

NUTRITIONAL INFORMATION GUIDE



Appetizers	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
Basa Fish Tacos (served with 3)	800	80.0	14	35.8	5.3	30.1	49	2294	281	3.8	31.6
Big Bang Shrimp	707	66.7	4.4	20.5	4.2	18.3	208	1508	146	3.8	5.3
Bruschetta	749	79.4	5.0	38.0	11.9	22.2	50	2231	325	2.4	11.2
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	64.0	32.5	51.2	165	2593	357	1.8	8.4
Edamame	587	52.3	9.9	32.1	3.6	31.7	0	3,512	456	8.2	24.7
Fried Calamari	977	76.3	7.9	25.7	5.8	46.9	485	2244	438	6.7	8.0
Fried Pickles	729	58	4.7	30.2	6	7.2	19	1777	74	2.8	8.6
Guacamole & Chips	445	60.0	14.9	24.2	0.6	10.7	0	928	150	3.2	5.1
Nachos (w / beef)	1455	89.6	15.3	74.3	37	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	76	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	24.0
Turtle Wings	2140	65.2	6.3	97	34.7	193.8	565	3905	155	11.6	6.6
Soup & Salad	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Blackened Chicken & Goat Cheese	720	45.8	9.8	30.1	10	40.3	137	1,851	206	3.1	24.3
French Onion Soup	280	17.8	1.1	16.3	9.4	16.9	47	1,352	460	1.0	8.7
Fresh Greens (full)	294	39.2	8.7	3.0	2	6.5	0	528	175	2.0	24.0
Fresh Greens (half)	156	19.9	4.5	2.1	1	3.2	0	266	91	1.0	12
Garlic Caesar Salad (full)	609	20	3.2	55.9	9.0	10.5	49	851	54	1.2	4.0
Garlic Caesar Salad (half)	305	10.6	1.9	27.7	4.1	5.5	24	396	52	0.6	2.0
Greek Salad (full)	657	66.6	14.3	18.8	13.0	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
Powerbowl	560	91.9	13.9	19.4	1.8	15.9	4	1220	213	4.1	25.4
Soup & Salad	1032	92.1	9.1	66.6	24.9	20.8	101	1,917	289	4.2	32.8
Tuna Poke Bowl	647	94.3	10.1	15.7	5.3	34.3	51	2,193	148	2.9	18.5
Add Feta	75	1.2	0	6.0	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	80.0	13.9	35.8	5.3	30.1	49	2,294	281	3.8	32
Beef Dip	2,161	249.5	15.6	84	18.4	86.4	167	6,671	139	8.2	11.0
Beef Dip Loaded	2,429	254.8	16.3	100.1	28.4	106.0	218	7,003	545	8.6	12.3
Big Wing Sandwich	1,190	133	12.3	29.6	7	55.3	250	4,184	294	6.6	29.1
Blackened Chicken on Naan	1189	102.7	11.5	61.8	10.5	59.1	140	3,833	186	5.6	9.4
Buffalo Chicken Wrap	851	86.8	12.8	19.5	7.7	44.0	103	2,988	202	4.1	25
California Turkey Sandwich	1,130	90.0	14.7	75.4	22.4	58	163	1,862	753	7.5	30.7
Nashville Chicken Sandwich	2,435	176.4	13.7	79.9	22.6	63.0	290	8,934	217	7.4	21.7
Turkey & Goat Cheese on Naan	897	79.6	9.9	39.4	10.4	42	114	1,263	215	5.7	31
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	1,646	145.6	13.8	104.9	32.7	71.3	219	3,275	400	9.8	17
Burger Bowl	1,276	62.9	10.7	101.7	29.5	63.7	191	2,621	418	7.5	16.3
French Onion Burger	1,305	73.7	8.2	82.2	33.4	70.9	232	1,674	570	7.9	19.0
Garden Burger	1235	92.0	20.2	76.5	37.8	67.6	172	3736	1261	5.8	23.3
Hell-Of-A-Burger	1,219	63	6.9	79.8	33.8	64.8	223	1,468	259	7.6	16.3
