



Nutritionals Updated: Sept 28, 2026

	Calories (kcal)rounded	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carboydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Vegetarian	Vegan
STARTERS																
Avoca-don't Stop Dip	1020	20	3	0	400	0	30	8	4	4	10%	15%	4%	6%	Yes	Yes
The Gou Gou Balls	1500	91	37	0	1360	333	49	2	7	46	6%	2%	15%	8%	No	No
Tower-O-Rings FULL ORDER	890	83	9	0	1983	30	125	3	16	16	0%	3%	9%	1%	Yes	No
Wingin' It (16pc)	2860	160	48	2	840	1440	84	0	32	256	0%	0%	16%	66%	No	No
Wingin' It (8pc)	1430	80	24	1	420	720	42	0	16	128	0%	0%	8%	33%	No	No
DIPSTICKS / DRESSINGS																
Bacon Roasted Garlic Aioli	180	19	3	0	117	8	2	0	0	0	7%	2%	2%	0%	No	No
Balsamic Dressing	90	8	1	0	245	0	4	0	3	0	0%	0%	1%	1%	Yes	Yes
BBQ Sauce	60	0	0	0	120	0	14	0	13	0	0%	0%	0%	0%	Yes	Yes
Beechhouse	200	22	3	0	197	8	1	0	0	0	3%	2%	0%	1%	Yes	No
Buttermilk Ranch	110	12	1	0	259	6	1	0	2	0	0%	0%	0%	0%	Yes	No
Caesar Dressing	200	20	4	0	338	12	2	0	0	1	0%	0%	0%	0%	Yes	No
Chipotle Dip	170	18	3	0	226	22	1	0	1	0	0%	0%	0%	0%	Yes	No
Franks Buffalo	10	1	0	0.0	840	0	1	0	0	0	0%	0%	0%	0%	Yes	Yes
Gravy	40	0	0	0	907	0	8	0	0	0	0%	0%	0%	0%	Yes	Yes
Hotter Than Hell	60	0	0	0	2225	0	13	3	10	2	50%	79%	0%	6%	Yes	Yes
Mayo	250	27	4	0	173	12	0	0	0	0	0%	0%	0%	0%	Yes	No
Sweet 'n Tangy	70	0	0	0	290	0	20	1	18	0	2%	14%	0%	0%	Yes	Yes
Ultimate Plum Sauce	60	0	0	0.0	120	0	14	0	13	0	0%	0%	0%	0%	Yes	Yes
W Sauce	200	22	3	0	189	10	1	0	1	0	0%	1%	0%	1%	Yes	No
BURGER PATTIES																
Bacon Beef Patty (8oz)	350	22	9	1	330	115	1	1	0	39	0%	0%	1%	20%	No	No
Cheese Stuffed Beef Patty (9.5oz)	530	34	16	2	966	173	2	1	0	54	10%	0%	33%	30%	No	No
Crispy Chicken	270	11	2	0	610	115	7	1	0	37	0%	0%	2%	6%	No	No
Fresh 100% Canadian Beef (4oz)	185	11	5	1	337	65	1	1	0	22	0%	0%	1%	15%	No	No



