

## NUTRITIONAL ANALYSIS - August 26, 2021

PLATING RECIPES	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Calcium	Iron	Potassium
<b>KICK-STARTERS</b>															
Calamari & Shrimp - 1 of 3 servings	112	240	100	12g	1g	0g	145mg	1130mg	21g	1g	0g	13g	2%	8%	0%
<i>without tzatziki</i>															
Keg of Nachos - 1 of 5 servings	153	390	210	24g	14g	1g	60mg	810mg	19g	1g	< 1g	24g	60%	4%	0%
Shark Bites - 1 of 2 servings	183	790	510	57g	5g	0g	60mg	2370mg	35g	3g	3g	44g	6%	25%	0%
<i>without chili dipping sauces</i>															
Lettuce Wraps - 1 of 2 servings	326	270	70	8g	0.5g	0g	< 5 mg	510mg	43g	6g	9g	8g	4%	6%	4%
Poutine - 1 of 2 servings	283	640	420	47g	13g	1g	35mg	1790mg	39g	3g	1g	21g	30%	8%	0%
Chicken Wings - 1 of 2 servings	165	570	380	42g	7g	0g	85mg	820mg	20g	0g	0g	23g	25%	8%	0%
Meatball Skillet (Van only) - 1 of 2 servings	171	160	70	8g	3.5g	0g	15mg	400mg	16g	1g	2g	7g	2%	15%	0%
Mini Mac Sliders - 1 of 3 servings	153	290	170	19g	6g	0g	50mg	660mg	18g	< 1g	5g	14g	4%	10%	0%
Chicken Tenders + Fries - 1 of 2 servings	314	680	320	36g	3.5g	0.5g	55mg	1550mg	62g	4g	< 1g	24g	2%	15%	0%
<i>without honey mustard dipping sauce</i>															
Tuna Poke - 1 of 2 servings	131	220	60	7g	1g	0g	20mg	820mg	27g	4g	2g	3g	4%	8%	4%
Mexican Street Corn Dip - 1 of 2 servings	191	430	270	31g	15g	0.5g	75mg	730mg	27g	2g	5g	14g	25%	6%	6%
Stuffed Zucchini Rolls - 1 of 2 servings	134	230	150	17g	6g	0g	20mg	770mg	14g	1g	3g	11g	10%	6%	2%
Roasted Cauliflower - 1 of 2 servings	78	200	170	19g	2g	0g	10mg	170mg	5g	1g	1g	4g	18%	1%	4%
<b>BAR BITES</b>															
Salsa & Chips	155	150	45	5g	0.5g	0g	0mg	550mg	25g	3g	3g	3g	4%	6%	4%
Jalapeno Bacon & Cheese Fritters	175	420	220	25g	6g	0g	30mg	930mg	36g	2g	1g	12g	15%	15%	4%
Smoky Parmesan Tater Tots	200	550	370	41g	3.5g	0g	0mg	1190mg	43g	4g	0g	3g	6%	8%	0%
Beef Slider	153	290	170	19g	6g	0g	50mg	660mg	18g	< 1g	5g	14g	4%	10%	0%
Chicarrones	34	230	180	20g	3.5g	0g	0mg	590mg	0g	0g	0g	12g	0%	0%	0%
<b>SALADS (no bread)</b>															
Caesar Salad (Full)	269	590	450	50g	8g	0.5g	50mg	460mg	27g	5g	6g	11g	20%	20%	8%
<i>without dressing</i>	213	220	100	11g	4g	0g	10mg	240mg	26	5g	5g	9g	15%	20%	8%
Caesar Salad (Side)	119	210	160	18g	2.5g	0g	20mg	150mg	10g	2g	2g	4	6%	8%	4%
<i>without dressing</i>	98	70	30	3g	1g	0g	< 5mg	75mg	9g	2g	2g	3g	6%	8%	4%
Steak Salad	642	930	560	62g	10g	0.5g	280mg	2310mg	36g	7g	12g	56g	15%	60%	8%
