



BEAVERTAILS® NUTRITIONAL INFORMATION

BEAVERTAILS® PASTRY

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
<i>Coco Vanil'</i>	651	24	7	0	5	468	104	3	53	8
<i>The Classic</i>	388	17	3	0	5	380	55	3	19	7
<i>Avalanche</i>	577	28	9	1	24	540	76	3	38	8
<i>Hazel Amour</i>	404	23	4	0	5	390	49	4	14	8
<i>Killaloe Sunrise</i>	389	17	3	0	5	380	55	3	20	7
<i>Bananarama</i>	449	23	4	0	5	391	61	5	19	9
<i>BrWoWnie</i>	494	28	7	0	8	451	60	4	22	9
<i>Triple Trip</i>	555	32	10	0	5	446	65	5	25	12
<i>S'more</i>	502	24	5	0	5	461	71	5	25	9
<i>Hansel + Pretzel</i>	456	23	5	0	5	498	59	4	12	10
<i>Apple Pie</i>	569	22	6	0	16	493	88	4	39	9
<i>Lemon MMerinque</i>	477	19	4	0	5	461	73	3	24	8
<i>Pecan Pie</i>	624	37	6	0	5	407	67	5	26	10
<i>Strawberry Cheesecake</i>	499	22	5	1	10	514	72	3	28	8

SMOOTHIE

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
<i>Lowest Cal. combination - orange base with peaches</i>	179	-	-	-	-	13	50	1	45	1
<i>Highest Cal. combination - lemon classic - lemon base & lemon sorbet</i>	399	-	-	-	-	5	97	1	96	0

FRAPP-EH

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
Orange Frapp-eh	231	3	2	0	14	90	47	-	36	3

LEMONADE

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
Strawberry Lemoonade	206	-	-	-	-	113	49	-	49	-

POUTINE & FRIES

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
Poutine	995	58	17	2	85	2,833	92	7	2	27
Fries	643	32	2	0	-	1,598	82	7	-	7
BeaverDog	410	23	8	1	30	900	37	-	3	14
BBQ BeaverTails Pastry	329	17	3	0	5	560	41	3	3	7

HOT BEVERAGES

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
Hot chocolate	163	4	4	0	0	207	33	1	26	1
Deluxe hot chocolate	198	9	7	0	18	203	29	1	22	2
Coffee	6	-	-	-	-	2	1	-	-	1
French vanilla cappuccino	127	4	4	0	0	145	22	0	18	1
Hot apple cider	107	0	-	-	-	1	27	0	26	0

BEAVERTAILS SUNDAE (with Beaver Bites)

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
Scooped gelato with caramel	367	19	3	2	9	345	46	2	24	6
Scooped gelato with chocolate hazelnut	412	27	5	2	8	342	45	3	29	7
Soft serve vanilla ice cream with caramel	344	20	4	2	13	324	39	1	15	5
Soft serve vanilla ice cream chocolate hazelnut bites	390	28	6	2	12	321	38	2	20	6

ICE CREAM FACTORY

FLAVOUR	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
<i>Scooped highest Cal. option - Mango Sorbet 5 oz.</i>	144	-	-	-	-	-	30	1	25	0
<i>Scooped highest Cal. option - Cookie Dough 5 oz.</i>	320	11	8	0	50	70	49	1	44	5
<i>Scooped lowest cal option - Mango sorbet 8 oz</i>	230	-	-	-	-	-	48	1	40	0
<i>Scooped highest Cal. option - Cookie Dough 8 oz.</i>	517	18	13	0	80	113	79	2	72	8
<i>Scooped highest Cal. option - Mango Sorbet 16 oz.</i>	460	-	-	-	-	-	96	2	80	0
<i>Scooped highest Cal. option - Cookie Dough 16 oz.</i>	1,025	36	26	0	160	225	158	4	142	15
<i>Waffle Cone with Vanilla or Chocolate soft serve</i>	288	13	7	0	41	59	39	-	25	6