

nutritional

VQ: Recommended Daily Value
g: gram mg: milligram

Menu	Portion	calories	Fat (g)	Fat% DV	saturated fat (g)	Trans fat (g)	% Saturated fatty VQ + tran	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	Carbohydrates% DV	Fiber (g)	% Daily Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV vitamin C	% DV Calcium	% DV Iron
Starters not including sauces																				
Chicken wings (6) and 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 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 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 vegetables	324g	790	36	55	16	0.5	83	80	3460	144	73	24	4	16	4	42	80	6	90	25
Combo scores	448g	1350	79	122	23	1.5	123	210	2990	125	88	29	3	12	12	70	25	2	60	50
classic Combo	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
Soups																				
Cream of Broccoli	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 mushroom	250ml	140	10	15	3.5	0.2	19	10	480	20	11	4	1	4	1	2	10	2	2	4
Cream of cauliflower	250ml	140	10	15	3	0.2	16	10	430	18	11	4	1	4	1	2	10	10	2	4
Spinach Cream	250ml	140	10	15	3.5	0.2	19	10	440	18	11	4	1	4	1	2	30	8	4	6
Leek cream	250ml	140	10	15	3	0.2	16	10	430	18	13	4	1	4	2	2	15	4	2	6
Royal Cream of Chicken	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 soup and noodles	250ml	80	1.5	2	0.5	0	3	20	580	24	8	3	1	4	1	8	8	0	2	4
saucés																				
Sweet and 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 (Children's 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

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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 mayonnaise	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
Sides																				
Fries	200g	810	39	60	3	0.1	16	0	840	35	107	36	9	36	0	8	0	100	4	15
Fried parmesan and garlic	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
Bread (½)	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
Potato baked all dressed	330g	500	25	38	14	0.5	73	65	540	23	50	17	4	16	4	19	25	30	35	6
Potatoes mashed	200g	150	2	3	0.5	0	3	0	700	29	30	10	3	12	0	3	2	0	2	4
Rice with vegetables	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, toasted bread and BBQ sauce	241g	200	7	11	1	0.1	6	5	990	41	30	10	3	12	9	4	6	60	6	10
Grill no side																				
Traditional chicken skewer	244g	390	23	35	2.5	0.2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken skewer basmati with rice	444g	690	27	42	3	0.3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Quebec chicken kebab	332g	610	30	46	9	0.1	46	150	3130	130	30	10	2	8	21	54	2	20	4	15
Quebec chicken kebab basmati rice	532G	900	34	52	9	0.1	46	150	3690	154	88	29	3	12	22	59	8	45	6	35
Skewer General Tao	280g	390	14	22	2	0	10	110	1800	75	25	8	1	4	14	42	2	20	0	8
Skewer General Tao basmati rice	478g	670	19	29	4.5	0.1	23	120	1840	77	75	25	3	12	14	48	6	20	4	30
Skewer Montreal smoked meat	331G	590	34	52	7	0.5	38	155	1850	77	16	5	1	4	10	55	2	20	0	15

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Skewer Montreal smoked meat basmati rice	529g	860	39	60	9	0.5	48	170	1900	79	66	22	2	8	10	61	6	20	4	40
Chicken hunter	342G	720	55	85	9	1	50	115	1930	80	22	7	3	12	4	37	15	70	15	15
Chicken hunter basmati rice	542g	1020	59	91	10	1	55	115	2490	104	80	27	4	16	5	42	20	90	20	35
Swiss chicken and bacon	272g	520	32	49	9	0.5	48	130	1620	68	19	6	2	8	12	42	8	35	25	10
Swiss chicken and bacon basmati rice	472g	820	36	55	10	0.5	53	130	2180	91	77	26	3	12	14	47	15	60	25	35
Delights from here and abroad																				
Flank beef (8oz)	167g	350	16	25	6	0	30	145	200	8	0	0	0	0	0	49	0	0	4	20
Flank beef (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 fajitas (1 person)	496g	940	55	85	6	1	35	85	3030	126	78	26	7	28	14	39	25	115	30	35
Chicken fajitas with cheese, pico de gallo, guacamole and sour cream (1 person)	847g	1410	92	142	25	1.5	133	170	3800	158	94	31	13	52	22	57	70	145	80	40
Fajitas with vegetables (1 person)	608g	820	46	71	5	0.5	28	0	2080	87	95	32	10	40	23	13	40	225	30	40
Fajitas with vegetables with cheese, pico de gallo, guacamole, sour cream (1 person)	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 tartar sauce	449g	1490	87	134	7	0.5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Norwegian Cod en Papillote	230g	150	1.5	2	0	0	0	60	1240	52	3	1	1	4	1	31	6	45	2	4
Roasted chicken breast 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
Skillet Chicken Cornish 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 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 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
Roast chicken no sides																				
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 (thigh)	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
Meals thighs	276g	790	52	80	14	0.2	71	315	1150	48	0	0	0	0	0	81	6	0	8	20
ribs no sides																				
ribs	184g	540	32	49	11	0.2	56	205	820	34	19	6	0	0	13	44	0	0	6	20
Half Rack	92g	270	16	25	5	0.1	26	105	410	17	10	3	0	0	6	22	0	0	2	10

