

TURTLE JACK'S NUTRITIONAL INFORMATION GUIDE

February 2017



Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A, RAE (µg)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Folate (µg)
Appetizers																
Guacamole & Chips	535	30.38	4.214	0.012	*	955	65.80	19.9	7.20	10.30	111	59.0	132	2.79	2.56	170
Fried Calamari	1092	63.58	9.501	0.162	490	2064	85.82	6.4	12.29	44.67	187	22.7	179	6.79	4.13	164
3 Cheese Dip	1065	61.54	30.747	0.592	78	2137	100.83	7.9	11.50	28.95	270	5.6	486	4.33	1.86	41
Fried Pickles	616	41.83	5.307	0.383	16	2437	51.34	4.6	9.65	7.49	130	5.1	70	1.52	0.14	11
Roasted Garlic Chicken Rolls	1611	99.40	21.164	0.882	152	2386	127.24	5.7	43.11	52.01	222	10.5	414	5.03	1.77	127
Nachos	1070	62.24	31.790	1.023	166	2436	80.56	13.2	11.26	51.58	463	30.3	1432	2.63	7.57	66
w/ beef	1586	95.58	44.884	1.082	295	4456	80.60	14.5	12.31	89.65	470	30.3	1454	5.91	7.57	66
w/ chicken	1396	78.17	34.251	1.324	317	3577	80.87	13.6	11.55	94.31	477	30.3	1443	3.34	8.79	67
Chicken Quesadilla	1070	65.33	34.487	1.247	185	2841	77.63	8.4	13.12	47.31	570	23.7	940	5.60	3.31	183
Turtle Wings	1975	143.80	42.182	1.726	3603	35082	97.75	19.5	10.19	100.61	883	22.7	128	8.79	0.91	166
Big Bang Shrimp	905	43.47	5.588	0.124	276	1126	83.25	4.6	14.61	45.38	39	2.8	213	4.57	3.41	126
Bruschetta	675	30.82	7.175	0.025	25	1957	81.08	4.4	7.63	15.92	95	34.2	400	1.16	1.11	36
Avocado Chicken Tacos	894	46.72	7.275	0.394	92	3236	85.54	13.3	11.79	38.04	222	44.5	113	6.39	2.26	207
additional Avocado Chicken Taco	447	23.36	3.638	0.197	46	1618	42.78	6.6	5.89	19.02	111	22.3	57	3.20	1.13	104
Basa Fish Tacos	871	48.93	7.831	0.364	54	2176	86.29	13.1	24.05	29.51	198	65.4	250	6.00	1.73	237
additional Basa Fish Taco	437	24.47	3.916	0.182	27	1088	43.59	6.7	12.10	14.78	99	33.9	126	3.03	0.87	119

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Soups & Salads																
Roasted Tomato Soup	220	13.96	4.359	0.030	13	2304	15.95	2.5	8.47	8.25	217	52.9	221	1.13	0.54	24
Beef Barley Soup	279	8.47	2.060	0.086	33	961	28.69	3.4	3.18	15.52	158	8.2	46	2.97	2.67	50
Baked Onion Soup	272	15.21	8.799	*	47	2130	16.64	2.3	13.28	17.24	115	5.2	480	0.74	1.68	6
Soup & Salad	321	30.45	5.699	*	29	766	6.46	3.0	2.83	6.12	570	5.3	91	1.88	0.63	178
upgrade to Baked Onion Soup	272	15.21	8.799	*	47	2130	16.64	2.3	13.28	17.24	115	5.2	480	0.74	1.68	6
Greek Salad (full)	533	47.00	13.466	*	50	1308	19.50	7.0	9.06	12.28	882	26.2	413	4.40	2.48	277
Greek Salad w/ chicken (full)	743	51.81	15.091	0.021	201	1614	19.50	7.0	9.06	54.17	896	26.2	422	5.01	3.65	277
Greek Salad (half)	267	23.50	6.733	*	25	654	9.75	3.5	4.53	6.14	441	13.1	207	2.20	1.24	138
Greek Salad w/ chicken (half)	477	28.31	8.358	0.021	176	959	9.75	3.5	4.53	48.03	455	13.1	215	2.81	2.41	138
Garlic Caesar Salad (half)	321	30.45	5.699	*	29	766	6.46	3.0	2.83	6.12	570	5.3	91	1.88	0.63	178
Garlic Caesar Salad w/ chicken (half)	532	35.26	7.324	0.021	179	1072	6.46	3.0	2.83	48.01	584	5.3	100	2.49	1.79	178
Fresh Greens Salad (full)	332	27.07	3.994	0.141	12	620	20.30	4.7	10.69	4.18	584	21.6	89	2.01	0.66	167
Fresh Greens Salad w/ chicken (full)	549	33.77	5.758	0.162	162	1278	17.66	4.7	11.11	46.62	513	19.6	86	2.65	2.16	165
Fresh Greens Salad (half)	166	14.12	2.030	0.070	6	444	8.72	2.3	5.54	2.23	249	9.8	38	0.99	0.46	81
Fresh Greens Salad w/ chicken (half)	376	18.94	3.654	0.092	156	749	8.72	2.3	5.54	44.12	264	9.8	47	1.61	1.62	81
w/ feta	75	6.03	4.237	*	25	260	1.16	*	1.16	4.03	35	*	140	0.18	0.82	9
w/ goat cheese	75	5.98	4.132	*	13	130	*	*	*	5.25	82	*	40	0.54	0.26	3
w/ grilled chicken	210	4.81	1.625	0.021	151	395	*	*	*	41.89	14	*	9	0.61	1.16	*
w/ grilled steak	787	48.2	18.981	*	294	378	0.11	0	0	82.03	0	*	56	5.56	14.72	25
w/ grilled salmon	280	18.04	4.101	*	74	164	0.05	0	0	27.45	0	5.2	12	0.46	0.49	35