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Fresh 100% Canadian Beef (7oz)	370		22	9	1	675	130	1	1	0	44	0%	0%	2%	30%	No	No
Fresh 100% Canadian Beef, Smash (3oz)	230		18	7	1.0	252	75	0	0.0	0	21	2%	0%	1%	15%	No	No
Fresh Whole Chicken Breast	180		3	0	0	420	90	3	0	0	36	0%	5%	0%	26%	No	No
Gourmet Veggie (4oz)	170		12	1	0	378	0	7	6	0	16	0%	0%	0%	0%	Yes	Yes
Turkey (5oz)																	
Wagyu Beef	280		17	6	0.4	180	85	1	1	0	31	0%	3%	2%	20%	No	No
BUN																	
Brioche	224		4	1	0	416	80	38	2	3	6	0%	0%	0%	0%	Yes	No
Gluten-free	200		6	1	0	200	0	40	4	6	4	1%	1%	2%	6%	Yes	No
Potato Bun	130		2	1	0.0	170	23	1	1	2	6	0%	0%	0%	0%	Yes	No
Vegan Sesame Multigrain Bun	200		4	0	0	367	0	35	0	4	7	0%	0%	2%	15%	Yes	Yes
BURGER TOPPING COMBINATIONS																	
B.A.B Burger	290		27	8	0	380	32	4	1	2	7	11%	11%	20%	1%	Yes	No
Blues Burger	350		32	14	1	623	63	2	0	1	15	15%	0%	23%	1%	No	No
Cali Smash (Smash Burger)	527		45	13	0	987	84	11	4	3	21	20%	15%	32%	7%	No	No
Eggcellent (Smash Burger)	590		41	14	0	1380	370	12	0	7	33	25%	2%	35%	17%	No	No
Gettin' Piggy With It	720		67	19	0	1385	75	23	2	6	22	11%	68%	29%	18%	No	No
Hamburger Mary	490		48	14	0	630	178	2	0	1	17	12%	9%	22%	5%	No	No
Hawaii 5-0	170		7	4	0	412	28	24	1	20	6	7%	17%	10%	1%	Yes	No
Hella Nutella			53	19	0	848	76	28	25	3	6	0%	0%	7%	9%	No	No
Hot n' Bothered (Smash Burger)	490		37	12	0	950	50	27	3	8	14	13%	17%	28%	14%	Yes	No
Juicy Lucy	210		22	3	0	364	10	4	1	2	1	8%	13%	2%	2%	No	No
Kamikaze	190		10	6	0	2847	24	16	5	10	9	54%	171%	22%	6%	Yes	No
Magic Mushroom Melt	220		14	8	0	666	34	13	3	5	12	12%	11%	19%	0%	Yes	No
Malibu Meltdown	540		47	19	1	864	82	13	0	1	19	25%	2%	40%	1%	Yes	No
Man Cave	350		25	12	0	1169	54	23	2	16	14	10%	11%	18%	9%	No	No



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Sexy Burger	190	9	5	0	1464	35	26	3	22	3	17%	111%	8%	3%	Yes	No
Shroom Smasher (Smash Burger)	360	28	12	0	450	60	8	1	4	17	7%	4%	28%	7%	Yes	No
Six Degrees of K'vin Bacon	820	67	19	0	1742	85	23	5	7	13	16%	17%	4%	8%	Yes	No
SK8R Boy	430	38	13	0	501	46	6	2	4	20	8%	0%	15%	5%	No	No
Smokey Mountain	260	22	10	0	858	46	7	1	5	13	9%	1%	15%	1%	No	No
Son of a Beech	360	31	7	0	530	33	15	8	6	8	7%	9%	7%	3%	Yes	No
Taste of Heaven	60	54	16	0	1200	67	17	5	9	6	1%	14%	3%	1%	No	No
The Big WORKS (Smash Burger)	360	27	13	0.0	900	60	8	2	4	17	2%	9%	28%	6%	Yes	No
The Hipster	260	21	10	0	625	31	13	5	5	8	12%	18%	15%	2%	Yes	No
The John Candy (Smash Burger)	740	47	19	0.0	19	200	46	2	30	47	21%	4%	38%	16%	No	No
The OG (Smash Burger)	310	21	11	0	950	55	15	2	9	13	7%	3%	28%	4%	Yes	No
The Tom Green	480	47	14	0	583	52	5	4	0	14	10%	9%	16%	3%	No	No
The Very Plain Jane	20	0	0	0	300	0	5	2	2	1	40%	11%	2%	1%	Yes	Yes
The W	375	30	13	0.0	1400	55	13	2	8	15	18%	11%	22%	7%	No	No
Tragically Maple	765	163	9	0	1072	96	24	5	10	14	15%	2%	25%	2%	No	No
SIDES																
Fresh Cut Fries	620	31	3	0	221	0	80	8	1	9	0%	42%	2%	25%	Yes	Yes
House made Chips	580	41	3	0	1080	0	50	4	0	4	0%	5%	16%	1%	Yes	Yes
Side Caesar (incl. dressing)	370	33	10	0	635	50	13	2	1	8	5%	8%	5%	7%	No	No
Side Garden	25	0	0	0	15	0	5	2	3	1	15%	40%	3%	5%	Yes	Yes
Side Onion Rings	590	29	2	0	1040	0	82	2	10	10	0%	5%	17%	1%	Yes	No
Side Traditional Poutine	820	43	10	1	1420	43	89	8	1	19	10%	42%	32%	25%	Yes	No
Side Tragically Maple Poutine	817	46	11	1	1793	64	94	9	4	25	10%	42%	33%	28%	No	No
Sweet Potato Fries	440	22	2	0	140	0	59	7	24	3	0%	0%	0%	0%	Yes	No
POUTINES																
Poutine Tragically Maple	2229	18	34	2	3661	146	193	20	3	38	26%	85%	69%	50%	No	No



