

	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
<b>APPETIZERS</b>																
Mini Pretzel Buns w/ Beer Cheese - 1 of 2 servings	151	370	190	21g	8g	0g	20mg	1120mg	43g	2g	1g	10g	6%	6%	8%	15%
without pretzel sauce dipping sauce																
Dirty Chips - 1 of 2 servings	222	670	520	59g	11g	3.5g	45mg	2040mg	28g	3g	0g	12g	6%	15%	4%	4%
Calamari - 1 of 3 servings	119	250	80	9g	1g	0g	145mg	1440mg	28g	2g	< 1g	14g	4%	0%	4%	10%
without tzatziki & chili dipping sauces																
Double Cheese Nachos - 1 of 5 servings	150	420	240	27g	14g	1g	55mg	790mg	22g	1g	< 1g	23g	25%	4%	60%	4%
Shark Bites - 1 of 2 servings	183	790	510	57g	5g	0g	60mg	2370mg	35g	3g	3g	44g	0%	0%	6%	25%
without chili dipping sauces																
Lettuce Wraps - 1 of 2 servings	323	340	150	17g	1.5g	0g	< 5 mg	720mg	40g	6g	15g	8g	45%	110%	6%	10%
Edamame Beans - 1 of 2 servings	120	170	80	10g	0.5g	0g	0mg	870mg	10g	5g	3g	12g	0%	30%	6%	15%
Poutine - 1 of 2 servings	283	640	420	47g	13g	1g	35mg	1790mg	39g	3g	1g	21g	15%	8%	40%	8%
Chicken Wings - 1 of 2 servings	165	570	380	42g	7g	0g	85mg	820mg	20g	0g	0g	23g	4%	2%	25%	8%
Meatball Skillet - 1 of 2 servings	164	280	150	17g	7g	0.5g	55mg	710g	16g	2g	4g	16g	15%	10%	8%	20%
Parmesan Tater Tots - 1 of 2 servings	232	660	450	50g	5g	1g	5mg	1030mg	45g	5g	0g	5g	6%	15%	10%	10%
Mini Mac Sliders - 1 of 3 servings	153	290	170	19g	6g	0g	50mg	660mg	18g	< 1g	5g	14g	6%	8%	4%	10%
Chicken Tenders - 1 of 2 servings	105	300	180	20g	2g	0g	20mg	560mg	18g	< 1g	5g	12g	0%	0%	2%	8%
Camflina Tacos (1 of 2 servings) no protein	238	500	170	19g	3g	0g	15mg	380mg	73g	9g	5g	9g	15%	50%	15%	15%
Deep Fried Pickles - 1 of 2 servings	127	250	140	15g	1g	0g	0mg	780mg	26g	3g	3g	3g	0%	0%	0%	0%
<b>SALADS (no bread)</b>																
Thai Tuna Salad	504	390	100	12g	2g	0g	30mg	1860mg	42g	9g	30g	29g	280%	120%	10%	20%
without dressing	447	320	100	12g	2g	0g	30mg	650mg	26g	9g	15g	29g	280%	120%	10%	15%
Caesar Salad (Full)	269	590	450	50g	8g	0.5g	50mg	460mg	27g	5g	6g	11g	300%	15%	20%	20%
without dressing	213	220	100	11g	4g	0g	10mg	240mg	26	5g	5g	9g	300%	10%	15%	20%
Caesar Salad (Side)	119	210	160	18g	2.5g	0g	20mg	150mg	10g	2g	2g	4	150%	6%	6%	8%
without dressing	98	70	30	3g	1g	0g	< 5mg	75mg	9g	2g	2g	3g	150%	6%	6%	8%
Steak Salad	593	840	500	56g	8g	0.5g	260mg	2200mg	36g	7g	14g	47g	150%	30%	20%	50%
without dressing	522	460	170	19g	5g	0g	260mg	1630mg	27g	7g	8g	45g	150%	30%	20%	50%
