

# KFC® CANADA NUTRITION INFORMATION



|                                              | NUTRITION FACTS |          |               |                   |               |                  |             |                   |                   |            |             |
|----------------------------------------------|-----------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|------------|-------------|
|                                              | Serving Size    | Calories | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) |
| <b>ORIGINAL RECIPE® CHICKEN</b>              |                 |          |               |                   |               |                  |             |                   |                   |            |             |
| Keel                                         | 1 piece         | 290      | 13            | 2.0               | 0.1           | 105              | 420         | 8                 | 0                 | 0          | 35          |
| Rib                                          | 1 piece         | 270      | 15            | 2.5               | 0.1           | 90               | 420         | 6                 | 0                 | 0          | 29          |
| Drumstick                                    | 1 piece         | 140      | 8             | 1.5               | 0.1           | 70               | 150         | 2                 | 0                 | 0          | 15          |
| Wing                                         | 1 piece         | 160      | 9             | 1.5               | 0.1           | 65               | 210         | 4                 | 0                 | 0          | 14          |
| Thigh                                        | 1 piece         | 220      | 15            | 3.0               | 0.1           | 80               | 300         | 6                 | 0                 | 0          | 15          |
| OR Tender*                                   | 1 piece         | 100      | 5             | 0.5               | 0.0           | 25               | 350         | 5                 | 0                 | 1          | 10          |
| <b>HOT &amp; SPICY CHICKEN*</b>              |                 |          |               |                   |               |                  |             |                   |                   |            |             |
| Keel                                         | 1 piece         | 410      | 23            | 3.5               | 0.1           | 100              | 560         | 13                | 0                 | 0          | 36          |
| Rib                                          | 1 piece         | 360      | 21            | 3.0               | 0.1           | 90               | 470         | 14                | 0                 | 2          | 28          |
| Drumstick                                    | 1 piece         | 170      | 10            | 1.5               | 0.0           | 70               | 230         | 3                 | 0                 | 1          | 16          |
| Wing                                         | 1 piece         | 210      | 14            | 2.0               | 0.1           | 65               | 240         | 6                 | 0                 | 0          | 14          |
| Thigh                                        | 1 piece         | 310      | 23            | 3.5               | 0.1           | 85               | 350         | 13                | 0                 | 0          | 14          |
| <b>EXTRA CRISPY CHICKEN*</b>                 |                 |          |               |                   |               |                  |             |                   |                   |            |             |
| Keel                                         | 1 piece         | 350      | 20            | 3.0               | 0.1           | 100              | 600         | 10                | 0                 | 0          | 33          |
| Rib                                          | 1 piece         | 310      | 17            | 2.5               | 0.1           | 100              | 550         | 7                 | 0                 | 0          | 31          |
| Drumstick                                    | 1 piece         | 150      | 9             | 1.5               | 0.0           | 80               | 320         | 2                 | 0                 | 0          | 15          |
