

# NUTRITIONAL INFORMATION GUIDE



Menu Item	Calories	Carbohydrates (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (mg)
<b>Appetizers</b>											
Guacamole & Chips	798	67.9	13.8	56.8	4.8	9.8	0	1434	88	0.8	4.6
Fried Calamari	945	76.9	7.3	51.2	7.4	45.3	483	2235	227	7.2	8.9
3 Cheese Dip	1352	100.3	7.3	91.1	32.6	33.2	151	2159	462	1.6	8.5
Fried Pickles	593	47	1.5	18.8	5	5.1	19	2081	27	1.5	4.9
Roasted Garlic Chicken Rolls	819	106.9	5.9	33.5	11.6	29.4	74	1333	136	1.2	47.8
Nachos ( <i>Vegetarian</i> )	1507	57.4	8.9	106.3	46.2	69	204	3728	883	1.0	15.7
<i>w / beef</i>	1861	63.4	10.8	122.9	53	110.8	314	4471	923	1.9	16.1
<i>w / chicken</i>	1810	63.5	10.3	123.3	47.7	102.4	273	4671	979	1.8	17.5
Chicken Quesadilla	1033	59.5	5.8	63.6	32.3	51.5	159	2505	392	1.6	8.8
Turtle Wings	1831	7.1	0.8	95	34.4	182.2	565	2306	109	7.0	5.4
Big Bang Shrimp	737	78.6	4.1	38.8	5.3	19.2	146	1556	403	4.2	15.4
Bruschetta	594	59.7	2.6	31.3	11.1	17.8	50	1497	311	1.6	7.5
Chicken Tacos (served with 3)	837	111.2	10	26.2	8.8	39.4	66	2217	217	2.0	16.1
<i>Additional Chicken Taco</i>	419	55.6	5	13.1	4.4	19.7	33	1109	109	1.0	8.1
Basa Fish Tacos (served with 3)	946	100.8	7.5	42.2	8.4	38.9	70	2343	169	2.5	17
<i>Additional Basa Fish Taco</i>	473	50.4	3.8	21.1	4.2	19.5	35	1172	85	1.3	8.5
<b>Soup &amp; Salad</b>											
Beef Barley Soup	279	16	2.5	8.5	2	8.25	33	2304	46	3	8.5
Baked Onion Soup	280	17.8	1.1	16.3	8.4	16.9	47	1,281	464	0.3	8.7

Seafood Chowder	338	32	2.3	17.2	9.2	15.9	92	1,177	224	2.1	8.8
Soup & Salad	703	61.4	6.1	33.6	17.5	24.5	136	1,860	304	3.8	11.9
Greek Salad (full)	808	100.5	22.2	20.3	13.4	26.5	50	696	725	9.2	49.5
Greek Salad (half)	406	50.3	11.1	10.1	6.7	13.3	25	347	364	4.6	24.7
Garlic Caesar Salad (full)	430	23	4.5	17.3	7.4	11.2	42	845	159	2.5	4.7
Garlic Caesar Salad (half)	216	12.2	2.7	8.5	3.5	5.6	21	417	80	1.5	2.6
Fresh Greens (full)	377	43.5	11.4	5.8	2	18.8	0	522	174	2.8	24.1
Fresh Greens (half)	191	21.7	5.9	2.9	1	9.4	0	261	61	1.4	12
Quinoa & Arugula	500	70.1	5.4	18.4	4.7	15.7	25	1,046	300	5.3	23.3
Blackened Chicken & Goat Cheese	1,171	150.8	30.3	32.5	11	58.7	137	1,923	659	11.4	72.6
Powerbowl	487	97.4	14.4	9.5	1.3	17.3	0	456	192	5.3	10.8
Thai Chicken	620	48.2	6.2	31.9	4.8	37.7	97	1,234	176	2.3	32.4
<i>w/ feta</i>	75	1.2	0	6.0	4.2	4	25	260	140	0.2	1.2
<i>w/ goat cheese</i>	76	1.9	0	5.7	3.3	3.8	24	104	7	0	0
<i>w / grilled chicken</i>	131	0.1	0	0.6	0.2	26.1	90	439	0	0.2	0
<i>w / grilled steak</i>	429	0.1	0	28.6	11.5	39.9	104	308	51	3.1	0
<i>w / grilled salmon</i>	142	0.1	0	8.1	1.2	25.3	70	261	13	0.4	0
<i>w / shrimp</i>	280	2.7	0.4	21.1	12.5	19.5	191	634	59	1.5	0.3
<b>Handhelds</b>											
Chicken Tacos	766	107.1	10.4	22.5	8.2	36.5	66	1,932	211	2	20
<i>Chicken Tacos Sub Fries</i>	288	41	5	1	7	31	66	1052	187	1	20
Basa Fish Tacos	761	78.3	10.0	36.2	6.2	29.9	70	1,865	146	2.4	22
<i>Basa Fish Tacos Sub Fries</i>	283	12	5	15	5	24	70	985	122	1	22
Blackened Chicken on Naan	940	67.6	7.7	51.5	8.6	38.5	112	2,315	161	3.2	17.2
<i>Blackened Chicken Sub Fries</i>	462	2	2	30	7	33	112	1435	137	2	17
Turkey & Goat Cheese on Naan	818	69.7	7.0	35.9	9.7	44	116	1,757	174	2.5	18
<i>Turkey &amp; Goat Cheese on Naan sub Fries</i>	340	4	2	15	8	38	116	877	150	2	18