Green Salad (Full) without dressing	214	90	45	5g	0g	0g	0mg	60mg	11g	4g	5g	4g	230%	45%	10%	10%
Green Salad (App/ Side) without dressing	85	35	15	2g	0g	0g	0mg	25mg	5g	2g	2g	2g	90%	15%	4%	4%
Spicy Tex-Mex Salad (no protein)	569	840	430	49g	10g	0g	50mg	1070mg	87g	15g	12g	18g	45%	45%	30%	25%
<b>BURGERS (no sides)</b>																
Burger - Classic	383	650	350	39g	17g	0g	165mg	820mg	40g	3g	17g	39g	20%	10%	20%	20%
Burger - Double Fisted	580	1370	840	93g	40g	1g	345mg	2050mg	41g	2g	18g	93g	60%	10%	60%	25%
Burger - Shark	496	920	540	60g	26g	0.5g	215mg	1540mg	44g	4g	19g	56g	30%	15%	40%	20%
Veggie Burger	292	670	260	29g	12g	0.5g	165mg	1240mg	82g	5g	17g	22g	35%	20%	60%	35%
Cajun Chicken Burger	374	740	410	46g	20g	0.5g	195mg	3270mg	36g	2g	14g	53g	45%	6%	15%	20%
Sliders & Fries	715	1450	850	95g	22g	2g	175mg	4940mg	110g	7g	16g	47g	20%	35%	15%	50%
<b>SANDWICHES (no sides)</b>																
Roast Beef Dip	415	730	280	31g	9g	0g	80mg	1830mg	74g	3g	0g	39g	4%	2%	4%	45%
Chicken-Quesadilla (also under Apps)	327	610	210	24g	11g	0g	90mg	2230mg	55g	5g	1g	41g	25%	0%	40%	25%
without sour cream or salsa dipping sauces																
Chicken Tenders + Fries	696	1690	960	107g	11g	1.5g	60mg	3590mg	139g	8g	17g	43g	0%	15%	4%	40%
without honey mustard dipping sauce																
Italian Chicken Dip	574	1170	610	68g	14g	1g	140mg	2710mg	95g	9g	15g	43g	45%	80%	50%	60%
Steak Sandwich	259	560	220	25g	6g	0g	75mg	1640mg	41g	3g	3g	40g	4%	2%	4%	45%
Southern Fried Chicken Sandwich (no side)	420	830	280	31g	9g	0.5g	115mg	1680mg	106g	5g	17g	38g	20%	6%	20%	40%
<b>PIZZA</b>																
Margherita	427	930	330	37g	19g	0.5g	75mg	2370mg	107g	6g	10g	46g	35%	15%	80%	50%
Spicy Chicken	552	1090	480	54g	19g	0.5g	80mg	2760mg	103g	7g	9g	52g	100%	90%	45%	50%
Meat Pizza	475	1110	440	49g	19g	0g	120mg	3590mg	106g	6g	9g	61g	15%	15%	50%	60%
<b>MAINS</b>																
Haddock & Chips 1 pc (no tartar dipping sauce)	436	1360	900	100g	10g	1.5g	65mg	2120mg	90g	8g	5g	29g	10%	70%	25%	30%
Haddock & Chips 2 pc (no tartar dipping sauce)	535	1660	1090	121g	11g	2g	125mg	2330mg	90g	8g	5g	48g	10%	70%	30%	40%
Steak Frites (includes fries)	589	1060	540	61g	10g	0.5g	75mg	3430mg	85g	7g	3g	43g	30%	50%	8%	50%
Jambalaya	1144	1290	510	57g	13g	0g	675mg	4930mg	110g	9g	12g	86g	50%	130%	25%	25%
Ginger Beef Rice Bowl	853	2140	1350	150g	15g	2g	55mg	2830mg	160g	8g	46g	36g	35%	190%	8%	40%
