

INFORMATIONS NUTRITIONNELLES - SEPT 2017

Les informations sur les valeurs nutritives sont basées sur des analyses en laboratoire, des renseignements obtenus des fournisseurs et des bases de données. Le pourcentage recommandé de la valeur quotidienne (% VQ) est basé sur les besoins moyens d'un adulte (2000 Kcal / jour). Les sections sont divisées par catégorie du menu.

g= gramme mg = milligramme



Portion (g)	Calories (Kcal)	Gras total (g)	Gras saturé (g)	Gras trans (g)	Cholestérol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fibre diététique (g)	Sucre (g)	Protéine (g)
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MENU DÉJEUNER

Wrap au tofu brouillé	1 portion	165.1	8.3	1.1	0.0	0.0	344.5	266.6	13.2	5.9	2.3	15.2
Bol de smoothie matcha lime	1 portion	321.1	17.4	6.2	0.0	0.0	113.2	333.6	41.8	7.8	24.3	4.4
Gaufre sans gluten	1 portion	167.7	1.3	0.2	0.0	0.0	5.0	138.1	39.5	1.1	33.7	1.1
Bol déjeuner au quinoa	1 portion	88.9	1.7	0.1	0.0	0.0	9.1	125.3	19.1	2.3	11.9	0.3
Bouchées de granola	28 g	120.0	5.0	0.5	0.0	0.0	6.0	105.0	16.0	2.0	7.0	3.0
Pain Avocat	1 portion	417.9	27.1	3.9	0.0	0.0	318.6	637.2	32.0	4.0	2.0	7.5

BURGERS & SANDWICHS

Burger Galaxie	1 portion	116.4	4.9	2.1	0.0	0.0	128.2	974.2	16.2	3.8	3.1	6.0
Burger aux haricots noirs	1 portion	475.1	35.3	2.0	0.0	0.0	512.3	69.6	26.8	8.7	2.0	10.3
Copper Burger	1 portion	224.5	12.1	1.5	0.0	0.0	496.2	87.8	19.7	4.5	3.0	9.5
Burger shiitaké	1 portion	212.3	13.5	0.0	0.0	0.0	117.0	0.0	10.5	16.5	0.7	11.3
Burrito Branchero	1 portion	314.5	21.9	2.7	0.0	0.0	159.2	353.2	19.0	3.3	0.0	12.6
Wrap Falafel Unité	1 portion	690.0	36.8	4.2	0.1	0.0	636.0	215.0	81.0	12.0	9.0	15.0
Sandwich au tofu fumé	1 portion	164.9	5.4	1.1	0.0	0.0	165.9	258.0	19.8	4.3	1.3	9.9
Sandwich shiitaké	1 portion	234.1	10.3	1.0	0.0	0.0	135.7	87.8	42.1	19.8	24.5	13.4
plus PAINS ou WRAPS												
Pain de kamut	1 piece	250.0	6.0	0.4	0.0	0.0	390.0	0.0	36.0	6.0	4.0	8.0
Ciabatta de kamut	1 piece	270.0	9.0	1.0	0.0	0.0	430.0	0.0	38.0	6.0	0.0	8.0
Pain sans gluten	1 piece	330.0	9.0	1.0	0.1	0.0	590.0	0.0	57.0	5.0	5.0	5.0
Wrap de chou collard	1 portion	43.8	3.7	0.0	0.0	4.1	346.2	0.0	4.2	1.5	0.0	1.3
Wrap d'épeautre biologique	1 portion	230.0	2.8	0.2	0.0	0.0	116.0	170.0	43.0	4.0	0.0	7.0

BOLS ÉNERGISANTS

Bol Général Copper (COMPLET)	1 portion	591.0	17.8	2.1	0.0	0.0	582.0	482.9	80.8	9.6	5.0	16.1
Salade César	1 portion	267.4	35.3	1.2	0.0	0.0	810.0	537.9	25.4	25.9	5.2	21.8

FORMAT RÉGULIER (sans base, protéine et vinaigrette)

