

Menu Items	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergens
with Original Batter	299	460	18	3.5	0	130	270	62	5	11	16	10	120	15	30	*
with West Coast Buckwheat	309	490	29	5	0.5	130	390	49	6	13	13	10	120	25	20	*
with Spelt & Rolled Oats	293	300	15	2.5	0	5	570	35	6	12	9	4	120	15	15	*
Nutella Hazelnut Spread																
with Original Batter	239	740	35	20	0	130	300	90	5	38	19	10	0	20	45	*
with West Coast Buckwheat	249	780	46	22	0.5	130	420	77	6	39	16	10	0	25	35	*
with Spelt & Rolled Oats	233	590	33	20	0	5	590	63	6	39	11	4	2	20	30	*
The Yummy Gummy																
with Original Batter	262	690	23	6	0	130	480	107	4	38	18	10	0	15	30	*
with West Coast Buckwheat	272	720	34	7	0.5	130	600	94	5	40	15	10	0	25	25	*
with Spelt & Rolled Oats	256	530	20	5	0	5	780	80	5	39	11	4	2	15	15	*
The Michael Lyall																
with Original Batter	315	1010	54	22	0	210	1270	93	4	41	40	20	0	45	35	*
with West Coast Buckwheat	326	1040	65	24	0.5	210	1390	80	5	42	37	20	0	50	30	*
with Spelt & Rolled Oats	309	850	51	21	0	85	1570	66	4	42	33	15	2	45	20	*
Banana Chocolate Chip																
with Original Batter	295	760	31	12	0	135	310	105	5	48	19	10	10	20	30	*
with West Coast Buckwheat	305	790	42	13	0.5	135	430	92	6	49	16	10	10	25	25	*
with Spelt & Rolled Oats	289	600	28	11	0	15	610	78	5	49	11	4	10	20	15	*
Frozen Fruit Yogurt																
with Original Batter	279	550	21	6	0	140	330	75	2	25	18	15	2	25	30	*
with West Coast Buckwheat	289	580	32	7	0.5	140	460	62	3	27	15	15	2	30	20	*

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with Original Batter	462	1090	56	26	0	325	1970	78	3	22	71	40	6	90	40	*
with West Coast Buckwheat	473	1120	67	28	0.5	325	2090	65	4	24	68	45	6	90	30	*
with Spelt & Rolled Oats	456	930	53	25	0	205	2270	51	3	23	64	35	8	90	25	*
The Johnny Mac																
with Original Batter	322	810	47	19	0	225	1250	60	3	11	39	20	4	25	30	*
with West Coast Buckwheat	332	840	58	21	0.5	225	1370	47	4	12	36	25	4	35	25	*
with Spelt & Rolled Oats	316	660	45	18	0	105	1540	33	4	12	31	15	6	25	15	*
Real Fruit Waffle																
with West Coast Original Batter	179	420	17	3.5	0	130	270	53	2	5	15	10	0	15	25	*
with West Coast Buckwheat	189	450	28	5	0.5	130	390	40	3	7	12	10	0	20	20	*
with West Coast Spelt & Rolled Oats	173	260	15	2.5	0	5	570	26	3	6	8	4	2	15	10	*