustard				M	M	M	M	M		M	
Pickles						M				M	
Teen [®] Sauce	M		M	M	M	M	P/M	M		M	M (poppy seeds)
Mayonnaise						M	P/M			M	
Moza [®] Sauce	M		M	M	M	M	P/M	M		M	M (poppy seeds)
Light Ranch Dressing	M		M	P/M	M	P/M	P/M	M		M	
Relish						M				P/M	
Chipotle Mayonnaise						P/M	P/M				
Honey Mustard Dipping Sauce				M	M	P/M	P/M	M		M	
Barbecue Dipping Sauce				M	M	P/M	M	M		P/M	
Sweet And Sour Dipping Sauce				M	M	P/M	M	M		M	M (yellow #5)
Peppercorn Ranch Dressing			M	M	M	M	P/M	M		M	M (mustard)
Light Golden Italian Dressing			M	M	M	M	M	M		M	M (mustard)
Balsamic Dressing			M	M	M	M	M	M		P/M	P/M (mustard)
Caesar Dressing			M	P/M	M	M	P/M	P/M		M	M (mustard)
Croutons				P/M	P/M						
Strawberry Jam											
Raspberry Jam											
Peanut Butter	P/M	M		M	M	M				M	
Honey											
Canola Pan Coating					M	P/M					
Margarine				P/M		P/M					
DRINKS											
A&W Root Beer [®]											
Diet A&W Root Beer [®]											
Coca-Cola ¹											
Diet Coke ¹											
Sprite ¹											
Nestea ² Ice Tea											
Orange Juice											
Apple Juice											
Ice Cream Portion	M	M		P/M	M		M			P/M	
A&W Root Beer [®] Milkshake Syrup			M	M	M	M	M	M	M	P/M	
Chocolate Milkshake Syrup			M	M	M	M	M	M	M	P/M	
Vanilla Milkshake Syrup			M	M	M	M	M	M	M	P/M	
Strawberry Milkshake Syrup			M	M	M	M	M	M	M	P/M	