Muskoka Burger	1,351	67.7	7.7	90.5	32.7	69.6	245	3,171	302	8.4	18.6
The Classic	1,058	61.4	7.0	67.1	24.2	54.4	182	1,977	143	7.8	14.9
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	1,973	74.2	6.5	74.0	20.2	194	504	3,952	148	11.6	14.0
Big Wing Dinner - Roaster	1,574	74.2	6.5	78.9	23.6	92.4	504	3,787	108	6.8	14.0
Fryer Wings - 10 pcs	1,973	74.2	6.5	74.0	20.2	194	504	3,952	148	11.6	14.0
Fryer Wings - 15 pcs	2,966	144.6	13.0	103.6	28.0	296.4	757	7,030	253	19.8	24.3
Fryer Wings - 20 pcs	4,431	218.8	19.5	163.7	41.7	399.7	1,009	10,709	356	27.9	38.4
Roaster Wings - 10 pcs	2,306	144.6	13.0	106.6	31.9	138.7	721	6,756	189	13	24.3
Roaster Wings 15 pcs	3,757	218.8	19.5	182.0	51.2	208	1,081	10,434	283	18.7	38.4
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	2,530	253	4.2	77.5
Half Rack	715	72.1	10.2	24.5	10.4	28.8	85	1,531	218	3.2	51.0

Rib and Wing	1,507	106	13	73	22	80	373	3,131	269	7	55
Mains	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
10 oz California Cut Striploin	1188	83.8	14.9	52.2	20.5	71.7	171	1975	364	6.2	36
4 Cheese Cajun Chicken Penne	1,419	91.4	7.2	88.2	33.0	59.7	231	4,840	409	4.2	9.2
8oz Top Sirloin	970	83.8	14.9	36.8	14.2	53	105	1,930	346	7.4	36
Bison Meatloaf	1,163	111.7	12.4	57.8	17.4	49.9	178	3,370	290	5.6	24.6
Blackened Basa	1,088	48.7	10.9	80.1	14.4	48.3	165	3,392	179	4.8	6.1
Blackened Chicken	1,080	102	11	52	9.4	59.2	119	3,532	257	4.7	10.4
Chicken Fajitas	2,235	219.0	16.9	92.2	24.3	113.3	255	7,435	448	5.6	32.8
Chicken Fettucini Alfredo	1,394	105	4	82	29	55	211	3,974	355	5	12
Chicken Fingers Buffalo	1,353	103.3	11.6	43.2	10.3	69.4	181	4,090	475	7.0	35
Chicken Fingers Original	1187	122	11	40	7	69	162	2,559	481	8	23
Chicken Parmesan	1,744	105.4	7.8	54.6	16.1	75.1	206	5,779	317	6	19.1
Fish & Chips 1 pc	1,075	124	9.7	48.8	6.4	39.6	12	3,094	511	3.7	12.4
Fish & Chips 2 pc	1,413	169.3	11.8	51.1	6.8	72.0	12	4,105	718	5.6	13.0
New York Chicken Dinner	1,592	132.0	13.9	76.8	32	73.8	461	5,212	280	7.9	12.9
Pineapple Mango Salmon	1116	86.4	7.6	65.3	17.0	50.1	135	2,698	161	5.5	18.4
Shrimp & Sea Scallop Fettuccine	1,141	107.3	8.2	60.4	23.1	37.7	181	3,945	226	4.8	15
Shrimp & Sea Scallop Fettuccine w /Garlic Toast & Cheese	1,542	288	185	259	207	217	353	4,549	736	179	194
Top Sirloin w/ Shrimp & Scallops	1101	52.5	11.4	60	26.1	60.4	222	1,817	356	5.7	31.4
Vegetarian Fajitas	1,541	197.7	17.2	55.6	25.7	43.2	69	4,741	908	3.8	43.1
Yellow Coconut Curry Bowl - Shrimp	1,317	88.7	7	72.5	47.9	60.0	886	3,132	913	8.8	21.7
Yellow Coconut Curry Bowl - Vegetarian	1,118	91.0	8	74.3	47.2	14.6	35	1,092	237	9.0	19.6
Yellow Curry Bowl Chicken	1,137	91.0	7.7	75	47.3	18.1	46	1,100	238	9.0	19.6
Add Garlic Toast	329	30	1	22	13	5	54	552	16	2	0