Beef Dip Loaded (w/ mushrooms & swiss cheese)	2,473	300.8	19.2	84.2	22.7	104.4	163	9,291	358	8.5	20.7
<i>Beef Dip Loaded Sub Fries</i>	1,995	235	14	63	21	99	163	8,411	334	8	21
Beef Dip	2,079	257.0	18.5	75	12.8	80.6	116	9,031	231	8.1	19.4
<i>Beef Dip Sub Fries</i>	1,601	191	13	54	11	75	116	8,151	207	7	19
California Turkey Sandwich	1,118	109.3	18.3	60.3	15.1	56	127	1,788	598	7.3	39.9
<i>California Turkey Sandwich Sub Fries</i>	640	43	13	39	13	50	127	908	574	6	40
Buffalo Chicken Wrap	921	75.3	10.7	21.8	8.2	65.9	173	2,639	198	3.3	17
<i>Buffalo Chicken Wrap Sub Fries</i>	443	9	5	0	7	60	173	1,759	174	2	17
Big Wing Sandwich	1,134	123	10.0	28.9	7	53.2	250	3,586	286	7.9	21.5
<i>Big Wing Sandwich Sub Fries</i>	656	57	5	8	5	48	250	2,706	262	7	21
Nashville Chicken Sandwich	1,110	116.9	8.0	16.8	6.7	51.2	259	3,595	169	7.6	18.8
<i>Nashville Chicken Sandwich Sub Fries</i>	632	51	3	5	5	46	259	2,715	145	7	19
Chicken Fajita Wrap	967	105.5	10.5	44.9	17	44.9	124	2,276	319	2.8	10.7
<i>Chicken Fajita Wrap Sub Fries</i>	489	40	5	24	15	39	124	1,396	295	2	11
<b>Burgers</b>											
The Classic	1,260	62.8	6.5	84.9	8.5	11.5	187	2,332	180	6.3	16.7
<i>The Classic Sub Fries</i>	782	0	1	64	7	6	187	1,452	156	5	17
Bacon & Cheddar	1,568	107.4	12.4	102.7	16.3	26.5	223	3,034	466	8.6	29
<i>Bacon &amp; Cheddar Sub Fries</i>	1,090	42	7	81	15	21	223	2,154	442	8	29
Hell-Of-A-Burger	1,514	66	6.6	105.4	21.2	25.4	242	2,147	357	6.2	19.3
<i>Hell-Of-A-Burger Sub Fries</i>	1,036	0	1	84	20	20	242	1,267	333	5	19
Garden Burger	1,071	84.7	19.4	61.5	16.8	41.6	61	3,011	620	5.9	20.6
<i>Garden Burger Sub Fries</i>	593	18.8	13.9	40.1	15.1	35.9	61	2,131	596	4.9	20.4
French Onion Burger	1,522	74.1	7.7	101.7	17.9	27.8	233	2,052	367	6.4	20.7
<i>French Onion Burger Sub Fries</i>	1,044	8	2	80	16	22	233	1,172	343	5	21
<b>Chicken Wings</b>											
Roaster Wings - 5 pcs	1,276	64.5	4.5	62.1	18.3	67.9	360	3,057	88	6.5	6.3
Roaster Wings - 10 pcs	2,205	125.3	9.1	107.3	31.8	135.1	720	5,514	175	13	8.9