| Wing                                         | 1 piece         | 190      | 13            | 2.0               | 0.1           | 60               | 340         | 4                 | 0                 | 0          | 14          |
| Thigh                                        | 1 piece         | 250      | 18            | 3.0               | 0.1           | 85               | 340         | 7                 | 0                 | 0          | 15          |
| <b>SANDWICHES &amp; WRAPS</b>                |                 |          |               |                   |               |                  |             |                   |                   |            |             |
| Twister                                      | 1 sandwich      | 500      | 23            | 3.0               | 0.1           | 55               | 1260        | 49                | 2                 | 5          | 24          |
| Spicy Twister                                | 1 sandwich      | 550      | 29            | 5.0               | 0.3           | 60               | 1270        | 48                | 2                 | 5          | 24          |
| Twister (with Crispy Strips)                 | 1 sandwich      | 520      | 27            | 3.0               | 0.1           | 50               | 1220        | 53                | 2                 | 8          | 22          |
| Spicy Twister (with Crispy Strips)           | 1 sandwich      | 570      | 33            | 5.0               | 0.3           | 55               | 1220        | 52                | 2                 | 8          | 22          |
| Famous Chicken Sandwich                      | 1 sandwich      | 540      | 27            | 4.0               | 0.3           | 60               | 1110        | 49                | 3                 | 11         | 26          |
| Spicy Famous Chicken Sandwich                | 1 sandwich      | 550      | 27            | 4.0               | 0.2           | 70               | 1080        | 49                | 3                 | 11         | 26          |
| Bacon & Cheese Famous Chicken Sandwich       | 1 sandwich      | 660      | 37            | 9.0               | 0.5           | 90               | 1480        | 50                | 3                 | 11         | 34          |
| Spicy Bacon & Cheese Famous Chicken Sandwich | 1 sandwich      | 670      | 37            | 9.0               | 0.5           | 105              | 1450        | 50                | 3                 | 11         | 34          |
| Plant Based Sandwich                         | 1 sandwich      | 630      | 37            | 7.0               | 0.5           | 0                | 1120        | 59                | 6                 | 6          | 17          |
| Big Crunch®                                  | 1 sandwich      | 620      | 34            | 4.0               | 0.4           | 45               | 1100        | 57                | 3                 | 5          | 25          |
| Spicy Big Crunch®                            | 1 sandwich      | 630      | 34            | 4.5               | 0.2           | 60               | 1070        | 57                | 3                 | 5          | 25          |
| Zinger Sandwich                              | 1 sandwich      | 640      | 35            | 4.5               | 0.3           | 60               | 1250        | 59                | 3                 | 6          | 25          |
| Zinger Twister                               | 1 sandwich      | 660      | 37            | 6.0               | 0.4           | 60               | 1410        | 59                | 3                 | 4          | 24          |
| Original Recipe® Slider                      | 1 sandwich      | 240      | 10            | 1.0               | 0.1           | 25               | 540         | 25                | 0                 | 3          | 13          |
| Spicy Original Recipe® Slider                | 1 sandwich      | 270      | 13            | 1.5               | 0.1           | 30               | 560         | 25                | 0                 | 3          | 13          |
| Crispy Strip Slider                          | 1 sandwich      | 250      | 12            | 1.5               | 0.1           | 25               | 520         | 27                | 0                 | 5          | 11          |
| Spicy Crispy Strip Slider                    | 1 sandwich      | 280      | 15            | 1.5               | 0.1           | 30               | 540         | 27                | 0                 | 5          | 11          |
