



A&W FOOD FACTS

Welcome to A&W®, Canada's original fast food restaurant. At A&W, we stand behind our food and take special care in its preparation, using only the freshest, quality ingredients and our secret blend of natural seasonings.

These "Food Facts" have been put together to help you make informed choices about the food you eat. Inside you will find the ingredient information for each of our standard menu items.

If you would like more information about our products and their ingredients, please write, call or fax us at:

A&W Food Facts, A&W Food Services of Canada Inc., 300 - 171 West Esplanade, North Vancouver, BC, V7M 3K9. Phone: (604) 988-2141, Fax: (604) 988-5531, Email: reception@aw.ca

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Food Facts as of November 1, 2016

CHICKEN MENU COMPONENTS

Chicken Buddy™ Burger – Breaded Chicken Buddy portion, hamburger bun, Chubby® mayo, pickles

Double Chicken Buddy Burger™ – Breaded Chicken Buddy portion (2), hamburger bun, Chubby® mayo, pickles

Chubby Chicken® Burger - breaded Chubby Chicken portion, bun, Chubby® mayo, lettuce

Chubby 'Junior'® - 2 pieces of Chubby Chicken, Chubby Chicken seasoning, regular fries, individual size salad (choice of coleslaw or macaroni)

Chubby Dinner® - 3 pieces of Chubby Chicken, Chubby Chicken seasoning, regular fries, individual size salad (choice of coleslaw or macaroni)

Chubby™ '5' Family Meal - 5 pieces of Chubby Chicken, Chubby Chicken seasoning, large size fries, small gravy, regular salad (choice of coleslaw or macaroni)

Chicken Grill® Deluxe – chicken grill portion, 7-grain bun, ranch dressing, pickles, lettuce, tomato

Chubby Chicken® Strips – breaded Chubby Chicken strips

BLT Chicken Burger – breaded Chubby Chicken portion, bacon, 7-grain bun, Chubby® mayo, lettuce, tomato

Spicy Habanero Chicken Burger – Spicy Chicken portion, sesame seed bun, red jalapeno aioli, lettuce, tomato

Spicy Chipotle Chubby Chicken® Wrap – breaded Chubby Chicken strip, processed cheddar cheese with jalapeno, flour tortilla, chipotle mayonnaise, lettuce

Bacon Ranch Chubby Chicken® Wrap – flour tortilla, Chubby Chicken strip, ranch dressing, double smoked hickory roasted bacon, lettuce

INGREDIENTS:

Hamburger Bun: enriched wheat flour, water, yeast*, sugar/glucose-fructose, vegetable oil (canola or soybean), salt, wheat gluten, vinegar, calcium propionate, monoglycerides, sodium stearoyl-2-lactylate, sorbic acid, acetylated tartaric acid esters of mono and diglycerides, calcium carbonate, ammonium chloride, calcium sulphate, potassium sorbate. *Order may change. May contain sesame seeds, soybean and sulphites.

Sesame Seed Bun: enriched flour, water, glucose-fructose/sugar, *yeast, sesame seeds, vegetable oil (canola or soybean), salt, calcium propionate, monoglycerides, sodium stearoyl-2-lactylate. May contain wheat gluten, vinegar, calcium carbonate, calcium sulphate, ammonium chloride, potassium sorbate, acetylated tartaric acid esters of mono and diglycerides, monocalcium phosphate. *Order may change.

7-Grain Bun: unbleached wheat flour, water, sunflower oil, stone ground whole grain whole wheat flour, multigrain and seed blend (millet, sunflower seeds, amaranth, flax seeds, soft wheat flakes, khorasan wheat), liquid whole eggs, durum wheat semolina, sugar, yeast, salt rolled oats, malted barley flour.

Flour Tortilla: enriched wheat flour, water, canola and modified palm and palm kernel oil shortening, baking powder, salt, sugar/glucose-fructose, mono- and diglycerides, calcium propionate, baking soda, propylene glycol, fumaric acid, guar gum, potassium sorbate.

Chubby Chicken® Pieces: cut-up whole chicken pieces (wing, drumstick, back attached thigh (may contain kidneys), breast with rib attached, keel breast), water, sodium phosphate, salt, monosodium glutamate. Battered and breaded wheat flour, salt, spices, monosodium glutamate, disodium inosinate, disodium guanylate, modified corn starch, yellow corn flour, baking powder, vegetable oil shortening (soybean and cottonseed), defatted soy flour, dried egg white, guar gum, browned in vegetable oil.

Chubby Chicken® Seasoning: wheat flour, vegetable oil shortening (soybean, cottonseed), spices, salt, hydrolyzed plant protein (corn, soy, wheat gluten), monosodium glutamate, sugar, calcium silicate (mfg aid), onion powder, flavour, autolyzed yeast extract, dehydrated parsley, silicon dioxide (mfg aid), garlic powder.

Chubby Chicken® Burger: chicken breast portion (boneless, skinless), water, soy protein isolate, monosodium glutamate, sodium tripolyphosphate. Battered and breaded with wheat flour, toasted wheat crumbs, salt, spices, disodium inosinate, disodium guanylate, yellow corn flour, corn starch, dextrose, guar gum. Browned in vegetable oil.