<i>without dressing</i>	585	630	290	33g	8g	0g	280mg	1860mg	28g	7g	6g	55g	15%	60%	8%
Tex-Mex Salad (no protein)	569	840	430	49g	10g	0g	50mg	1070mg	87g	15g	12g	18g	30%	25%	10%
Market Salad (App/ Side) <i>without dressing</i>	93	50	25	2.5g	0g	0g	0mg	15mg	5g	2g	2g	2g	2%	6%	4%

PLATING RECIPES	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Calcium	Iron	Potassium
<b>HANDHELDS (no sides)</b>															
Burger - Classic	383	650	350	39g	17g	0g	165mg	820mg	40g	3g	17g	39g	20%	20%	4%
Burger - Shark	496	920	540	60g	26g	0.5g	215mg	1540mg	44g	4g	19g	56g	40%	20%	6%
Cajun Chicken Burger	374	740	410	46g	20g	0.5g	195mg	3270mg	36g	2g	14g	53g	15%	20%	8%
Veggie Burger (Lightlife)	475	890	350	39g	14g	0g	150mg	2740mg	96g	9g	21g	42g	50%	35%	2%
Roast Beef Dip	415	730	280	31g	9g	0g	80mg	1830mg	74g	3g	0g	39g	4%	45%	0%
Chicken-Quesadilla	327	610	210	24g	11g	0g	90mg	2230mg	55g	5g	1g	41g	40%	25%	0%
<i>without sour cream or salsa dipping sauces</i>															
Steak Sandwich	301	590	220	24g	6g	0g	95mg	1660mg	40g	3g	3g	49g	4%	50%	0%
Southern Fried Chicken Sandwich (no side)	493	1300	750	84g	24g	1.5g	150mg	2020mg	94g	4g	13g	41g	50%	25%	4%
<b>PIZZA</b>															
The O.G. Pizza	398	800	240	27g	13g	0g	45mg	1780mg	107g	2g	7g	37g	40%	50%	0%
Tenderoni Pizza	517	1080	430	48g	20g	1g	115mg	4080mg	110g	3g	7g	56g	50%	60%	0%
<b>SC SIGNATURES</b>															
Bang Bang Noodle Bowl	616	990	460	53g	6g	0.5g	10mg	2520mg	112g	10g	31g	23g	10%	25%	15%
<i>Add Prawns</i>	226	110	10	1g	0g	0g	245mg	1290mg	0g	0g	0g	25g	2%	0%	0%
<i>Add Chicken</i>	226	180	40	4.5g	1g	0g	100mg	640mg	0g	0g	0g	36g	0%	1%	0%
Beer Brined Roast Chicken <i>incl.fries, coleslaw, gravy</i>	953	1410	730	81g	21g	0g	305mg	3400mg	83g	7g	6g	83g	10%	50%	6%
Baked Chicken Enchiladas	722	1330	630	72g	33g	1.5g	195mg	2750mg	109g	10g	9g	65g	80%	50%	10%
Steak Frites (includes fries)	659	1370	810	90g	13g	1g	95mg	3450mg	85g	7g	3g	52g	6%	60%	2%
<i>Add Garlic Prawns</i>	139	160	100	11g	2.5g	0g	135mg	910mg	< 1g	0g	0g	14g	0%	0%	0%
Jambalaya	1057	1240	510	57g	13g	0g	495mg	4470mg	110g	9g	12g	73g	15%	25%	10%
Ginger Beef Rice Bowl	853	2140	1350	150g	15g	2g	55mg	2830mg	160g	8g	45g	37g	6%	40%	0%
Butter Chicken	727	1020	520	58g	24g	0g	170mg	1430mg	89g	3g	12g	31g	20%	10%	0%
Spaghetti & Meatballs	623	990	480	54g	29g	0.5g	165mg	1560mg	97g	5g	13g	31g	20%	30%	0%
