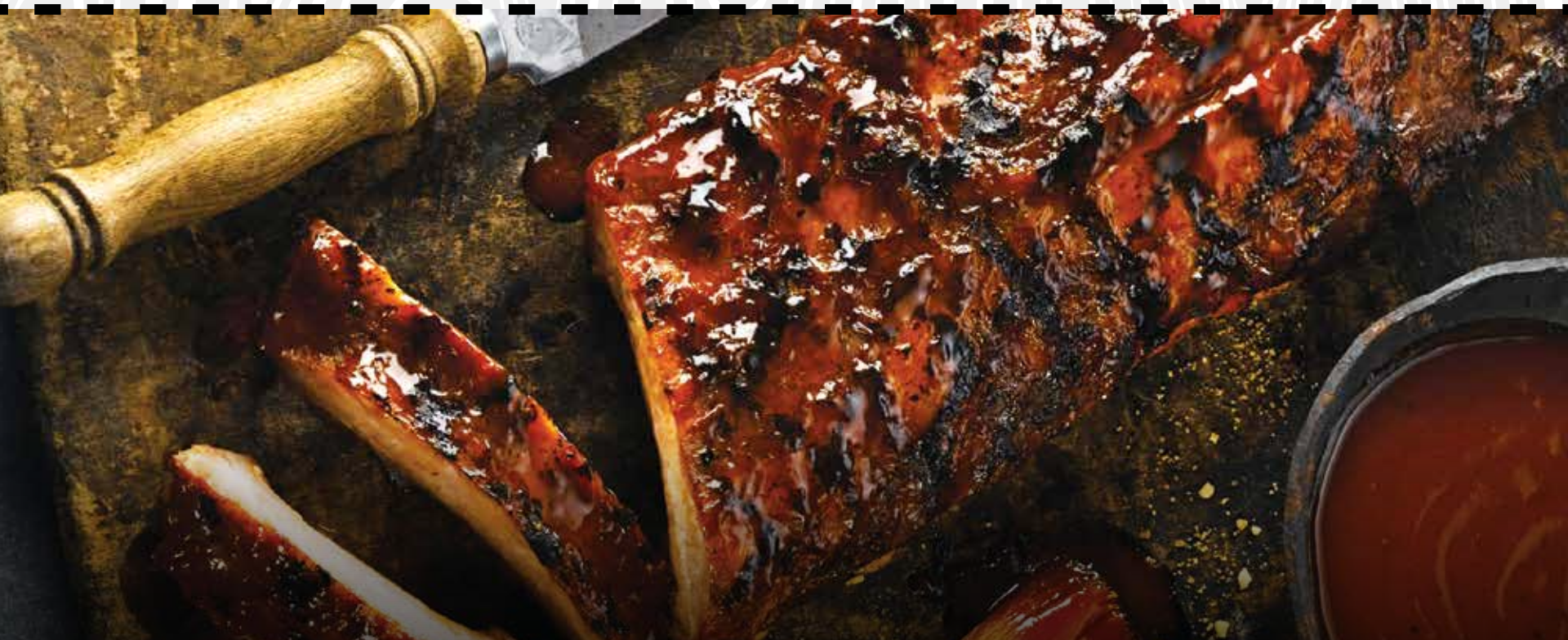




EST. **MONTANA'S** 1995  
**BBQ & BAR**

**ALLERGEN & NUTRITION GUIDE**

OUR NUTRITION AND ALLERGY GUIDE PROVIDES FULL DETAILS ON ALL OUR DISHES



\*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

**FOOD ALLERGY CAUTION!**

The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Cara Operations Limited (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.

**ABOUT THIS NUTRITIONAL GUIDE**

This Guide contains nutrition information based on our standard product formulations. While we strive to maintain consistency in our products, there are occasions when variations in product formulations may occur. Certain menu items may also vary from restaurant to restaurant and may not be available at all locations. This Guide reflects the nutrition information for the listed products as of July, 2018. We frequently test new products at various locations and as a result, this Guide may not contain all of our product offerings. For the most current nutrition information you may speak to your server, contact us directly at 416-940-5655 (GTA) or Toll Free 1-844-729-7830 or visit our website at [www.montanas.ca](http://www.montanas.ca).