Aztec Régulier	1 portion	184.6	1.9	0.2	0.4	0.0	223.9	0.0	45.7	9.8	10.1	7.2
Aristote Régulier	1 portion	176.6	3.4	0.5	0.4	0.0	230.3	0.0	31.8	6.4	8.3	6.1
Méditerranéo Régulier	1 portion	151.6	0.9	0.2	0.4	0.0	203.6	0.0	31.8	6.4	8.3	5.9
Fusion Asiatique Régulier	1 portion	204.5	18.7	2.3	0.4	0.0	243.6	76.1	37.3	8.6	8.8	9.1

BASES - RÉGULIER

Quinoa	155 g	156.8	2.6	0.0	0.0	0.0	0.9	0.0	28.3	2.7	2.7	5.5
Riz brun	150 g	166.5	1.4	0.3	0.0	0.0	7.5	64.5	34.4	2.7	0.0	3.9
Nouilles au tofu	125 g	15.0	0.5	0.0	0.0	0.0	15.0	35.0	3.0	2.0	0.0	1.0

Laitue	30 g	20.0	0.0	0.0	0.0	0.0	50.0	0.0	3.0	0.0	0.0	2.0
PROTÉINES - RÉGULIER												
Tofu fumé	40 g	65.9	3.8	0.7	0.0	0.0	112.9	0.0	0.9	0.5	0.0	6.6
Shiitaké teriyaki	55 g	141.5	18.0	0.0	0.0	0.0	156.0	0.0	14.0	22.0	1.0	15.0
Keftedes	2 pieces	200.0	12.0	2.0	0.0	0.0	380.0	0.0	20.0	4.0	4.0	4.0
Tofu Brouillé	90 g	80.0	7.0	1.0	0.0	0.0	330.0	0.0	5.0	1.0	2.0	8.0
Tempeh	91 g	179.3	10.4	3.1	0.0	0.0	12.7	364.9	8.5	0.0	0.0	16.6
VINAIGRETTE												
Huile d'olive basilic	2 oz	260.0	28.0	3.0	0.0	0.0	110.0	10.0	2.0	0.0	2.0	0.0
Balsamique	2 oz	300.0	30.0	2.0	0.2	0.0	140.0	20.0	6.0	0.0	6.0	0.0
Gingembre tamari	2 oz	300.0	32.0	2.0	0.2	0.0	170.0	10.0	2.0	0.0	0.0	0.0
FORMAT MINI (sans base, protéine et vinaigrette)												
Aztec MINI	1 portion	92.3	1.0	0.1	0.2	0.0	112.0	0.0	22.9	4.9	5.7	3.6
Aristote MINI	1 portion	88.3	1.7	0.3	0.2	0.0	112.0	0.0	15.9	3.2	4.2	3.1
Méditerranéo MINI	1 portion	75.8	0.5	0.1	0.2	0.0	112.0	0.0	15.9	3.2	4.2	3.0
Fusion Asiatique MINI	1 portion	102.3	9.4	1.2	0.2	0.0	121.8	38.1	18.7	4.3	4.4	4.6
BASES - MINI												
Quinoa	155 g	78.4	1.3	0.0	0.0	0.0	0.5	0.0	14.2	1.4	1.4	2.3
Riz brun	150 g	83.3	0.7	0.2	0.0	0.0	3.8	32.3	32.2	1.4	0.0	2.0
Nouilles au tofu	125 g	7.5	0.3	0.0	0.0	0.0	7.5	17.5	1.5	1.0	0.0	0.5
Laitue	15 g	10.0	0.0	0.0	0.0	0.0	25.0	0.0	1.5	0.0	0.0	1.0
PROTÉINES - MINI												
Tofu fumé	20 g	33.0	1.9	0.4	0.0	0.0	56.5	0.0	0.5	0.3	0.0	3.3
Shiitaké teriyaki	25.25 g	70.8	9.0	0.0	0.0	0.0	78.0	0.0	7.0	11.0	0.5	7.5
Keftedes	1 piece	100.0	6.0	1.0	0.0	0.0	190.0	0.0	10.0	2.0	2.0	2.0
Tofu Brouillé	45 g	40.0	3.5	0.5	0.0	0.0	165.0	0.0	2.5	0.5	1.0	4.0
Tempeh	45 g	89.7	5.2	1.6	0.0	0.0	6.4	182.5	4.3	0.0	0.0	8.3
VINAIGRETTE												
Huile d'olive basilic	1 oz	130.0	14.0	1.5	0.0	0.0	55.0	5.0	1.0	0.0	1.0	0.0
Balsamique	1 oz	150.0	15.0	1.0	0.1	0.0	70.0	10.0	3.0	0.0	3.0	0.0
Gingembre tamari	1 oz	150.0	15.0	1.0	0.1	0.0	85.0	5.0	1.0	0.0	0.0	0.0
LES À-COTÉS												
Salade chico	1 portion	89.5	0.2	0.0	0.0	0.0	128.4	197.4	19.0	3.1	9.9	4.1
Frites - Régulier	310 g	260.5	4.4	0.7	0.0	0.0	351.2	1262.0	48.8	7.4	3.5	5.3
Frites - Grand	620 g	520.9	8.7	1.4	0.0	0.0	702.4	2523.9	97.5	14.8	7.0	10.5
Poutine - Réguliere	455 g	410.5	13.4	3.1	0.0	0.0	1231.2	1300.0	63.8	10.4	6.5	8.3
Poutine - Grande	915 g	820.0	26.7	6.2	0.0	0.0	2462.4	2600.0	127.5	20.8	13.0	16.5
Keftedes aux carottes	4 pieces	400.0	24.0	4.0	0.0	0.0	760.0	0.0	40.0	8.0	8.0	8.0
Houmous aux épinards	100 g	230.0	16.0	1.5	0.3	0.0	220.0	0.0	17.0	3.0	3.0	6.0
Nachos	1 portion	796.5	66.3	6.0	0.0	0.0	1138.0	4.0	80.7	11.6	2.0	10.2
Ailes Buffalo épicés	per 3	327.0	11.2	0.1	0.0	0.0	256.0	0.0	98.1	33.0	20.0	
Salade de chou sriracha	1 portion	395.0	3.8	2.7	0.0	0.0	862.0	125.0	14.9	1.4	13.3	1.4