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Entrée Salads																
Thai	797	23.63	6.163	0.025	151	750	102.35	16.2	72.56	56.06	645	230.3	354	3.56	2.49	201
Southwest	1061	41.37	7.493	0.306	160	1666	80.19	19.0	22.43	58.78	1055	44.8	176	5.82	3.71	439
Blackened Chicken & Goat Cheese	834	59.70	15.106	0.513	189	2307	21.00	6.1	11.45	57.78	736	20.2	183	4.63	2.86	175
Quinoa & Arugula Salad	292	13.93	5.403	0.003	25	651	33.20	6.1	15.33	11.81	89	15.3	240	2.79	2.13	187
w/ grilled chicken	210	4.81	1.625	0.021	151	395	*	*	*	41.89	14	*	9	0.61	1.16	*
w/ grilled salmon	280	18.04	4.101	*	74	164	0.05	0	0	27.45	0	5.2	12	0.46	0.49	35
Tacos																
Big Bang	1583	81.99	16.651	0.398	243	3132	160.41	15.5	26.25	52.26	274	78.3	493	9.31	5	324
Basa Fish	1265	73.80	14.160	0.594	83	3218	123.68	16.9	31.70	37.29	388	91.6	378	7.71	2.56	305
Avocado Chicken	1288	71.59	13.605	0.623	121	4278	122.93	17.1	19.43	45.82	412	70.7	241	8.10	3.09	275
Artisan Sandwiches																
Blackened Chicken on Naan	1380	80.58	15.149	0.650	200	3222	104.75	8.3	14.07	61.52	306	36.6	266	6.56	2.38	94
Turkey & Goat Cheese on Naan	1196	66.55	16.582	0.300	126	2446	101.79	7.1	14.50	48.88	353	80.5	301	6.07	2.67	100
Big Wing Sandwich	1158	45.95	9.172	0.406	318	5446	123.47	8.1	20.20	66.38	178	8.5	243	6.90	2.65	182
Fresh Muskoka Grill House Burgers																
The Classic	1214	67.12	23.060	1.680	225	3548	83.95	8.4	15.32	68.85	286	34.3	380	8.49	13.72	113
w/ aged cheddar	230	19.18	10.981	0.668	58	365	0.75	*	0.16	13.63	149	*	383	0.09	1.94	15
substitute veggie burger	977	51.30	11.970	0.536	49	3875	95.95	17.4	16.32	41.99	280	34.3	509	4.69	1.10	95
Bacon & Cheddar Burger	1573	87.29	31.386	2.024	273	4280	11.42	10.4	18.55	85.38	373	38.6	609	10.27	15.60	180
substitute veggie burger	1320	77.82	26.043	1.708	251	4032	76.78	10.2	15.98	78.64	299	34.3	653	229.84	15.23	120
Hell-of-a-Burger	1498	93.13	36.864	2.464	298	2319	83.26	7.2	15.32	82.00	378	40.4	459	8.33	14.13	105
Veggie Burger	889	42.40	7.664	0.229	29	3851	93.18	17.2	13.90	41.18	216	34.3	385	5.86	1.09	95