| Bacon                                        | 2 slices        | 45       | 4             | 1.5               | 0.0           | 15               | 210         | 1                 | 0                 | 0          | 3           |
| Cheese                                       | 1 slice         | 80       | 6             | 4.0               | 0.0           | 20               | 160         | 0                 | 0                 | 0          | 5           |

| SNACKABLES & SIDES                       |                 |      |    |      |     |     |      |     |    |    |     |
|------------------------------------------|-----------------|------|----|------|-----|-----|------|-----|----|----|-----|
| Hot Wings                                | 5 wings         | 380  | 24 | 5.0  | 0.0 | 95  | 970  | 15  | 2  | 0  | 27  |
| Hot Wings                                | 10 wings        | 760  | 48 | 10.0 | 0.0 | 190 | 1950 | 31  | 5  | 0  | 55  |
| Hot Wings                                | 20 wings        | 1520 | 95 | 19.0 | 0.0 | 380 | 3900 | 62  | 10 | 0  | 109 |
| Crispy Strips®                           | 3 strips        | 330  | 15 | 1.5  | 0.0 | 60  | 990  | 21  | 3  | 3  | 27  |
| Popcorn Chicken®                         | Individual size | 170  | 10 | 1.0  | 0.0 | 20  | 400  | 12  | 1  | 0  | 9   |
| Popcorn Chicken®                         | Small size      | 370  | 21 | 2.0  | 0.0 | 40  | 850  | 26  | 2  | 0  | 19  |
| Popcorn Chicken®                         | Medium Size     | 740  | 42 | 3.5  | 0.0 | 80  | 1690 | 52  | 4  | 0  | 39  |
| Popcorn Chicken®                         | Large size      | 1000 | 57 | 5.0  | 0.0 | 105 | 2290 | 71  | 5  | 0  | 52  |
| Seasoned French Fries                    | Individual size | 310  | 13 | 1.0  | 0.1 | 0   | 470  | 45  | 4  | 1  | 5   |
| Seasoned French Fries                    | Mega size       | 400  | 17 | 1.0  | 0.1 | 0   | 610  | 59  | 5  | 1  | 7   |
| Seasoned French Fries                    | Medium size     | 850  | 35 | 2.5  | 0.0 | 5   | 1280 | 124 | 11 | 2  | 15  |
| Seasoned French Fries                    | Large size      | 1320 | 55 | 4.0  | 0.2 | 5   | 1990 | 191 | 16 | 3  | 23  |
| Gravy                                    | Individual size | 45   | 1  | 0.0  | 0.0 | 0   | 460  | 7   | 0  | 2  | 1   |
| Gravy                                    | Large size      | 210  | 6  | 1.5  | 0.0 | 5   | 2230 | 35  | 1  | 8  | 5   |
| Original Recipe® Corn                    | Individual size | 150  | 11 | 1.5  | 0.1 | 0   | 270  | 11  | 2  | 5  | 2   |
| Original Recipe® Corn                    | Large size      | 700  | 52 | 6.0  | 0.5 | 0   | 1260 | 50  | 10 | 23 | 10  |
| Popcorn Chicken® Poutine                 | 1 Poutine       | 950  | 50 | 13.0 | 1.0 | 85  | 2130 | 93  | 7  | 3  | 35  |
| Poutine                                  | 1 Poutine       | 740  | 38 | 12.0 | 1.0 | 60  | 1650 | 78  | 6  | 3  | 24  |
| Go Bucket - Original Recipe Slider       | 1 Go Bucket     | 550  | 23 | 1.5  | 0.1 | 30  | 1000 | 70  | 4  | 4  | 18  |
| Go Bucket - Spicy Original Recipe Slider | 1 Go Bucket     | 580  | 26 | 2.5  | 0.2 | 30  | 1010 | 70  | 4  | 4  | 18  |
| Go Bucket - Crispy Strip Slider          | 1 Go Bucket     | 560  | 25 | 2.0  | 0.1 | 25  | 980  | 72  | 4  | 6  | 17  |
| Go Bucket - Spicy Crispy Strip Slider    | 1 Go Bucket     | 590  | 28 | 2.5  | 0.2 | 30  | 990  | 72  | 4  | 5  | 17  |
| Go Bucket - 1 Original Recipe Tenders    | 1 Go Bucket     | 410  | 17 | 1.5  | 0.1 | 25  | 810  | 50  | 4  | 1  | 15  |
| Go Bucket - 1 Crispy Strips              | 1 Go Bucket     | 420  | 20 | 1.5  | 0.1 | 25  | 790  | 52  | 4  | 3  | 14  |
| Go Bucket - 2 Hot Wings                  | 1 Go Bucket     | 460  | 22 | 3.0  | 0.1 | 40  | 860  | 51  | 5  | 1  | 16  |
| Go Bucket - Popcorn Chicken              | 1 Go Bucket     | 480  | 23 | 2.0  | 0.1 | 20  | 860  | 57  | 5  | 1  | 15  |
| SALADS                                   |                 |      |    |      |     |     |      |     |    |    |     |
| Coleslaw Salad                           | Individual size | 120  | 7  | 1.5  | 0.1 | 0   | 140  | 13  | 2  | 9  | 1   |
| Coleslaw Salad                           | Large size      | 510  | 31 | 6.0  | 0.4 | 0   | 590  | 55  | 8  | 39 | 4   |
| Macaroni Salad                           | Individual size | 110  | 9  | 1.0  | 0.1 | 20  | 500  | 21  | 1  | 3  | 3   |
