



Counting carbohydrates at restaurants

Many restaurants have nutrition information on their websites. Below are some examples.

Restaurant	Website	Telephone Number
Arbys	www.arbys.com	905-672-2729
Boston Pizza	www.bostonpizza.com	604-270-1108
Burger King	www.burgerking.com	1-877-271-0493
Country Style	www.countrystyle.com	1-800-563-6688
Dairy Queen	www.dairyqueen.com	905-639-1492
Dennys	www.dennys.ca	905-791-8168
Dominos	www.dominos.ca	1-866-703-1151
East Side Marios	www.eastsidemarios.com	1-800-361-3111, ext. 268
Edo Japan	www.edojapan.com	1-888-336-9888
Harveys	www.harveys.ca	1-877-439-1122
KFC	www.kfc.com	1-866-664-5696
Kelseys	www.kelseys.ca	1-877-439-1133
Licks	www.lickshomeburgers.com	416-362-5425
McDonalds	www.mcdonalds.ca	1-800-244-6227
Mr. Greek	www.mrgreek.com	416-444-3266

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Restaurant	Website	Telephone Number
Mr. Sub	www.mrsub.ca	1-800-688-7827
Pizza Delight	www.pizzadelight.ca	1-877-853-0990
Pizza Hut	www.pizzahut.ca	1-866-664-5696
Pizza Pizza	www.pizzapizza.ca	416-967-1010
Quiznos	www.quiznos.ca	1-877-481-7827
Second Cup	www.secondcup.com	1-877-212-1818
Starbucks	www.starbucks.com	1-800-782-7282
Subway	www.subway.ca	1-800-888-4848
Swiss Chalet	www.swisschalet.ca	1-866-450-2903
Taco Bell	www.tacobell.ca	1-800-822-6235
Teriaki Experience	www.teriakiexperience.com	1-800-555-5726
Tim Hortons	www.timhortons.com	1-888-601-1616
The Keg	www.kegsteakhouse.com	416-695-2400
Wendys	www.wendys.com	905-849-7685
Williams Fresh Café	www.williamsfreshcafe.com	519-752-4850

At the date of printing, these restaurants' websites **did not have nutrition information**. Check to see if they have added this information. If not, go to their "Contact Us" section on their website or phone them and ask whether they can send you the information.

Restaurant	Website	Telephone Number
Golden Griddle	www.goldengriddlecorp.com	416-609-2200
Mandarin	www.mandarinbuffet.com	905-451-4100