

NUTRITIONAL ANALYSIS - Oct 16/ 20

PLATING RECIPES	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
APPETIZERS																
Calamari & Shrimp - 1 of 3 servings	112	240	100	12g	1g	0g	145mg	1130mg	21g	1g	0g	13g	20%	0%	2%	8%
<i>without tzatziki</i>																
Keg of Nachos - 1 of 5 servings	153	390	210	24g	14g	1g	60mg	810mg	19g	1g	< 1g	24g	30%	15%	60%	4%
Shark Bites - 1 of 2 servings	183	790	510	57g	5g	0g	60mg	2370mg	35g	3g	3g	44g	0%	0%	6%	25%
<i>without chili dipping sauces</i>																
Lettuce Wraps - 1 of 2 servings	326	270	70	8g	0.5g	0g	< 5 mg	510mg	42g	6g	10g	8g	40%	80%	0%	6%
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 (Van only) - 1 of 2 servings	171	160	70	8g	3.5g	0g	15mg	400mg	16g	1g	2g	7g	35%	2%	2%	15%
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 + Fries - 1 of 2 servings	314	680	320	36g	3.5g	0.5g	55mg	1550mg	62g	4g	< 1g	24g	0%	4%	2%	15%
<i>without honey mustard dipping sauce</i>																
Fried Pickles - 1 of 2 servings	127	250	140	15g	1g	0g	0mg	780mg	26g	3g	3g	3g	0%	0%	0%	0%
Brussel Sprouts - 1 of 2 servings	221	410	320	35g	9g	0g	25mg	630mg	15g	6g	4g	13g	180%	150%	20%	15%
Guac & Chips - 1 of 2 servings	149	310	170	19g	2.5g	0g	< 5g	600mg	32g	6g	1g	5g	25%	15%	4%	8%
SALADS (no bread)																
Caesar Salad (Full)	269	590	450	50g	8g	0.5g	50mg	460mg	27g	5g	6g	11g	300%	15%	20%	20%
<i>without dressing</i>	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%
<i>without dressing</i>	98	70	30	3g	1g	0g	< 5mg	75mg	9g	2g	2g	3g	150%	6%	6%	8%
Steak Salad	628	850	470	53g	9g	0g	280mg	2250mg	36g	6g	12g	56g	190%	25%	20%	60%
<i>without dressing</i>	572	540	210	23g	6g	0g	280mg	1800mg	28g	6g	6g	54g	190%	25%	15%	50%
Tex-Mex Salad (no protein)	569	840	430	49g	10g	0g	50mg	1070mg	87g	15g	12g	18g	45%	45%	30%	25%
Market Salad (Full) <i>without dressing</i>	220	130	70	8g	1.5g	0g	0mg	35mg	11g	5g	5g	7g	140%	10%	6%	20%
Market Salad (App/ Side) <i>without dressing</i>	93	50	25	2.5g	0g	0g	0mg	15mg	5g	2g	2g	2g	90%	4%	2%	6%

PLATING RECIPES	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
HANDHELDS (no sides)																
Burger - Classic	383	650	350	39g	17g	0g	165mg	820mg	40g	3g	17g	39g	20%	10%	20%	20%
Burger - Shark	496	920	540	60g	26g	0.5g	215mg	1540mg	44g	4g	19g	56g	30%	15%	40%	20%
Cajun Chicken Burger	374	740	410	46g	20g	0.5g	195mg	3270mg	36g	2g	14g	53g	45%	6%	15%	20%
Veggie Burger (Lightlife)	475	890	350	39g	14g	0g	150mg	2740mg	96g	9g	21g	42g	76%	15%	50%	35%
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%
<i>without sour cream or salsa dipping sauces</i>																
Steak Sandwich	301	590	220	24g	6g	0g	95mg	1660mg	40g	3g	3g	49g	2%	2%	4%	50%
Southern Fried Chicken Sandwich (no side)	493	1300	750	84g	24g	1.5g	150mg	2020mg	94g	4g	13g	41g	80%	15%	50%	25%
PIZZA																
The O.G. Pizza	398	800	240	27g	13g	0g	45mg	1780mg	107g	2g	7g	37g	150%	10%	40%	50%
Tenderoni Pizza	517	1080	430	48g	20g	1g	115mg	4080mg	110g	3g	7g	56g	130%	50%	50%	60%
MAINS																
Steak Frites (includes fries)	659	1370	810	90g	13g	1g	95mg	3450mg	85g	7g	3g	52g	70%	35%	6%	60%
<i>Add Garlic Prawns</i>	139	160	100	11g	2.5g	0g	135mg	910mg	< 1g	0g	0g	14g	8%	0%	0%	0%
Jambalaya	1057	1240	510	57g	13g	0g	495mg	4470mg	110g	9g	12g	73g	50%	90%	15%	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	623	990	480	54g	29g	0.5g	165mg	1560mg	97g	5g	13g	31g	20%	6%	20%	30%