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Traditional Poutine	1630	86	20	1	2839	85	178	16	2	38	19%	83%	65%	50%	Yes	No
SAMMYS																
Chicken Fight Club	690	55	15	0	1640	247	48	4	5	57	20%	29%	25%	19%	No	No
Cluck Norris Buffalo Chicken Sandwich	720	33	11	0	1350	130	43	3	7	45	10%	6%	20%	15%	No	No
SALADS																
Crispy Cluck N Caesar (includes dressing)	760	66	20	0	1275	101	29	6	4	17	9%	26%	14%	21%	No	No
Garden of Eatin'	80	1	0	0	38	0	15	7	8	4	34%	146%	8%	17%	Yes	Yes
The Cobfather	770	54	15	0.0	1484	355	13	5	6	50	30%	23%	23%	24%	No	No
BEVERAGES																
7 Up	140	0	0	0	43	0	38	0	38	0	0%	0%	0%	0%	Yes	Yes
Apple Juice	200	0	0	0	27	0	49	0	45	0	0%	181%	0%	4%	Yes	Yes
Chocolate Milk	430	10	6	0	281	40	65	1	56	19	20%	0%	61%	10%	Yes	No
Cranberry Juice	250	0	0	0	66	0	59	0	59	0	0%	315%	0%	0%	Yes	Yes
Diet Pepsi	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes
Floats (ice cream, pop added to range values)	120	12	7	0	80	40	34	2	22	2	12%	2%	8%	2%	Yes	No
Gingerale	120	0	0	0	26	0	32	0	32	0	0%	0%	1%	5%	Yes	Yes
Iced Tea	120	0	0	0	36	0	30	0	30	0	0%	6%	0%	0%	Yes	Yes
Lemonade	160	0	0	0	7	0	38	0	34	3	0%	63%	0%	3%	Yes	Yes
Milk	260	10	6	0	240	40	24	0	24	18	20%	0%	60%	0%	Yes	No
Orange Juice	180	0	0	0	22	0	42	1	33	3	15%	150%	3%	4%	Yes	Yes
Pepsi	160	0	0	0	43	0	43	0	43	0	0%	0%	0%	0%	Yes	Yes
Root Beer	180	0	0	0	68	0	47	0	47	0	0%	0%	0%	0%	Yes	Yes
Soda Water	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes
Virgin Arnold	140	0	0	0	21	0	34	0	32	1	0%	35%	0%	2%	Yes	Yes
SHAKES																
Bella Nutella	1060	57	27	0	245	106	131	7	101	12	33%	0%	36%	15%	Yes	No