# MONTANA'S NUTRITIONAL INFORMATION 2021

|  | SERVING SIZE [G] | ENERGY [CAL] | TOTAL FAT [G] | SATURATED FAT [G] | TRANS FAT [G] | CARBOHYDRATES [G] | FIBRE [G] | SUGAR [G] | PROTEIN [G] | CHOLESTEROL [MG] | SODIUM [MG] |
|--|------------------|--------------|---------------|-------------------|---------------|-------------------|-----------|-----------|-------------|------------------|-------------|
| <b>STARTERS (Sauces &amp; dips served on the side - e.g. sour cream, salsa - not included in item nutritional)</b> |                  |              |               |                   |               |                   |           |           |             |                  |             |
| DOUBLE DUSTED CHICKEN WINGS NO SAUCE - 8 PIECES  | 228              | 500          | 19            | 4                 | 0             | 49                | 2         | 0         | 26          | 65               | 90          |
| DOUBLE DUSTED CHICKEN WINGS NO SAUCE - 16 PIECES   | 457              | 1000         | 38            | 8                 | 0             | 98                | 3         | 0         | 52          | 130              | 180         |
| GARLIC PEPPERCORN RANCH  | 30 ml            | 100          | 10            | 2                 | 0             | 2                 | 0         | 1         | 0.2         | 10               | 230         |
| BLUE CHEESE DRESSING   | 30 ml            | 100          | 10            | 2                 | 0.2           | 2                 | 0         | 2         | 0.4         | 10               | 340         |
| MILD WING SAUCE  | 30 ml            | 60           | 1             | 0.1               | 0             | 12                | 0         | 11        | 0.4         | 0                | 330         |
| MEDIUM WING SAUCE  | 30 ml            | 50           | 2             | 0.4               | 0             | 8                 | 0         | 7         | 0.2         | 0                | 550         |
| HOT WING SAUCE   | 30 ml            | 40           | 2.5           | 0.4               | 0             | 5                 | 0         | 4         | 0.3         | 5                | 510         |
| OVEN - BAKED ANTOJITOS WITH BASIL SOUR CREAM - SERVES 2  | 297              | 770          | 46            | 24                | 1             | 63                | 3         | 8         | 24          | 90               | 1350        |
| FOUR CHEESE SPINACH DIP WITH PITA & NACHOS   | 346              | 750          | 32            | 19                | 1             | 77                | 4         | 5         | 20          | 90               | 1440        |
| SIDE:FRIED PITA  | 80               | 300          | 11            | 1                 | 0.1           | 42                | 2         | 2         | 8           | 0                | 250         |
| SIDE: NACHO CHIPS  | 57               | 270          | 12            | 1                 | 0.1           | 39                | 3         | 1         | 4           | 0                | 85          |
| DELICIOUS DEEP FRIED PICKLES - SERVES 2  | 247              | 500          | 34            | 4                 | 0.2           | 45                | 1         | 4         | 5           | 10               | 1920        |
| KAPOW! SHRIMP - SERVES 2   | 328              | 660          | 17            | 2                 | 0.2           | 71                | 1         | 14        | 26          | 165              | 1850        |
| LOADED CHEESY PULL APART BREAD   | 330              | 1130         | 53            | 22                | 1             | 86                | 4         | 5         | 32          | 105              | 2400        |
| CHEESY PULL APART BREAD  | 253              | 730          | 31            | 13                | 0.5           | 84                | 4         | 4         | 19          | 45               | 1450        |
| CHEESE NACHOS WITH SOUR CREAM & SALSA - SERVES 4   | 728              | 1870         | 88            | 59                | 3             | 142               | 2         | 9         | 81          | 245              | 3780        |
| PULLED PORK NACHOS WITH SOUR CREAM & SALSA - SERVES 4  | 919              | 2310         | 118           | 69                | 3             | 163               | 2         | 27        | 104         | 325              | 4680        |