Roaster Wings 15 pcs	3,606	189.8	13.7	183.1	51.2	203	1,080	8,571	264	19.5	15.1
Fryer Wings - 10 pcs	1,923	64.5	4.5	74.4	20.1	192	504	3,331	142	11.8	6.3
Fryer Wings - 15 pcs	2,771	94.9	6.7	109.9	28.3	287.6	756	4,697	214	17.8	7.6
Fryer Wings - 20 pcs	3,498	125.3	9.1	131.7	35.5	383.2	1,008	6,061	284	23.7	8.9
Big Wing Dinner - Roaster	1,524	64.5	4.5	79.2	23.6	90.6	504	3,166	102	7.1	6.3
Big Wing Dinner - Fryer	1,923	64.5	4.5	74.4	20.1	192	504	3,331	142	11.8	6.3
<b>Ribs</b>											
Half Rack	589	67.6	8.3	18.3	7.4	16.6	31	1,469	177	2.3	48.4
<i>Half Rack Sub Fries</i>	111	2	3	3	6	11	31	589	153	1	48
Full Rack	892	97.6	9.3	33.4	12.9	27.9	63	2,416	198	2.7	73.6
<i>Full Rack Sub Fries</i>	414	32	4	12	11	22	63	1536	174	2	73
<b>Mains</b>											
8oz Top Sirloin	818	81.5	12.9	27.4	10.7	40	74	1,436	278	6.4	35
<i>Sub onion straws, vegetables &amp; baked potato</i>	325	6	2	15	7	28	60	575	166	2	21
<i>Top Sirloin w/ Shrimp &amp; Scallops</i>	953	50.4	9.7	52	22.8	46.8	163	1,802	443	4.8	29.5
10 oz California Cut Striploin	646			43.9	17.9	58.4	170	147	68	1.8	0
Bison Meatloaf	1,140	116.8	13.8	53.5	19.7	53.3	205	3,581	180	6.2	23.8
Chicken Fingers	1,217	123.6	9.3	44.4	7.3	67.2	165	2,487	251	8.4	25
<i>Chicken Fingers Sub Fries</i>	739	58	4	23	6	62	165	1,607	227	7	25
Fried Chicken Dinner	1,548	192.9	14.2	51	7.8	80.9	337	3,849	288	12.4	14.9
<i>Fried Chicken Dinner Sub Fries</i>	1,070	127	9	30	6	75	337	2,969	264	11	15
New York Chicken Dinner	1,125	73.7	7.1	53.2	30	67.6	440	3,787	252	7.3	12.6
<i>New York Chicken Dinner sub mashed potatoes &amp; vegetables</i>	714	30	1	29	16	58	371	1,915	223	5	7
Chicken Fajitas	1,931	203.5	16.6	78.3	22.3	89.9	174	5,550	538	4.4	25.6
Vegetarian Fajitas	1,408	176.2	15.6	52.7	19.6	41.5	74	3,808	414	3.4	26.9
Chicken Parmesan	1,306	114.2	8.5	60.8	17.8	71.5	221	6,211	367	4	18.1
Hunter's Chicken	1,148	66.6	9.5	70.9	31.6	63.5	254	3,797	218	4.3	15.8

Blackened Chicken	1,080	102	11	52	9.4	59.2	119	3,532	257	4.7	10.4
4 Cheese Cajun Chicken Penne	1,607	96.3	7.7	106.1	39.3	62.3	259	5,221	600	4.4	12.5
Yellow Coconut Curry Bowl - Vegetarian	1,107	95.3	8	77.2	41.7	17.4	0	1,084	228	9.1	21.1
Yellow Coconut Curry Bowl - Shrimp	1,350	95.3	8	80.6	41.7	76.5	403	3,133	2,478	9.3	21.1
Shrimp & Sea Scallop Fettuccine	1,366	112.3	9.2	82.7	30.8	40.7	177	4,373	560	2.9	18
<i>W / Garlic Toast &amp; Cheese</i>	1,542	288	185	259	207	217	353	4,549	736	179	194
Fish & Chips 1 pc	1,117	117	8.6	54.4	7.1	37.9	15	2,913	293	3.8	21.1
<i>1 Piece Sub Fries</i>	639	51	3	33	5	32	15	2,033	269	3	21
Fish & Chips 2 pc	1,511	162.9	10.5	62.2	8.3	69.4	19	3,999	527	6.3	31.2
<i>2 Piece Sub Fries</i>	1,033	97	5	41	7	64	19	3,119	503	5	31
Blackened Basa	1,088	48.7	10.9	80.1	14.4	48.3	165	3,392	179	4.8	6.1
Pineapple Mango Salmon	818	80.3	5.1	37.5	13.8	59.2	154	1,992	108	3.9	17.7
<b>Gourmet Sides</b>											
Sweet Potato Fries	819	78.80	10.3	31	6.3	3.8	18	2,050	72	0.5	34.4
Onion Rings	865	98.30	3.6	49.1	5.1	9.5	0	1,344	82	2.2	10.2
Poutine	1,115	156.30	6.6	42	12.4	23.3	60	7,888	203	1.2	12.4
<b>Dessert</b>											
Lake Rosseau Butter Tart	1,282	179.5	2.4	63.6	36.7	9.9	241	786	162	2.7	129.6
Fire N' Ice	1,773	157.7	8.5	126.6	38.2	15.8	283	607	391	4.4	90.7
Turtle Pie	1,686	200.2	7.4	83.3	23.8	18.1	30	1,278	404	4.3	99.6
S'mores Station	2,259	317.3	3.6	96.1	56.7	30.5	40	728	365	5.1	238.9
Sticky Toffee Pudding	1,255	201.6	4.6	49.3	27.8	11.3	183	825	245	5	127.9
Skor Brownie Obsession	2,070	255.8	10.6	119.6	47.3	21.5	284	1,190	405	6	97.9
Muskookies	531	58	3.9	31.2	16.1	6.3	23	206	42	2	41.3