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)
Side Loaded Fries	672	76.10	6.9	34.0	15.1	22.2	66	1,343	521	1.2	4.1
Side Onion Rings	795	91.00	4.9	45	7.0	7.9	0	1,464	79	4.9	11.9
Side Poutine	1,060	155.3	6.2	41.9	12.4	22.2	60	7,055	219	1.9	9
Side Sweet Potato Fries	909	93.7	12.3	33.7	6.7	4.5	18	2,205	86	0.6	40.5
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	1,734	534	3.6	3.9
Side Baked Potato	513	82.7	10.7	18.3	7.7	8.1	31	1,254	57	3.5	2.7

Side Coleslaw	341	18	3.7	29.5	4.6	2.8	16	304	485	0.6	13
Side Double Garlic Caesar	270	11.6	1.7	22.9	5	5.9	15	442	63	0.8	2.6
Side Fresh Greens	144	19	4	1.5	1	3	0	261	80	0.9	11.8
Side Fries	493	71.80	6.2	23	1.8	5.7	0	863	44	1.1	2.9
Side Greek Salad	330	33.3	7.1	9.4	6.5	10.4	25	332	278	2.7	16.2
Side Mashed	363	32.7	1.8	23.6	8.2	3.6	27	744	54	0.4	3.6
Side of Mushrooms	474	8.2	2.2	36.7	16.3	6.7	54	617	20	1.2	4.9
Side Seasonal Veg	81	7.2	2.4	5.6	3.3	2.3	14	486	28	1	3.8
Side Spanish Rice	412	83	3.3	4.1	2	8	7	1,012	88	1.2	4.2
Side Veggie Plate	381	27.8	7.4	4.8	3.9	5.8	19	654	111	1.5	17.5
Soup Beef Vegetable	234	24.1	3.2	9.6	2.8	13	31	917	26	2.3	3.7
Soup French Onion	280	17.8	1.1	16.3	9.4	16.9	47	1,352	460	1	8.7
Dessert	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Fire N' Ice	1,459	168.3	5.7	86.9	40.1	19.5	341	830	609	4.5	69.4
Lake Rosseau Butter Tart	1,252	176.5	2.7	61.6	36.1	10.0	268	922	169	3.3	109.7
Skor Brownie Obsession	1,748	222.6	12.3	98.8	45.8	17.3	201	658	282	3	150.3
Sticky Toffee Pudding	1,228	202.3	5.5	47.3	28.1	12.4	192	891	275	6	94.4
Turtle Pie	523	65.5	2.9	28.0	13.2	6.4	115	196	63	2.6	32.9
Kids Brownie	720	75.5	5.5	45.5	23.7	7.7	79	173	71	2	60.3
Kids Menu	Calories	Carbs (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Calcium (mg)	Iron (mg)	Sugar (g)
Kids Buffalo Chicken Fingers	1,125	113.9	7.7	61.3	27.2	31.9	110	3,169	410	2.2	42.9
Kids Cheese Pizza	1,285	129.6	12.5	72.9	25.1	34.9	98	4,125	268	3.7	50
Kids Chicken Fingers	850	116.1	9.6	38.3	14.4	16.9	45	2,938	204	2.4	44.7
Kids Grilled Cheese	947	108.6	7.7	53.7	27.2	14.5	103	2,660	180	2.1	39.9
Kids Mac and Cheese	873	100.8	8.8	40	13.9	35.1	124	2,566	213	2.3	47.8
Kids Meatball Pasta	970	123.6	8.4	40.5	13.9	35.2	124	1,523	219	3.2	40.2
Kids Mini Burgers	1,346	123.3	10.4	71.5	23.7	58.4	330	2,533	232	5.1	43.5
Kids Mini Burgers w/Cheese	807	109.4	8.7	29.3	14.8	34.5	99	536	251	1.8	42.8
Kids Pasta Tomato Sauce	887	110.4	8.7	36.3	19.3	39.5	119	706	401	1.8	42.8
Kids Pasta w/Butter	1,238	162.5	11.4	57.7	32.7	25	132	1,727	455	5	54.6
Kids Pepperoni Pizza	873	111.4	10.3	40.9	19.7	25.3	70	2,237	339	2.3	44.9
Kids Taco	1,117	113.2	11.3	61.5	27.2	38.8	133	3,317	363	3.8	45.1
Kids Wings	1,088	126.4	11.4	46.8	23.5	41.9	132	1,956	344	3	43.4