



NUTRITION GUIDE

	SERVING SIZE [g]	ENERGY [CAL]	TOTAL FAT [g]	TOTAL FAT [% DAILY VALUE]	SATURATED FAT [g]	TRANS FAT [g]	SATURATED & TRANS FAT [% DAILY VALUE]	CHOLESTEROL [mg]	CHOLESTEROL [% DAILY VALUE]	SODIUM [mg]	SODIUM [% DAILY VALUE]	CARBOHYDRATE [g]	CARBOHYDRATE [% DAILY VALUE]	FIBRE [g]	FIBRE [% DAILY VALUE]	SUGAR [g]	PROTEIN [g]	VITAMIN A [% DAILY VALUE]	VITAMIN C [% DAILY VALUE]	CALCIUM [% DAILY VALUE]	IRON [% DAILY VALUE]
MAIN MENU ITEMS *Served on 100% whole wheat bun																					
ORIGINAL HAMBURGER	139	380	16.0	25	1.0	0.4	38	45.0	15	980.0	41	37.0	12	2.0	8	3.0	20.0	2.0	0.0	6.0	25.0
ORIGINAL CHEESEBURGER	160	460	23.0	35	1.0	1.0	60	70.0	23	1130.0	47	39.0	13	2.0	8	3.0	25.0	4.0	0.0	20.0	25.0
ORIGINAL BACON CHEESEBURGER	168	500	26.0	40	1.0	1.0	65	75.0	25	1290.0	54	39.0	13	2.0	8	3.0	28.0	4.0	0.0	20.0	30.0
ORIGINAL PATTY BY ITSELF	78	200	14.0	22	1.0	0.4	33	45.0	15	630.0	26	4.0	1	1.0	4	0.0	13.0	2.0	0.0	2.0	10.0
ORIGINAL BUN	61	180	2.5	4	1.0	0.0	2	0.0	0	350.0	15	33.0	11	2.0	8	3.0	7.0	0.0	0.0	4.0	15.0
HARVEY'S GREAT CANADIAN™ BURGER	216	570	25.0	38	1.0	1.0	60	80.0	27	1120.0	47	53.0	18	3.0	12	3.0	32.0	0.0	0.0	8.0	40.0
HARVEY'S GREAT CANADIAN™ BURGER WITH CHEESE	237	650	31.0	48	1.0	1.5	83	105.0	35	1270.0	53	54.0	18	3.0	12	3.0	38.0	4.0	0.0	20.0	40.0
HARVEY'S GREAT CANADIAN™ BURGER WITH CHEESE & BACON	246	690	35.0	54	1.0	1.5	88	110.0	37	1430.0	60	54.0	18	3.0	12	3.0	40.0	4.0	0.0	20.0	40.0
HARVEY'S GREAT CANADIAN™ PATTY BY ITSELF	126	330	23.0	35	1.0	1.0	55	80.0	27	640.0	27	6.0	2	1.0	4	0.0	24.0	0.0	0.0	2.0	15.0
HARVEY'S GREAT CANADIAN™ BRISTO BUN	90	240	2.5	4	1.0	0.0	3	0.0	0	480.0	20	46.0	15	2.0	8	3.0	9.0	0.0	0.0	6.0	25.0
HOT DOG WITH BUN	102	300	13.0	20	1.0	0.4	25	40.0	13	850.0	35	32.0	11	2.0	8	2.0	13.0	0.0	0.0	8.0	20.0
BACON CHEDDAR DOG	129	406	21.3	32	1.0	0.6	49	66.7	22	1107.2	45	33.0	12	2.0	8	2.0	20.0	4.0	0.0	23.0	20.0
HOT DOG BY ITSELF	48	140	11.0	17	1.0	0.4	25	40.0	13	520.0	22	3.0	1	0.0	0	0.0	7.0	0.0	0.0	2.0	8.0
