

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) | 1,876 | 98.1 | 15.8 | 113.8 | 52.6 | 115.2 | 325 | 4227 | 1516 | 4.7 | 12.8 |
| 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 | 2347 | 145.9 | 12.7 | 121.5 | 31.4 | 123.7 | 666 | 4,773 | 168 | 8.6 | 16.9 |
| 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 | 34 | | | | | | | | | | |