



Popeyes® Canada Nutrition Guide

Menu Item	Portion Size	Calories	Total fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
SIGNATURE CHICKEN											
Breast - Classic	1 Pc	290	15	4.5	0.1	110	990	8	0	1	32
Breast - Spicy	1 Pc	290	15	4.5	0.1	110	780	8	0	1	32
Leg - Classic	1 Pc	150	8	2.5	0.1	90	420	3	0	1	17
Leg - Spicy	1 Pc	150	8	2.5	0.1	90	340	3	0	1	17
Thigh - Classic	1 Pc	330	21	6	0.2	130	900	9	0	1	27
Thigh - Spicy	1 Pc	330	21	6	0.2	130	770	9	0	1	27
Wing - Classic	1 Pc	150	10	3	0.1	50	450	5	0	0	10
Wing - Spicy	1 Pc	150	10	3	0.1	50	320	5	0	0	10
WINGS											
Ghost Pepper Wings	6 Pc	450	30	9	0.2	125	880	17	1	2	28
Signature Hot Wings	6 Pc	460	30	9	0.2	125	3410	19	2	2	28
Honey BBQ Wings	6 Pc	560	30	9	0.2	125	1600	43	1	25	28
Roasted Garlic Parmesan Wings	6 Pc	800	64	15	1	130	1760	25	1	4	29
Honey Garlic Wings	6 Pc	560	30	9	0.2	125	1040	44	1	26	28
TENDERS & NUGGETS											
Tenders - Classic	3 Pc	350	15	4.5	0.1	90	1780	22	0	2	31
Tenders - Spicy	3 Pc	350	15	5	0.1	90	1690	22	0	2	31
Nuggets	8 Pc	520	35	11	0.2	90	1340	22	1	3	29
SEAFOOD											
Popcorn Shrimp	1/4 lb	450	28	8	0.2	95	1520	38	2	0	14
Butterfly Shrimp	8 Pc	300	17	5	0.1	65	1220	26	2	1	12
Cajun Fish Fillet	3 Pc	400	22	6	0.1	50	1810	30	2	0	21
SANDWICHES											
Chicken Sandwich - Classic	Each	730	42	8	0.3	85	1700	53	2	9	34
Chicken Sandwich - Spicy	Each	730	42	8	0.3	85	1980	54	2	9	34
Deluxe Chicken Sandwich - Classic	Each	740	42	8	0.3	85	1700	55	2	10	34
Deluxe Chicken Sandwich - Spicy	Each	740	42	8	0.3	85	1980	55	2	10	34
Blackened Chicken Sandwich - Classic	Each	530	30	4	0.3	80	1640	38	3	9	29
Blackened Chicken Sandwich - Spicy	Each	530	30	4	0.3	80	1920	38	3	9	29
SIGNATURE SIDES											
Biscuit	Each	220	11	6	0.1	0	450	29	1	3	3
Cajun Fries	Reg	270	14	4	0.1	5	580	34	3	1	3
Cajun Fries	Lg	1350	72	21	0.5	10	2920	169	16	3	15
Onion Rings	Reg	360	23	7	0.2	0	440	34	2	3	4
Onion Rings	Lg	1080	70	21	0.5	10	1310	100	6	8	13
Coleslaw	Reg	190	15	1	0.2	10	220	13	1	10	1
Coleslaw	Lg	740	58	4.5	1	45	860	53	5	41	3
Mac & Cheese	Reg	150	3	2	0.1	5	310	25	1	2	5
Mac & Cheese	Lg	470	11	7	0.2	10	1020	80	3	8	15
Red Beans & Rice	Reg	180	6	2	0.1	0	590	28	7	1	7

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Red Beans & Rice	Lg	570	19	5	0.2	5	1900	89	22	4	21
Mashed Potatoes with Cajun Gravy	Reg	110	4	1	0.1	5	540	15	1	2	4
Mashed Potatoes with Cajun Gravy	Lg	310	12	3	0.2	10	1620	45	4	5	11
Cajun Gravy	Reg	150	10	2	0.1	10	1010	11	1	1	11
Cajun Gravy	Lg	350	24	4	0.3	25	2350	25	2	2	25
Cajun Poutine	Reg	720	50	18	1	70	1930	60	5	2	25
SIGNATURE DIPPING SAUCES											
Buttermilk Ranch	Each	150	15	1	0.2	10	230	2	0	2	0.3
BoldBQ™	Each	60	0	0	0	0	410	14	0	12	0.4
Blackened Ranch	Each	120	12	1	0.2	10	290	2	0	1	1
Bayou Buffalo™	Each	60	6	0	1	0	450	2	0	0	0.1
Sweet Heat®	Each	70	0	0	0	0	270	18	0	17	0.1
Wild Honey Mustard	Each	120	11	2	0.1	10	150	4	0	4	0
Tartar	Each	100	9	1	0.1	10	230	6	0	4	0
Cajun Cocktail	Each	30	0.1	0	0	0	330	6	1	5	0.5
DESSERTS											
Strawberry Cream Cheese Pie	Each	340	22	9	0.1	10	240	31	1	7	4
Cinnamon Apple Pie	Each	250	12	5	0.1	0	260	33	1	11	3
FOUNTAIN DRINKS											
Coca-Cola	Medium	240	0	0	0	0	60	66	0	66	0
Diet Coke	Medium	0	0	0	0	0	65	0	0	0	0
Coke Zero	Medium	0	0	0	0	0	65	0	0	0	0
Sprite	Medium	230	0	0	0	0	65	62	0	62	0
Dr. Pepper	Medium	240	0	0	0	0	65	65	0	65	0
Barq's Root Beer	Medium	260	0	0	0	0	60	72	0	72	0
Canada Dry	Medium	230	0	0	0	0	85	60	0	59	0
Orange Fanta	Medium	260	0	0	0	0	60	70	0	70	0
Fruitopia	Medium	310	0	0	0	0	85	75	0	74	0
Lemonade	Medium	260	0	0	0	0	60	67	0	67	0

▲ Please note:

The nutritional information provided in the "Nutrition Guide" and otherwise on the Popeyes website or in its restaurants is comprised from data provided by an independent testing company commissioned by Popeyes and our suppliers and is current as of December 2023. The data is based on standard product formulations and portion sizes, which can vary due to sampling differences, seasonal differences, ingredient substitutions, supplier variations, slight differences in product assembly on a restaurant-by-restaurant basis and other factors. All standard domestic Popeyes menu items are listed in the "Nutrition Guide." Some products may not be available at all restaurants. Products currently being tested and other limited-time offerings and other regional menu alternatives may not be listed. Serving sizes may also vary slightly. We encourage anyone with food sensitivities, allergies or other special dietary needs or concerns to consult with your local physician or dietitian prior to eating at any Popeyes restaurant. Please periodically review the Nutrition Guide available at popeyeschicken.ca as information may be updated periodically.