

100 Mile Grill	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
<b>Appetizers</b>											
Smoked Mozzarella Cheese Puffs	85g	310	18	6	0	15	1280	28	1	1	10
Deep Fried Dill Pickles	57g	160	8	4	0	0	600	19	-	3	6
Sweet Potato Fries	156g	340	21	2	0	0	1490	35	0	12	2
Hand Cut Fries	159g	310	21	3	0	0	1180	28	0	2	3
Chicken Fingers and Fries	255g	650	42	7	0	50	1940	44	0	2	24
<b>Cheeseburgers</b>											
Classic Cheddar	317g	680	20	8	0.5	110	660	72	0	2	49
Big Smokey	331g	680	19	8	0	105	710	74	0	4	49
Apple Butter and Cheddar	360g	870	33	12	0.5	110	840	87	1	5	51
Get Your Goat	350g	740	23	11	0	115	710	76	0	6	52
<b>Ultimate Meat Burgers</b>											
Basic	302g	620	15	5	0	95	560	72	0	2	46
Great Canadian Bacon	341g	800	37	12	0.5	125	920	57	2	5	55
Gryphon	319g	750	35	12	0.5	140	790	48	3	6	56
Morning Glory	376g	870	44	15	0.5	370	980	50	2	7	64
Double Trouble	374g	860	39	12	0.5	130	1040	70	3	15	55
Bean	260g	470	7	0	0	0	480	85	6	6	17
<b>Other Sandwiches</b>											
Breakfast in Bread	251g	600	30	7	0	280	1230	47	2	5	32
BLT Classic	200g	650	35	13	0	85	970	48	2	5	32
Pulled Pork	246g	630	23	5	0	40	1210	80	3	23	23
<b>Poutine</b>											
Plain and Simple	376g	790	37	13	0	60	3380	90	0	7	28
Pulled Pork Poutine	461g	1060	53	17	0	80	3940	112	0	16	38
Double Smoked Bacon Poutine	461g	1250	72	16	0	125	5010	102	0	7	49
Veggie Poutine	518g	1010	53	16	0	60	3610	107	1	8	31
<b>Breakfast</b>											
Breakfast in Bread	342g	610	30	7	0	280	1240	50	3	7	33
100 Mile Skillet	397g	650	36	10	0	235	950	52	1	2	30
Fully Loaded Omelette	255g	290	19	8	0	45	690	8	1	5	21
Sausage Breakfast Sandwich	171g	470	26	12	0	245	900	33	0	3	
Veggie Breakfast Sandwich	114g	290	13	5	0	205	440	28	0	2	15
Bacon Breakfast Sandwich	119g	330	16	6	0	205	510	28	0	2	17