

## Nutritional Values

DV: Recommended Daily Value  
g: gramme mg: milligramme

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Appetizers sauces not included</b>																				
Chicken Wings (6) and raw vegetables	108g	210	13	20	3	0	15	115	580	24	3	1	1	4	1	21	25	2	4	8
Chicken Wings (12) and raw vegetables	216g	420	25	38	6	0,1	31	230	1160	48	5	2	1	4	3	42	50	4	6	15
Cheese Sticks (4) and raw vegetables	162g	390	18	28	8	0,3	42	40	1730	72	36	12	2	8	2	21	40	2	45	15
Cheese Sticks (8) and raw vegetables	324g	790	36	55	16	0,5	83	80	3460	144	73	24	4	16	4	42	80	6	90	25
Scores Combo	448g	1350	79	122	23	1,5	123	210	2990	125	88	29	3	12	12	70	25	2	60	50
Combo classique	289g	820	46	71	9	0,3	47	105	1910	80	63	21	2	8	3	38	8	2	25	25
Kapow Shrimp	150g	500	27	42	2	0	10	130	1650	69	45	15	1	4	4	18	0	0	10	10
Onion Rings (about 16)	165g	540	32	49	3,5	0,1	18	5	920	38	58	19	2	8	4	7	0	4	6	15
<b>Soups</b>																				
Cream of brocoli	250ml	140	10	15	3	0,2	16	10	430	18	12	4	1	4	1	2	15	20	2	4
Cream of celery	250ml	140	10	15	3	0,2	16	10	440	18	11	4	1	4	1	2	10	2	2	4
Cream of Mushrooms	250ml	140	10	15	3,5	0,2	19	10	480	20	11	4	1	4	1	2	10	2	2	4
Cream of cauliflowers	250ml	140	10	15	3	0,2	16	10	430	18	11	4	1	4	1	2	10	10	2	4
Cream of spinach	250ml	140	10	15	3,5	0,2	19	10	440	18	11	4	1	4	1	2	30	8	4	6
Cream of leek	250ml	140	10	15	3	0,2	16	10	430	18	13	4	1	4	2	2	15	4	2	6
Chicken Royal soup	250ml	160	10	15	3	0,2	16	20	430	18	13	4	1	4	1	5	15	4	2	4
Lentil soup	250ml	170	7	11	1	0,1	6	5	390	16	20	7	8	32	2	7	4	10	2	15
Minestrone Soup	250ml	70	2	3	0,5	0	3	5	610	25	11	4	1	4	3	2	15	25	2	4
Pea Soup	250ml	120	2	3	0,3	0	2	0	380	16	20	7	5	20	4	6	8	4	4	15
Chicken noodle soup	250ml	80	1,5	2	0,5	0	3	20	580	24	8	3	1	4	1	8	8	0	2	4
<b>Sauces</b>																				
Sweet & Sour	42ml	60	0	0	0	0	0	0	150	6	15	5	0	0	13	0,1	0	2	0	0
Chicken wings	42ml	80	2,5	4	0,2	0	1	0	470	20	12	4	0	0	10	1	2	2	0	2
BBQ (kids menu)	60ml	20	0,3	1	0,1	0	1	0	410	17	4	1	0	0	0	0,3	2	0	0	0
BBQ	90ml	30	0,4	1	0,2	0	1	0	610	25	6	2	0	0	1	0,4	2	0	0	0
Chimichurri	70 ml	80	4,5	7	0,5	0	3	0	750	31	9	3	0	0	2	0	4	4	2	4
Ribs	60ml	100	0,1	1	0	0	0	0	260	11	24	8	0	0	21	0,5	0	4	2	4
Dijon	42ml	170	14	22	3	0	15	15	240	10	8	3	0	0	7	1	2	0	0	0
General Tao	30ml	60	1	2	0,1	0	1	0	320	13	12	4	0	0	8	1	0	0	0	0
Chipotle mayo	60ml	430	47	72	3,5	0,5	20	25	390	16	1	1	0	0	1	1	2	2	0	2
Honey mustard	42ml	200	17	26	1,5	0,1	8	15	250	10	11	4	0	0	10	1	0	0	0	2
Piri-piri	70 ml	80	6	9	0,5	0	3	0	680	28	7	2	0	0	5	0	4	0	0	2
Pepper	60ml	30	0,5	1	0,2	0	1	0	420	18	5	2	0	0	2	1	0	0	2	2
Sriracha	70 ml	60	0,2	1	0	0	0	0	1380	58	12	4	2	8	5	0	20	30	0	4
