

# NUTRITIONAL INFORMATION GUIDE



Shareables	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
3 Cheese Dip	1034	103.8	10.4	45.9	30.8	28.8	139	1701	327	4.4	24.2
Big Bang Shrimp	707	66.7	4.4	20.5	4.2	18.3	208	1508	146	3.8	5.3
Buffalo Shrimp	606	66.2	4.7	29.3	9.4	18.4	229	1907	151	3.9	4.4
Chicken Quesadilla	1041	59.3	5.4	64	32.5	51.2	165	2593	357	1.8	8.4
Edamame	587	52.3	9.9	32.1	3.6	31.7	0	3512	456	8.2	24.7
Fried Calamari	977	76.3	7.9	25.7	5.8	46.9	485	2244	438	6.7	8
Fried Pickles	729	57.5	4.7	30.2	5.8	7.2	19	1777	74	2.8	8.6
Guacamole & Chips	445	60	14.9	24.2	0.6	10.7	0	928	150	3.2	5.1
Gyoza Dumplings	839	38.38	6.6	63.06	6	26	0	1998	267	4	6.08
Nachos (w / beef)	1455	89.6	15.3	74.3	37.1	100.6	244	3337	672	4.4	7.8
Nachos (w / chicken)	1873	103.2	16.3	110.8	47.1	108.7	287	5192	987	4.1	16.4
Nachos (Vegetarian)	1557	97.9	15.8	93.1	45.3	75.8	204	4075	973	3.1	15.9
Roasted Garlic Chicken Rolls	1069	85.5	5.9	60.5	30.3	54.7	165	1840	586	0.8	24
Turtle Wings	2140	65.2	6.3	96.9	34.7	193.8	565	3905	155	11.6	6.6
Whipped Feta	1064	93.43	4.9	38.61	17.54	25.2	93.43	2576	159	2.65	6
Soup & Salad	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Beef Barley Soup	234	24.1	3.2	9.6	2.8	13	31	917	26	2.3	3.7
Blackened Chicken & Goat Cheese	720	45.8	9.8	30.1	10	40.3	137	1851	206	3.1	24.3
French Onion Soup	280	17.8	1.1	16.3	9.4	16.9	47	1352	460	1	8.7
Fresh Greens (full)	294	39.2	8.7	3	2	6.5	0	528	175	2	24
Fresh Greens (half)	156	19.9	4.5	2.1	1.1	3.2	0	266	91	1	12.2
Garlic Caesar Salad (full)	609	20.1	3.2	55.9	9	10.5	49	851	54	1.2	4
Garlic Caesar Salad (half)	305	10.6	1.9	27.7	4.1	5.5	24	396	52	0.6	2
Greek Salad (full)	657	66.6	14.3	18.8	13	20.8	50	664	554	5.4	32.4
Greek Salad (half)	330	33.3	7.1	9.4	6.5	10.4	25	332	278	2.7	16.2
Seasonal Soup (Tomato Bisque)	596	60.5	6.5	35	15	11.6	68	1213	202	2.3	28.6
Thai Chicken Salad	550	43.5	6	26.5	3.3	37.2	93	1130	148	2.5	26
Add Feta	75	1.2	0	6	4.2	4	25	260	140	0.2	1.2
Add goat cheese	76	1.9	0	5.7	3.3	3.8	24	104	7	0	0
Add grilled chicken	131	0.1	0	0.6	0.2	26.1	90	439	0	0.2	0
Add grilled salmon	217	0.1	0	13.2	2.4	23.5	71	284	29	0.4	0
Add grilled steak	304	0.1	0	20.3	8.2	28.3	74	285	36	2.1	0
Add shrimp	280	2.4	0.4	21.3	12.5	19.5	191	633	60	1.4	0.3
Handhelds	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Basa Fish Tacos	800	80	13.9	35.8	5.3	30.1	49	2294	281	3.8	31.6
Beef Dip	2161	249.5	15.6	84	18.4	86.4	167	6671	139	8.2	11
Beef Dip (onion & pepper)	2481	256.4	16.4	106.7	31.6	103.3	224	7224	505	8.7	12.9
Beef Dip Loaded	2429	254.8	16.3	100.1	28.4	106	218	7003	545	8.6	12.3
