



NUTRITION GUIDE

HOT DRINKS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Americano Double (black)	90 mL	0	0	0	0.0	0	0	0	0	0	5	0	0.00
Belgian Hot Chocolate	415 mL	1180	75	42	1.0	114	3	105	21	75	290	650	6.00
Cappucino Double*	210 mL	110	4.5	1.5	0.0	10	0	11	7	15	105	250	0.10
Cappucino Single*	180 mL	80	3	1	0.0	8	0	8	5	10	75	175	0.10
Chai Latte	300 mL	160	3.5	1.5	0.0	25	0	25	6	15	90	225	0.10
Chocolate Hazelnut Hot Chocolate	415 mL	1040	69	21	0.4	98	8	98	16	45	220	500	5.50
Chocolate Hazelnut Latte	415 mL	730	47	15	0.3	68	5	67	14	40	200	450	3.50
Coffee, Brewed (Black)	250 mL	0	0	0	0.0	0	0	0	0	0	5	10	0.00
Cookie Butter Hot Chocolate	415 mL	1330	86	19	0.0	120	0	81	18	35	530	300	0.10
English Toffee Latte	415 mL	460	14	7	0.2	77	0	52	10	35	360	350	0.20
Espresso Double	60 mL	0	0	0	0.0	0	0	0	0.1	0	10	0	0.00
Espresso Single	30 mL	0	0	0	0.0	0	0	0	0	0	0	0	0.00
Hot Chocolate	280 mL	280	11	6	0.0	35	1	27	10	35	220	350	0.75
Hug in a Mug	280 mL	310	13	5	0.0	36	1	35	13	35	170	400	0.50
Karak Chai	250 mL	200	7	3.5	0.0	27	2	24	8	25	140	300	0.20

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MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Latte Double*	210 mL	110	4.5	1.5	0.0	10	0	11	7	15	105	250	0.10
Latte Single*	180 mL	80	3	1	0.0	8	0	8	5	10	75	175	0.10
London Fog	300 mL	190	5	1.5	0.0	28	0	29	8	20	115	300	0.00
Matcha Green Tea Latte	150 mL	120	3	1	0.0	17	0	17	6	10	70	175	0.00
Organic Whole Leaf Tea, Steeped	250 mL	0	0	0	0.0	0	0	0	0	0	10	10	0.00
Pistachio Latte	300 mL	430	28	16	0.0	32	2	29	17	35	125	250	0.30
Rolo Latte	415 mL	450	12	6	0.0	78	0	65	10	35	270	350	0.50
Rose Latte	200 mL	150	3	1	0.0	25	0	25	5	10	75	175	0.10
Saffron Latte	220 mL	120	4	2	0.0	14	0	15	6	15	95	225	0.10
Spanish Latte	190 mL	120	4	2	0.0	14	0	15	6	15	90	225	0.10
Whipped Coffee	300 mL	380	27	17	0.0	32	0	20	3	5	90	10	0.10
Vanilla Honey Tea Latte	320 mL	160	10	5	0.0	60	0	60	9	35	150	300	0.20

MILKSHAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Banango	415 mL	440	22	12	0.5	55	1	45	9	75	170	250	0.20
Belgian Milk Milkshake	415 mL	1390	91	53	1.5	134	3	124	20	125	330	650	6.00
Belgian Dark	415 mL	1420	104	53	1.0	135	14	109	16	90	200	350	21.00
Belgian Milk	415 mL	1390	91	53	1.5	134	3	124	20	125	330	650	6.00
Chilled Hot Chocolate	415 mL	520	19	12	0.4	76	2	57	9	55	300	225	3.00
Chocolate Monkey	415 mL	530	19	12	0.4	81	3	58	10	55	260	225	2.50
D KID in Me	415 mL	690	31	17	0.5	94	0	86	8	75	220	250	0.20
Choco Loco Bueno®	415 mL	860	56	28	1.0	80	1	72	14	100	260	450	0.50
Lotus Cookie Butter	415 mL	1420	89	28	0.5	141	0	98	16	85	570	250	0.30
Man Go Wild	415 mL	610	24	15	0.5	93	1	87	7	85	170	250	0.00
Matcha Green Tea	415 mL	540	25	15	0.5	70	1	66	10	90	190	300	0.00
My BFF	415 mL	500	20	12	0.5	76	1	61	9	75	190	250	0.30
Pina Colada	415 mL	820	37	25	0.5	116	2	107	9	85	260	250	0.40
Shakey Shakey	415 mL	710	46	21	0.5	63	3	56	11	90	210	300	1.50
Twisted Chocolate	415 mL	510	19	12	0.4	76	2	58	9	55	260	225	2.50

MILKSHAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Cardamom Love	415 mL	600	36	23	0.5	56	2	46	13	80	170	250	0.40
Fudge Butter	415 mL	690	33	18	0.4	85	4	61	15	45	370	250	3.50
Rosy & Nutty	415 mL	430	27	12	0.5	39	2	35	10	75	160	300	0.50
Together Forever	415 mL	430	24	14	0.5	47	1	40	8	80	190	250	1.00
Wake Me Up Vanilla	415 mL	450	24	15	0.5	51	0	47	7	85	180	250	0.00
Liquid Gold	415 mL	560	35	15	0.5	57	3	47	13	80	170	250	0.30
Strawberry Cheesecake	415 mL	750	41	26	0.5	78	0	70	13	215	480	300	0.50

COLD DRINKS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Iced Coffee (with flavour shot)	415 mL	160	3	1	0.0	26	0	26	5	10	75	175	0.00
Iced Pistachio Latte	415 mL	410	24	12	0.0	32	2	30	18	40	170	350	0.10
Iced Strawberry Lemonade	415 mL	270	0	0	0.0	70	0	67	0.1	0	10	20	0.00
Stone Fruit Lemonade	415 mL	280	0	0	0.0	70	0	65	0.3	0	5	0	0.10
Mint Lemonade	415 mL	130	0	0	0.0	34	0	31	0.2	0	10	10	0.10
Passion Fruit Mojito	415 mL	180	0	0	0.0	45	0	43	0.1	0	10	30	0.10
Blue Lagoon Mojito	415 mL	190	0	0	0.0	49	0	48	0.1	0	0	20	0.10
Mango Mojito	415 mL	180	0	0	0.0	45	0	42	0.1	0	10	20	0.10
Mix Berry Mojito	415 mL	190	0	0	0.0	47	1	43	0.4	0	0	30	0.20
Orange Strawberry	415 mL	160	0	0	0.0	38	0	34	1	0	0	40	0.30
Orange Blue Curacao	415 mL	150	0	0	0.0	38	0	35	1	0	0	40	0.30
Stone Fruit Orange	415 mL	160	0	0	0.0	39	0	35	1	0	0	40	0.30
Pineapple Fusion Mocktail	415 mL	150	0	0	0.0	37	0	36	0.1	0	0	20	0.10
Strawberry Banana Smoothie	415 mL	470	0	0	0.0	118	0	113	0	0	15	50	0.00
Strawberry Rose Palmer	415 mL	150	0	0	0.0	36	1	35	0.2	0	25	20	0.10

COLD DRINKS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Passionfruit Ice Tea	415 mL	200	0	0	0.0	50	0	49	0.1	0	0	0	0.10
Strawberry Ice Tea	415 mL	200	0	0	0.0	49	0	46	0.1	0	0	0	0.10
Nutty Oasis Smoothie	415 mL	820	22	5	0.0	167	16	135	8	0	90	100	2.00
Italian Soda	415 mL	90	0	0	0.0	22	0	21	0	0	80	20	0.00

TWISTED TORNADOS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Chocolate Cheesecake Tornado Mini	10 oz	670	37	23	0.5	76	3	60	11	180	440	300	0.75
Chocolate Cheesecake Tornado Regular	16 oz	1071	59	37	0.8	121	5	96	18	288	704	480	1.20
Chocolate Cheesecake Tornado Large	20 oz	1140	53	33	0.5	149	1	114	20	265	1030	650	2.00
Fudge Brownie Tornado Mini	10 oz	900	18	9	0.3	69	1	52	8	66	400	250	2.10
Fudge Brownie Tornado Regular	16 oz	1210	29	15	0.5	110	2	83	13	105	640	400	3.50
Fudge Brownie Tornado Large	20 oz	1320	35	19	1.0	138	3	103	16	130	730	500	4.00
Cookie Dough Tornado Mini	10 oz	730	24	13	0.3	80	2	59	9	56	387	250	1.50
Cookie Dough Tornado Regular	16 oz	1060	39	21	0.5	128	3	94	14	90	620	400	2.50
Cookie Dough Tornado Large	20 oz	1170	46	25	0.5	156	3	115	16	105	740	500	3.00
Oreo Tornado Mini	10 oz	690	23	9	0.3	80	0	50	8	46	518	218	3.70
Oreo Tornado Regular	16 oz	1020	36	14	0.5	129	0	80	13	75	830	350	6.00
Oreo Tornado Large	20 oz	1130	41	18	0.5	144	0	93	15	95	910	450	6.00
Oreo Cheesecake Mini	10 oz	690	37	20	0.5	81	1	65	10	145	510	300	1.50
Oreo Cheesecake Regular	16 oz	1020	49	23	0.5	141	0	92	17	165	1020	450	6.00
Oreo Cheesecake Large	20 oz	1130	54	26	0.5	81	0	105	19	180	1090	500	6.00