HOT DOG BUN	54	150	1.5	2	1.0	0.0	2	0.0	0	320.0	13	29.0	10	1.0	4	2.0	6.0	0.0	0.0	6.0	15.0
GRILLED CHICKEN*	165	290	5.0	8	1.0	0.1	8	80.0	27	810.0	34	28.0	9	4.0	16	5.0	34.0	0.0	2.0	8.0	10.0
GRILLED CHICKEN BY ITSELF	100	140	2.5	4	1.0	0.0	5	80.0	27	530.0	22	1.0	1	1.0	4	0.0	28.0	0.0	2.0	2.0	4.0
GRILLED CHICKEN WHOLE WHEAT BUN	65	150	2.5	4	1.0	0.0	3	0.0	0	280.0	12	27.0	9	3.0	12	5.0	6.0	0.0	0.0	6.0	8.0
CRISPY CHICKEN WITH BUN	174	470	16.0	25	1.0	0.2	11	50.0	17	1320.0	55	51.0	17	1.0	12	3.0	29.0	0.0	0.0	6.0	25.0
CRISPY CHICKEN	113	290	14.0	22	1.0	0.2	6	50.0	17	970.0	40	18.0	6	0.0	8	0.0	22.0	0.0	0.0	2.0	10.0
CRISPY CHICKEN BUN	61	180	2.5	4	1.0	0.0	2	0.0	0	350.0	15	33.0	11	2.0	8	3.0	7.0	0.0	0.0	4.0	15.0
VEGGIE BURGER*	138	290	10.0	15	1.0	0.0	8	0.0	0	580.0	24	33.0	11	6.0	24	5.0	18.0	2.0	0.0	15.0	25.0
VEGGIE BURGER BY ITSELF	73	130	7.0	11	1.0	0.0	5	0.0	0	300.0	13	6.0	2	3.0	12	0.0	12.0	2.0	0.0	8.0	15.0
VEGGIE BURGER WHOLE WHEAT BUN	65	150	2.5	4	1.0	0.0	3	0.0	0	280.0	12	27.0	9	3.0	12	5.0	6.0	0.0	0.0	6.0	8.0
CHICKEN STRIPS - 3 PIECES	114	320	15.0	23	1.0	0.2	9	45.0	15	780.0	33	27.0	9	2.0	8	0.0	20.0	0.0	0.0	2.0	10.0
CHICKEN STRIPS - 2 PIECES	76	214	10.0	15	1.0	0.1	6	30.1	10	520.0	22	18.0	6	1.3	5	0.0	13.4	0.0	0.0	2.0	8.0
WARM GRILLED CHICKEN SALAD	289	170	3.0	5	1.0	0.0	5	80.0	27	550.0	23	9.0	3	4.0	16	4.0	30.0	50.0	50.0	6.0	10.0
WARM GRILLED CHICKEN BLT SALAD	301	230	7.0	11	1.0	0.1	13	90.0	30	760.0	32	9.0	3	4.0	16	4.0	33.0	50.0	50.0	6.0	10.0
L'IL ORIGINAL	80	210	8.0	12	1.0	0.3	16	25.0	8	550.0	23	22.0	7	0.0	0	2.0	10.0	0.0	0.0	6.0	15.0
L'IL ORIGINAL WITH CHEESE	90	250	11.0	17	1.0	0.4	27	35.0	12	630.0	26	23.0	8	0.0	0	2.0	13.0	2.0	0.0	15.0	15.0
L'IL ORIGINAL WITH CHEESE & BACON	93	260	12.0	18	1.0	0.4	32	35.0	12	680.0	28	23.0	8	0.0	0	2.0	14.0	2.0	0.0	15.0	15.0
L'IL ORIGINAL PATTY	39	100	7.0	11	1.0	0.3	16	25.0	8	310.0	13	2.0	1	0.0	0	0.0	6.0	0.0	0.0	0.0	6.0
L'IL ORIGINAL BUN	41	110	1.0	2	1.0	0.0	0	0.0	0	240.0	10	20.0	7	0.0	0	2.0	4.0	0.0	0.0	6.0	10.0