| Macaroni Salad                           | Large size      | 390  | 31 | 3.0  | 0.3 | 70  | 1760 | 75  | 3  | 11 | 11  |
| DIPS                                     |                 |      |    |      |     |     |      |     |    |    |     |
| Buttermilk Ranch Dipping Sauce           | 1 dip cup       | 160  | 16 | 2.5  | 0.3 | 5   | 250  | 2   | 0  | 2  | 0   |
| Sweet and Smokey BBQ Dipping Sauce       | 1 dip cup       | 45   | 0  | 0.0  | 0.0 | 0   | 210  | 11  | 0  | 9  | 0   |
| Carolina Honey Mustard Dipping Sauce     | 1 dip cup       | 80   | 5  | 0.4  | 0.0 | 10  | 170  | 7   | 0  | 6  | 0   |
| Southern Plum Dipping Sauce              | 1 dip cup       | 45   | 0  | 0.0  | 0.0 | 0   | 5    | 10  | 0  | 9  | 0   |
| Kentucky Hot Sauce                       | 1 sachet        | 5    | 0  | 0.0  | 0.0 | 0   | 300  | 1   | 0  | 0  | 0   |
| DESSERTS                                 |                 |      |    |      |     |     |      |     |    |    |     |
| S'mores Brownie                          | 1 brownie       | 430  | 19 | 4.5  | 0.3 | 50  | 120  | 60  | 3  | 36 | 5   |
| Chocolate Chip Cookie                    | 1 cookie        | 140  | 7  | 3.4  | 0.1 | 6   | 106  | 19  | 1  | 11 | 2   |

| BEVERAGES (FOUNTAIN/BOTTLE)                         |                 |      |    |     |     |    |      |     |   |    |    |
|-----------------------------------------------------|-----------------|------|----|-----|-----|----|------|-----|---|----|----|
| Pepsi®                                              | 591ml           | 250  | 0  | 0.0 | 0.0 | 0  | 55   | 66  | 0 | 66 | 0  |
| Diet Pepsi®                                         | 591ml           | 0    | 0  | 0.0 | 0.0 | 0  | 60   | 0   | 0 | 0  | 0  |
| Pepsi Zero                                          | 591ml           | 0    | 0  | 0.0 | 0.0 | 0  | 25   | 0   | 0 | 0  | 0  |
| 7 UP                                                | 591ml           | 240  | 0  | 0.0 | 0.0 | 0  | 70   | 64  | 0 | 63 | 0  |
| Lipton Brisk Tea                                    | 591ml           | 180  | 0  | 0.0 | 0.0 | 0  | 160  | 47  | 0 | 47 | 0  |
| Mountain Dew®                                       | 591ml           | 290  | 0  | 0.0 | 0.0 | 0  | 105  | 77  | 0 | 77 | 0  |
| Mug Root Beer                                       | 591ml           | 260  | 0  | 0.0 | 0.0 | 0  | 105  | 71  | 0 | 71 | 0  |
| Aquafina Water                                      | 591ml           | 0    | 0  | 0.0 | 0.0 | 0  | 0    | 0   | 0 | 0  | 0  |
| Bubly Blackberry                                    | 473ml           | 0    | 0  | 0.0 | 0.0 | 0  | 0    | 0   | 0 | 0  | 0  |
| Bubly Lime                                          | 473ml           | 0    | 0  | 0.0 | 0.0 | 0  | 0    | 0   | 0 | 0  | 0  |
| Dole Orange Juice                                   | 250ml           | 115  | 0  | 0.0 | 0.0 | 0  | 26   | 28  | 0 | 23 | 2  |
| Dole Apple Juice                                    | 250ml           | 120  | 0  | 0.0 | 0.0 | 0  | 10   | 28  | 0 | 24 | 0  |
| PROMOTIONAL                                         |                 |      |    |     |     |    |      |     |   |    |    |
| Crispy Onion Rings                                  | Individual size | 360  | 18 | 1.5 | 0.1 | 1  | 570  | 45  | 3 | 5  | 4  |
| Crispy Onion Rings                                  | Large size      | 1180 | 61 | 5.0 | 0.4 | 5  | 1900 | 150 | 9 | 16 | 13 |
| Crispy Onion Ring Famous Chicken Chicken Sandwich   | 1 sandwich      | 630  | 29 | 3.5 | 0.3 | 60 | 1310 | 66  | 4 | 14 | 27 |
| Crispy Onion Ring Big Crunch                        | 1 sandwich      | 730  | 36 | 4.0 | 0.3 | 50 | 1470 | 78  | 4 | 12 | 26 |
| Crispy Onion Ring Twister (Original Recipe Tenders) | 1 sandwich      | 640  | 31 | 5.0 | 0.3 | 50 | 1660 | 67  | 3 | 10 | 25 |
| Crispy Onion Ring Twister (Crispy Strips)           | 1 sandwich      | 660  | 35 | 5.0 | 0.3 | 45 | 1610 | 71  | 2 | 13 | 23 |

\* AT PARTICIPATING RESTAURANTS

**NOTE:** The serving size listed is the approximate size of menu item as served to the customer. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Some of the menu products listed above are limited time offerings or test market items. Product data is based on current formulation as of date of update. If you have any questions about KFC and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-866-364-0862 or visit us on the web at [www.kfc.ca](http://www.kfc.ca).  
