Full 'er Up

“Addictive. Euphoric. Irresistible. We should also mention it’s completely legal,” quips the Web site for Earls, a West Coast chain that’s expanding into Ontario. “A place for great food and great times with great people.”

Great big portions of food for great big people, that is. Take Earls Full Order BBQ Back Ribs and Cajun Chicken Combo. Unlike other chains, where a half rack of ribs and a quarter of a chicken suffice, Earls offers either a half or a full rack of ribs. And in case the full rack doesn’t take the edge off your hunger, Earls pairs it with around 200 grams of boneless chicken breast. (That’s double Health Canada’s recommended serving size for chicken.)

The ribs plus chicken supply 1,700 calories and 45 grams of saturated fat seasoned with 3,990 milligrams of sodium. That’s some entree.

And to round out the meal (and the diners), Earls adds mayo-laden Coleslaw and Warm Potato Salad. With the sides, you’re up to 2,440 calories (more than a day’s supply), 56 grams of saturated fat (almost three days’ worth), and 5,060 milligrams of sodium (more than your quota for today, tomorrow, and the next day). Talk about irresistible!

Think of it as eating two Earls 9 oz. Certified Angus Beef Top Sirloin dinners (each with Mashed Potatoes and Vegetables) topped off with a third Top Sirloin.

Still feeling full of euphoria? Or just plain full?

Mucho Youcho

“A towering heap of crispy nachos, piled high with spiced beef, melted cheese, jalapeños, and a wackload of diced tomatoes and green onions. Served with sour cream and salsa.” Montana’s Mucho Nachos appetizer is “Perfect for sharing or having them all to yourself.”

What? Why would you want to share 2,530 calories’ worth of fried chips, meat, and melted cheese? After all, if you divvied up the dish with a friend you’d be down to just 1,260 calories, or, heaven forbid, a puny 630 calories if you passed it around your table of four. That’d never be enough to tide you over until your main course arrives.

And it’s not just calories. The entire towering heap delivers 48 grams of saturated fat and 4,050 milligrams of sodium. That’s a 2½-day supply of each. You might as well order five McDonald’s Big Macs as an appetizer.

But why stop there? Surely Montana’s can think of something else to pile on. Sausage or bacon, say? French fries or onion rings? What about chocolate and marshmallows?

“Never leave the Cookhouse hungry,” says Montana’s Web site. Not even if they have to wheel you out to the parking lot.
**Tortelli-No**

“Cheese tortellini tossed with onions, white wine, fresh broccoli, roma tomatoes, double-smoked bacon, a blend of cheddar, smoked cheddar and pizza mozzarella cheeses in a chipotle alfredo sauce. Topped with parmesan cheese and fresh basil.” That’s *Kelsey’s* description of its **Almost Famous 4-Cheese Tortellini**.

Four cheeses, bacon, and Alfredo sauce doesn’t exactly sound healthy. But who would guess that the innocent-looking pasta delivers 1,390 calories? That’s more than any other entree or any burger or sandwich on Kelsey’s regular menu, including the Cheddar Bacon Sirloin Burger or the Philly Cheese Steak Sandwich.

Then there are the sides. Eat the two pieces of Garlic Bread (95 calories each) and the Broccoli Cheddar Soup (200 calories) or Caesar Salad (230 calories) and you walk out with some 1,800 calories (a day’s worth) to stash away for a not-so-active rainy day. If you get the soup, your tab hits two days’ worth of saturated fat (42 grams) and a 2½-day ration of sodium (3,950 milligrams).

The entire dinner is like eating two orders of 16 Layer Lasagna plus a slice of Black & White Mousse Cake at East Side Mario’s. Think of it as a Trojan Tortellini.

**Smoky Mountain Low**

“A mountainous serving of spaghetti smothered in Bolognese meat sauce, with hearty homestyle meatballs and cheddar.” Okay, *Boston Pizza*’s description of its **Smoky Mountain Spaghetti and Meatballs** doesn’t make the dish sound like a diet plate. (The word “mountainous” is a pretty good tipoff.)

“Can you tell that we spend a lot of time thinking up perfect pasta combinations?” asks Boston’s online menu. Um, no. What’s the audience for a dish with 1,730 calories and 29 grams of saturated fat spiked with 2,750 milligrams of sodium? The Maple Leafs? The Canucks?

And that’s just the pasta and meatballs. With the Garlic Toast, the plate hits 1,910 calories (done for the day!), 32 grams of sat fat (enough for today and half of tomorrow), and 3,080 mg of sodium (two days’ quota). You can thank the cheese, the “hearty” meatballs, and the sheer quantity (two pounds) of pasta for those plus-size numbers.

In any case, you’re going to need extra fat-storage bins before you reach the bottom of this mountain, which has the calories of two orders of Spaghettini and Meatballs from East Side Mario’s.

“We’ll see your low-carb diet, and raise you one big, hot, delicious bowl of pasta,” says Boston’s Web site. Clearly, BP doesn’t know when to fold ‘em.