Tuna Poke Bowl	606	920	410	47g	6g	0g	65mg	1220mg	95g	9g	13g	11g	4%	10%	15%
<b>DESSERTS</b>															
Chocolate Chunk Cookie Skillet - <i>1 of 2 servings</i>	148	510	230	26g	13g	0g	50mg	340mg	66g	2g	39g	6g	8%	15%	0%
Whipped Cheesecake Jar	155	440	200	23g	11g	0g	50mg	300mg	52g	< 1g	33g	6g	4%	10%	6%

PLATING RECIPES	Total Grams	Calories	Calories from Fat	Total Fat	Saturated Fat	TransFat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein	Calcium	Iron	Potassium
<b>SIDES/ ADD ONS</b>															
Grilled Chicken Add On	157	320	240	27g	3.5g	0g	55mg	830mg	1g	0g	0g	20g	0%	4%	0%
Pulled Carne Chicken Add On	113	170	60	7g	2g	0g	110mg	700mg	3g	< 1g	< 1g	21g	2%	10%	0%
Spicy Beef Add On	234	350	210	23g	8g	1g	95mg	520mg	8g	2g	4g	28g	4%	20%	0%
Fries - Side	268	660	420	47g	4.5g	1g	0mg	2730mg	56g	4g	2g	5g	0%	10%	0%
Garlic Toast	125	390	100	11g	2g	0g	0mg	870mg	62g	4g	5g	9g	0%	45%	0%
Jasmine Rice	227	370	80	9g	1.5g	0g	0mg	540mg	67g	0g	0g	6g	0%	0%	0%
Sauteed Mushrooms Add On	73	30	20	2g	0g	0g	0mg	35mg	2g	< 1g	1g	2g	0%	2%	6%
Sweet Potato Fries	302	750	490	55g	5g	1g	0mg	1900mg	62g	7g	29g	3g	8%	15%	0%
Naan with Garlic Butter	71	270	130	14g	2.5g	0g	0mg	500mg	31g	1g	2g	5g	2%	0%	0%
<b>KIDS (no side)</b>															
Chicken Fingers	321	820	460	51g	6g	0.5g	45mg	1990mg	61g	13g	8g	28g	4%	25%	0%
Grilled Cheese	199	560	300	34g	7g	0.5g	20mg	1090mg	51g	3g	3g	11g	20%	15%	0%
Mini Burgers	458	860	510	56g	18g	0.5g	145mg	1990mg	55g	2g	15g	41g	15%	30%	0%
<b>DIPPING SAUCES</b>															
Tzatziki	57	50	40	4.5g	2.5g	0g	10mg	190mg	3g	0g	2g	2g	6%	0%	0%
BBQ - Wing Sauce	57	130	0	0g	0g	0g	0g	930mg	29g	0g	25g	1g	0%	4%	0%
Honey Garlic - Wing Sauce	57	100	0	0g	0g	0g	0g	300mg	27g	0g	27g	0g	0%	0%	0%
Smoked Parmesan - Wing Sauce															
Teriyaki - Wing Sauce	57	70	0	0g	0g	0g	0g	1010mg	17g	0g	17g	1g	0%	0%	0%
Suicide - Wing Sauce	65	10	10	1g	0g	0g	0mg	2240mg	1g	0g	0g	0g	0%	0%	0%
Shark Spice - Wing Spice	28	60	0	0.5g	0g	0g	0g	3350mg	12g	2g	3g	1g	4%	8%	0%
Golden Shark - Wing Sauce	57	60	0	0g	0g	0g	0mg	1300mg	12g	< 1g	10g	< 1g	0%	0%	0%
Sriracha Honey - Wing Sauce	71	120	0	0g	0g	0g	0mg	950mg	29g	0g	29g	0g	0%	0%	0%
Maple Bourbon - Wing Sauce	57	170	70	8g	0.5g	0g	0mg	210mg	23g	0g	21g	0g	2%	0%	0%
Gravy	34	15	0	0g	0g	0g	0mg	150mg	2g	0g	0g	0g	0%	0%	0%
Lime Cilantro Dressing	57	90	80	9g	3.5g	0g	15mg	460mg	2g	0g	< 1g	1g	2%	2%	0%