Tartar	42ml	240	26	40	2	0,4	12	20	230	10	1	1	0	0	1	1	2	2	0	2
Tartar	60ml	340	37	57	3	0,5	18	30	330	14	1	1	0	0	1	1	2	4	0	2
Tomato (marinara)	42ml	15	0,5	1	0	0	0	0	250	10	2	1	0	0	1	0,3	0	0	2	2

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Sides</b>																				
Fries	200g	810	39	60	3	0,1	16	0	840	35	107	36	9	36	0	8	0	100	4	15
Parmesan & garlic fries	159g	640	33	51	4	0,2	21	10	810	34	77	26	6	24	0	9	8	80	10	15
Vegetables	170g	90	4	6	0,5	0	3	0	310	13	12	4	3	12	5	2	15	70	4	6
Grilled bread (1/2)	31g	80	1	2	0,2	0	1	0	160	7	15	5	1	4	2	3	0	0	2	6
Baked potato	235g	200	0,2	1	0,1	0	1	0	10	1	47	16	4	16	2	4	0	30	2	6
Garnish Baked potato	330g	500	25	38	14	0,5	73	65	540	23	50	17	4	16	4	19	25	30	35	6
Mashed potatoes	200g	150	2	3	0,5	0	3	0	700	29	30	10	3	12	0	3	2	0	2	4
Vegetable rice	200g	290	4	6	1	0	5	0	560	23	58	19	2	8	1	5	6	25	4	20
Basmati rice	200g	280	5	8	2,5	0,1	13	15	45	2	51	17	2	8	0	6	4	0	4	25
Coleslaw	120g	90	5	8	0,5	0,1	3	5	210	9	10	3	3	12	7	1	2	60	4	4
Coleslaw, Bread & BBQ sauce	241g	200	7	11	1	0,1	6	5	990	41	30	10	3	12	9	4	6	60	6	10
<b>Fresh off the grill without side dish</b>																				
Traditional chicken brochette	244g	390	23	35	2,5	0,2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken brochette with basmati rice	444g	690	27	42	3	0,3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
À la Québécoise chicken brochette	332g	610	30	46	9	0,1	46	150	3130	130	30	10	2	8	21	54	2	20	4	15
À la Québécoise chicken brochette with rice	532g	900	34	52	9	0,1	46	150	3690	154	88	29	3	12	22	59	8	45	6	35
General Tao brochette	280g	390	14	22	2	0	10	110	1800	75	25	8	1	4	14	42	2	20	0	8
General Tao brochette with basmati rice	478g	670	19	29	4,5	0,1	23	120	1840	77	75	25	3	12	14	48	6	20	4	30
Montreal Smoked meat brochette	331g	590	34	52	7	0,5	38	155	1850	77	16	5	1	4	10	55	2	20	0	15
Montreal Smoked meat brochette with basmati rice	529g	860	39	60	9	0,5	48	170	1900	79	66	22	2	8	10	61	6	20	4	40
Hunter grilled chicken	342g	720	55	85	9	1	50	115	1930	80	22	7	3	12	4	37	15	70	15	15
Hunter grilled chicken with basmati rice	542g	1020	59	91	10	1	55	115	2490	104	80	27	4	16	5	42	20	90	20	35
Swiss cheese and bacon chicken	272g	520	32	49	9	0,5	48	130	1620	68	19	6	2	8	12	42	8	35	25	10
Swiss cheese and bacon chicken with basmati rice	472g	820	36	55	10	0,5	53	130	2180	91	77	26	3	12	14	47	15	60	25	35
<b>Delights from here and abroad</b>																				
Grilled Bavette steak (8oz)	167g	350	16	25	6	0	30	145	200	8	0	0	0	0	0	49	0	0	4	20
Grilled Bavette steak (8oz) with sautéed mushrooms, pepper sauce and vegetables	517g	670	40	62	9	0,4	47	145	1370	57	24	8	5	20	10	54	15	80	10	40