**Five Fleshy Guys**

Five Guys Burgers and Fries arrived in Canada in 2010. The trendy U.S. chain now has more than 40 locations in six provinces, and it’s growing...as, no doubt, are many of its patrons.

Five Guys sells just a handful of items: burgers, fries, hot dogs, Coke (with free refills!), bottled water, and a veggie or grilled cheese sandwich for the non-meat eater who unwittingly wanders in.

It’s a meat-and-potatoes place...the kind of retro joint where you can quickly pack in a pile of calories from meat, cheese, white flour, white potatoes, oil, and sugar.

Take the Five Guys Hamburger. Its 700 calories (without toppings) makes a Quarter Pounder without cheese (430 calories) look like kids’ food. And the McDonald’s number includes the burger’s fixin’s. A Five Guys **Bacon Cheeseburger sans toppings** has 920 calories and 30 grams (1½ days’ worth) of saturated fat. It’s roughly equal to two Quarter Pounders with cheese.

And how many Five Guys patrons order a burger without fries or a drink? Add 620 calories for the regular fries or 1,470 calories for a large (which is about equal to three large orders of fries at McDonald’s).

That puts your plain Bacon Cheeseburger with large fries at 2,390 calories (over a day’s worth). Add 100 calories per plop of mayo or two slices of extra cheese, another 300 if you get a large (32 oz.) Coke, and 300 more for every free refill. Nice lunch!

Five Guys may be a hip place to go. But it’s no friend to your hips.
S’more of You

“Chocolate hazelnut spread, mini marshmallows, Hershey’s smooth and creamy milk chocolate and crumbled graham crackers baked on BP’s original crust and drizzled with caramel and chocolate sauces. Served with a scoop of vanilla bean ice cream.” That’s Boston Pizza describing its new S’mores Pizza.

With nearly two out of three Canadians overweight or obese, Boston adds a dessert with more calories than any of its other desserts...or its individual pizzas? What timing! The S’mores Pizza has 1,250 calories (more than half a day’s worth), 22 grams of saturated fat (a day’s limit), and an estimated 26 teaspoons of added sugar (a four-day supply).

It’s like eating a Boston Pizza individual Pepperoni Pizza topped with four half-cup scoops of Nestlé Parlour Chocolate Ice Cream...after dinner. And for an extra $1.50 (and an extra 310 calories and 10 teaspoons of added sugar), you can dunk your S’mores Pizza into Caramel Dip.

That B(ur)P. Always thinking of its customers.

No Holes Barred

What better way to top off your dinner at Casey’s than with an order of Cinnamon Sugar Doughnut Holes served with caramel and fudge sauce? Honestly, it’s hard to imagine a more elegant ending to your meal than a bucket of deep-fried and sugar-coated white-flour dough.

The dessert supplies 1,740 calories (almost a day’s worth). That’s more than a 20-pack of Tim Hortons Old Fashion Cinnamon Timbits. Too bad your body doesn’t burn many calories when it’s building the new fat cells you’ll need for long-term storage.

Bonus: the week’s worth of added sugar (46 teaspoons) comes with 32 grams of saturated fat (1½ days’ worth) and 1,570 mg of sodium (a day’s supply). Not bad for dessert.

Say (Pork and) “Cheese”

“Pulled pork with balsamic caramelized onions, cheddar and Swiss cheeses layered on multigrain bread.”

Who would guess that Casey’s Pulled Pork Grilled Cheese sandwich on (mostly white flour) multigrain bread had more calories (1,130) than any other sandwich—and all but two of the burgers—on Casey’s menu? It’s got more than The Club, the Bacon Cheese Burger, and The Butcher Block Burger.

And don’t forget the de rigueur fries. Order them and the total damage comes to almost an entire day’s calories (1,810), a 1½-day supply of saturated fat (33 grams), and a day’s worth of sodium (1,670 milligrams). You’d be no worse off downing four Tim Hortons Grilled Cheese Paninis for lunch.

“You can always expect the freshest ingredients, the best recipes and the finest meals when you come in,” says Casey’s menu. “Hope you’re hungry.”

And skinny.

A Bigga Pizza

Earls pizza crusts are “hand stretched in house.” Unfortunately, it’s not just the crusts that get stretched.

Take The Italia Pizza, which features “spicy capicolla, salami and chorizo, provolone cheese, parmesan, fresh basil and San Marzano tomato sauce.” Three meats and two cheeses—not to mention the pizza’s 12-inch diameter—explains why it’s such a standout.

Expect 1,510 calories (three-quarters of a day’s worth), 43 grams of saturated fat (enough for today and tomorrow), and 3,580 milligrams of sodium (ditto). The Italia is worse for your waist than any of Boston Pizza’s (8-inch) individual pizzas, which have a mere 550 to 900 calories.

You can think of the Italia as equal to two individual Boston Pizza Bacon Double Cheeseburger Pizzas or two Pizza Hut Meat Lover’s Personal Pan Pizzas—except the Meat Lover’s has just half the sat fat and sodium.