

TURTLE JACK'S NUTRITIONAL INFORMATION GUIDE

February 2020



Menu Item	Calories (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
Appetizers											
Guacamole & Chips	798	56.80	4.80	0	1434	67.90	13.8	4.60	9.80	88	0.80
Fried Calamari	945	51.20	7.40	483	2235	76.90	7.3	8.90	45.30	227	7.20
3 Cheese Dip	1352	91.10	32.60	151	2159	100.83	7.3	8.50	33.20	462	8.50
Fried Pickles	593	18.80	5.00	19	2081	47.00	1.5	4.90	5.10	27	1.50
Roasted Garlic Chicken Rolls	819	33.50	11.60	74	1333	106.90	5.9	47.80	29.40	136	1.20
Nachos	1507	106.30	46.20	204	3728	57.40	8.9	15.70	69.00	883	1.00
w/ beef	1861	122.90	53.00	314	4471	63.40	10.8	16.10	110.80	923	1.90
w/ chicken	1810	123.30	47.70	273	4671	63.50	10.3	17.50	102.40	979	1.80
Chicken Quesadilla	1033	63.60	32.30	159	2505	59.50	5.8	8.80	51.50	392	1.60
Turtle Wings	1831	95.00	34.40	565	2306	7.10	0.80	5.40	182.20	109	5.40
Big Bang Shrimp	737	38.80	5.30	146	1556	78.60	4.1	15.40	19.20	403	15.40
Bruschetta	594	31.30	11.10	50	1497	59.70	2.6	7.50	17.80	311	1.60
Braised Chicken Tacos	837	26.20	8.80	66	2217	111.20	10.0	16.10	39.40	217	2.00
Basa Fish Tacos	946	42.20	8.40	70	2343	100.80	7.5	17.00	38.90	169	2.50
Edamame	586	25.60	2.70	0	2660	52.30	10.4	19.90	26.80	191	4.20
Soups & Salads											
Seafood Chowder	338	17.20	9.20	92	1177	32.00	2.3	8.80	15.90	224	2.10
Beef Barley Soup	211	7.00	1.70	21	1368	26.60	3.8	5.50	11.60	30	1.30
Baked Onion Soup	280	16.30	8.40	47	1281	17.80	1.1	8.70	16.90	464	0.30
Soup & Salad	703	33.60	17.50	136	1860	61.40	6.1	11.90	24.50	304	3.80
Greek Salad (full)	808	20.30	12.40	50	696	100.50	22.2	49.50	26.50	725	9.20
Greek Salad (half)	406	10.10	6.70	25	347	50.30	11.1	24.70	13.30	364	4.60
Garlic Caesar Salad (full)	430	17.30	7.40	42	845	23.00	4.5	4.70	11.20	159	2.50
Garlic Caesar Salad (half)	216	8.50	3.50	21	417	12.20	2.7	2.60	5.60	80	1.50
Fresh Greens Salad (full)	337	5.80	2.00	0	522	43.50	11.4	24.10	18.80	174	2.80

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Entrée Salads											
Thai Chicken	620	31.90	4.80	97	1234	48.20	6.2	32.40	37.70	176	2.30
Power Bowl	487	9.50	1.30	0	456	97.40	14.4	10.80	17.30	192	5.30
Blackened Chicken & Goat Cheese	1171	32.50	11.0	137	1923	150.80	30.3	72.60	58.70	659	11.40
Quinoa & Arugula Salad	500	18.40	4.70	25	1046	70.10	5.4	23.30	15.70	300	5.30
w/ feta	75	6.00	4.20	25	260	1.20	0	1.20	4.00	140	0.20
w/ goat cheese	76	5.70	3.30	24	104	1.90	0	0	3.80	7	0
Handhelds											
Braised Chicken Taco	766	22.50	8.20	66	1932	107.1	10.4	20.00	36.50	211	2.00
Chicken Tacos Sub Fries	288	1.00	7.00	66	1052	41.0	5.0	20.00	31.00	187	1.00
Basa Fish Taco	761	36.20	6.20	70	1865	78.3	10.0	22.00	29.90	146	2.40
Basa Fish Taco Sub Fries	283	15.00	5.00	70	985	12	5.0	22.00	24.00	122	1.00
California Turkey Sandwich	1118	60.30	15.10	127	1788	109.30	18.3	39.90	56.00	598	7.30
California Turkey Sandwich Sub Fries	640	39.00	13.00	127	908	43.00	13.0	40.00	50.00	574	6.00
Blackened Chicken on Naan	940	51.50	8.60	112	2315	67.60	7.7	17.20	38.50	161	3.20
Blackened Chicken on Naan Sub Fries	462	30.00	7.00	112	1435	2.00	2.0	17.00	33.00	137	2.00
Turkey & Goat Cheese on Naan	818	35.90	9.70	116	1757	69.70	7.0	18.00	44.00	174	2.50
Turkey & Goat Cheese on Naan Sub Fries	340	15.00	8.00	116	877	4.00	2.0	18.00	38.00	150	2.00
Beef Dip	2079	75.00	12.80	116	9031	257.00	18.5	19.40	80.60	231	8.10
Beef Dip Sub Fries	1601	54.00	11.00	116	8151	191.00	13.0	19.00	75.00	207	7.00
Fresh Muskoka Grill House Burgers											
The Classic	1260	84.90	8.50	187	2332	62.80	6.5	16.70	11.50	180	6.30
The Classic Sub Fries	782	64.00	7.00	187	1452	0	1.0	17.00	6.00	156	5.00
Bacon & Cheddar Burger	1568	102.70	16.30	223	3034	107.40	12.4	29.00	26.50	466	8.60
Bacon & Cheddar Burger Sub Fries	1090	81.00	15.00	223	2154	42.00	7.0	29.00	21.00	442	8.00