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Kids Shake (base)	273	13	8	0	110	45	37	2	25	4	15%	2%	16%	2%	No	No
Regular Shake (base)	545	27	16	0	220	90	74	4	50	9	29%	5%	31%	3%	No	No
Shake Odyssey	1240	70	29	0	524	104	132	9	90	26	35%	8%	34%	8%	Yes	No
Shake Your Bisc(off)	1400	74	18	1.0	400	240	123	2	97	20	35%	8%	34%	2%	Yes	No
SHAKE FLAVOURS (add-ons for 8 oz shake, double values for 16oz)																
Biscoff Cookie	30	1	1	5	23	0	5	0	2	0	0%	0%	0%	0%	Yes	Yes
Biscoff Cream	164	11	2	0	60	16	0	0	11	1	0%	0%	0%	0%	Yes	Yes
Caramel	80	0	0	0	0	0	18	0	17	0	0%	0%	0%	0%	Yes	Yes
Cherry	70	0	0	0	0	0	18	0	18	0	0%	0%	0%	0%	Yes	Yes
Chocolate	80	0	0	0	20	0	21	1	16	0	0%	0%	0%	5%	Yes	Yes
Nutella	200	11	4	0	15	0	22	1	21	2	0%	0%	4%	6%	Yes	No
Oreo Cookies	140	6	4	0	114	0	20	1	11	1	0%	0%	0%	0%	Yes	Yes
Peanut Butter	100	8	2	0	40	0	3	1	2	4	0%	0%	1%	2%	Yes	Yes
Strawberry	100	0	0	0	1	0	26	1	24	0	0%	34%	1%	3%	Yes	Yes
Vanilla	80	0	0	0	5	0	19	0	19	0	0%	0%	0%	0%	Yes	Yes
PUMP UP YOUR BURG TOPPINGS																
Avocado	80	8	1	0	4	0	4	3	0	1	0%	7%	1%	2%	Yes	Yes
Bacon	130	13	4	0	223	23	1	0	0	6	0%	0%	1%	1%	No	No
Bacon, Beef	100	6	2	0	0	30	2	0	2	5	0%	0%	2%	0%	No	No
Blue Cheese	100	9	6	0	180	24	1	0	1	6	9%	0%	14%	0%	Yes	No
Brie	90	7	4	0	180	28	2	0	0	6	6%	0%	9%	0%	Yes	No
Canadian Bacon	50	2	1	0	284	1	3	0	1	14	0%	0%	0%	4%	No	No
Carmelized Onions	60	3	2	0	423	8	9	1	5	1	2%	11%	0%	0%	Yes	No
Cheddar	110	9	6	0	227	24	0	0	0	7	9%	0%	19%	0%	Yes	No
Chicken Tender (1pc)	95	4	2	0	165	18	8	1	0	7	0%	0%	0%	1%	No	No
Cream Cheese	90	9	5	0	126	35	1	0	1	2	0%	0%	0%	0%	Yes	No