TWISTED TORNADOS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Birthday Cake Tornado Mini	10 oz	780	37	19	0.6	81	0	70	7.5	69	275	312	0.30
Birthday Cake Tornado Regular	16 oz	1060	59	30	1.0	129	0	112	12	110	440	500	0.50
Birthday Cake Tornado Large	20 oz	1170	64	33	1.0	144	0	125	14	130	520	600	0.50
Kunafa & Chocolate Tornado Mini	10 oz	940	58	31	0.5	83	5	69	21	110	260	225	0.00
Kunafa & Chocolate Tornado Regular	16 oz	1530	96	49	1.0	129	7	107	34	160	380	300	0.00
Kunafa & Chocolate Tornado Large	20 oz	1750	108	56	1.5	154	8	127	38	205	490	450	0.00
Lotus Cookie Butter Mini	10 oz	920	52	20	0.5	102	0	76	11	90	510	300	0.30
Lotus Cookie Butter Regular	16 oz	1210	59	25	0.5	159	0	108	16	75	790	400	1.00
Lotus Cookie Butter Large	20 oz	1320	65	28	0.5	174	0	121	18	95	860	500	1.00
Mango Banana Mini	10 oz	600	23	14	0.5	92	2	79	8	90	300	300	0.20
Mango Banana Regular	16 oz	750	23	13	0.5	133	3	113	9	75	400	400	0.30
Mango Banana Large	20 oz	860	25	17	0.5	148	3	126	11	95	500	500	0.30
Strawberry Shortcake Mini	10 oz	390	28	16	1.0	84	0	65	9	130	300	300	0.75
Strawberry Shortcake Regular	16 oz	670	25	14	0.5	107	1	82	9	95	400	400	0.80
Strawberry Shortcake Large	20 oz	780	30	18	0.5	121	1	95	10	115	500	500	0.80

FRENCH TOAST

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Original	200 g	590	27	17	0.0	83	2	38	9	60	490	125	3.00
Lotta Lotus	360 g	1040	55	23	0.0	130	5	60	15	60	630	100	3.00
Pretty Pistachio	260 g	780	43	26	0.0	93	3	35	13	95	630	100	2.50
Chocolate Love	330 g	1010	62	35	0.4	108	5	61	16	80	560	250	5.00

SUNDAES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Hot Fudge	230 g	530	17	12	0.4	91	1	65	7	45	360	300	1.80
Caramel	230 g	560	18	10	0.5	98	0	69	6	45	440	250	0.10
Strawberry	220 g	430	14	8	0.4	75	1	57	5	45	220	250	0.40
Lotus	270 g	1000	62	17	0.4	103	0	75	11	45	440	225	0.00

FUNNEL FRY POUTINE

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
D Spot Funnel Fries	360 g	1160	60	17	0.4	149	0	93	10	95	750	350	1.50
Strawberry Delight	530 g	1880	115	46	1.0	197	1	131	20	260	1230	550	2.00
Cookie Butter Heaven	420 g	1650	101	28	0.5	177	1	102	16	120	1110	300	1.40
Fudge & Caramel Concoction	370 g	1570	77	22	0.4	210	5	120	15	110	1130	175	9.00



FUNNEL CAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
DXB to CAN Funnel Cake	730 g	2140	128	56	1.0	200	11	132	42	185	710	400	3.50
Classic Strawberry	700 g	1350	42	15	0.5	235	6	152	14	105	750	450	3.50
Chocolate Decadence	570 g	1660	72	25	1.0	231	9	146	26	185	1280	500	15.00
Me Am Cookie	600 g	1730	77	27	1.0	245	9	150	27	180	1360	500	11.50
Pistache	460 g	1500	77	24	0.5	190	10	114	24	140	830	225	13.50
Royalty	500 g	1620	94	27	0.5	173	8	118	24	125	810	600	6.50
Cozy & Comfy	760 g	1610	55	21	1.0	268	5	174	17	110	1070	500	3.50
Lotus Cookie Crunch	550 g	1840	102	31	1.0	214	3	131	23	125	1100	500	3.50
Oreo & White Chocolate	580 g	1740	83	32	1.0	238	2	147	21	120	1110	600	7.00

ICE CREAM CONES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Regular Cone	29 g	110	1	0	0.0	25	0	9	2	0	55	20	1.00
Waffle Cone	29 g	110	0.5	0	0.0	25	1	2	2	0	55	19	1.00

MILK CAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Original: Lotus	440 g	1120	44	23	0.0	62	0	42	10	115	370	225	2.00
Original: Oreo	440 g	1460	96	58	0.4	133	1	97	21	330	680	500	4.00
Original: Pistachio Crème & Pistachios	480 g	1440	101	62	0.2	112	2	80	24	370	620	450	2.00
Original: Strawberry Sauce & Graham Crumb	475 g	1230	78	48	0.4	119	2	80	18	320	650	400	2.50
Original: Nutella	320 g	1160	82	44	2.5	90	2	83	17	320	600	175	2.50
Chocolate: Caramel	330 g	1020	75	47	0.0	82	2	64	13	235	350	400	1.00
Chocolate: Pistachio Crème & Dark Choc	400 g	1280	102	63	0.0	81	5	63	21	270	250	450	3.50
Chocolate: Peanut Butter	360 g	1200	91	52	0.0	88	5	64	19	225	360	450	4.50
Chocolate: Oreo	330 g	1050	79	49	0.0	78	3	61	15	230	300	450	2.50
Chocolate: Lotus	345 g	1140	84	48	0.0	87	2	63	15	225	360	400	1.25

PANCAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Showstopper	725 g	1700	74	42	1.0	245	12	133	25	95	1390	400	12.50
Luxurious Pistachio Chantilly	475 g	1210	67	38	0.5	142	7	85	19	110	820	250	9.00
Buttermilk Pancakes	275 g	560	13	8	0.5	102	1	55	9	30	800	225	3.50
Apple Pie Pancakes	555 g	1000	25	14	1.0	187	6	109	12	35	1100	150	3.50
Cinnamon Bun Pancakes	520 g	1830	90	46	1.5	242	3	183	11	60	1300	200	3.00
Cookie Dough Pancakes	335 g	1000	50	27	1.0	129	5	70	17	55	1020	300	6.50
Dessert for Breakfast	645 g	1270	41	23	1.0	214	6	109	19	60	1270	300	5.50
Nutella Banana Pancakes	365 g	670	24	11	0.5	104	5	49	12	30	810	200	4.00
Reese PB Sauce	375 g	960	47	17	0.5	118	7	56	23	35	1210	225	5.00
Strawberry & Cream Cheese	465 g	1150	51	26	1.0	161	4	108	10	45	1000	175	3.50
Strawberry & Cheesecake	435 g	810	35	22	0.5	108	4	54	15	175	1120	300	3.50

CAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
New York Style Cheesecake (Plain)	275 g	870	59	36	0.3	75	0	55	16	330	630	250	1.50
Add Strawberry Topping	175 g	210	0	0	0.0	55	3	34	1	0	30	30	0.80
Add Hazelnut Topping	65 g	360	26	6	0.0	32	4	28	4	5	30	75	2.30
Add Lotus Cookie Topping	130 g	770	50	10	0.0	73	0	46	7	0	280	0	0.10
Add Banoffee Topping	105 g	210	3	1.5	0.0	45	1	29	1	5	105	20	0.20
Red Velvet Cake	400 g	1360	71	26	0.5	162	3	125	16	160	1030	350	4.50
Carrot Cake	365 g	1560	81	32	1.5	197	6	142	14	220	750	150	3.50
Red Velvet Cheesecake	450 g	1660	91	44	0.5	195	3	143	335	335	1790	450	5.50
Double Chocolate Brownie	375 g	1350	52	19	1.0	201	11	145	19	165	1030	150	17.50
Tiramisu Cheesecake	535 g	1650	108	64	0.5	157	5	39	23	410	1220	400	5.50
Chocolate Cake	365 g	1240	50	22	1.0	194	5	140	12	115	570	150	7.50
Chocolate Lava Cake	330 g	1050	48	27	0.3	154	6	94	12	65	740	175	9.00
Strawberry Shortcake	445 g	1050	63	38	2.5	116	2	91	10	260	330	350	2.50
Hazelnut Cheesecake	330 g	1080	70	34	2.0	102	3	83	16	245	750	350	4.00
Sticky Toffee Cake	265 g	800	35	22	1.5	113	3	82	7	140	600	150	2.00

CAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
White Chocolate Brownie	330 g	1500	86	49	1.0	169	3	129	18	200	40	300	5.50
San Sebastian - Pistachio	340 g	1170	86	52	2.5	84	1	74	19	355	610	175	1.75
San Sebastian - Cookie Butter	370 g	1470	101	46	2.5	121	0	94	19	320	790	125	1.00
San Sebastian - Nutella	320 g	1160	82	44	2.5	90	2	83	17	320	600	175	2.50
San Sebastian - Strawberry & White Choc	330 g	1040	65	40	2.5	99	1	80	14	320	600	125	1.25
Kunafa Explosion Milk Cake Cup	480 g	1510	97	52	0.3	130	4	97	29	290	600	350	3.00
Molten Fix	700 g	2030	60	60	1.5	193	7	147	40	205	750	350	3.50

FLOW CAKES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Ooey Gooey Chocolate Lava	420 g	1550	92	57	0.5	173	7	128	17	85	660	350	9.00
Surprise!	320 g	1170	69	32	0.5	130	0	97	10	45	630	200	1.50
Toffee Lava	420 g	1260	68	34	1.0	151	6	104	13	115	630	100	2.50

CROFFLES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Krunchy Knafeh	410 g	1630	104	55	0.5	147	6	90	32	160	760	250	5.50
Berry Banana Bliss	400 g	910	46	23	0.4	114	6	53	15	125	670	125	4.50
Cookies and Cream	360 g	1320	70	34	0.5	163	4	85	17	140	970	200	6.50
Magestic Croffle	350 g	1020	67	37	0.3	89	5	36	22	175	680	125	3.50
Cookie Butter Heaven	255 g	840	47	22	0.3	93	3	34	15	120	760	100	3.50
Just Heavenly	290 g	940	56	31	0.4	95	2	46	16	195	820	175	3.00
My Treat	285 g	860	50	28	0.5	90	2	37	15	195	860	150	3.50