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Award Winning Baby Back Ribs																
Half Rack	1883	117.32	36.381	1.064	377	3165	104.28	8.9	40.46	108.24	488	54.3	463	7.60	14.15	143
Full Rack	2190	135.16	47.443	1.210	638	2161	59.01	2.6	50.34	185.33	215	3.7	413	8.38	24.96	15
Rib & Wing	3180	206.10	63.723	1.375	1350	4080	68.60	3.9	30.82	259.37	258	3.2	330	10.67	24.01	148
Famous Chicken																
Chicken Fingers	1592	90.29	16.056	0.428	88	2876	162.35	10.4	48.42	36.02	301	50.0	337	7.38	2.71	278
Chicken Fajitas	2129	101.63	30.438	1.898	404	12588	178.66	16.4	39.22	127.47	455	146.7	872	10.79	6.85	384
Vegetarian Fajitas	1500	79.22	26.017	1.279	102	6914	165.91	17.5	37.88	38.44	677	159.5	871	9.60	4.31	406
Roaster Wings - 5 pcs.	1824	118.79	30.160	1.324	621	5300	84.66	6.7	15.19	104.21	419	4.7	143	6.99	7.37	204
Roaster Wings - 10 pcs.	3625	236.97	57.933	1.990	1224	10240	166.65	13.1	28.43	207.65	830	9.0	265	13.93	14.62	405
Fryer Wings - 10 pcs.	1818	121.53	29.020	0.952	3556	5185	84.66	6.7	15.19	94.24	553	23.8	134	8.99	0.95	167
Fryer Wings - 20 pcs.	3364	214.44	53.405	1.154	7095	10011	166.65	13.1	28.43	187.70	1097	47.1	248	17.94	1.78	331
Big Wing Dinner - Fryer Wings	1818	121.53	29.020	0.952	3556	5185	84.66	6.7	15.19	94.24	553	23.8	134	8.99	0.95	167
Mains																
8 oz. Top Sirloin	1687	96.86	30.347	0.468	341	2875	101.87	9.7	18.44	102.03	391	56.8	356	10.24	16.94	220
w/ shrimp & scallop	1983	125.68	42.845	3.687	521	3452	87.24	8.9	19.75	124.67	519	106.7	380	9.77	18.31	172
Cajun Chicken	1102	68.34	13.625	1.053	321	3099	38.79	11.1	6.01	90.71	590	48.6	128	5.89	3.79	153
Chicken Parmesan	1248	64.01	17.559	1.639	260	4954	87.46	3.0	7.90	81.19	146	3.5	713	6.20	4.73	156
Bison Meatloaf	1101	53.21	23.866	0.627	196	4140	108.58	11.4	17.27	50.55	605	66.9	228	8.30	5.25	170
4 Cheese Chicken Penne	1535	116.40	41.320	8.711	317	4913	54.71	5.3	11.69	70.43	553	101.9	480	4.29	3.65	143
Pineapple Mango Salmon	836	51.29	13.703	0.485	168	1284	32.96	5.0	10.53	59.39	440	83.2	85	3.13	1.65	179
Blackened Cajun Pineapple Mango Salmon	1046	72.42	15.356	1.011	168	1969	39.17	7.6	11.21	60.65	558	84.4	118	4.82	2.01	185
Fish and Chips 1 pc.	1428	105.39	17.214	0.441	164	2008	77.67	6.5	18.46	45.06	279	56.9	198	3.31	18.4	140
Fish and Chips 2 pc	2793	230.88	27.456	0.851	269	2426	103.74	7.1	18.48	80.48	312	56.9	222	3.97	2.54	176
Shanghai Stir Fry (chicken)	961	56.08	8.830	0.085	65	3826	87.67	12	22.87	30.92	653	172.1	133	4.95	2.84	235
Shanghai Stir Fry (vegetarian)	951	58.98	8.850	0.039	35	3395	82.62	13.3	24.32	30.82	647	171.7	364	7.70	3.74	230
Shanghai Stir Fry (shrimp)	857	44.95	6.838	0.041	221	3493	75.39	10.5	22.39	42.30	647	171.7	170	4.75	3.95	211

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Gourmet Sides																
Sweet Potato Fries	965	70.03	8.761	0.393	15	1979	87.44	10.8	22.87	4.07	2343	18	133	1.97	0.20	3
Lobster Mashed Potatoes	401	22.27	12.218	0.426	56	1050	40.06	3.5	4.25	9.96	160	14.3	141	0.80	1.28	23
Beer Battered Onion Rings	1558	118.65	12.888	0.414	*	1259	114.95	7.5	17.35	14.08	*	5.4	105	4.25	1.43	112
Loaded Baked Potato	616	31.31	14.106	0.264	62	1578	72.78	5.2	3.44	14.25	171	23	141	3.61	1.81	60
Loaded Fries	1301	101.35	14.845	0.323	31	2331	88.86	6.9	2.26	15.10	74	29.9	127	2.15	1.86	83