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# PFK® CANADA INFORMATION NUTRITIONNELLE



|                                                |            | VALEUR NUTRITIVE |                   |                  |                |                  |             |              |            |            |               |
|------------------------------------------------|------------|------------------|-------------------|------------------|----------------|------------------|-------------|--------------|------------|------------|---------------|
|                                                | Portion    | Calories         | Total de gras (g) | Gras saturés (g) | Gras trans (g) | Cholestérol (mg) | Sodium (mg) | Glucides (g) | Fibres (g) | Sucres (g) | Protéines (g) |
| <b>POULET RECETTE ORIGINALE®</b>               |            |                  |                   |                  |                |                  |             |              |            |            |               |
| Poitrine                                       | 1 morceau  | 290              | 13                | 2.0              | 0.1            | 105              | 420         | 8            | 0          | 0          | 35            |
| Côte                                           | 1 morceau  | 270              | 15                | 2.5              | 0.1            | 90               | 420         | 6            | 0          | 0          | 29            |
| Pilon                                          | 1 morceau  | 140              | 8                 | 1.5              | 0.1            | 70               | 150         | 2            | 0          | 0          | 15            |
| Aile                                           | 1 morceau  | 160              | 9                 | 1.5              | 0.1            | 65               | 210         | 4            | 0          | 0          | 14            |
| Haut de cuisse                                 | 1 morceau  | 220              | 15                | 3.0              | 0.1            | 80               | 300         | 6            | 0          | 0          | 15            |
| Filet                                          | 1 morceau  | 100              | 5                 | 0.5              | 0.0            | 25               | 350         | 5            | 0          | 1          | 10            |
| <b>POULET PIQUANT*</b>                         |            |                  |                   |                  |                |                  |             |              |            |            |               |
| Poitrine                                       | 1 morceau  | 410              | 23                | 3.5              | 0.1            | 100              | 560         | 13           | 0          | 0          | 36            |
| Côte                                           | 1 morceau  | 360              | 21                | 3.0              | 0.1            | 90               | 470         | 14           | 0          | 2          | 28            |
| Pilon                                          | 1 morceau  | 170              | 10                | 1.5              | 0.0            | 70               | 230         | 3            | 0          | 1          | 16            |
| Aile                                           | 1 morceau  | 210              | 14                | 2.0              | 0.1            | 65               | 240         | 6            | 0          | 0          | 14            |
| Haut de cuisse                                 | 1 morceau  | 310              | 23                | 3.5              | 0.1            | 85               | 350         | 13           | 0          | 0          | 14            |
| <b>POULET CROUSTILLANT*</b>                    |            |                  |                   |                  |                |                  |             |              |            |            |               |
| Poitrine                                       | 1 morceau  | 350              | 20                | 3.0              | 0.1            | 100              | 600         | 10           | 0          | 0          | 33            |
| Côte                                           | 1 morceau  | 310              | 17                | 2.5              | 0.1            | 100              | 550         | 7            | 0          | 0          | 31            |
| Pilon                                          | 1 morceau  | 150              | 9                 | 1.5              | 0.0            | 80               | 320         | 2            | 0          | 0          | 15            |
| Aile                                           | 1 morceau  | 190              | 13                | 2.0              | 0.1            | 60               | 340         | 4            | 0          | 0          | 14            |