Chicken fajtas (for 1)	496g	940	55	85	6	1	35	85	3030	126	78	26	7	28	14	39	25	115	30	35
Chicken fajtas with cheese, salsa, guacamole and sour cream (for 1)	847g	1410	92	142	25	1,5	133	170	3800	158	94	31	13	52	22	57	70	145	80	40
Vegetarian Fajitas (for 1)	608g	820	46	71	5	0,5	28	0	2080	87	95	32	10	40	23	13	40	225	30	40
Vegetarian Fajitas with cheese, salsa, guacamole and sour cream (for 1)	961g	1310	87	134	24	1,5	128	85	2850	119	111	37	16	64	32	32	80	260	80	45
Fish & Chips	409g	1260	63	97	5	0,1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & Chips with tartare sauce	449g	1490	87	134	7	0,5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Norwegian Cod <i>en papillote</i>	230g	150	1,5	2	0	0	0	60	1240	52	3	1	1	4	1	31	6	45	2	4
Chicken Cacciatore	495g	820	36	55	10	0,5	53	185	1230	51	51	17	4	16	4	77	25	10	25	35
Cornish Hen (Half-chicken) without sauce	434g	930	34	52	10	0,2	51	285	1580	66	55	18	2	8	2	101	4	4	25	40
Cornish Hen (whole chicken) without sauce	768g	1560	60	92	17	0,3	87	575	2610	109	59	20	2	8	2	194	8	6	30	50
Salmon on cedar plank with basmati rice	384g	760	28	43	8	0,1	41	115	910	38	82	27	2	8	27	42	10	20	8	35
Cornish Hen Skillet lemon and herbs	616g	1180	67	103	28	1,5	148	385	2170	90	46	15	4	16	4	99	35	50	8	30
Fish Tacos	388g	880	54	83	6	0,3	32	95	2190	91	71	24	9	36	12	31	10	50	15	25
Tender chicken breast fillets (3) without sauce	150g	410	24	37	2,5	0,1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Tender chicken breast fillets (5) without sauce	250g	690	40	62	4	0,1	21	95	820	34	40	13	0	0	0	42	0	0	0	20

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Rotisserie Chicken without side dish</b>																				
Half chicken	348g	800	43	66	12	0,2	61	345	1150	48	2	1	0	0	0	101	4	0	6	15
Quarter chicken (leg)	138g	400	26	40	7	0,1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (breast)	210g	400	17	26	5	0,1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Two-leg meal	276g	790	52	80	14	0,2	71	315	1150	48	0	0	0	0	0	81	6	0	8	20
<b>Back Ribs without side dish</b>																				
Back Ribs	184g	540	32	49	11	0,2	56	205	820	34	19	6	0	0	13	44	0	0	6	20
Half Back Ribs	92g	270	16	25	5	0,1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Quarter leg and half Back Ribs	230g	670	42	65	12	0,2	61	260	990	41	10	3	0	0	6	63	4	0	6	20
Quarter breast and half Back Ribs	302g	670	33	51	10	0,2	51	290	980	41	11	4	0	0	6	82	2	0	6	20
Tender Chicken breast fillets and half Back Ribs	292g	820	48	74	9	0,2	46	180	1070	45	41	14	0	0	6	56	0	0	2	30
<b>Sandwiches without side dish</b>																				