Big Wing Sandwich	1190	133	12.3	29.6	7.1	55.3	250	4184	294	6.6	29.1
Blackened Chicken on Naan	1491	77.8	10.7	50.2	8.1	44	94	1681	192	5.9	30.7
Buffalo Chicken Wrap	851	86.8	12.8	19.5	7.7	44	103	2988	202	4.1	25.3
California Turkey Sandwich	1130	90	14.7	75.4	22.4	58	163	1862	753	7.5	30.7
Nashville Chicken Sandwich	2435	176.4	13.7	79.9	22.6	63	290	8934	217	7.4	21.7
Turkey & Goat Cheese on Naan	897	79.6	9.9	39.4	10.4	42.1	114	1263	215	5.7	31.2
Tuna Taco	689	63.4	2.6	27	6.16	33.74	48	2116	232	0.71	10
Burgers	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Bacon & Cheddar	1646	145.6	13.8	104.9	32.7	71.3	219	3275	400	9.8	17.2
Burger Bowl	1264	45.25	9.3	101.5	30.19	62.85	373	2072	393	7.84	14.13
Garden Burger	1235	92	20.2	76.5	37.8	67.6	172	3736	1261	5.8	23.3
Hell-Of-A-Burger	1219	62.9	6.9	79.8	33.8	64.8	223	1468	259	7.6	16.3
Muskoka Burger	1351	67.7	7.7	90.5	32.7	69.6	245	3171	302	8.4	18.6
The Classic	1058	61.4	7	67.1	24.2	54.4	182	1977	143	7.8	14.9
Bison Burger	963	50.68	2.7	60.67	23	56.74	150	1937	533	7.53	6.39
Chicken Wings	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Big Wing Dinner – Fryer	1973	74.2	6.5	74	20.2	193.8	504	3952	148	11.6	14
Big Wing Dinner – Roaster	1574	74.2	6.5	78.9	23.6	92.4	504	3787	108	6.8	14
Fryer Wings – 10 pcs	1973	74.2	6.5	74	20.2	193.8	504	3952	148	11.6	14
Fryer Wings – 15 pcs	2966	144.6	13	103.6	28	296.4	757	7030	253	19.8	24.3
Fryer Wings – 20 pcs	4431	218.8	19.5	163.7	41.7	399.7	1009	10709	356	27.9	38.4
Roaster Wings – 5 pcs	1276	64.5	4.5	62.1	18.3	67.9	360	3057	88	6.5	6.3
Roaster Wings – 10 pcs	2306	144.6	13	106.6	31.9	138.7	721	6756	189	12.5	24.3
Roaster Wings 15 pcs	3757	218.8	19.5	182	51.2	208.4	1081	10434	283	18.7	38.4
Bowls	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Tuna Poke Bowl	647	94.3	10.1	15.7	5.3	34.3	51	2193	148	2.9	18.5
Powerbowl	560	91.9	13.9	19.4	1.8	15.9	4	1220	213	4.1	25.4
Kung Pao Bowl – Chicken	911	80.27	11.3	51.08	8.33	23.36	19	2819	182	4.39	27.86
Kung Pao Bowl – Shrimp	964	80.27	11.3	51.28	8.48	35.39	300	3498	257	4.78	27.86
Kung Pao Bowl – Vegetarian	893	80.27	11.3	50.68	8.24	19.91	8	2812	181	4.33	27.86
Yellow Curry Bowl – Chicken	1137	91	7.7	74.7	47.3	18.1	46	1100	238	9	19.6
Yellow Curry Bowl – Shrimp	1317	88.7	7.3	72.5	47.9	60	88.7	3132	913	8.8	21.7
Yellow Coconut Curry Bowl – Vegetarian	1118	91	7.7	74.3	47.2	14.6	35	1092	237	9	19.6
Steak	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
8oz Top Sirloin	970	83.8	14.9	36.8	14.2	53.2	105	1930	346	7.4	36
10 oz California Cut Striploin	1188	83.8	14.9	52.2	20.5	71.7	171	1975	364	6.2	36
Shrimp Steak Topper	366	12.3	2.4	27.8	12.5	14.2	117	756	122	0.5	6.9