| BEEF NACHOS WITH SOUR CREAM & SALSA - SERVES 4   | 905              | 2080         | 104           | 62                | 3.5           | 154               | 5         | 14        | 88          | 265              | 4300        |
| ADD 1/4 LBS OF CHEESE  | 113              | 453          |               |                   |               |                   |           |           |             |                  |             |
| GUACAMOLE  | 57               | 120          | 7             | 1                 | 0             | 6                 | 4         | 0         | 2           | 0                | 260         |
| ONION RINGS WITH CHIPOTLE RANCH - SERVES 4   | 380              | 1080         | 94            | 12                | 0.4           | 80                | 6         | 14        | 7           | 20               | 2240        |
| <b>SOUPS &amp; STARTER SALADS</b>  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| BROCCOLI CHEDDAR SOUP  | 240 ml           | 160          | 10            | 6                 | 0.5           | 12                | 2         | 3         | 8           | 40               | 920         |
| CHICKEN TORTILLA SOUP  | 240 ml           | 130          | 6             | 1.5               | 0             | 16                | 4         | 5         | 6           | 15               | 890         |
| HARVEST BUTTERNUT SQUASH SOUP  | 240 ml           | 170          | 8             | 5                 | 0.3           | 22                | 2         | 9         | 3           | 30               | 720         |
| POT ROAST SOUP   | 240 ml           | 140          | 3             | 1.5               | 0.1           | 17                | 2         | 3         | 9           | 20               | 920         |
| TOMATO BASIL BISQUE/ SOUP  | 240 ml           | 130          | 7             | 4                 | 0.2           | 14                | 2         | 6         | 2           | 20               | 750         |
| STARTER CAESAR SALAD   | 135              | 270          | 23            | 4                 | 0.2           | 8                 | 2         | 1         | 7           | 35               | 400         |
| STARTER HOUSE SALAD  | 153              | 50           | 1             | 0.1               | 0             | 10                | 3         | 3         | 2           | 0                | 120         |
| <b>RIBS (Incl. Bold BBQ Sauce) &amp; SAMPLERS (Sides not included in nutritional)</b>                              |                  |              |               |                   |               |                   |           |           |             |                  |             |
| BACK RIBS (TASTER)   | 195              | 630          | 37            | 11                | 0.3           | 30                | 2         | 13        | 44          | 175              | 780         |
| BACK RIBS (REGULAR)  | 267              | 840          | 50            | 16                | 0.4           | 33                | 2         | 14        | 64          | 250              | 1110        |
| BACK RIBS (LARGE)  | 375              | 1150         | 70            | 23                | 0.5           | 36                | 2         | 16        | 95          | 365              | 1590        |
| HONKIN' BEEF RIB (REGULAR)   | 240              | 860          | 65            | 28                | 0             | 35                | 0         | 22        | 34          | 140              | 1420        |
| COMBO: KAPOW! SHRIMP   | 161              | 410          | 46            | 3.5               | 1             | 74                | 3         | 18        | 26          | 165              | 1910        |
| COMBO: WINGS 4PCS (INCL.MILD SAUCE)  | 114              | 250          | 9             | 2                 | 0             | 24                | 1         | 0         | 13          | 35               | 45          |
| <b>SIDES</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| FRIES  | 227              | 630          | 28            | 2                 | 0.2           | 86                | 6         | 0         | 8           | 0                | 1270        |
| BAKED POTATO - BUTTER & SOUR CREAM   | 301              | 300          | 3             | 0.3               | 0.1           | 63                | 7         | 4         | 7           | 0                | 200         |