| Haut de cuisse                                 | 1 morceau  | 250              | 18                | 3.0              | 0.1            | 85               | 340         | 7            | 0          | 0          | 15            |
| <b>SANDWICHES &amp; WRAPS</b>                  |            |                  |                   |                  |                |                  |             |              |            |            |               |
| Twister                                        | 1 sandwich | 550              | 28                | 5.0              | 0.2            | 45               | 1190        | 49           | 2          | 4          | 25            |
| Twister épicé                                  | 1 sandwich | 560              | 28                | 5.0              | 0.2            | 45               | 1210        | 49           | 2          | 4          | 25            |
| Twister (avec bâtonnets croustillants)         | 1 sandwich | 570              | 33                | 6.0              | 0.1            | 45               | 1140        | 53           | 1          | 7          | 23            |
| Twister épicé (avec bâtonnets croustillants)   | 1 sandwich | 580              | 32                | 5.0              | 0.1            | 45               | 1160        | 53           | 1          | 7          | 23            |
| Sandwich le Fameux                             | 1 sandwich | 540              | 27                | 4.0              | 0.3            | 60               | 1110        | 49           | 3          | 11         | 26            |
| Sandwich le Fameux épicé                       | 1 sandwich | 540              | 26                | 4.0              | 0.1            | 60               | 1130        | 50           | 3          | 11         | 26            |
| Sandwich le Fameux avec bacon et fromage       | 1 sandwich | 660              | 37                | 9.0              | 0.5            | 90               | 1480        | 50           | 3          | 11         | 34            |
| Sandwich le Fameux épicé avec bacon et fromage | 1 sandwich | 680              | 36                | 9.0              | 0.3            | 90               | 1500        | 51           | 3          | 11         | 34            |
| Sandwich à basé de plantes                     | 1 sandwich | 630              | 37                | 7.0              | 0.5            | 0                | 1120        | 59           | 6          | 6          | 17            |
| Sandwich Super-Croque®                         | 1 sandwich | 620              | 34                | 4.0              | 0.4            | 45               | 1100        | 57           | 3          | 5          | 25            |
| Sandwich Super-Croque épicé®                   | 1 sandwich | 630              | 33                | 4.0              | 0.1            | 45               | 1120        | 58           | 3          | 6          | 25            |
| Zinger                                         | 1 sandwich | 640              | 33                | 4.5              | 0.2            | 45               | 1290        | 60           | 3          | 6          | 25            |
| Zinger Twister                                 | 1 sandwich | 640              | 36                | 6.0              | 0.2            | 45               | 1350        | 60           | 3          | 3          | 25            |
| Bouchée Recette® Originale                     | 1 sandwich | 240              | 10                | 1.0              | 0.1            | 25               | 540         | 25           | 0          | 3          | 13            |
| Bouchée Recette® Originale épicé               | 1 sandwich | 270              | 13                | 1.5              | 0.1            | 30               | 560         | 25           | 0          | 3          | 13            |
| Bouchée Bâtonnet Croustillant                  | 1 sandwich | 250              | 12                | 1.5              | 0.1            | 25               | 520         | 27           | 0          | 5          | 11            |
| Bouchée Bâtonnet Croustillant épicé            | 1 sandwich | 280              | 15                | 1.5              | 0.1            | 30               | 540         | 27           | 0          | 5          | 11            |
| Bacon                                          | 2 tranches | 45               | 4                 | 1.5              | 0.0            | 15               | 210         | 1            | 0          | 0          | 3             |
| Fromage                                        | 1 tranche  | 80               | 6                 | 4.0              | 0.0            | 20               | 160         | 0            | 0          | 0          | 5             |

| À-CÔTÉS ET AMUSES-GUEULES                                  |                      |      |    |      |     |     |      |     |    |    |     |
|------------------------------------------------------------|----------------------|------|----|------|-----|-----|------|-----|----|----|-----|