SKILLET COOKIES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
For the Love of Ferrero	1/2 portion - 195 g	850	45	24	0.2	106	5	73	9	85	390	125	5.50
Crunchy Munchy Butter Toffee Cookie	1/2 portion - 190 g	780	37	19	0.5	112	0	79	7	50	550	125	3.50
PB & ME Cookie	1/2 portion - 200 g	920	52	25	0.3	102	6	70	15	75	430	150	4.00
White Chocolate Macadamia Nut	1/2 portion - 200 g	970	59	30	0.2	100	3	76	11	105	360	200	3.00
Pistachio Perfection	1/2 portion - 200 g	880	53	46	19.5	89	4	62	13	105	335	100	3.00
Perfect Pair	1/2 portion - 200 g	930	60	23	0.3	115	3	72	9	82	470	75	4.50

CAKEY CREPES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Nostalgic	330 g	1050	55	26	0.5	129	4	94	16	175	490	300	6.00
Nutty Buddy	450 g	1210	67	22	0.5	139	8	89	26	125	670	300	5.00
Caught My Eye	375 g	1300	81	39	0.5	120	5	96	27	190	390	300	4.50

SUSHI CREPE

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Banana & Chocolate	450 g	1370	77	30	0.5	159	4	106	19	130	430	250	4
Brownie Sushi	310 g	870	32	14	0.5	132	6	89	15	170	560	150	9

BANANA SPLIT

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
D Spot Banana Split	360 g	690	18	12	0.5	128	4	79	7	45	420	225	2.50



DESSERT CREPE DISHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Basic Crepe	220 g	360	9	5	0.3	65	1	53	7	120	80	175	1.75
Banoffee Brulee Crepe	390 g	660	24	12	0.5	104	3	71	11	155	230	200	1.50
Bueno! Crepe	325 g	960	59	29	0.5	94	2	81	16	165	210	350	2.00
Chocolatey Coconut! Crepe	330 g	840	38	27	0.5	113	4	82	12	155	270	225	4.50
Oreo and White Chocolate Crepe	305 g	1000	54	19	0.5	128	0	79	16	135	640	225	7.00
PB & Chocolate Concoction Crepe	320 g	820	43	21	0.5	96	4	69	17	155	440	225	3.50
Royalty Crepe	315 g	920	60	22	0.5	86	5	72	16	160	180	250	3.50
Simply Lotus Crepe	370 g	1220	72	22	0.5	130	0	86	16	150	480	175	1.25
S'more Twist Crepe	465 g	1460	70	23	1.0	189	6	128	24	195	840	225	8.00
Strawberry & Banana Crepe	370 g	480	20	8	0.3	72	6	50	10	120	90	150	2.50
Strawberry & Cream Cheese Crepe	440 g	880	47	23	1.0	110	4	97	9	135	270	125	1.75
Strawberry Cheesecake Delight Crepe	575 g	1100	61	33	1.0	120	5	95	18	305	530	400	2.50
Strawberry & Nutella Crepe	380 g	640	36	12	0.4	74	7	62	11	125	110	225	4.00
Fruit Goodness Crepe	475 g	520	10	5	0.3	107	7	77	9	120	85	200	2.50
Kunafa Delight Crepe	350 g	1300	86	43	0.5	109	4	94	25	155	200	300	3.50

DESSERT WAFFLE DISHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Basic Waffle	600 g	600	25	15	0.5	82	1	41	10	250	580	250	4.00
Banana Nutella Waffle	375 g	1160	68	27	0.5	127	8	78	17	255	640	350	7.00
Banoffee Brulee Waffle	400 g	880	40	22	1.0	121	4	59	15	285	740	300	3.50
Bueno! Waffle	325 g	1200	75	39	1.0	111	2	68	19	295	710	450	4.00
Chocolatey Coconut! Waffle	335 g	1070	54	37	1.0	130	5	70	16	285	780	300	6.50
Oreo and White Chocolate Waffle	310 g	1240	70	29	0.5	146	1	66	19	265	1140	350	9.00
PB & Chocolate Concoction Waffle	320 g	1020	57	29	1.0	109	4	54	20	285	930	300	5.50
Royalty Waffle	320 g	1160	76	32	1.0	104	5	59	19	290	680	350	5.50
Simply Lotus Waffle	375 g	1460	88	32	1.0	147	1	73	20	280	990	250	3.50
S'more Twist Waffle	470 g	1700	86	33	1.0	206	7	116	27	325	1350	300	10.00
Strawberry & Banana Waffle	375 g	720	36	18	0.5	89	6	37	13	250	590	250	4.50
Strawberry & Cream Cheese Waffle	440 g	1120	63	33	1.0	127	5	85	12	265	770	225	3.50
Strawberry Cheesecake Delight Waffle	580 g	1320	77	43	1.0	137	5	82	21	435	1040	500	4.50
Strawberry & Nutella Waffle	475 g	880	52	22	0.5	91	8	50	14	250	620	300	6.00
Fruity Goodness Waffle	1140 g	760	26	15	0.5	124	7	64	13	250	590	300	4.50