| MASHED POTATOES  | 170              | 190          | 4.5           | 1                 | 0             | 32                | 3         | 3         | 3           | 0                | 600         |
| GRAVY  | 60 ml            | 25           | 1             | 0.4               | 0             | 4                 | 0         | 0         | 1           | 0                | 330         |
| RICE PILAF   | 132              | 240          | 3             | 1.5               | 0.1           | 49                | 2         | 2         | 5           | 5                | 840         |
| BAKED BEANS  | 126              | 160          | 0.5           | 0.2               | 0             | 35                | 4         | 19        | 6           | 0                | 470         |
| COLESLAW   | 85               | 80           | 5             | 0                 | 0.1           | 7                 | 2         | 4         | 1           | 0                | 240         |
| SIDE HOUSE SALAD   | 153              | 50           | 1             | 0.1               | 0             | 10                | 3         | 3         | 2           | 0                | 120         |
| SIDE CAESAR SALAD  | 135              | 270          | 23            | 4                 | 0.2           | 8                 | 2         | 1         | 7           | 35               | 400         |
| SIDE CARROT STICKS   | 85               | 35           | 0.2           | 0                 | 0             | 8                 | 2         | 4         | 1           | 0                | 60          |
| <b>FIRED UP SIDES</b>  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| CORN BREAD   | 50               | 200          | 9             | 1.5               | 0.1           | 26                | 1         | 11        | 3           | 25               | 220         |
| SWEET POTATO FRIES (NO SAUCE)  | 150              | 470          | 25            | 3                 | 0.4           | 55                | 4         | 18        | 3           | 0                | 910         |
| CHIPOTLE RANCH   | 30               | 120          | 12            | 2                 | 0.2           | 2                 | 0         | 2         | 0.4         | 10               | 240         |
| SKILLET OF MUSHROOMS   | 240              | 280          | 25            | 4.5               | 0.3           | 11                | 4         | 4         | 4           | 0                | 200         |
| SIDE FRESH VEGGIES   | 128              | 110          | 8             | 2                 | 0             | 8                 | 3         | 4         | 2           | 0                | 65          |
| SIDE ONION RINGS   | 162              | 480          | 35            | 4                 | 0             | 38                | 3         | 5         | 3           | 0                | 880         |
| <b>STEAK (SIDES NOT INCLUDED IN NUTRITIONAL)</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| AAA 7 OZ SIRLOIN   | 206              | 500          | 30            | 8                 | 1             | 2                 | 0         | 0         | 57          | 155              | 1310        |
| AAA 10 OZ SIRLOIN  | 283              | 660          | 36            | 10                | 1             | 2                 | 0         | 8         | 2           | 225              | 1450        |
| AAA 10 OZ STRIPLON   | 283              | 660          | 36            | 10                | 1             | 2                 | 0         | 0         | 82          | 225              | 1450        |
| TWO ONION RINGS  | 85               | 270          | 21            | 2.5               | 0             | 19                | 2         | 3         | 2           | 0                | 440         |
| TOPPER - MUSHROOM & ONION TOPPER - NO STEAK  | 190              | 220          | 18            | 5                 | 0.2           | 11                | 2         | 4         | 3           | 10               | 720         |
| TOPPED - FIRE GRILLED SHRIMP SKEWERS - NO STEAK  | 89               | 100          | 6             | 1.5               | 0.1           | 1                 | 0         | 0         | 12          | 160              | 580         |
| TOPPER - BACON, ONION & BLUE CHEESE - NO STEAK   | 128              | 340          | 31            | 11                | 0.3           | 7                 | 1         | 3         | 10          | 50               | 650         |

