










Nutrition information is based on standard serving sizes and sourced from Costco Canada.

FEATURED FOOD COURT ITEMS

ITEM	SERVING SIZE	CALORIES	TOTAL FAT (g)	SAT FAT (g)	SODIUM (mg)	CARBS (g)	PROTEIN (g)
 HOT DOG COMBO (1/4 lb All Beef Hot Dog + 20 oz Drink)	1 combo	580	31	11	1,520	52	23
 CHEESE PIZZA SLICE	1 slice	710	35	18	1,470	78	41
 PEPPERONI PIZZA SLICE	1 slice	710	37	18	1,760	77	33
 CHICKEN BAKE	1 bake	840	45	18	1,620	69	52
 CAESAR SALAD	1 bowl	710	47	10	1,650	47	57
 FRUIT SMOOTHIE (20 oz)	1 cup	230	1	0	50	53	2
 BERRY SUNDAE	1 sundae	650	22	13	180	99	10

QUICK FACTS



LOWEST CALORIE OPTION
Fruit Smoothie – 230 Calories



HIGHEST CALORIE OPTION
Chicken Bake – 840 Calories



FAMOUS VALUE
Hot Dog Combo – Only \$1.50



THINGS TO KNOW
Large portions with high sodium levels



PLEASE NOTE
Nutrition values may vary by location and by season.

DAILY VALUE REFERENCE*

NUTRIENT	DAILY VALUE (2,000 CALORIES)
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Protein	50g



BALANCE YOUR MEAL

Pair with water, eat mindfully, and enjoy in moderation.



SOURCES

Costco Canada Food Court Nutrition Guide 2026
Information subject to change.

This information is for general guidance only and is not intended as medical or dietary advice.



Nutrition Facts

Serving Size 1 Shake (11 fl oz)

Servings Per Container 10

Amount Per Serving

Calories 150

Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 250mg **10%**

Potassium 250mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 25g **50%**

Vitamin A 0% • Vitamin C 0%

Calcium 50% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, ORGANIC PROTEIN BLEND (ORGANIC MILK PROTEIN CONCENTRATE, ORGANIC WHEY PROTEIN CONCENTRATE), ORGANIC TAPIOCA SYRUP, ORGANIC COCOA (PROCESSED WITH ALKALI), ORGANIC AGAVE INULIN POWDER, ORGANIC SUNFLOWER OIL, SODIUM CITRATE, SUNFLOWER LECITHIN POWDER (AN EMULSIFIER), ORGANIC COCOA, NATURAL FLAVORS, SEA SALT, GELLAN GUM, ORGANIC REBAUDIOSIDE A (STEVIA LEAF EXTRACT), DISODIUM PHOSPHATE, CARRAGEENAN, TRISODIUM PHOSPHATE, NATURAL VANILLIN, ORGANIC VANILLA CONCENTRATE.

CONTAINS MILK.