DESSERT WAFFLE DISHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Kunafa Delight Waffle	3500 g	1540	102	53	1.0	126	4	81	29	285	700	400	5.5

ICE CREAM

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Vanilla	1 scoop - 5 oz	150	9	6	0.0	17	0	15	2	30	50	60	0.00
Chocolate	1 scoop - 5 oz	160	6	4	0.0	24	1	18	2	15	70	40	1.00
Rosy and Nutty	1 scoop - 5 oz	150	9	4	0.0	15	1	13	2	25	35	60	0.20
Cookie Dough	1 scoop - 5 oz	180	8	6	0.0	27	1	23	2	20	70	40	0.30
Strawberry	1 scoop - 5 oz	140	6	4	0.0	20	0	19	2	25	45	40	0.00
Mango	1 scoop - 5 oz	130	7	4	0.0	17	0	15	2	25	40	40	0.00
Cookies and Cream	1 scoop - 5 oz	160	8	6	0.0	21	0	17	2	30	95	60	0.20
Cardamom	1 scoop - 5 oz	160	9	6	0.0	18	0	16	2	30	50	60	0.20
Pistachio	1 scoop - 5 oz	200	13	6	0.0	17	1	16	4	30	40	50	0.10
Hazelnut Crunch	1 scoop - 5 oz	200	13	6	0.0	21	1	19	2	30	40	40	2.80
Coffee Toffee	1 scoop - 5 oz	170	8	5	0.0	24	0	19	2	30	80	60	0.20
Blueberry Heaven	1 scoop - 5 oz	170	8	6	0.0	24	0	22	2	25	65	60	0.00
Saffron Pistachio Custard	1 scoop - 5 oz	160	8	4	0.0	20	0	18	2	30	45	60	0.20
Dark Chocolate (Vegan)	1 scoop - 5 oz	140	4	2	0.0	29	2	20	2	4	40	9	2.00
Lotus Cookie Butter	1 scoop - 5 oz	170	9	6	0.0	23	0	19	2	30	70	40	0.00

ICE CREAM

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Red Velvet Cheesecake	1 scoop - 5 oz	170	8	5	0.0	22	0	19	2	30	75	60	0.00
Birthday Cake	1 scoop - 5 oz	150	6	4	0.0	21	0	19	2	25	65	40	0.00
Cotton Candy	1 scoop - 5 oz	140	6	4	0.0	21	0	18	2	25	50	40	0.00



D SPOT SIGNATURE WAFFLES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Candyland	440 g	1460	72	39	1.0	183	1	133	17	315	770	400	3.50
Chocolate Heaven	475 g	1460	63	34	1.0	200	9	117	24	335	1190	350	16.00
Cookie Monster	530 g	1760	80	43	1.0	240	10	148	26	355	1380	400	14.50
Creamy Dreamy Mango	500 g	1300	76	39	1.0	143	3	90	19	315	720	450	3.50
Day & Night	425 g	1240	58	34	1.0	172	3	87	19	305	1160	400	9.00
Don't Make Me Blush	385 g	1260	82	37	1.0	112	4	69	21	310	710	450	4.00
Eastern Twist	500 g	1640	85	43	1.5	209	13	154	27	320	720	550	7.00
Espresso Yourself	410 g	1140	61	38	1.0	144	6	81	17	305	810	350	11.00
Heaven On Earth	490 g	1640	88	46	1.5	203	8	129	28	345	1210	500	14.50
Hit D Spot	899 g	3040	168	88	2.5	339	12	219	47	669	1930	950	20.00
Nuts for Peanuts	515 g	1320	61	32	1.0	170	8	93	25	285	1020	350	9.00
Passionate and Fruitful	625 g	1110	46	27	1.0	162	7	84	16	310	870	350	4.00
Road Trip	480 g	1520	70	35	1.0	201	8	121	25	340	1170	450	13.00
Something to Talk About	495 g	1400	84	36	1.0	150	10	90	21	305	690	350	14.00
Sweet Cinnamon	430 g	1380	79	44	1.5	149	2	107	14	325	870	350	3.00