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SIDE ORDERS																			
APPLE PIE	85	220	8.0	12	6.0	0.0	0	310.0	13	34.0	11	1.0	4	10.0	2.0	0.0	0.0	0.0	8.0
APPLE SAUCE - KIDS' SIDES	111	50	0.0	0	6.0	0.0	0	0.0	0	12.0	4	1.0	4	11.0	0.0	0.0	20.0	0.0	0.0
FRIES - REGULAR	120	320	13.0	20	6.0	0.0	0	950.0	40	49.0	16	4.0	16	0.0	4.0	0.0	10.0	2.0	4.0
FRIES - LARGE	150	410	16.0	25	6.0	0.0	0	1190.0	50	61.0	20	5.0	20	1.0	4.0	0.0	15.0	2.0	6.0
FRIES - VALUE/KIDS SIZE	70	190	7.0	11	6.0	0.0	0	560.0	23	29.0	10	2.0	8	0.0	2.0	0.0	6.0	2.0	2.0
ONION RINGS - REGULAR	72	270	15.0	23	6.0	0.0	0	790.0	33	33.0	11	2.0	8	3.0	3.0	0.0	0.0	2.0	10.0
ONION RINGS - LARGE	144	550	29.0	45	6.0	0.0	0	1580.0	66	65.0	22	4.0	16	5.0	6.0	0.0	0.0	4.0	20.0
FRINGS	162	520	24.0	37	6.0	0.0	0	1510.0	63	69.0	23	5.0	20	3.0	6.0	0.0	8.0	4.0	10.0
SIDE GARDEN SALAD	198	40	0.2	0	6.0	0.0	0	20.0	1	8.0	3	3.0	12	4.0	2.0	35.0	30.0	2.0	4.0
POUTINE	284	840	43.0	66	6.0	80.0	27	2210.0	92	87.0	29	8.0	32	1.0	25.0	15.0	20.0	60.0	8.0
GRAVY	92	30	0.5	1	6.0	0.0	0	580.0	24	6.0	2	0.0	0	0.0	1.0	0.0	0.0	0.0	2.0
BEVERAGES																			
APPLE JUICE BOX - KIDS' SIDES	200 ML	90	0.0	0	7.0	0.0	0	20.0	1	22.0	7	0.0	0	21.0	0.0	0.0	100.0	8.0	2.0
STRAWBERRY/BANANA JUICE BOX - KIDS' SIDES	200 ML	90	0.0	0	7.0	0.0	0	25.0	1	22.0	7	0.0	0	20.0	0.2	0.0	100.0	2.0	10.0
PEPSI (REGULAR 20OZ.)	591 ML	260	0.0	0	7.0	0.0	0	30.0	1	70.0	23	0.0	0	70.0	0.0	0.0	0.0	0.0	0.0
PEPSI (SMALL 15OZ.)	473 ML	194	0.0	0	7.0	0.0	0	25.0	1	52.0	18	0.0	0	52.0	0.0	0.0	0.0	0.0	0.0
DIET PEPSI (REGULAR 20OZ.)	591 ML	0	0.0	0	7.0	0.0	0	40.0	2	0.0	0	0.0	0	0.0	0.2	0.0	0.0	0.0	0.0
DIET PEPSI (SMALL 15OZ.)	473 ML	0	0.0	0	7.0	0.0	0	30.0	1	0.0	0	0.0	0	0.0	0.1	0.0	0.0	0.0	0.0
SEVEN-UP (REGULAR 20OZ.)	591 ML	260	0.0	0	7.0	0.0	0	105.0	4	67.0	22	0.0	0	70.0	0.0	0.0	0.0	0.0	0.0
SEVEN-UP (SMALL 15OZ.)	473 ML	194	0.0	0	7.0	0.0	0	80.0	3	50.0	17	0.0	0	52.0	0.0	0.0	0.0	0.0	0.0
MUG ROOTBEER (REGULAR 20OZ.)	591 ML	270	0.0	0	7.0	0.0	0	80.0	3	70.0	23	0.0	0	70.0	0.0	0.0	0.0	0.0	0.0
MUG ROOTBEER (SMALL 15OZ.)	473 ML	200	0.0	0	7.0	0.0	0	60.0	2	52.0	18	0.0	0	52.0	0.0	0.0	0.0	0.0	0.0
LIPTON LEMON BRISK ICED TEA (REGULAR 20OZ.)	591 ML	210	0.0	0	7.0	0.0	0	135.0	7	57.0	19	0.0	0	56.0	0.0	0.0	0.0	0.0	0.0
LIPTON LEMON BRISK ICED TEA (SMALL 15OZ.)	473 ML	160	0.0	0	7.0	0.0	0	100.0	4	42.0	14	0.0	0	42.0	0.0	0.0	0.0	0.0	0.0
GATORADE G2	250 ML	30	0.0	0	7.0	0.0	0	115.0	5	7.0	2	0.0	0	7.0	0.0	0.0	0.0	0.0	0.0
AQUAFINA PLUS VITAMINS	473ML	100	0.0	0	7.0	0.0	0	0.0	0	42.0	14	0.0	0	25.0	0.0	0.0	490.0	0.0	0.0
ORANGE JUICE	296ML	150	0.0	0	7.0	0.0	0	20.0	0	35.0	12	0.0	0	29.0	1.2	0.0	125.0	2.0	0.0
APPLE JUICE	296ML	150	0.0	0	7.0	0.0	0	10.0	0	35.0	12	0.0	0	30.0	0.6	0.0	125.0	0.0	0.0
2% PARTIALLY SKIMMED MILK	250 ML	125	5.0	7	7.0	20.0	7	100.0	4	11.0	4	0.0	0	11.0	8.0	15.0	0.0	25.0	0.0
2% PARTIALLY SKIMMED CHOCOLATE MILK	250 ML	185	5.0	7	7.0	20.0	7	130.0	5	14.0	4	0.0	0	13.0	8.0	15.0	0.0	25.0	0.0
CHOCOLATE MILKSHAKE (14OZ.)	397ML	730	33.0	51	7.0	115.0	38	520.0	22	91.0	30	5.0	20	78.0	17.0	35.0	0.0	45.0	70.0
COFFEE	375 ML	10	0.0	0	7.0	0.0	0	5.0	0	2.0	1	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0
TEA	375 ML	5	0.0	0	7.0	0.0	0	0.0	0	1.0	0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0