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Hell-of-a-Burger	1514	105.40	21.20	242	2147	66.00	6.6	19.30	25.40	357	6.20
Hell-of-a-Burger Sub Fries	1036	84.00	20.00	242	1267	0	1.0	19.00	20.00	333	5.00
Garden Burger	1071	61.50	16.80	61	3011	84.70	19.4	20.60	41.60	620	5.90
Garden Burger Sub Fries	593	40.10	15.10	61	2131	18.80	13.9	20.40	35.90	596	4.90
French Onion Burger	1522	101.70	17.90	233	2052	74.10	7.7	20.70	27.80	367	6.40
French Onion Burger Sub Fries	1044	80.00	16.00	233	1172	8.00	2.0	21.00	22.00	343	5.00
Award Winning Baby Back Ribs											
Half Rack	589	18.30	7.40	31	1469	67.60	8.3	48.40	16.60	177	2.30
Full Rack	892	33.40	12.90	63	2416	97.60	9.3	73.60	27.90	198	2.70
Rib & Wing	1358	67.30	19.20	319	2772	96.80	10.3	49.00	67.30	232	6.10
Chicken Classics											
Chicken Fingers	1217	44.40	7.30	165	2487	123.60	9.3	25.00	67.20	251	8.40
Chicken Fingers Sub Fries Sub Fries	739	23.00	6.00	165	1607	58.00	4.0	25.00	62.00	227	7.00
Chicken Fajitas	1931	78.30	22.30	174	5550	203.50	16.6	25.60	89.90	538	4.40
Vegetarian Chicken Fajitas	1408	52.70	19.60	74	3808	176.20	15.6	26.60	41.50	414	3.40
Chicken Fajita Wrap	967	44.90	17.00	124	2276	105.50	10.5	10.70	44.90	319	2.80
Chicken Fajita Wrap Sub Fries	489	24.00	15.00	124	1396	40.00	5.0	11.00	39.00	295	2.00
Buffalo Chicken Wrap	921	21.80	8.20	173	2639	75.30	10.7	17.00	65.90	198	3.30
Buffalo Chicken Wrap Sub Fries	443	0	7.00	173	1759	9.00	5.0	17.00	60.00	174	2.00
Big Wing Sandwich	1134	28.90	7.00	250	3686	123.00	10.0	21.50	53.20	286	7.90
Big Wing Sandwich Sub Fries	656	8.00	5.00	250	2706	57.00	5.0	21.00	48.00	262	7.00
Nashville Chicken Sandwich	1110	16.80	6.70	259	3595	116.90	8.0	18.80	51.20	169	7.60
Nashville Chicken Sandwich Sub Fries	632	5.00	5.00	259	2715	51.00	3.0	19.00	46.00	145	7.00
Fried Chicken Dinner	1548	51.00	7.80	337	3849	192.90	14.2	14.90	80.90	288	12.40
Fried Chicken Dinner Sub Fries	1070	30.00	6.00	337	2969	127.00	9.0	15.00	75.00	264	11.00
New York Chicken Dinner	1125	53.20	30.00	440	3787	73.70	7.1	12.60	67.60	252	7.30
Roaster Wings - 5 pcs.	1276	62.10	18.30	360	3057	64.50	4.5	6.30	67.90	88	6.50
Roaster Wings - 10 pcs.	2205	107.30	31.80	720	5514	125.30	9.1	8.90	135.10	175	13.00