Club sandwich	391g	770	29	45	8	0,2	41	165	1210	50	57	19	4	16	6	70	25	15	8	40
Club sandwich with two servings of Mayo	425g	990	53	82	12	0,3	62	175	1370	57	57	19	4	16	7	70	25	15	10	40
Chicken avocado Nanwich	391g	850	51	78	9	0,5	48	95	1790	75	62	21	7	28	5	38	15	60	25	30
Grilled chicken Flatbread	582g	970	52	80	12	1	65	125	2470	103	79	26	9	36	10	45	30	60	25	40
Fried Chicken and Waffle Sandwich	415g	1310	73	112	25	0,3	127	95	1620	68	127	42	8	32	52	40	35	35	8	45
<b>Burgers and poutines without side dish</b>																				
Beef burger	420g	1200	82	126	19	1,5	103	145	1840	77	73	24	7	28	11	43	8	25	25	50
Crispy chicken breast fillets	289g	770	47	72	4,5	0,4	25	50	1240	52	63	21	5	20	7	25	0	30	6	25
The Gourmet Burger	297g	820	52	80	9	0,4	47	170	1590	66	41	14	2	8	8	47	6	6	10	20
Chicken Poutine	535g	1390	73	112	24	1	125	175	2470	103	117	39	9	36	1	78	25	100	80	25
Cornish Hen poutine	772g	1880	88	135	26	1	135	335	4310	180	151	50	10	40	4	130	30	90	80	60
Classic poutine	420g	1220	71	109	23	1	120	70	2370	99	117	39	9	36	1	40	25	100	80	15
General Tao Poutine	525g	1720	92	142	25	1	130	110	3160	132	174	58	9	36	32	59	25	100	70	25
Montreal Smoked Meat Poutine	432g	1270	82	126	27	1,5	143	120	2460	103	94	31	6	24	8	52	25	70	70	20
<b>Lunch + without side dish</b>																				
Traditional chicken brochette	244g	390	23	35	2,5	0,2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken brochette with rice	444g	690	27	42	3	0,3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Half Back Ribs	92g	270	16	25	5	0,1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Fish & Chips	409g	1260	63	97	5	0,1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & Chips with tartare sauce	449g	1490	87	134	7	0,5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Scores Grilled Cheese Gourmet	421g	1190	72	111	24	1	125	230	1880	78	65	22	3	12	6	70	70	10	60	45
Hot chicken with green peas and sauce	610g	620	7	11	2	0	10	170	2340	98	65	22	6	24	7	75	25	35	10	40
Rosée Sauce Linguini and Butterfly Shrimp	543g	850	35	54	15	1	80	235	1080	45	95	32	6	24	3	37	35	10	10	50
Ribs Poutine	547g	1550	87	134	29	1	150	175	2930	122	141	47	9	36	20	63	25	100	80	30
Quarter chicken (leg)	138g	400	26	40	7	0,1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (breast)	210g	400	17	26	5	0,1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Tender chicken breast fillets (3)	150g	410	24	37	2,5	0,1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Chicken salad sandwich	325g	850	48	74	4,5	0,5	25	115	1300	54	60	20	3	12	6	44	10	4	4	35
Chicken and chipotle wrap	374g	1070	69	106	17	1	90	100	1730	72	72	24	3	12	4	40	25	40	50	35