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GARNISHES

REAL CANADIAN CHEDDAR CHEESE SLICE	21	80	6.0	9	3.0	20.0	7	150.0	6	1.0	0	0.0	0	0.0	5.0	4.0	0.0	15.0	0.0
BACON (3 STRIPS)	8.7	40	3.5	5	3.0	10.0	3	160.0	7	0.0	0	0.0	0	0.0	3.0	0.0	0.0	0.0	0.0
KETCHUP	8 ML	10	0.0	0	3.0	0.0	0	65.0	2	2.0	0	0.0	0	2.0	0.1	4.0	0.0	0.0	0.0
MUSTARD	7 ML	5	0.2	0	3.0	0.0	0	75.0	3	0.0	0	0.0	0	0.0	0.3	0.0	0.0	0.0	10.0
RELISH	20	20	0.0	0	3.0	0.0	0	105.0	4	5.0	2	0.0	0	4.0	0.1	0.0	0.0	0.0	2.0
LIGHT MAYONNAISE	15	45	5.0	8	3.0	0.0	0	140.0	6	1.0	0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0
BARBECUE SAUCE	28	50	0.1	0	3.0	0.0	0	390.0	16	12.0	4	0.0	0	10.0	0.3	0.0	2.0	0.0	2.0
PICKLE (APPROX. 2 SLICES)	40	5	0.0	0	3.0	0.0	0	150.0	6	0.0	0	0.0	0	0.0	0.1	6.0	0.0	6.0	0.0
LETTUCE	28	4	0.0	0	3.0	0.0	0	3.0	0	1.0	0	0.0	0	1.0	0.3	0.0	2.0	0.0	0.0
TOMATO (APPROX. 2 SLICES)	50	10	0.0	0	3.0	0.0	0	3.0	0	2.0	0	1.0	3	1.0	0.4	4.0	10.0	0.0	0.0
ONIONS	50	10	0.0	0	3.0	0.0	0	2.0	0	5.0	2	0.0	0	2.0	1.0	0.0	5.0	2.0	0.0
HOT PEPPERS	14	0	0.0	0	3.0	0.0	0	115.0	5	1.0	0	1.0	3	1.0	0.2	0.0	25.0	4.0	0.0
SPICY MESQUITE SAUCE	30 ML	140	14.0	22	3.0	10.0	3	320.0	13	2.0	1	0.0	0	0.0	0.2	4.0	0.0	0.0	0.0

KIDS COMBOS *Meals include menu item, kids size fries (90 grams) and Pepsi soft drink (15 oz.)

KIDS' HAMBURGER	80	210	8.0	12	2.0	25.0	8	550.0	23	22.0	7	0.0	0	2.0	10.0	0.0	0.0	6.0	15.0
KIDS' CHEESEBURGER	90	250	11.0	17	2.0	35.0	12	630.0	26	23.0	8	0.0	0	2.0	13.0	2.0	0.0	15.0	15.0
KIDS' HOT DOG	102	300	13.0	20	2.0	40.0	13	850.0	35	32.0	11	2.0	8	2.0	13.0	0.0	0.0	8.0	20.0
KIDS' CHICKEN STRIPS (2 PIECES)	76	214	10.0	15	2.0	30.1	10	520.0	22	18.0	6	1.3	5	0.0	13.4	0.0	0.0	2.0	8.0