PLATING RECIPES	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Vancouver Only - BRUNCH																
Bacon & Egg Tater Tots	555	1610	1140	127g	16g	1.5g	55mg	3230mg	97g	10g	2g	20g	15%	20%	20%	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%
Victoria Only - BRUNCH (no fruit garnish)																
Big Country Breakfast	570	1350	810	90g	30g	0g	685mg	3760mg	70g	7g	7g	60g	25%	25%	15%	45%
Blackstone Benedict	577	1390	900	100g	22g	0.5g	455mg	3120mg	74g	6g	11g	47g	50%	60%	30%	40%
Breakfast Sandwich	450	1150	710	79g	20g	0.5g	425mg	2390mg	70g	5g	7g	40g	40%	60%	30%	35%
Brunch Burger (no potatoes)	681	1060	620	69g	27g	2.5g	360mg	3130mg	52g	6g	16g	58g	45%	35%	35%	50%
Chorizo Sausage Scramble (no toast)	640	1220	810	90g	22g	0.5g	830mg	3180mg	54g	6g	12g	46g	60%	150%	20%	40%
Eggs Benedict	449	920	490	55g	13g	0g	415mg	2080mg	68g	5g	8g	35g	15%	50%	30%	35%
French Toast (no sides or syrup)	236	560	210	24g	3.5g	0g	205mg	810mg	70g	3g	13g	19g	10%	4%	10%	30%
Healthy Start Granola Parfait	468	880	250	28g	20g	0g	10mg	220mg	143g	15g	72g	24g	20%	90%	35%	30%
Steak & Eggs (no potato or toast)	339	580	330	36g	9g	0g	640mg	1410mg	3g	0g	< 1g	56g	15%	0%	10%	35%
Three Egg Omelette (no potato or toast)	490	940	650	72g	24g	0g	875mg	2700mg	14g	3g	7g	59g	70%	100%	15%	35%
Traditional Breakfast (incl. sausage)	393	1010	630	70g	18g	0g	395mg	1810mg	65g	5g	5g	28g	15%	40%	15%	25%
Waffles	470	1300	640	72g	20g	0g	135mg	270mg	141g	6g	52g	21g	25%	25%	80%	60%
DESSERTS																
Chocolate Chunk Cookie Skillet - 1 of 2 servings	148	510	230	26g	13g	0g	50mg	340mg	66g	2g	39g	6g	15%	0%	8%	15%

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SIDES/ ADD ONS																
Grilled Chicken Add On	157	320	240	27g	3.5g	0g	55mg	830mg	1g	0g	0g	20g	4%	4%	0%	4%
Pulled Carne Chicken Add On	113	170	60	7g	2g	0g	110mg	700mg	3g	< 1g	< 1g	21g	6%	2%	2%	10%
Spicy Beef Add On	234	350	210	23g	8g	1g	95mg	520mg	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%
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%
Naan with Garlic Butter	71	270	130	14g	2.5g	0g	0mg	500mg	31g	1g	2g	5g	2%	8%	2%	0%
KIDS (no side)																
Chicken Fingers	321	820	460	51g	6g	0.5g	45mg	1990mg	61g	13g	8g	28g	0%	6%	4%	25%
Grilled Cheese	199	560	300	34g	7g	0.5g	20mg	1090mg	51g	3g	3g	11g	8%	6%	20%	15%
Mini Burgers	458	860	510	56g	18g	0.5g	145mg	1990mg	55g	2g	15g	41g	15%	25%	15%	30%
DIPPING SAUCES																
Tzatziki	57	50	40	4.5g	2.5g	0g	10mg	190mg	3g	0g	2g	2g	4%	4%	6%	0%
Suicide - Wing Sauce	65	10	10	1g	0g	0g	0mg	2240mg	1g	0g	0g	0g	0%	2%	0%	0%
Shark Spice - Wing Spice	28	60	0	0.5g	0g	0g	0g	3350mg	12g	2g	3g	1g	25%	2%	4%	8%
Golden Shark - Wing Sauce	57	60	0	0g	0g	0g	0mg	1300mg	12g	< 1g	10g	< 1g	0%	0%	0%	0%
Sriracha Honey - Wing Sauce	71	120	0	0g	0g	0g	0mg	950mg	29g	0g	29g	0g	0%	0%	0%	0%
Habanero Salt - Wing Sauce	5	0	0	0g	0g	0g	0mg	1960mg	0g	0g	0g	0g	4%	0%	0%	0%
Maple Bourbon - Wing Sauce	57	170	70	8g	0.5g	0g	0mg	210mg	23g	0g	21g	0g	0%	2%	2%	0%
Gravy	34	15	0	0g	0g	0g	0mg	150mg	2g	0g	0g	0g	0%	0%	0%	0%
Tartar Sauce	45	150	135	15g	3g	0g	15mg	405mg	3g	0g	3g	< 1g	0%	0%	0%	0%
Spicy Ketchup	28	20	0	0g	0g	0g	0mg	410mg	6g	0g	5g	0	4%	6%	0%	0%
Roasted Garlic Aioli	43	130	110	12g	1.5g	0g	0mg	320mg	5g	0g	0g	< 1g	4%	4%	2%	2%
Lime Cilantro Dressing	57	90	80	9g	3.5g	0g	15mg	460mg	2g	0g	< 1g	1g	15%	8%	2%	2%
Truffle Aioli	57	370	360	40g	4.5g	0.5g	45mg	200mg	0g	0g	< 1g	2g	10%	15%	4%	15%