Chicken and chipotle wrap with mayo	434g	1500	115	177	21	1,5	113	125	2110	88	73	24	3	12	5	41	25	40	50	40
Chicken Caesar with bacon wrap	336g	700	37	57	7	0,2	36	85	1770	74	56	19	4	16	3	36	80	8	25	35

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Desserts Lunch +</b>																				
Carrots cake	69g	220	9	14	2	0,1	11	30	115	5	30	10	1	4	19	3	15	2	4	6
Lemon-lime cake	52g	130	6	9	3	0,5	18	20	35	1	16	5	0	0	9	2	4	2	2	2
Yogurt & Fruits cake	50g	140	7	11	3,5	0,2	19	20	30	1	18	6	0	0	10	2	4	2	2	2
Apple cake	56g	160	8	12	2,5	0,1	13	5	70	3	23	8	1	4	15	1	2	2	2	4
Chocolate cake	62g	200	13	20	4	0,1	21	20	70	3	20	7	1	4	15	1	2	2	2	8
Cappuccino cake	57g	200	12	18	3	0,2	16	25	105	4	20	7	0	0	15	2	2	2	2	4
<b>Kids' menu without side dish</b>																				
Side Fries	105g	430	21	32	1,5	0,1	8	0	440	18	56	19	5	20	0	4	0	50	2	8
Side Honey	21ml	70	0	0	0	0	0	0	0	0	17	6	0	0	14	0	0	0	0	0
Side cherry sauce	60ml	100	0	0	0	0	0	0	40	2	24	8	0	0	22	0	0	0	0	0
Tender chicken breast fillets burger	176g	430	22	34	2	0,1	11	30	670	28	46	15	1	4	12	14	6	6	4	20
Roasted chicken leg	138g	400	26	40	7	0,1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Kool-Aid	360ml	110	0	0	0	0	0	0	20	1	28	9	0	0	28	0	0	0	4	0
Chocolate milk	278ml	210	6	9	4	0,2	21	20	130	5	30	10	1	4	30	10	35	20	25	10
Mini-burger	76g	230	12	18	6	0,4	32	60	260	11	14	5	1	4	3	15	4	0	8	10
Chicken nuggets (5)	85g	270	19	29	2,5	0,1	13	35	450	19	13	4	0	0	0	11	0	0	0	8
Teeny Tortellinis	340g	580	12	18	1,5	0,2	9	10	1750	73	98	33	6	24	11	17	0	0	20	15
<b>Salad Bar - Salads</b>																				
Iceberg lettuce	100g	15	0,1	1	0	0	0	0	10	1	3	1	1	4	2	1	6	4	2	2
Romaine lettuce	100g	15	0,3	1	0	0	0	0	10	1	3	1	2	8	1	1	90	6	2	6
Thai salad with snow peas	100g	90	2	3	0,3	0	2	0	140	6	16	5	2	8	7	3	6	45	2	8
Beet salad	100 g	30	0	0	0	0	0	0	190	8	7	2	1	4	5	0,2	0	15	4	10
Carrot salad	100g	120	5	8	1,5	0	8	5	100	4	19	6	3	12	13	2	130	10	2	8
Coleslaw salad	100g	80	4,5	7	0,5	0	3	5	180	8	8	3	2	8	6	1	2	50	4	4
Fried Cauliflower salad	100g	160	13	20	1,5	0,1	8	0	150	6	8	3	0	0	0	2	0	40	4	6
Nordic Shrimp salad	100g	100	7	11	1	0	5	5	330	14	5	2	1	4	2	5	6	35	2	2
Farfalle pasta salad	100g	220	10	15	1	0	5	0	170	7	26	9	2	8	2	5	6	8	2	10
Fennel and poppy salad	100g	90	3,5	5	0,5	0	3	0	95	4	15	5	2	8	12	1	6	20	6	6
Beens and feta salad	100g	110	8	12	2	0	10	5	200	8	8	3	2	8	4	3	8	15	6	6
Kale and citrus salad	100g	100	4	6	1,5	0	8	5	360	15	13	4	2	8	8	3	40	90	6	6
Roasted corn salad	100g	90	1	2	0	0	0	0	160	7	18	6	2	8	4	2	2	10	0	8
Chick pea salad	100g	170	10	15	1	0,2	6	0	115	5	16	5	3	12	2	4	2	10	2	6