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Leg quarter and half rack	230g	670	42	65	12	0.2	61	260	990	41	10	3	0	0	6	63	4	0	6	20
Quarter chest and half rack	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 rack	292g	820	48	74	9	0.2	46	180	1070	45	41	14	0	0	6	56	0	0	2	30
sandwiches sensational no sides																				
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 mayonnaise with 2 portions	425g	990	53	82	12	0.3	62	175	1370	57	57	19	4	16	7	70	25	15	10	40
Nanwich chicken and avocado	391g	850	51	78	9	0.5	48	95	1790	75	62	21	7	28	5	38	15	60	25	30
Flatbread Grilled Chicken	582g	950	51	78	12	1	65	125	2580	108	78	26	7	28	12	45	30	40	25	40
Sandwich waffle fried chicken	415g	1310	73	112	25	0.3	127	95	1620	68	127	42	8	32	52	40	35	35	8	45
Burgers and poutine no sides																				
Beef Burger	420g	1200	82	126	19	1.5	103	145	1840	77	73	24	7	28	11	43	8	25	25	50
Burger 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
Poutine Chicken	535g	1390	73	112	24	1	125	175	2470	103	117	39	9	36	1	78	25	100	80	25
Poutine chicken Cornwall	772G	1880	88	135	26	1	135	335	4310	180	151	50	10	40	4	130	30	90	80	60
Poutine classic	420g	1220	71	109	23	1	120	70	2370	99	117	39	9	36	1	40	25	100	80	15
Poutine General Tao	525g	1720	92	142	25	1	130	110	3160	132	174	58	9	36	32	59	25	100	70	25
Poutine Montreal smoked meat	432G	1270	82	126	27	1.5	143	120	2460	103	94	31	6	24	8	52	25	70	70	20
Midi + no sides																				
Traditional chicken skewer	244g	390	23	35	2.5	0.2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken skewer with rice	444g	690	27	42	3	0.3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Half rack	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 tartar sauce	449g	1490	87	134	7	0.5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Grilled cheese Roasted Chicken	421g	1190	72	111	24	1	125	230	1880	78	65	22	3	12	6	70	70	10	60	45
Hot chicken with peas and sauce	610g	620	7	11	2	0	10	170	2340	98	65	22	6	24	7	75	25	35	10	40
Linguine with butterfly shrimp	543G	850	35	54	15	1	80	235	1080	45	95	32	6	24	3	37	35	10	10	50
Poutine ribs	547g	1550	87	134	29	1	150	175	2930	122	141	47	9	36	20	63	25	100	80	30
Quarter chicken (thigh)	138g	400	26	40	7	0.1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (chest)	210g	400	17	26	5	0.1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Trendres chicken breast (3)	150g	410	24	37	2.5	0.1	13	55	490	20	24	8	0	0	0	25	0	0	0	15