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Gluten-Free Menu																
SALADS																
Fresh Greens (full) (gluten-free)	339	28.96	4.133	0.141	12	973	17.66	4.7	11.11	4.73	499	19.6	77	2.04	0.99	165
Fresh Greens (half) (gluten-free)	166	14.12	2.030	0.070	6	444	8.72	2.3	5.53	2.23	249	9.8	38	0.99	0.46	81
Greek Salad (full) (gluten-free)	533	47.00	13.466	*	50	1308	19.50	7.0	9.06	12.28	882	26.2	413	4.40	2.48	277
Greek Salad (half) (gluten-free)	267	23.50	6.733	*	25	654	9.75	3.5	4.53	6.14	441	13.1	207	2.20	1.24	138
Greek Salad (half) w/ chicken (gluten-free)	477	28.31	8.358	0.021	176	959	9.75	3.5	4.53	48.03	455	13.1	215	2.81	2.41	138
Blackened Chicken & Goat Cheese Salad	752	58.45	14.118	0.202	114	2205	21.00	6.1	11.45	39.87	734	20.2	180	4.42	2.44	184
SANDWICHES & BURGERS																
Blackened Chicken (gluten-free)	1048	67.56	11.198	0.635	115	2566	76.99	10.4	15.57	38.61	293	34.8	374	225.37	1.95	101
Turkey & Goat Cheese (gluten-free)	1006	61.55	14.582	0.300	116	1946	73.79	9.1	15.50	43.88	353	80.5	417	225.27	2.67	100
The Classic (gluten-free)	1116	61.22	18.254	1.373	205	3494	76.18	10.2	15.90	66.04	222	34.3	460	229.56	13.71	113
The Classic Veggie Burger (gluten-free)	879	45.40	7.164	0.229	29	3821	88.18	19.2	16.90	39.18	216	34.3	589	225.76	1.09	95
Bacon & Cheddar Burger (gluten-free)	1320	77.82	26.043	1.708	251	4032	76.78	10.2	15.98	78.64	299	34.3	653	229.84	15.23	120
Bacon & Cheddar Veggie Burger (gluten-free)	1083	62.00	14.953	0.564	75	4359	88.78	19.2	16.98	51.78	293	34.3	782	226.04	2.61	102
OFF THE DOCK																
Blackened Basa (gluten-free)	880	65.65	11.072	1.226	109	2535	39.50	11.3	6.65	40.78	555	46.8	115	5.07	1.48	152
Pineapple Mango Salmon (gluten-free)	766	46.78	12.678	0.485	150	1265	32.96	5.0	10.53	52.53	440	81.9	82	3.01	1.53	170
Blackened Cajun Pineapple Mango Salmon (gluten-free)	976	67.91	14.331	1.011	150	1950	39.17	7.6	11.21	53.79	558	83.1	115	4.73	1.89	176
MAINS																
8 oz. Top Sirloin (gluten-free)	1532	93.28	29.805	0.459	340	2341	74.82	7.6	15.29	93.08	380	52.5	318	8.71	16.57	160
Shanghai Stir Fry (chicken) (gluten-free)	877	49.33	8.339	0.124	35	1483	87.13	12.5	43.95	23.52	662	164.2	125	4.03	2.11	200
Shanghai Stir Fry (vegetarian) (gluten-free)	829	49.36	7.946	0.077	5	1049	80.59	13.3	45.01	20.99	656	163.8	304	6.09	2.72	191
Shanghai Stir Fry (shrimp) (gluten-free)	774	38.20	6.347	0.079	192	1149	74.84	11.1	43.47	34.91	656	163.8	162	3.83	3.21	176

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Lunch Menu																
Basa Fish Taco with Salad	1265	73.80	14.160	0.594	83	3218	123.68	16.9	31.70	37.29	388	91.6	378	7.71	2.56	305
Kids' Menu																
Kids Brownie	388	15.62	4.995	0.094	43	322	59.57	3	39.61	5.01	74	0.1	47	2.68	0.34	2
Dessert Menu																
Lake Rosseau Butter Tart	1282	61.97	37.994	1.995	286	956	174.49	2.2	112.87	12.58	579	1.6	215	3.26	1.50	101
Fire 'n Ice	1723	109.23	27.405	0.241	124	1152	163.76	6.7	81.17	27.68	375	4.8	652	7.32	3.70	131
Turtle Pie	893	42.04	19.045	0.170	30	277	102.02	5.4	55.00	11.72	161	0.1	176	2.60	0.08	1
Skor® Brownie Obsession	1185	54.02	26.399	0.141	170	788	167.37	5.9	110.24	14.74	359	1.4	321	4.18	1.72	13
Muskookie	478	24.48	5.503	0.095	26	231	62.52	0.9	0.01	4.34	15	0.1	23	2.04	0.55	36