Mini potatoes and bacon salad	100g	130	5	8	1	0,1	6	5	200	8	15	5	1	4	1	3	2	20	0	4
Traditional Potato salad	100g	170	13	20	1	0,2	6	5	110	5	12	4	1	4	1	2	2	15	2	2
Red quinoa salad	100g	100	4,5	7	0,4	0	2	0	540	23	14	5	2	8	1	3	10	35	2	10
Tabbouleh salad	100g	60	1	2	0,1	0	1	0	400	17	13	4	3	12	1	2	20	70	4	10
Greek salad with Cherry Tomatoes	100g	35	2	3	0,3	0	2	0	50	2	5	2	1	4	2	1	6	20	2	4
Barley and pesto salad	100g	160	8	12	1	0	5	0	320	13	21	7	4	16	1	4	2	10	2	6

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Salad Bar - Dressings</b>																				
Olive oil	30ml	250	29	45	4	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0
Dijon dip	30ml	120	10	15	2	0	10	10	170	7	6	2	0	0	5	1	2	0	0	0
Balsamic vinegar	30ml	20	0	0	0	0	0	0	0	0	6	2	0	0	0	0	0	0	0	0
Balsamic dressing	30ml	70	7	11	1	0,1	6	0	310	13	3	1	0	0	3	0,1	0	0	0	0
Caesar dressing	30ml	140	15	23	1	0,1	6	10	170	7	0	0	0	0	0	0,2	0	0	0	0
Greek dressing	30ml	100	10	15	1,5	0,2	9	0	270	11	3	1	0	0	1	0,3	0	0	0	0
Italian dressing	30ml	80	8	12	0,5	0,1	3	0	280	12	2	1	0	0	1	0	0	0	0	0
Light Italian dressing	30ml	20	1	2	0,1	0	1	0	350	15	2	1	0	0	2	0	0	0	0	0
House dressing	30ml	150	15	23	1	0,1	6	0	270	11	3	1	0	0	3	0,2	0	0	0	0
Honey Mustard dressing	30ml	150	12	18	1	0,1	6	10	210	9	9	3	0	0	8	1	0	0	0	2
Ranch dressing	30ml	120	13	20	2	0,2	11	5	180	8	2	1	0	0	1	0,4	0	0	0	0
<b>Salad Bar - Fresh Vegetables</b>																				
Broccoli	100g	35	0,4	1	0	0	0	0	35	1	7	2	3	12	2	3	6	150	4	6
Carrot	100g	40	0	0	0	0	0	0	75	3	9	3	3	12	6	1	70	15	2	4
Celery	100g	15	0,2	1	0	0	0	0	80	3	3	1	1	4	2	1	4	6	4	2
Red cabbage	100g	30	0,2	1	0	0	0	0	25	1	7	2	2	8	4	1	10	100	4	6
Mushrooms	100g	20	0,3	1	0,1	0	1	0	5	1	3	1	1	4	2	3	0	4	0	4
Cucumber	100g	10	0,2	1	0	0	0	0	2	1	2	1	1	4	1	1	0	6	2	2
Zucchini	100g	15	0,3	1	0,1	0	1	0	10	1	3	1	1	4	2	1	2	30	2	2
Edamame	100g	130	6	9	1	0	5	0	0	0	8	3	5	20	1	13	2	10	8	20
Bean Sprouts	100g	30	0,2	1	0	0	0	0	5	1	6	2	2	8	4	3	0	20	2	6
Red onion	100g	40	0,1	1	0	0	0	0	4	1	9	3	2	8	4	1	0	10	2	2
Red pepper	100g	30	0,3	1	0	0	0	0	4	1	6	2	2	8	4	1	30	210	0	4
Radishes (4)	100g	15	0,1	1	0	0	0	0	40	2	3	1	2	8	2	1	0	25	2	2
Tomatoe	100g	20	0,2	1	0	0	0	0	5	1	4	1	1	4	3	1	8	25	0	2
<b>Salad Bar - Fresh Fruits</b>																				
Pineapple	100g	50	0,1	1	0	0	0	0	1	1	13	4	1	4	10	1	0	80	2	2
Cantaloup	100g	35	0,2	1	0,1	0	1	0	15	1	8	3	1	4	7	1	35	60	0	2
Clementine	100g	45	0,2	1	0	0	0	0	1	1	12	4	2	8	9	1	0	80	2	2
Kiwi	100g	60	0,5	1	0	0	0	0	3	1	15	5	3	12	9	1	0	150	4	2
Mandarine	100g	110	0	0	0	0	0	0	20	1	25	8	1	4	21	1	2	45	2	2
Watermelon	100g	30	0	0	0	0	0	0	4	1	10	3	1	4	9	0,4	4	8	0	2
Honeydew Melon	100g	35	0,1	1	0	0	0	0	20	1	9	3	1	4	8	1	0	30	0	2