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Egg	45	3	1	0	40	121	1	0	0	4	1%	0%	1%	4%	Yes	No
Feta	80	7	4	0	491	19	0	0	0	5	6%	0%	8%	0%	Yes	No
Garlic Portobello & Cremini Mushroom Mix	40	2	1	0	16	2	4	2	0	4	0%	0%	0%	0%	Yes	No
Gourmet O-Ring	70	4	0	0	130	0	10	0	1	1	0%	1%	2%	0%	Yes	No
Havarti	110	10	7	0	198	24	0	0	0	6	9%	0%	14%	0%	Yes	No
Hickory Sticks	190	10	5	0	100	0	14	1	1	2	0%	4%	1%	2%	Yes	No
Hot Peppers	10	0	0	0	737	0	2	1	1	1	5%	62%	3%	1%	Yes	Yes
Jack Cheese	90	9	6	0	198	24	0	0	0	7	8%	0%	14%	0%	Yes	No
Jalapenos, Pickled	6	0	0	0.0	320	0	2	1	0	0	0%	0%	0%	6%	Yes	Yes
Maple Bacon Jam	49	3	1	0.0	110	0	4	0	3	2	0%	0%	0%	0%	No	No
Nutella	200	11	4	0	15	0	22	1	21	2	0%	0%	4%	6%	Yes	No
Peameal/ Canadian Bacon	49	2	1	0	284	1	3	0	1	14	0%	0%	0%	4%	No	No
Peanut Butter	190	15	3	0	76	0	6	2	4	8	0%	0%	1%	4%	Yes	Yes
Pineapple	20	0	0	0	0	0	6	0	5	0	0%	6%	1%	1%	Yes	Yes
Red Peppers	10	0	0	0	1	0	2	1	1	0	5%	71%	0%	1%	Yes	Yes
Sundried Tomatoes	60	0	0	0	0	13	10	4	6	3	0%	0%	0%	0%	Yes	Yes
Tortilla Chips	154	2	0	0	35	0	32	4	0	4	0%	0%	8%	4%	Yes	Yes
KIDS MENU																
Bacon Me Crazy	180	16	8	0	338	35	0	0	0	10	9%	0%	19%	0%	Yes	No
Cheese Please	110	9	6	0	227	24	0	0	0	7	9%	0%	19%	0%	Yes	No
Dipsy Chix	620	32	5	0	800	75	60	5	12	28	2%	15%	4%	8%	No	No
Plain Jack Jr.	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%	No	No
Wings n' Fries	270	9	5	0	117	20	48	2	33	2	6%	0%	4%	5%	Yes	No



EST. 2001

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Dairy / Milk
Crustaceans
Eggs
Fish
Gluten
Mustard
Peanuts
Sesame
Shellfish
Soy
Sulphites
Tree Nuts

STARTERS

Avoca-don't Stop Dip

The Gou Gou Balls YES YES YES YES YES

Tower-O-Rings YES YES YES

Wingin' It (16pc) YES YES YES YES YES

Wingin' It (8pc) YES YES YES YES YES

DIPSTICKS & SAUCES

Bacon Roasted Garlic Aioli YES YES YES YES YES

Balsamic Dressing YES YES YES YES YES

Beechhouse YES YES YES YES YES

Buttermilk Ranch YES YES YES YES YES

Chipotle Dip YES YES YES YES YES

Franks Buffalo Sauce YES YES YES YES YES

Caear Dressing YES YES YES YES YES

Gravy YES YES YES YES YES YES

BBQ Sauce YES YES YES YES YES YES

Plum Sauce YES YES YES YES YES YES

Hotter Than Hell YES YES YES YES YES YES

Mayo YES YES YES YES YES YES

Sweet 'n Tangy YES YES YES YES YES YES

W Sauce YES YES YES YES YES YES YES

PATTY OPTIONS

Beef, Halal YES YES YES YES YES YES

Cheese Stuffed Beef Patty (9.5oz) YES

Fresh 100% Canadian Beef (3oz)

Fresh 100% Canadian Beef (4oz)

Fresh 100% Canadian Beef (7oz)