Soupe - Grande	500 g	500.0	15.0	9.0	0.0	0.0	990.0	0.0	69.0	12.0	7.0	24.0
Soupe - Réguliere	335 g	340.0	10.0	6.0	0.0	0.0	670.0	0.0	46.0	8.0	5.0	16.0
Chili - Grand	600 g	380.0	8.0	1.0	0.0	0.0	1620.0	0.0	65.0	12.0	11.0	17.0
Chili - Régulier	450 g	280.0	6.0	1.0	0.0	0.0	1210.0	0.0	49.0	9.0	8.0	12.0
REPAS ENFANT	1 portion	266.1	13.1	1.0	0.0	0.0	264.8	169.1	12.2	9.7	4.7	12.9
SMOOTHIES												
Révolution	16 oz.	220.9	7.5	1.0	0.0	0.0	93.8	636.6	30.8	6.0	15.9	9.9
Gandhi	16 oz.	257.0	1.4	0.3	0.0	0.0	43.9	1072.4	60.7	6.0	43.0	5.4
Einstien	16 oz.	222.0	3.3	0.7	0.0	0.0	79.6	522.5	42.8	10.9	26.3	7.0
Édison Électrique	16 oz.	110.9	1.4	0.2	0.0	0.0	2.6	334.7	25.4	4.3	14.3	1.8
Protéines en poudre VEGA	21 g	80.0	1.5	0.0	0.0	0.0	190.0	2.0	0.0	1.0	1.0	15.0
DESSERTS												
Brownie	110 g	360.0	19.0	8.0	0.1	0.0	0.0	230.0	51.0	6.0	32.0	4.0
Gâteau faux-mage	105 g	403.0	30.0	17.0	0.1	0.0	0.0	53.0	35.0	4.0	23.0	6.0
Pouding de chia framboise	12 oz.	184.9	8.2	2.2	0.0	0.0	12.6	216.7	20.4	13.4	5.8	7.2
Pouding de chia chocolat	12 oz.	491.2	21.1	10.8	0.0	0.0	62.9	724.2	65.6	21.3	24.3	14.3