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Sandwich with chicken salad	325g	850	48	74	4.5	0.5	25	115	1300	54	60	20	3	12	6	44	10	4	4	35
Chipotle Chicken Wrap	374g	1070	69	106	17	1	90	100	1730	72	72	24	3	12	4	40	25	40	50	35
Chipotle Chicken Wrap with mayonnaise	434g	1500	115	177	21	1.5	113	125	2110	88	73	24	3	12	5	41	25	40	50	40
Caesar Wrap with chicken and bacon	336g	700	37	57	7	0.2	36	85	1770	74	56	19	4	16	3	36	80	8	25	35
Dessert																				
Avalanche carrot	69g	220	9	14	2	0.1	11	30	115	5	30	10	1	4	19	3	15	2	4	6
Pie Lemon-Lime	52g	130	6	9	3	0.5	18	20	35	1	16	5	0	0	9	2	4	2	2	2
Pie yogurt and fruit	50g	140	7	11	3.5	0.2	19	20	30	1	18	6	0	0	10	2	4	2	2	2
Gentle apple	56g	160	8	12	2.5	0.1	13	5	70	3	23	8	1	4	15	1	2	2	2	4
Duo chocolate	62g	200	13	20	4	0.1	21	20	70	3	20	7	1	4	15	1	2	2	2	8
Cake cappuccino	57g	200	12	18	3	0.2	16	25	105	4	20	7	0	0	15	2	2	2	2	4
Children's Menu no side																				
side fries	105g	430	21	32	1.5	0.1	8	0	440	18	56	19	5	20	0	4	0	50	2	8
Honey side	21ml	70	0	0	0	0	0	0	0	0	17	6	0	0	14	0	0	0	0	0
sauce Cherry side	60ml	100	0	0	0	0	0	0	40	2	24	8	0	0	22	0	0	0	0	0
Burger with tender chicken breast	176g	430	22	34	2	0.1	11	30	670	28	46	15	1	4	12	14	6	6	4	20
roasted chicken thigh	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
Cheese tortellini	340g	580	12	18	1.5	0.2	9	10	1750	73	98	33	6	24	11	17	0	0	20	15
Salad Bar - Salads																				
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 Asian salad and peas	100g	90	2	3	0.3	0	2	0	140	6	16	5	2	8	7	3	6	45	2	8
Coleslaw	100g	80	4.5	7	0.5	0	3	5	180	8	8	3	2	8	6	1	2	50	4	4
Nappa Cabbage Salad	100g	70	3	5	0.5	0	3	0	160	7	8	3	2	8	5	4	15	25	6	6
Salad of roasted cauliflower and turmeric	100g	120	9	14	1	0	5	0	105	4	8	3	1	4	1	2	6	45	4	6
red cabbage salad and Asian grilled steak	100g	90	2.5	4	0.5	0	3	10	160	7	11	4	2	8	6	6	40	60	4	8
fennel salad and poppy	100g	60	3	5	0.2	0	1	0	105	4	9	3	2	8	6	1	6	20	6	6
Salad Pollock and egg	100g	140	11	17	1.5	0.1	8	95	270	11	6	2	0	0	2	5	6	4	10	6

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Green bean salad and shrimp sauce tarator	100g	70	3	5	0.3	0	2	40	390	16	6	2	2	8	2	6	6	25	4	4
Kale salad and citrus	100g	160	8	12	2	0.1	11	5	230	10	19	6	2	8	15	3	25	70	4	6
Chickpea Salad	100g	170	10	15	1	0.2	6	0	115	5	16	5	3	12	2	4	2	10	2	6
Creamy Potato Salad	100g	170	13	20	1	0.2	6	5	110	5	12	4	1	4	1	2	2	15	2	2
Piri Piri chicken salad and orzo	100g	170	9	14	1	0.1	6	25	135	6	12	4	1	4	1	9	2	2	2	6
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
red quinoa salad and sweet potatoes	100g	160	9	14	0.5	0.1	3	0	105	4	19	6	3	12	4	3	100	25	4	10
Salad Bar - Salads "season" (Available for a limited time)																				
Chickpea Salad with Roasted Cauliflower	100g	160	10	15	1	0	5	0	290	12	15	5	3	12	1	4	2	20	4	8
Red Quinoa Salad (With carrots, yellow beets and cranberries)	100g	150	4.5	7	0.4	0	2	0	340	14	25	8	2	8	6	4	20	10	2	15
Asparagus Salad, feta and radishes	100g	90	8	12	2.5	0	13	10	580	24	4	1	2	8	1	3	10	10	6	6
cauliflower couscous salad and beetroot Chiodgia	100g	30	0.2	1	0	0	0	0	550	23	7	2	2	8	3	1	2	15	2	4
Salad bar - Dressings																				
Olive oil	30ml	250	29	45	4	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0
dip dijon	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 vinaigrette	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
Italian dressing light	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 vinaigrette &	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
Salad bar - Vegetables																				
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

Menu	Portion	calories	Fat (g)	Fat% DV	saturated fat (g)	Trans fat (g)	% Saturated fatty VQ + tran	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	Carbohydrates% DV	Fiber (g)	% Daily Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV vitamin C	% DV Calcium	% DV Iron
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 bell pepper	100g	30	0.3	1	0	0	0	0	4	1	6	2	2	8	4	1	30	210	0	4
Radish (4 radish)	100g	15	0.1	1	0	0	0	0	40	2	3	1	2	8	2	1	0	25	2	2
Tomato	100g	20	0.2	1	0	0	0	0	5	1	4	1	1	4	3	1	8	25	0	2
Salad bar - Fruit																				
Pineapple	100g	50	0.1	1	0	0	0	0	1	1	13	4	1	4	10	1	0	80	2	2
Cantaloupe	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
Mandarin	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
Perry	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
Salad bar - Miscellaneous																				
soda crackers	2 cookies	45	1	2	0.2	0	1	0	125	5	8	3	0	0	0	1	0	0	0	4
Marinated mushrooms with balsamic and maple	30g	45	1.5	2	0.5	0	3	5	45	2	7	2	0	0	4	1	0	0	0	2
Chile 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
Chorizo, diced	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