Ribs	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Full Rack	1122	104.2	11.5	44.9	18.7	51.2	170	2530	253	4.2	77.5
Half Rack	715	72.1	10.2	24.5	10.4	28.8	85	1531	218	3.2	51
Rib and Wing	1507	105.7	12.9	73.3	22.1	80.2	373	3131	269	6.8	55.1
Mains	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
4 Cheese Cajun Chicken Penne	1419	91.4	7.2	88.2	33	59.7	231	4840	409	4.2	9.2
Bison Meatloaf	1163	111.7	12.4	57.8	17.4	49.9	178	3370	290	5.6	24.6
Blackened Basa	1178	47.8	10	93.8	18.9	48	147	4243	240	5.4	9.2
Blackened Chicken	1189	102.7	11.5	61.8	10.5	59.1	140	3833	186	5.6	9.4
Blackened Pineapple Mango Salmon	1116	86.4	7.6	65.3	17	50.1	135	2698	161	5.5	18.4
Chicken Fajitas	2235	219	16.9	92.2	24.3	113.3	255	7435	448	5.6	32.8
Chicken Fettucini Alfredo	1394	105.1	3.9	82	28.6	54.5	211	3974	355	4.5	11.9
Chicken Fingers Buffalo	1353	103.3	11.6	43.2	10.3	69.4	181	4090	475	7	34.5
Chicken Fingers Original	1187	122.3	11.2	39.8	6.6	69.1	162	2559	481	8	23.1
Chicken Parmesan	1744	105.4	7.8	54.6	16.1	75.1	206	5779	317	6.1	19.1
Fish & Chips 1 pc	1075	123.8	9.7	48.8	6.4	39.6	12	3094	511	3.7	12.4
Fish & Chips 2 pc	1413	169.3	11.8	51.1	6.8	72	12	4105	718	5.6	13
New York Chicken Dinner	1592	132	13.9	76.8	32.3	73.8	461	5212	280	7.9	12.9
Pineapple Mango Salmon	907	80.3	5.1	44	15.3	48.9	135	2043	129	3.9	17.7
Seafood Fettuccine	1141	107.3	8.2	60.4	23.1	37.7	181	3945	226	4.8	15.4
Seafood Fettuccine w /Garlic Toast & Cheese	1542	288	185	259	207	217	353	4549	736	179	194
Vegetarian Fajitas	1541	197.7	17.2	55.6	25.7	43.2	69	4741	908	3.8	43.1
Add Garlic Toast	329	29.8	0.9	21.8	13.1	5.3	54	552	16	1.9	0.3
Add Garlic Toast w/Cheese	419	29.8	0.9	27.9	17.1	12.4	73	779	84	1.9	0.3
Add Garlic Shrimp Steak Topping	366	12.3	2.4	27.8	12.5	14.2	117	756	122	0.5	6.9
Gourmet Sides	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Loaded Mashed Potatoes	632	38.6	2.2	45.8	17.8	13.5	71	1404	235	0.5	6.3
Lobster Mashed Potatoes	322	26.9	1.4	20.8	8.2	5.8	42	787	83	0.3	3.7
Side Loaded Fries	672	76.1	6.9	34	15.1	22.2	66	1343	521	1.2	4.1
Side Onion Rings	795	91	4.9	45.3	7	7.9	0	1464	79	4.9	11.9
Side Poutine	1060	155.3	6.2	41.9	12.4	22.2	60	7055	219	1.9	9
Side Sweet Potato Fries	909	93.7	12.3	33.7	6.7	4.5	18	2205	86	0.6	40.5
Smashed Potatoes	722	84.17	11	39.08	11.13	10.63	44	2689	74	3.66	3.48
Sides	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Baked Potato Loaded	815	87.1	11.4	42.6	22	24.6	97	1734	534	3.6	3.9
Side Baked Potato	513	82.7	10.7	18.3	7.7	8.1	31	1254	57	3.5	2.7
Side Coleslaw	341	18	3.7	29.5	4.6	2.8	16	304	485	0.6	13
Side Coconut Rice	341										