| Ailes piquantes                                            | Par 5 aile           | 380  | 24 | 5.0  | 0.0 | 95  | 970  | 15  | 2  | 0  | 27  |
| Ailes piquantes                                            | Par 10 aile          | 760  | 48 | 10.0 | 0.0 | 190 | 1950 | 31  | 5  | 0  | 55  |
| Ailes piquantes                                            | Par 20 aile          | 1520 | 95 | 19.0 | 0.0 | 380 | 3900 | 62  | 10 | 0  | 109 |
| Bâtonnets croustillants                                    | 3 pieces             | 330  | 15 | 1.5  | 0.0 | 60  | 990  | 21  | 3  | 3  | 27  |
| Poulet Pop-Corn®                                           | format individuel    | 170  | 10 | 1.0  | 0.0 | 20  | 400  | 12  | 1  | 0  | 9   |
| Poulet Pop-Corn®                                           | petit format         | 370  | 21 | 2.0  | 0.0 | 40  | 850  | 26  | 2  | 0  | 19  |
| Poulet Pop-Corn®                                           | format moyen         | 740  | 42 | 3.5  | 0.0 | 80  | 1690 | 52  | 4  | 0  | 39  |
| Poulet Pop-Corn®                                           | format gros          | 1000 | 57 | 5.0  | 0.0 | 105 | 2290 | 71  | 5  | 0  | 52  |
| Frites Assaisonnées                                        | format individuel    | 310  | 13 | 1.0  | 0.1 | 0   | 470  | 45  | 4  | 1  | 5   |
| Frites Assaisonnées                                        | format maxi          | 400  | 17 | 1.0  | 0.1 | 0   | 610  | 59  | 5  | 1  | 7   |
| Frites Assaisonnées                                        | format moyen         | 850  | 35 | 2.5  | 0.0 | 5   | 1280 | 124 | 11 | 2  | 15  |
| Frites Assaisonnées                                        | format gros          | 1320 | 55 | 4.0  | 0.2 | 5   | 1990 | 191 | 16 | 3  | 23  |
| Sauce                                                      | format individuel    | 45   | 1  | 0.0  | 0.0 | 0   | 460  | 7   | 0  | 2  | 1   |
| Sauce                                                      | format gros          | 210  | 6  | 1.5  | 0.0 | 5   | 2230 | 35  | 1  | 8  | 5   |
| Maïs Recette Originale®                                    | format individuel    | 150  | 11 | 1.5  | 0.1 | 0   | 270  | 11  | 2  | 5  | 2   |
| Maïs Recette Originale®                                    | format gros          | 700  | 52 | 6.0  | 0.5 | 0   | 1260 | 50  | 10 | 23 | 10  |
| Poutine au Poulet                                          | 1 bol                | 950  | 50 | 13.0 | 1.0 | 85  | 2130 | 93  | 7  | 3  | 35  |
| Poutine                                                    | 1 bol                | 740  | 38 | 12.0 | 1.0 | 60  | 1650 | 78  | 6  | 3  | 24  |
| Baril Sur Le Pouce - Bouchée Recette® Originale            | 1 Baril Sur Le Pouce | 550  | 23 | 1.5  | 0.1 | 30  | 1000 | 70  | 4  | 4  | 18  |
| Baril Sur Le Pouce - Bouchée Recette® Originale épicé      | 1 Baril Sur Le Pouce | 580  | 26 | 2.5  | 0.2 | 30  | 1010 | 70  | 4  | 4  | 18  |
| Baril Sur Le Pouce - Bouchée Bâtonnet Croustillant         | 1 Baril Sur Le Pouce | 560  | 25 | 2.0  | 0.1 | 25  | 980  | 72  | 4  | 6  | 17  |
| Baril Sur Le Pouce - Bouchée Bâtonnet Croustillant épicé   | 1 Baril Sur Le Pouce | 590  | 28 | 2.5  | 0.2 | 30  | 990  | 72  | 4  | 5  | 17  |
| Baril Sur Le Pouce - 1 Bâtonnets Tendres Recette Originale | 1 Baril Sur Le Pouce | 410  | 17 | 1.5  | 0.1 | 25  | 810  | 50  | 4  | 1  | 15  |
| Baril Sur Le Pouce - 1 Bâtonnets Croustillants             | 1 Baril Sur Le Pouce | 420  | 20 | 1.5  | 0.1 | 25  | 790  | 52  | 4  | 3  | 14  |
| Baril Sur Le Pouce - 2 Ailes piquantes                     | 1 Baril Sur Le Pouce | 460  | 22 | 3.0  | 0.1 | 40  | 860  | 51  | 5  | 1  | 16  |
| Baril Sur Le Pouce - Poulet Pop-Corn                       | 1 Baril Sur Le Pouce | 480  | 23 | 2.0  | 0.1 | 20  | 860  | 57  | 5  | 1  | 15  |
| SALADES                                                    |                      |      |    |      |     |     |      |     |    |    |     |
| Salade de chou                                             | format individuel    | 120  | 7  | 1.5  | 0.0 | 0   | 140  | 13  | 0  | 9  | 1   |
| Salade de chou                                             | format gros          | 510  | 31 | 6.0  | 0.0 | 0   | 590  | 55  | 0  | 39 | 4   |
| Salade de macaroni                                         | format individuel    | 170  | 9  | 0.5  | 0.0 | 15  | 570  | 20  | 0  | 2  | 3   |
| Salade de macaroni                                         | format gros          | 590  | 31 | 2.0  | 0.0 | 60  | 2030 | 70  | 0  | 8  | 12  |
| TREMPETTES                                                 |                      |      |    |      |     |     |      |     |    |    |     |
| Ranch Crémeuse                                             | 1 contenant          | 150  | 16 | 2.5  | 0.0 | 5   | 240  | 2   | 0  | 1  | 0   |
| BBQ sucré et fumée                                         | 1 contenant          | 45   | 0  | 0.0  | 0.0 | 0   | 210  | 10  | 0  | 9  | 0   |
| Miel moutarde façon du sud                                 | 1 contenant          | 80   | 6  | 0.1  | 0.0 | 0   | 180  | 7   | 0  | 6  | 0   |