Spicy Habanero Chicken Burger: chicken breast portion (boneless, skinless), water, salt, sodium triphosphate. Batter and breaded with wheat flour, water, toasted wheat crumbs, yellow corn flour, whole grain wheat flour, modified corn starch, salt, cayenne pepper, wheat gluten spices, onion powder, soy protein isolate, jalapeno pepper powder, autolyzed yeast extract, guar gum, baking powder, garlic powder, dehydrated habanero, flavour. Browned in vegetable oil.

Chicken Buddy Portion: chicken breast portion (boneless), water, salt, sodium triphosphate. Batter and breaded with wheat flour, water, whole grain wheat flour, toasted wheat crumbs, modified corn starch, yellow corn flour, wheat gluten, salt, spices, defatted soy flour, onion powder, garlic powder, autolyzed yeast extract, baking powder, dextrose, guar gum, flavour. Browned in vegetable oil.

Chicken Grill® Portion: chicken breast portion (boneless, skinless), water, salt, dextrose, maltodextrin, sodium phosphate, flavour (contains hydrogenated soybean & cottonseed oil), garlic powder, onion powder, modified corn starch, glucose solids, torula yeast, spice, vegetable oil, brown sugar, caramel colour, autolyzed yeast extract.

Roasted Bacon: pork, water, salt, sugar, cultured celery extract, natural hardwood smoke flavour, cherry powder, smoke.

Smoked Bacon (Quebec): Pork, water, sea salt, vinegar, cane sugar, lemon juice concentrate, cultured celery powder, smoke.

Pickles: cucumbers, water, vinegar, salt, calcium chloride, sodium benzoate, aluminum sulphate, natural flavour, polysorbate 80, colour (contains tartrazine).

Processed Cheddar Cheese with Jalapeño: cheese (milk, modified milk ingredients, bacterial culture, salt, calcium chloride, rennet and/or pepsin and/or microbial enzyme, lipase), modified milk ingredients, water, sodium citrate and/or sodium phosphate, salt, jalapeño pepper, potassium sorbate, soy lecithin.

Chubby® Mayo: canola oil, water, liquid whole egg and yolk, vinegar, salt, sugar, spice, concentrated lemon juice, calcium disodium EDTA.

Ranch Dressing: water, soybean oil, buttermilk (partly skimmed milk, salt, and bacterial culture), powdered buttermilk, sugar, salt, vinegar, frozen yolk (egg), lactic acid, modified corn starch, flavour, whey protein concentrate, maltodextrin, dehydrated garlic, xanthan gum, dehydrated onion, potassium sorbate, sodium benzoate, citric acid, dehydrated parsley, spices, EDTA calcium disodium, phospholipase.

Chipotle Mayonnaise: canola oil, water, egg yolk, high fructose corn syrup, tomato paste, distilled vinegar, dried chipotle pepper, natural smoke flavour, maltodextrin, cultured dextrose, salt, mustard flour, glucono delta lactone, potassium sorbate and sodium benzoate (preservatives), calcium disodium EDTA (to protect flavour).

Chubby Chicken® Strips: chicken breast portions (boneless, skinless), water, onion powder, garlic powder, monosodium glutamate, salt, spice, soy protein isolate, sodium tripolyphosphate. Battered and breaded with wheat flour, toasted wheat crumbs with spices (wheat flour, baking powder, soybean oil shortening, salt, dextrose, yeast, spices) salt, spices, disodium inosinate, disodium guanylate, yellow corn flour, corn starch, guar gum, sugar, hydrogenated soybean oil (mfg aid). Browned in vegetable oil.

Chubby Chicken® Dipping Sauces:


Barbecue Sauce: brown sugar, water, sugar, crushed tomato, vinegar, soy sauce (water, wheat, soybeans, salt, sodium benzoate), modified corn starch, molasses, salt, canola oil, spices, natural flavours, potassium sorbate.

Honey Mustard Sauce: canola oil, sugar/ glucose-fructose, water, honey, spicy mustard (water, vinegar, mustard seed, salt, xanthan gum), vinegar, mustard (water, vinegar, mustard seed, salt, turmeric, natural flavor, spice), egg yolk, modified corn starch, salt, mustard flour, spices, potassium sorbate, sodium benzoate, mustard seed, xanthan gum, propylene glycol alginate, calcium disodium EDTA, sodium citrate.

Jalapeno Ranch Sauce: canola oil, water, buttermilk (2% milk, sea salt, sodium citrate, bacterial culture), vinegar, sugar, egg yolk, jalapenos (jalapenos, salt, acetic acid, calcium chloride), buttermilk powder, modified corn starch, salt, herb and spices, citric acid, lactic acid, potassium sorbate, sodium benzoate, calcium disodium EDTA.

Sriracha Hot Sauce: water, hot sauce (aged red cayenne peppers, distilled vinegar, salt), tomato paste, vinegar, sugar, red pepper puree, modified corn starch, salt, spices, citric acid, oleoresin paprika, potassium sorbate, sodium benzoate, xanthan gum.