Orange	100g	45	0,1	1	0	0	0	0	0	0	12	4	2	8	9	1	2	90	4	0
Pear	100g	60	0,1	1	0	0	0	0	1	1	15	5	3	12	10	0,4	0	8	0	2
Apple	100g	50	0,2	1	0	0	0	0	1	1	14	5	2	8	10	0,3	0	8	0	0
Plum	100g	45	0,3	1	0	0	0	0	0	0	11	4	1	4	10	1	4	15	0	2
Grapes	100g	70	0,2	1	0,1	0	1	0	2	1	18	6	1	4	15	1	0	6	0	2

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Salad Bar - Miscellaneous</b>																				
Saltines	2 biscuits	45	1	2	0,2	0	1	0	125	5	8	3	0	0	0	1	0	0	0	4
Chili with beef and beans	100g	90	4,5	7	1,5	0,1	8	10	350	15	10	3	3	12	2	6	2	6	4	8
Diced chorizo	55g	160	14	22	5	0	25	35	520	22	1	1	0	0	0	8	2	0	2	4
Palm heart	30g	10	0	0	0	0	0	0	85	4	1	1	0	0	0	0,5	0	4	2	0
Pickles	30g	4	0	0	0	0	0	0	240	10	1	1	0	0	0	0	2	2	2	2
Pita Chips	50g	200	2	3	0	0	0	0	340	14	36	12	2	8	2	7	0	0	4	0
Nachos Chips	50g	210	10	15	1,5	0,4	10	0	60	3	27	9	3	12	1	3	0	2	4	6
Caesar croutons	10g	40	0,5	1	0,1	0	1	0	45	2	8	3	1	4	1	1	0	0	0	4
Blue cheese	30g	110	9	14	6	0,3	32	25	410	17	1	1	1	4	1	6	10	0	15	0
Cheddar cheese	30g	120	10	15	6	0,3	32	25	230	10	0	0	0	0	0	7	10	0	20	0
Cottage cheese 2%	30g	25	0,5	1	0,4	0	2	0	95	4	2	1	0	0	1	4	0	0	4	0
Nacho cheese	30g	25	0,5	1	0,3	0	2	0	160	7	4	1	0	0	1	0,2	0	2	2	0
Parmesan cheese	30g	120	7	11	5	0,4	27	30	640	27	4	1	0	0	0	10	4	0	30	0
Guacamole	30g	45	4	6	0,5	0	3	0	115	5	3	1	2	8	1	1	0	8	0	0
Homemade hummus	30g	60	4,5	7	0,4	0,1	3	0	95	4	5	2	1	4	0	1	0	2	0	2
Pickled vegetables	30g	20	0	0	0	0	0	0	310	13	1	1	2	8	1	1	6	0	4	4
Seed mixture	30g	170	11	17	10	0	50	0	20	1	10	3	3	12	5	8	2	0	2	10
Bacon bits	10g	45	2	3	0,3	0	2	0	75	3	3	1	1	4	1	4	0	0	2	4
Fried noodles	30g	120	3	5	0,3	0	2	5	300	13	19	6	1	4	0	3	0	0	0	6
Boiled egg (1)	50g	70	5	8	1,5	0	8	200	70	3	1	1	0	0	0	6	10	0	2	8
Kalamata olives	15g	30	2	3	0,5	0	3	0	240	10	0	0	1	4	0	0,3	0	0	0	0
Black olives	15g	15	1,5	2	0,2	0	1	0	110	5	1	1	0	0	0	0,1	0	0	2	4
Green olives	15g	20	2,5	4	0,3	0	2	0	230	10	1	1	0	0	0	0,2	0	0	0	0
Pico de gallo	30g	10	0,3	1	0	0	0	0	30	1	1	1	0	0	1	0,3	4	25	0	0
Peperoncini pepper	30g	10	0	0	0	0	0	0	190	8	2	1	1	4	0	0,3	0	0	0	0
Tzatziki	30g	50	4	6	2,5	0,1	13	15	260	11	2	1	0	0	2	1	4	0	4	0
<b>Salad bar - Proteins without side dish</b>																				
Grilled chicken breast	112g	170	6	9	1	0	5	85	960	40	2	1	0	0	0	28	0	0	0	4
Grilled thai Chicken breast	146g	260	6	9	1	0	5	85	1350	56	19	6	0	0	16	28	2	2	0	4

Menu	Serving	Calories	Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV Carbohydrate	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
<b>Christmas Promotion 2018</b>																				
Turtles® mud pie (espresso cup)	68 g	250	16	25	6	0,3	32	45	95	4	24	8	1	4	18	3	0	0	2	8