| Prunes façon du sud                                        | 1 contenant          | 40   | 0  | 0.0  | 0.0 | 0   | 5    | 10  | 0  | 9  | 0   |
| Sauce Piquante Kentucky                                    | 1 sachet             | 5    | 0  | 0.0  | 0.0 | 0   | 300  | 1   | 0  | 0  | 0   |
| DESSERT                                                    |                      |      |    |      |     |     |      |     |    |    |     |
| Brownie aux s'mores                                        | 1 brownie            | 430  | 19 | 4.5  | 0.3 | 50  | 120  | 60  | 3  | 36 | 5   |
| Biscuit aux pépites de chocolat                            | 1 biscuit            | 140  | 7  | 3.4  | 0.1 | 6   | 106  | 19  | 1  | 11 | 2   |
| BOISSONS                                                   |                      |      |    |      |     |     |      |     |    |    |     |
| Pepsi®                                                     | 591ml                | 250  | 0  | 0.0  | 0.0 | 0   | 55   | 66  | 0  | 66 | 0   |
| Pepsi® Diete                                               | 591ml                | 0    | 0  | 0.0  | 0.0 | 0   | 60   | 0   | 0  | 0  | 0   |
| Pepsi® Zéro Sucre                                          | 591ml                | 0    | 0  | 0.0  | 0.0 | 0   | 25   | 0   | 0  | 0  | 0   |
| 7 UP                                                       | 591ml                | 240  | 0  | 0.0  | 0.0 | 0   | 70   | 64  | 0  | 63 | 0   |
| Lipton Brisk Tea                                           | 591ml                | 180  | 0  | 0.0  | 0.0 | 0   | 160  | 47  | 0  | 47 | 0   |
| Mountain Dew®                                              | 591ml                | 290  | 0  | 0.0  | 0.0 | 0   | 105  | 77  | 0  | 77 | 0   |
| Mug Root Beer                                              | 591ml                | 260  | 0  | 0.0  | 0.0 | 0   | 105  | 71  | 0  | 71 | 0   |
| Eau Aquafina                                               | 591ml                | 0    | 0  | 0.0  | 0.0 | 0   | 0    | 0   | 0  | 0  | 0   |
| Bubly Blackberry                                           | 473ml                | 0    | 0  | 0.0  | 0.0 | 0   | 0    | 0   | 0  | 0  | 0   |
| Bubly Lime                                                 | 473ml                | 0    | 0  | 0.0  | 0.0 | 0   | 0    | 0   | 0  | 0  | 0   |
| Jus d'orange                                               | 250ml                | 115  | 0  | 0.0  | 0.0 | 0   | 26   | 28  | 0  | 23 | 2   |
| Jus de pomme                                               | 250ml                | 120  | 0  | 0.0  | 0.0 | 0   | 10   | 28  | 0  | 24 | 0   |

| PROMOTION                                                                    |                   |      |    |     |     |    |      |     |   |    |    |
|------------------------------------------------------------------------------|-------------------|------|----|-----|-----|----|------|-----|---|----|----|
| Rondelles d'oignon croustillantes                                            | format individuel | 360  | 18 | 1.5 | 0.1 | 1  | 570  | 45  | 3 | 5  | 4  |
| Rondelles d'oignon croustillantes                                            | format gros       | 1180 | 61 | 5.0 | 0.4 | 5  | 1900 | 150 | 9 | 16 | 13 |
| Sandwich aux rondelles d'oignon croustillantes (fameux sandwich au poulet)   | 1 sandwich        | 630  | 29 | 3.5 | 0.3 | 60 | 1310 | 66  | 4 | 14 | 27 |
| Sandwich aux rondelles d'oignon croustillantes (Super-Croque®)               | 1 sandwich        | 730  | 36 | 4.0 | 0.3 | 50 | 1470 | 78  | 4 | 12 | 26 |
| Twister aux rondelles d'oignon croustillantes                                | 1 sandwich        | 640  | 31 | 5.0 | 0.3 | 50 | 1660 | 67  | 3 | 10 | 25 |
| Twister aux rondelles d'oignon croustillantes (avec bâtonnets croustillants) | 1 sandwich        | 660  | 35 | 5.0 | 0.3 | 45 | 1610 | 71  | 2 | 13 | 23 |

**\*DANS LES RESTAURANTS PARTICIPANTS**

**NOTE:** La substitution d'ingrédients pourrait modifier les valeurs nutritives. Les articles au menu ainsi que les heures pendant lesquelles ils sont offerts peuvent varier selon les restaurants participants. Bien que ces données reposent sur des lignes directrices définissant les portions standard des produits, certaines variations sont prévisibles en raison d'influences saisonnières, de légères différences en ce qui concerne l'assemblage des produits dans les restaurants et d'autres facteurs. À l'exception des articles qui ne sont offerts que pour un temps limité ou qui font l'objet d'un test de marché, les produits au menu en date de publication sont inclus sur cette feuille. Si vous avez des questions au sujet de PFK et de la nutrition, ou si vous êtes particulièrement sensible à des ingrédients ou à des aliments spécifiques, veuillez communiquer avec nous en composant le 1 866 364-0862 ou visitez-nous à : [www.pfkquebec.ca](http://www.pfkquebec.ca)

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