Butter Chicken	727	1020	520	58g	24g	0g	170mg	1430mg	89g	3g	12g	31g	60%	140%	20%	10%
Spaghetti & Meatballs	624	1140	560	63g	33g	1g	205mg	1990mg	103g	6g	15g	42g	45%	20%	35%	40%
<b>BRUNCH (no side)</b>																
Bacon & Egg Tater Tots	562	1540	1060	118g	20g	1.5g	70mg	2950mg	98g	10g	3g	20g	20%	20%	25%	20%
Chorizo Sausage Frittata (no bread)	346	600	400	44g	15g	0g	615mg	1620mg	10g	1g	5g	38g	35%	50%	35%	20%
B.E.L.T & Cheese Sandwich	210	610	370	41g	17g	0.5g	295mg	1190mg	35g	2g	13g	29g	2%	4%	20%	20%
Bacon & Egg Brunch Burger	433	1000	610	68g	28g	0.5g	405mg	1640mg	39g	2g	16g	62g	25%	8%	35%	25%
Brunch Tater Tots	429	1190	800	89g	7g	1.5g	0mg	1840mg	92g	9g	0g	5g	0%	15%	10%	15%
<b>DESSERTS</b>																
Chocolate Chunk Cookie Skillet - 1 of 2 servings	148	510	230	26g	13g	0g	50mg	340mg	66g	2g	39g	6g	15%	0%	8%	15%
Mini Donuts - 1 of 2 servings	76	380	240	26g	8g	0g	10mg	370mg	33g	< 1g	17g	3g	0%	0%	0%	4%
<b>SIDES/ ADD ONS</b>																
Grilled Chicken Add On	157	320	240	27g	3.5g	0g	55mg	830mg	1g	0g	0g	20g	4%	4%	0%	4%
Carne Chicken Add On	113	170	60	7g	2g	0g	110mg	700mg	3g	< 1g	< 1g	21g	6%	2%	2%	10%
Pulled Pork Add On	113	210	120	13g	3g	0g	55mg	860mg	3g	0g	0g	18g	4%	6%	2%	8%
Spicy Beef Add On	234	350	210	23g	8g	1g	95mg	230mg	8g	2g	4g	28g	10%	20%	4%	20%
Fries - Side	268	660	420	47g	4.5g	1g	0mg	2730mg	56g	4g	2g	5g	0%	10%	0%	10%
Flatbread Spears	61	180	80	9g	2g	0g	0mg	570mg	22g	1g	1g	4g	2%	0%	2%	10%
Garlic Toast	125	390	100	11g	2g	0g	0mg	870mg	62g	4g	5g	9g	2%	0%	0%	45%
Jasmine Rice	227	370	80	9g	1.5g	0g	0mg	540mg	67g	0g	0g	6g	2%	0%	0%	0%
Peppercorn Sauce Add On	57	35	15	2g	1g	0g	4mg	200mg	4g	0g	1g	< 1g	2%	0%	0%	2%
Sauteed Mushrooms Add On	73	30	20	2g	0g	0g	0mg	35mg	2g	< 1g	1g	2g	0%	2%	0%	2%
Sweet Potato Fries	302	750	490	55g	5g	1g	0mg	1900mg	62g	7g	29g	3g	150%	20%	8%	15%
<b>DIPPING SAUCES</b>																
Sweet Chili Sauce	48	80	0	0g	0g	0g	0mg	470mg	20g	0g	14g	0g	4%	0%	0%	0%
Mango Sauce	28	60	50	6g	0g	0g	0mg	75mg	2g	0g	1g	0g	6%	6%	0%	2%
Salsa	57	25	15	1.5g	0g	0g	0mg	200mg	3g	< 1g	2g	< 1g	8%	15%	0%	0%
Chili Lime Dressing	57	260	220	25g	2.5g	0g	0mg	135mg	10g	< 1g	7g	< 1g	2%	2%	2%	4%
Ghost Pepper Suicide - Wing Sauce	51	120	100	11g	2g	0g	0mg	1130mg	5g	2g	1g	< 1g	20%	2%	0%	0%
Golden Shark - Wing Sauce	57	60	0	0g	0g	0g	0mg	1300mg	12g	< 1g	10g	< 1g	0%	0%	0%	0%
Jerk - Wing Sauce	57	60	20	2g	0g	0g	0mg	1260mg	10g	0g	6g	0g	0%	4%	0%	4%