Fresh Whole Chicken Breast

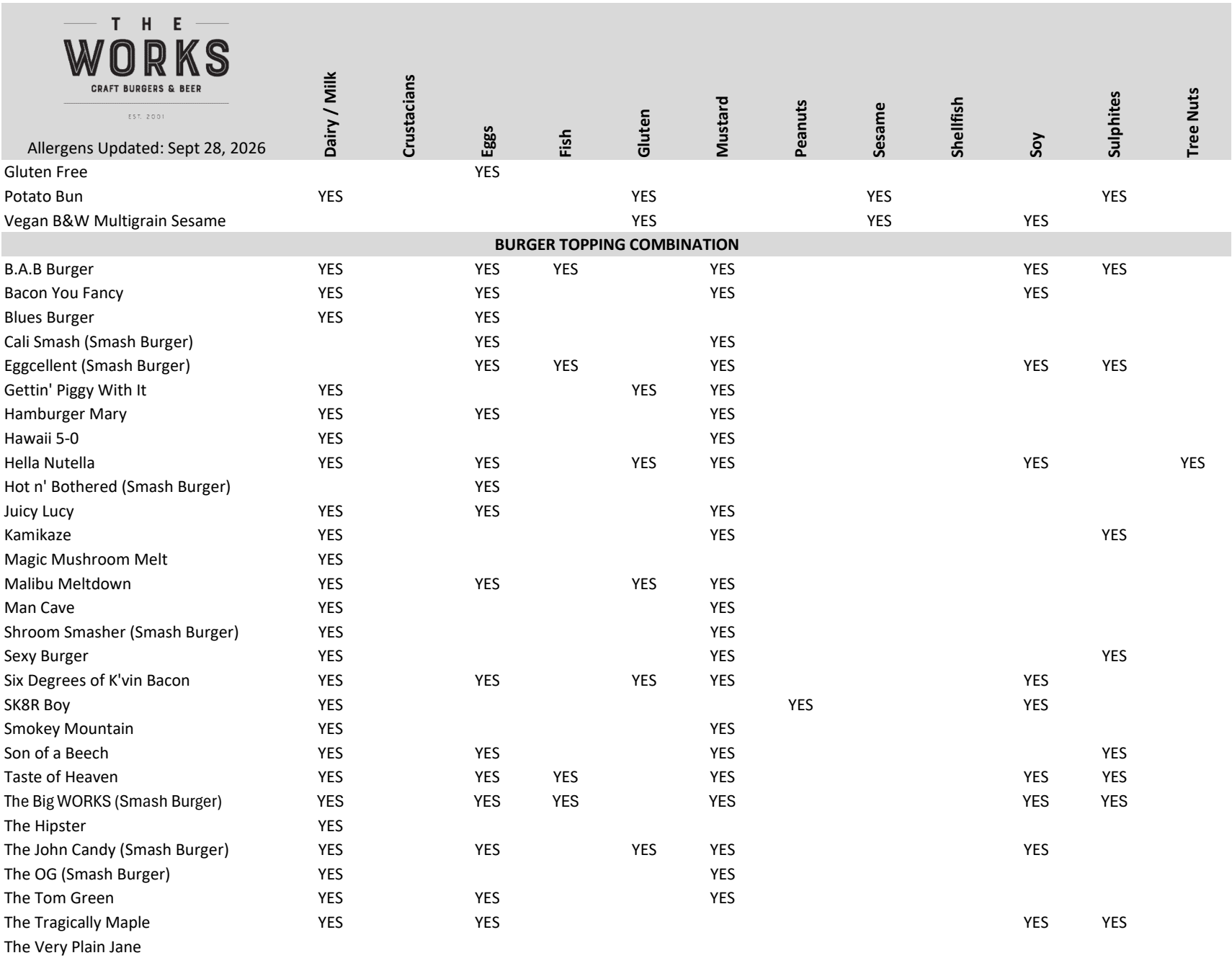
Gourmet Veggie (4oz) YES YES YES YES YES YES

