



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)
Coco Vanil™	575	22	6	0	5	452	90	4	42	8
The Classic	388	17	3	0	5	380	55	3	19	7
Avalanche™	588	27	8	1	22	538	81	3	40	8
Hazel Amour™	440	25	5	0	5	394	54	4	18	8
Killaloe Sunrise™	389	17	3	0	5	380	55	3	20	7
Bananarama™	485	26	5	0	5	395	65	6	23	9
BrWOWnie™	556	32	8	0	11	486	68	5	28	10
Triple Trip™	669	40	13	0	5	498	75	6	32	15
S'mores	672	27	47	0	5	503	107	5	50	10
Apple Pie	637	20	5	0	12	526	107	5	55	9
mEHple™	562	21	6	0	5	431	87	3	44	7
Strawberry Cheesecake	552	24	7	1	18	516	79	4	36	8
Salted Caramel	612	26	8	0	15	689	92	3	45	8

Smoothies & Lemonade

Flavour	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Lowest Cal. combination - orange base with peaches	178	0.2	0	0	0	17.5	49.3	4.2	40.1	0.9
Highest Cal. combination - orange base with mango	236	0	0	0	0	13	65	3	61	0
Strawberry Lemonade	206	0	0	0	0	113	49	0	49	0
Classic Lemonade	256	0	0	0	0	173	65	0	65	0

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	976	56	15.7	1.5	80	2798	92.3	6.8	2	26.1
Fries	643	32	2.3	0.1	0	1598	81.6	6.8	0	6.8
BeaverDog™	410	23	8	1	30	900	37	0	3	14
PouTail™	793	39	10	1	45	1939	92	7	4	21

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	3.8	3.5	0	0.1	207.4	32.6	0.6	25.6	1
Coffee	6	5.9	5.9	5.9	5.9	5.9	5.9	5.9	5.9	5.9

Beaver Bites 2.0

Flavour	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Choco Luv - 20 bites	1217	26	7	0	47	1355	232	10	59	25
Choco Luv - 40 bites	2433	78	22	0	140	4066	696	29	177	76
Cookie Crumble - 20 bites	1064	13	4	0	47	1363	214	7	41	23
Cookie Crumble - 40 bites	2128	39	12	0	140	4089	643	22	122	70
French Toast - 20 bites	1311	12	3	0	47	1374	276	7	91	23
French Toast - 40 bites	2623	37	10	0	140	4121	828	22	273	70
Strawberry Cheesecake - 20 bites	1307	55	43	37	95	1542	288	43	115	59
Strawberry Cheesecake - 40 bites	2614	164	129	111	285	4627	864	129	345	178

Ice Cream

Flavour	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Lowest in a cup (Raspberry)	120	7	4	0	30	105	5	0	9	3
Highest in a cone (Salty Caramel)	286	10.64	6	3	40	258	45	0	34	4
Average (no cone)	192	9	5	1	31	92	26	0.5	22	3