ADULTS AND YOUTH (13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES PER DAY, AND CHILDREN (4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES PER DAY - INDIVIDUAL NEEDS MAY VARY.
NUTRITION INFORMATION IS CALCULATED BASED ON STANDARD RECIPES CONTENT AND MAY VARY FOR CUSTOMIZED ITEMS.
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D SPOT SIGNATURE WAFFLES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Thank You Berry Much	520 g	940	38	23	1.5	132	6	69	15	295	790	300	4.50
Undercover Nut	395 g	1220	69	34	1.0	135	7	71	24	305	790	350	8.00
Very Cakey	400 g	1280	72	38	1.0	139	1	90	18	335	840	400	3.50
Warm & Loving	630 g	1280	47	28	1.5	203	5	121	15	315	1040	400	4.00
We Blend Together	520 g	1000	45	27	1.0	132	5	68	15	310	870	350	3.50
White Chocolate Dream	415 g	1460	89	48	1.0	145	1	106	20	330	770	550	3.00
You Are Berry Special	530 g	1580	91	50	1.5	170	2	115	23	455	1100	500	4.00
You Better Bruleeve It!	510 g	1220	53	29	1.0	174	4	101	17	315	1260	350	3.50

D SPOT SIGNATURE CREPES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Candyland	430 g	1220	56	29	1.0	165	0	146	14	185	260	300	1.50
Chocolate Heaven	470 g	1220	47	24	1.0	183	9	130	20	205	680	250	14.00
Cookie Monster	530 g	1520	64	33	1.0	223	10	160	23	225	870	300	12.50
Creamy Dreamy Mango	495 g	1080	60	29	1.0	126	2	103	15	185	220	350	1.50
Day & Night	420 g	1010	42	24	1.0	155	2	100	15	175	650	300	7.50
Don't Make Me Blush	380 g	1020	66	27	1.0	95	3	82	18	180	200	350	2.25
Eastern Twist	500 g	1400	69	33	1.0	192	12	167	24	190	220	450	5.00
Espresso Yourself	400 g	900	45	28	0.5	127	5	94	14	175	310	250	9.00
Heaven On Earth	490 g	1460	72	36	1.0	186	7	142	24	215	400	400	12.50
Nuts for Peanuts	510 g	1080	45	22	0.5	153	8	105	21	155	510	250	7.00
Passionate and Fruitful	620 g	880	30	17	1.0	145	6	97	13	180	370	300	2.00
Road Trip	475 g	1280	54	25	1.0	184	7	134	22	210	670	250	11.00
Something to Talk About	490 g	1160	68	26	1.0	133	9	103	18	175	180	250	12.00
Sweet Cinnamon	425 g	1140	63	34	1.5	132	1	119	11	195	370	250	1.25
Thank You Berry Much	525 g	700	22	13	1.0	115	5	82	12	165	280	225	2.50

D SPOT SIGNATURE CREPES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Undercover Nut	390 g	980	53	25	0.5	118	6	84	20	175	280	250	6.00
Very Cakey	395 g	1040	56	28	1.0	122	0	103	15	205	330	300	1.75
Warm & Loving	635 g	1060	31	18	1.5	185	4	134	12	185	530	300	2.00
We Blend Together	520 g	760	29	17	1.0	115	4	81	12	180	360	250	1.75
White Chocolate Dream	410 g	1220	73	38	1.0	128	0	119	16	200	270	450	1.25
You Are Berry Special	525 g	1340	75	40	1.0	153	1	127	20	325	600	400	2.00
You Better Bruleeve It!	505 g	980	37	19	1.0	157	3	114	14	185	760	250	1.75

BELGIAN CREATIONS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Chill to the Cone 2.0	740 g	1790	96	45	1.0	221	9	136	21	80	990	450	6.00
Crepe Done Right	535 g	1020	57	28	0.5	125	10	94	16	140	150	300	6.00
Waffle Done Right	540 g	1260	73	38	1.0	142	10	82	19	270	650	400	8.00
Cookielicious	660 g	2620	137	66	2.0	325	15	206	40	435	1870	500	21.00
Divide and Conquer	575 g	1980	95	45	1.5	255	9	160	30	355	1550	650	14.50
Dream Come True	620 g	2480	138	63	2.0	281	15	199	37	440	1590	550	24.50
Hidden Gem	630 g	1600	90	47	1.0	192	9	137	23	205	670	400	9.50
My Crepe Ate Your Brownie	720 g	2840	162	76	2.0	321	16	264	41	335	1170	700	26.00
Rise of the Donut	540 g	2260	138	67	1.5	232	2	155	27	325	1050	650	5.00
Pistachio Crepe	390 g	1120	71	35	0.5	103	2	78	21	205	460	250	2.00
Chocolate Vaccine	370 g	1090	62	38	1.5	117	2	66	17	315	800	400	4.50
Chocano Eruption	730 g	2400	143	77	1.5	260	12	173	32	355	1200	650	13.50

SAUSAGES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Dspot Sausage	210 g	430	20	8	0.3	37	1	5	19	50	910	50	3.50
Cheesy Sausage Goodness	270 g	490	23	9	0.4	41	1	6	20	55	1330	125	3.50
Chipotle Bacon Sausage	275 g	610	32	10	0.5	45	1	11	24	70	1230	75	4.00