Turtles® mud pie (cappuccino cup)	135g	500	32	49	12	0,5	63	95	190	8	48	16	2	8	36	6	0	0	4	15
Meat Balls Ragout	200g	220	10	15	4	0,3	22	75	420	18	9	3	0	0	3	23	0	2	4	15
Meat pie without sauce	75g	230	15	23	4,5	3	38	30	260	11	11	4	1	4	1	10	0	2	2	10
Du Puy lentils mustard salad	100g	100	0,5	1	0	0	0	0	590	25	14	5	7	28	2	6	4	10	2	10
Candy canes zucchini salad	100g	45	2	3	0,2	0	1	0	95	4	6	2	2	8	4	1	25	20	2	4
Chai tea	223g	160	3,5	5	2	0,2	11	15	75	3	26	9	0	0	27	6	10	0	20	0
Turtles® latte	313g	350	11	17	8	0,2	41	15	390	16	58	19	0	0	53	6	8	0	20	10
Turtles® hot chocolate	253g	400	14	22	11	0,2	56	15	330	14	61	20	1	4	55	7	10	0	20	15
Homemade hummus roasted peppers	30g	60	4	6	0,3	0,1	2	0	85	4	5	2	1	4	0	1	2	6	0	2
Homemade hummus with tahini	30g	70	5	8	0,5	0,1	3	0	90	4	5	2	1	4	0	2	0	2	0	2
<b>Desserts</b>																				
Churros Donuts (5)	203g	670	27	42	12	0,3	62	0	380	16	103	34	3	12	64	8	0	0	4	120
Decadent Brownie	249g	760	36	55	17	0,4	87	65	240	10	106	35	4	16	74	9	15	4	15	40
Scores Sundae	387g	840	36	55	21	0,5	108	130	380	16	122	41	1	4	75	7	10	0	20	40
Chocolate cake	223g	790	49	75	23	0,5	118	70	520	22	86	29	6	24	56	9	10	0	8	6
Carrot cheesecake	197g	630	31	48	13	0,1	66	25	620	26	72	24	2	8	50	9	90	4	6	6
Chocolate-Caramel Molten cake	219g	640	27	42	16	0,5	83	120	160	7	97	32	4	16	71	7	15	2	8	50
Pouding Chomeur	150g	400	15	23	2,5	0,1	13	45	270	11	67	22	0	0	57	3	2	0	2	6
Lemon Pie	164g	610	23	35	14	0,5	73	45	260	11	72	24	1	4	59	8	6	2	20	4
<b>Beverages</b>																				
Soda pop (Coke)	453ml	200	0	0	0	0	0	0	10	1	51	17	0	0	54	0	0	0	0	0
Soda pop (Diet Coke)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Vegetable juice (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4
Vegetable juice (large)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6
Tomato juice (small)	224ml	45	0	0	0	0	0	0	520	22	9	3	1	4	6	1	6	20	2	10
Tomato juice (large)	336ml	60	0	0	0	0	0	0	780	33	13	4	2	8	9	2	8	30	4	15
Milk 2% (small)	227ml	110	4,5	7	2,5	0,2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
Milk 2% (large)	340ml	170	7	11	4	0,3	22	25	140	6	16	5	0	0	17	11	20	2	35	0
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	0	0	90	2	2
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	0	0	140	2	2
Apple juice (small)	227ml	90	0	0	0	0	0	0	15	1	24	8	0	0	22	0	0	90	0	2
Apple juice (large)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2

Notes:

Nutritional values validated through laboratory analysis, supplier data and database

The recommended percentage of the Daily Value (%DV) is based on the average energy needs of an adult (2000cal/day)