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Roaster Wings - 15 pcs.	3606	183.10	51.20	1080	8571	189.90	13.7	15.10	203.00	264	19.50
Fryer Wings - 10 pcs.	1923	74.40	20.10	504	3331	64.50	4.5	6.30	192.00	142	11.80
Fryer Wings - 15 pcs.	2771	109.90	28.30	756	4697	94.90	6.7	7.60	287.60	214	17.80
Fryer Wings - 20 pcs.	3498	131.70	35.50	1008	6061	125.30	9.1	8.90	383.20	284	23.70
Big Wing Dinner - Fryer Wings	1923	74.40	20.10	504	3331	64.50	4.5	6.30	192.00	142	11.80
Big Wing Dinner - Roaster Wings	1524	79.20	23.60	504	3166	64.50	4.5	6.30	90.60	102	7.10
Mains											
8 oz. Top Sirloin	818	27.40	10.70	74	1436	81.50	12.9	35.00	40.00	278	6.40
Sub onion straws, vegetables & baked potato	325	15.00	7.00	60	-575	-6.00	2.00	21.00	28.00	166	2.00
w/ shrimp & scallop	953	52.00	22.80	163	1802	50.40	9.7	29.50	46.80	443	4.80
Vegetarian Yellow Coconut Curry Bowl	1107	77.20	41.70	0	1084	95.30	8.0	21.10	17.40	228	9.10
w/ shrimp	1350	80.60	41.70	403	3133	95.30	8.0	21.10	76.50	2478	9.30
w/ chicken	1375	83.30	43.00	151	1357	95.30	8.0	21.10	67.40	240	9.90
Chicken Parmesan	1306	60.80	17.80	221	6211	114.20	8.5	18.10	71.50	367	3.90
Bison Meatloaf	1140	53.50	19.70	205	3581	116.80	13.8	23.80	53.30	180	6.20
4 Cheese Cajun Chicken Penne	1607	106.10	39.30	269	5221	96.30	7.7	12.50	62.30	600	4.40
Blackened Chicken	1080	52.00	9.40	119	3532	102.00	11.0	10.40	59.20	257	4.70
Hunter's Chicken	1148	70.90	31.60	254	3797	66.60	9.5	15.80	63.50	218	4.30
Shrimp & Sea Scallop Fettuccine	1366	82.70	30.80	177	4373	112.30	9.2	18.00	40.70	560	2.90
w/ Garlic Toast & Cheese	1542	259	207.00	353	4549	288.00	185.0	194.00	217.00	736	179
Blackened Basa	1088	80.10	14.40	165	3392	48.70	10.9	6.10	48.30	179	4.80
Pineapple Mango Salmon	818	37.50	13.80	154	1992	80.30	5.1	17.70	59.20	108	3.90
Fish and Chips 1 pc.	1117	54.40	7.10	15	2913	117.00	8.6	21.10	37.90	293	3.80
1 Piece Sub Fries	639	33.00	5.00	15	2033	51.00	3.0	21.00	32.00	269	3.00
Fish and Chips 2 pc.	1511	62.20	8.30	19	3999	162.90	10.5	31.20	69.40	527	6.30
2 Piece Sub Fries	1033	41.00	7.00	19	3119	97.00	5.0	31.00	64.00	503	5.00

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Gourmet Sides											
Sweet Potato Fries	819	31.00	6.30	18	2050	78.80	10.3	34.40	3.80	72	0.50
Onion Rings	865	49.10	5.10	0	1344	98.30	3.6	10.20	9.50	82	2.20
Poutine	1115	42.00	12.40	60	7888	156.30	6.6	12.40	23.30	203	1.20
Dessert Menu											
Lake Rosseau Butter Tart	1282	63.60	36.700	241	786	179.50	2.4	129.60	9.90	162	2.70
Fire 'n Ice	1773	126.60	38.200	283	607	157.70	8.5	90.70	15.80	391	4.40
Turtle Pie	1686	83.30	23.800	30	1,278	200.20	7.4	99.60	18.10	404	4.30
Skor® Brownie Obsession	2070	119.60	47.300	284	1,190	255.80	10.6	97.90	21.50	405	6.00
S'mores Station	2,259	96.10	56.700	40	728	317.30	3.6	238.90	30.50	365	5.10
Sticky Toffee Pudding	1,255	49.30	27.800	183	825	201.60	4.6	127.90	11.30	245	5.00
Muskookie	531	31.20	16.100	23	206	58.00	3.9	41.30	6.30	42	2.00