PIZZAS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Hot Honey Goat Cheese	1/2 pizza - 300 g	810	37	18	3.0	85	4	13	37	75	1840	550	5.00
Butter Chicken	1/2 pizza - 365 g	650	27	13	1.0	75	4	10	34	90	1640	550	5.00
Chicken Pesto	1/2 pizza - 326 g	690	32	12	1.0	69	4	7	35	85	1410	600	5.00
Mexican Taste	1/2 pizza - 360 g	720	33	12	1.0	79	4	15	33	85	1410	550	4.50
Simply Cheese	1/2 pizza - 200 g	530	21	10	1.0	65	3	6	26	45	1130	500	4.00
Brisket & Cheese	1/2 pizza - 460 g	880	43	22	1.5	81	5	12	50	125	1890	950	4.50
Veggielicious	1/2 pizza - 350 g	590	24	10	1.0	74	5	11	27	45	1510	550	4.50
You Can't Handle Me *SPICY*	1/2 pizza - 300 g	610	24	10	1.0	71	5	9	33	80	1640	500	4.50

POUTINE, NACHOS & DIP

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Bacon N Cheese Poutine	560 g	1160	82	22	3.0	76	3	2	34	105	3270	750	4.00
BBQ Chicken Poutine	600 g	1220	81	20	2.5	86	3	14	42	150	3100	650	4.50
Butter Chicken Poutine	600 g	1190	83	21	2.5	74	3	2	42	155	3060	700	4.50
Cheesy Fries	380 g	750	53	6	1.5	61	3	2	7	5	1690	75	2.00
Chipotle Chicken Poutine	650 g	1350	95	24	2.5	84	3	9	44	170	3150	650	4.00
D Spot Classic Poutine	485 g	1070	76	19	2.5	71	3	1	29	85	2800	650	3.50
Loaded Meat Feast Poutine	700 g	1360	87	22	3.0	91	3	14	61	190	3260	700	6.00
Spicy Tandoori Poutine	640 g	1250	86	22	2.5	79	4	6	43	155	3600	650	4.50
Supreme Veggie Poutine	600 g	1180	84	23	3.0	79	3	4	32	105	3270	750	3.50
Onion Ring Poutine	450 g	870	50	17	1.5	81	2	7	29	85	2430	700	4.00
Nachos	1140 g	2370	115	43	1.5	170	20	3	58	170	1820	1300	0.80
Cheese Dip	1/2 portion - 290 g	860	48	20	2.0	79	5	2	29	85	1730	950	2.25

BITES & SANDWICHES

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Avocado Bruschetta (with fries)	560 g	1110	84	18	0.5	99	16	5	18	45	1060	100	5.00
Chicken Pesto (with fries)	600 g	1010	69	21	1.0	73	5	4	31	135	2080	125	4.50
Smoked Chicken Club (with fries)	600 g	1030	69	23	1.0	71	3	3	36	145	2250	300	4.50
Sultan Brisket Sandwich (with fries)	600 g	1350	76	25	1.0	121	5	24	47	135	2800	350	8.00
Crispy Chicken Sandwich (with fries)	380 g	970	48	10	1.0	111	3	15	28	90	2220	250	5.50
Chicken Tenders & Fries (with fries)	3 strips - 650 g	870	48	9	0.5	84	3	33	24	55	1670	30	2.00

BURGERS

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Hawaiian Burger (with fries)	1 burger	1040	63	19	2.0	79	3	15	45	145	1640	300	4.50
Veggie Burger (with fries)	1 burger	940	58	15	1.0	75	5	13	36	50	1610	350	8.50
Classic Cheeseburger (with fries)	1 burger	990	64	18	2.5	71	2	12	42	140	1860	300	4.00

PASTA & SALAD

MENU ITEM	SERVING SIZE	TOTAL CALS.	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT (g)	CARBS. (g)	FIBRE (g)	SUGARS (g)	PROTEIN (g)	CHOL. (mg)	SODIUM (mg)	CALCIUM (mg)	IRON (mg)
Primavera (with bun)	450 g	770	37	12	1	84	6	11	29	55	1300	550	2.50
Chicken Pesto (with bun)	490 g	980	54	16	1	82	4	7	45	130	1780	750	4.00
Alfredo (with bun)	525 g	1000	51	18	1	93	2	9	47	125	2690	1000	3.50
Signature Caesar	210 g	280	14	7	0.3	21	2	1	10	30	950	300	2.00

ADULTS AND YOUTH (13 AND OLDER) NEED AN AVERAGE OF 2,000 CALORIES PER DAY, AND CHILDREN (4 TO 12) NEED AN AVERAGE OF 1,500 CALORIES PER DAY - INDIVIDUAL NEEDS MAY VARY.
NUTRITION INFORMATION IS CALCULATED BASED ON STANDARD RECIPES CONTENT AND MAY VARY FOR CUSTOMIZED ITEMS.
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