DIPPING SAUCES

HONEY MUSTARD	43	160	12.0	18	4.0	15.0	5	250.0	10	13.0	4	0.0	0	12.0	1.0	0.0	0.0	0.0	0.0
BARBECUE DIPPING SAUCE	43	90	0.0	0	4.0	0.0	0	715.0	30	21.0	7	1.0	4	19.0	1.0	0.0	6.0	2.0	0.0
SWEET N' SOUR SAUCE	43	80	0.5	1	4.0	0.0	0	190.0	8	17.0	6	0.0	0	16.0	0.1	0.0	4.0	0.0	0.0
PLUM SAUCE	43	80	0.0	0	4.0	0.0	0	430.0	18	21.0	7	0.0	0	16.0	0.0	0.0	0.0	0.0	0.0

SALAD DRESSINGS

CREAMY GARLIC PEPPERCORN RANCH DRESSING	28 ML	108	11.0	19	5.0	5.0	1	215.0	7	2.0	1	0.0	0	1.0	0.2	0.0	0.0	0.0	0.0
CREAMY CAESAR DRESSING	28 ML	100	11.0	19	5.0	8.0	2	216.0	7	0.8	0	0.0	0	0.0	0.0	0.0	0.0	0.0	0.0
LITE ITALIAN DRESSING	28 ML	66	7.0	11	5.0	0.0	0	287.0	12	2.0	1	0.0	0	1.0	0.0	0.0	0.0	0.0	0.0
ASIAN SESAME DRESSING	28 ML	60	2.5	4	5.0	0.0	0	264.0	11	9.0	3	0.0	0	9.0	0.0	0.0	6.0	0.0	0.0
BALSAMIC VINAIGRETTE DRESSING	28 ML	78	7.0	11	5.0	0.0	0	306.0	13	3.0	1	0.0	0	3.0	0.0	0.0	0.0	0.0	0.0

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NUTRITION GUIDE

	SERVING SIZE [g]	ENERGY [CAL]	TOTAL FAT [g]	TOTAL FAT [% DAILY VALUE]	SATURATED FAT [g]	CHOLESTEROL [mg]	CHOLESTEROL [% DAILY VALUE]	SODIUM [mg]	SODIUM [% DAILY VALUE]	CARBOHYDRATE [g]	CARBOHYDRATE [% DAILY VALUE]	FIBRE [g]	FIBRE [% DAILY VALUE]	SUGAR [g]	PROTEIN [g]	VITAMIN A [% DAILY VALUE]	VITAMIN C [% DAILY VALUE]	CALCIUM [% DAILY VALUE]	IRON [% DAILY VALUE]
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BREAKFAST *Available at participating restaurants

BREAKFAST CLUB	157	400	19.0	29	8.0	245.0	82	750.0	31	36.0	12	2.0	8	4.0	21.0	15.0	4.0	20.0	25.0
BREAKFAST CLUB DELUXE	202	530	28.0	43	8.0	280.0	93	1030.0	43	39.0	13	2.0	8	4.0	30.0	15.0	10.0	20.0	25.0
BACON (3 STRIPS)	8.7	40	3.5	5	8.0	10.0	3	160.0	7	0.0	0	0.0	0	0.0	3.0	0.0	0.0	0.0	0.0
EXTRA EGG	50	90	6.0	10	8.0	175.0	60	70.0	3	0.0	0	0.0	0	0.0	12.0	15.0	0.0	4.0	4.0
HOMEFRIES	116	300	19.0	29	8.0	5.0	2	530.0	22	29.0	10	3.0	12	0.0	3.0	0.0	4.0	2.0	6.0
TOAST (2 SLICES WHITE)	71	180	2.0	3	8.0	0.0	0	320.0	13	35.0	12	1.0	1	2.0	6.0	0.0	0.0	4.0	15.0
TOAST (2 SLICES WHOLE WHEAT)	71	170	2.0	3	8.0	0.0	0	320.0	13	32.0	11	3.0	12	2.0	7.0	0.0	0.0	4.0	15.0

IMPORTANT INFORMATION – PLEASE READ

Cara Operations Limited and its franchisees do not assume responsibility for sensitivities or allergic reactions to any food provided at its restaurants. The information provided in this guide may not include all allergens in our food nor list all the sub-ingredients used in pre-prepared ingredients. Our kitchens are very busy and cross-contamination may occur between ingredients. We cannot control or eliminate the possibility of cross-contamination in ingredients and products supplied to us by our suppliers. If you have further questions or comments you should consult your doctor or a licensed Registered Dietitian. The information contained in this guide is provided as of September 2010. New items and promotional sandwiches may not be included. © Harvey's is a registered trademark of Cara Operations Limited.

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