Menu	Portion	calories	Fat (g)	Fat% DV	saturated fat (g)	Trans fat (g)	% Saturated fatty VQ + tran	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	Carbohydrates% DV	Fiber (g)	% Daily Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV vitamin C	% DV Calcium	% DV Iron
nachos chips	50g	210	10	15	1.5	0.4	10	0	60	3	27	9	3	12	1	3	0	2	4	6
croutons Caesar	10g	40	0.5	1	0.1	0	1	0	45	2	8	3	1	4	1	1	0	0	0	4
Stuffed vine leaves (2)	44g	40	3	5	1	0	5	0	210	9	8	3	0	0	0	1	0	4	0	30
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
cheese nachos	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
hummus house (Without tahini)	30g	60	4	6	0.3	0.1	2	0	95	4	5	2	1	4	0	1	0	2	0	2
Hummus house Dried Tomato Pesto (With tahini)	30g	90	6	9	0.5	0.1	3	0	110	5	5	2	1	4	0	2	0	2	2	2
Pickled vegetables	30g	20	0	0	0	0	0	0	310	13	1	1	2	8	1	1	6	0	4	4
Seed Mix	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
cooked egg (1)	50g	70	5	8	1.5	0	8	200	70	3	1	1	0	0	0	6	10	0	2	8
Egg cooked marinated (1)	50g	80	4.5	7	1.5	0	8	195	65	3	2	1	0	0	1	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
pepper peperoncini	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	370	15	2	1	0	0	2	1	4	2	4	0
Salad bar - Proteins no side																				
Grilled chicken breast	112g	170	6	9	1	0	5	85	960	40	2	1	0	0	0	28	0	0	0	4
Grilled chicken breast thaie	146g	260	6	9	1	0	5	85	1350	56	19	6	0	0	16	28	2	2	0	4
Lobster Promotion 2019																				
Grilled cheese lobster (Without side)	418g	900	49	75	16	1	85	205	2320	97	67	22	4	16	7	46	40	8	60	35
lobster linguine	644g	970	43	66	9	0.5	48	180	2180	91	102	34	6	24	8	40	20	15	15	35
Lobster pot pie	462g	1080	51	78	21	0.5	108	245	7640	318	119	40	4	16	15	30	20	70	15	30
Chocolate Brownie Sundae	311g	710	29	45	17	0.4	87	45	180	8	114	38	3	12	82	7	15	2	8	15
strawberry sundae	363g	940	37	57	18	0.5	93	50	540	23	143	48	6	24	90	8	25	15	10	25
Turtles bacon caramel sundae	280g	630	27	42	18	0.3	92	50	500	21	91	30	0	0	78	8	8	0	10	2

Menu	Portion	calories	Fat (g)	Fat% DV	saturated fat (g)	Trans fat (g)	% Saturated fatty VQ + tran	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	Carbohydrates% DV	Fiber (g)	% Daily Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV vitamin C	% DV Calcium	% DV Iron
desserts																				
hot donuts (5)	205g	680	28	43	13	0.3	67	0	390	16	104	35	3	12	51	9	0	0	4	15
decadent brownie	217g	640	30	46	14	0.4	72	40	170	7	93	31	4	16	71	7	15	4	10	30
Sundae (Sundae Scores)	312g	530	19	29	13	0.4	67	50	230	10	91	30	1	4	71	4	15	0	10	0
Chocolate cake	223g	790	49	75	23	0.5	118	70	520	22	86	29	6	24	56	9	10	0	8	6
Cheesecake Carrot	197g	620	31	48	13	0.1	66	25	630	26	71	24	2	8	49	9	90	4	6	6
Soft caramel chocolate fondant	204g	540	23	35	14	0.5	73	100	130	5	84	28	4	16	67	6	15	2	6	25
Lemon pie	164g	610	23	35	14	0.5	73	45	260	11	72	24	1	4	59	8	6	2	20	4
beverages																				
soft drink (Coke)	453ml	200	0	0	0	0	0	0	10	1	51	17	0	0	54	0	0	0	0	0
soft drink (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 (Wide)	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 (Wide)	336ml	60	0	0	0	0	0	0	780	33	13	4	2	8	9	2	8	30	4	15
2% milk (small)	227ml	110	4.5	7	2.5	0.2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
2% milk (Wide)	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 (Wide)	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 (Wide)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2
Orange banana smoothie	446g	330	0.4	1	0.1	0	1	0	45	2	74	25	2	8	59	6	8	140	15	4
Spinach smoothie and fruit	565g	430	25	38	3	0	15	0	160	7	54	18	13	52	32	7	70	80	40	25
Strawberry Smoothie lawyer	491g	570	22	34	3	0	15	0	75	3	91	30	13	52	69	10	8	180	30	15

Notes:

Nutritional values come from laboratory analyzes, data providers and a database.

The percent daily value (% DV) are based on the average energy needs of an adult (2000 cal / day)