Sweet & Sour Sauce: sugar/ glucose-fructose, water, vinegar, pineapple juice concentrate, modified corn starch, tomato paste, salt, dehydrated red bell pepper, natural flavor, potassium sorbate, sodium benzoate, spice, oleoresin paprika.

 Nutritional Composition	Serving size - grams (or other as indicated)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	% Daily Value			
												Vitamin A	Vitamin C	Calcium	Iron
CHICKEN															
Chicken Buddy Burger™	134	360	19	3	0	25	780	35	2	4	11	0	0	4	15
Double Chicken Buddy Burger™	184	480	25	4	0	45	1080	44	3	5	18	0	0	4	20
Chicken Grill® Deluxe	205	470	22	4	0	65	900	42	3	7	24	0	6	2	15
Chubby Chicken® Burger	190	490	27	3	0	40	1190	44	2	4	21	0	0	6	25
BLT Chicken Burger	246	700	42	6	0	85	1530	51	4	5	27	0	4	4	25
Spicy Habanero Chicken Burger	225	520	30	3	0.1	45	990	47	2	7	22	2	14	4	22
Spicy Chipotle Chubby Chicken® Wrap	105	270	15	3	0.1	25	730	25	2	0	9	2	0	8	15
Bacon Ranch Chubby Chicken® Wrap	106	270	14	3	0	20	680	24	2	1	9	0	2	4	15
'3' Strip	129	300	15	1	0	45	1110	24	3	0	18	0	0	0	25
'5' Strip	215	500	25	2	0	75	1850	40	5	0	30	0	0	0	40
Chicken Strip Dipping Sauces															
Barbecue Sauce	32	60	1	0	0	0	218	13	0	12	0	0	0	0	2
Honey Dijon Mustard	28	100	8	1	0	10	200	8	0	6	0.4	0	0	0	2
Jalapeno Ranch Sauce	28	110	11	1	0	10	250	2	0	1	0.5	0	0	2	0
Sriracha Hot Sauce	28	15	1	0	0	0	310	4	0	2	0.2	0	0	0	0
Sweet & Sour Sauce	32	60	0	0	0	0	140	14	0	11	0	0	0	0	0
Chubby Chicken® Pieces															
Drumstick	65	150	9	1	0	65	410	4	0	0	15	0	2	2	6
Keel	137	310	16	2	0.2	105	910	9	0	0	32	0	0	2	10
Ribs	139	350	21	3	0.2	110	1010	9	0	0	34	0	0	2	10
Thigh	128	390	28	5	0.3	130	920	11	0	0	24	0	0	6	10
Wing	59	180	12	2	0.1	60	520	6	0	0	12	0	0	2	6

Allergen Information P = in product M = in manufacturing facility	peanuts	tree nuts	sesame seeds	milk	wheat & other gluten	soy	eggs	fish	shellfish	sulphites	mustard	other (specify)
Proteins												
Chicken Buddy Portion				M	P	P	M				M	
Chubby Chicken® Pieces				M	P	P	P				P	
Chubby Chicken® Seasoning			M	M	P	P	M	M	M	M	P	
Breaded <i>Chubby Chicken</i> ® Portion				M	P	P	M				P	
Spicy Chicken Portion				M	P	P	M				M	
Chicken Grill® Portion				M	M	M	M				M	
Chubby Chicken® Strip				M	P	P	M				P	
Bacon												
Bread												
Sesame Seed Bun			P		P	M				M		
Hamburger Bun			M		P	M				M		
7-Grain Bun		M	M	M	P	M	M					
Flour Tortilla				M	P					M		
Cheese												
Processed Cheese with Jalapeno				P		P				M		
Condiments												
Pickles										M	M	
Chubby® Mayo			M	M	M	M	P	M	M	M	M	
Chipotle Mayonnaise			M	M	M	M	P	M			P	
Ranch Dressing			M	P	M	M	P	M		M	M	
Honey Mustard Dipping Sauce			M	M	M	M	P	M	M	M	P	
Barbecue Dipping Sauce			M	M	P	P	M	M	M	M	M	
Jalapeno Ranch Dipping Sauce			M	P	M	M	P	M	M	M	M	
Sriracha Dipping Sauce			M	M	M	M	M	M	M	M	M	
Sweet And Sour Dipping Sauce			M	M	M	M	M	M	M	M	M	

Notes to Nutrient Tables

The ingredients listed are those reported by product suppliers. Sensitivities and allergies to some food ingredients may occur in some individuals. A&W Food Services of Canada Inc., its franchisees and employees do not assume responsibility for a particular sensitivity or allergy to any food product in our restaurants.

Nutrient values are rounded using accepted rounding rules.

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The nutritional information is based on standard product recipes and may vary between restaurants.

Product data is current as of the issue date noted on the first page. Any product changes or new products introduced thereafter may result in changes to the information provided in this booklet.

For more nutritional information along with full allergen information please visit our web site at: www.aw.ca