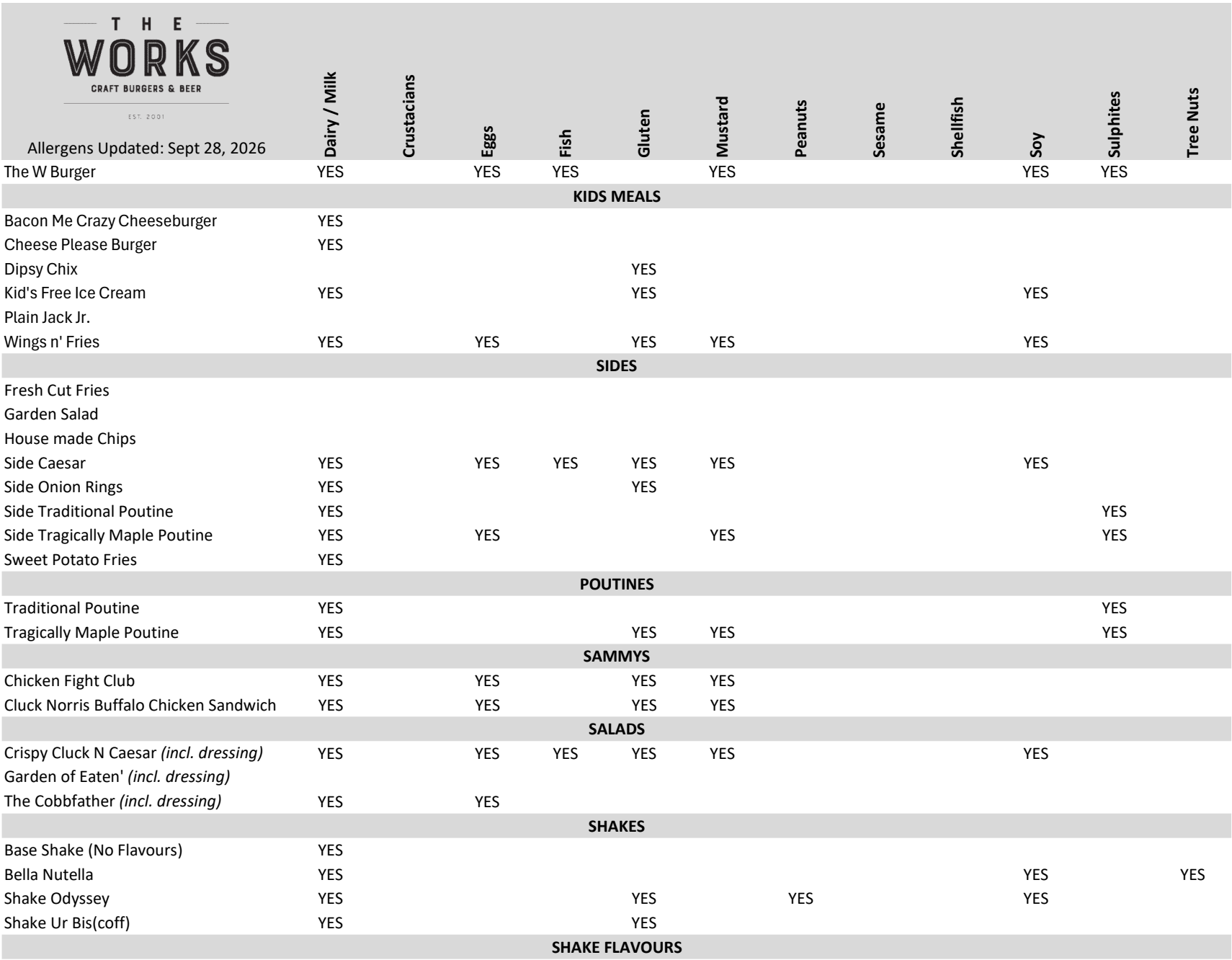
Turkey (5oz) YES YES YES YES YES YES

Wagyu Beef (6oz) YES YES YES YES YES YES

BUNS

Brioche Bun YES YES YES YES YES YES







Allergens Updated: Sept 28, 2026

Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts
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Biscoff Cookie				YES					YES		
Biscoff Cream											
Caramel											
Nutella	YES								YES		YES
Cherry											
Chocolate											
Oreo Cookies				YES					YES		
Peanut Butter						YES			YES		
Strawberry											
Vanilla											

BEVERAGES

Virgin Arnold											
Cranberry Juice											
Lemonade											
Apple Juice											
Orange Juice											
Milk	YES										
Chocolate Milk	YES										
Pepsi											
Diet Pepsi											
7 Up											
Gingerale											
Root Beer											
Floats	YES										
Iced Tea											
Soda Water											
Virgin Caesar	YES		YES		YES				YES	YES	
Works Caesar	YES		YES		YES				YES	YES	
Caesars Samba	YES		YES	YES	YES				YES	YES	