\*Nutritional content of items served on the side (such as sour cream, garlic bread, rice, seasonal vegetables, sauces and dips) is not included in the calculation of menu item nutritional information. Nutritional information for these items is listed separately.

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

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<sup>1</sup> Unless otherwise noted, nutritional content of salad dressing is not included in the calculation of salad nutritional information. Nutritional information for salad dressings is listed separately. All salads are served with dressing on the side, with the exception of Caesar salad.

<sup>2</sup> Nutritional information for ribs assumes preparation with Texas Bold BBQ Sauce. <sup>3</sup> Nutritional information for wings assumes preparation with Mild Wing Sauce. <sup>4</sup> For Beer Battered Fish & Chips, nutritional content of beer is only included in the calorie, protein and carbohydrate calculations.

<sup>5</sup> Nutritional content of tortillas and cold setup is not included in the calculation of Fajitas nutritional information. Nutritional content of Yorkshire Pudding is not included in the calculation of Pot Roast nutritional information. Nutritional information for these items is listed separately.

# MONTANA'S NUTRITIONAL INFORMATION 2021

|   | SERVING SIZE [G] | ENERGY [CAL] | TOTAL FAT [G] | SATURATED FAT [G] | TRANS FAT [G] | CARBOHYDRATES [G] | FIBRE [G] | SUGAR [G] | PROTEIN [G] | CHOLESTEROL [MG] | SODIUM [MG] |
|---|------------------|--------------|---------------|-------------------|---------------|-------------------|-----------|-----------|-------------|------------------|-------------|
| <b>HAND-HELDS (Sides not included in nutritional)</b>             |                  |              |               |                   |               |                   |           |           |             |                  |             |
| CHIPOTLE FIRECRACKER BURGER                                       | 428              | 1130         | 74            | 26                | 2             | 70                | 3         | 16        | 47          | 200              | 2030        |
| CANADIAN BURGER EH!   | 447              | 1030         | 68            | 25                | 2             | 52                | 1         | 14        | 53          | 215              | 2070        |
| SMOKY BACON DOUBLE ONION CHEESEBURGER                             | 457              | 1290         | 94            | 30                | 2             | 76                | 4         | 17        | 37          | 200              | 2300        |
| VEGETABLE BURGER  | 413              | 820          | 50            | 24                | 0.5           | 70                | 12        | 19        | 37          | 75               | 1720        |
| CLASSIC BURGER  | 282              | 750          | 51            | 19                | 2             | 39                | 1         | 5         | 34          | 165              | 870         |
| SOUTHERN FRIED CHICKEN SANDWICH                                   | 389              | 830          | 47            | 17                | 1             | 65                | 3         | 9         | 39          | 150              | 2040        |
| SMOKEHOUSE CHICKEN WRAP   | 623              | 1600         | 67            | 30                | 1             | 137               | 6         | 21        | 76          | 205              | 4370        |
| PULLED PORK SANDWICH  | 281              | 660          | 39            | 16                | 0.5           | 56                | 3         | 20        | 25          | 110              | 1210        |
| CHICKEN TACOS   | 347              | 610          | 31            | 10                | 0.5           | 47                | 3         | 11        | 36          | 100              | 1890        |
| <b>FORKS &amp; KNIVES</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| SMOKY BACON MAC N CHEESE  | 675              | 1620         | 101           | 47                | 2             | 111               | 5         | 18        | 67          | 240              | 3380        |
| CHICKEN FAJITAS (NO COLD SETUP & TORTILLAS)                       | 550              | 680          | 34            | 8                 | 0.2           | 19                | 4         | 8         | 77          | 235              | 2440        |
| FAJITAS - COLD SETUP  | 375              | 640          | 30            | 17                | 0.5           | 66                | 6         | 14        | 29          | 55               | 1600        |
| GUACAMOLE   | 30               | 50           | 3             | 0.4               | 0             | 6                 | 1         | 1         | 0           | 0                | 110         |
| VEGETARIAN FAJITAS (NO COLD SETUP & TORTILLAS)                    | 459              | 200          | 7             | 1                 | 0.1           | 33                | 9         | 16        | 7           | 0                | 190         |
| CHICKEN BURRITO BOWL  | 647              | 950          | 35            | 14                | 0.5           | 106               | 10        | 14        | 51          | 140              | 4390        |
| FISH & CHIPS 1 PC (ONLY FISH)                                     | 111              | 330          | 24            | 2.5               | 0.5           | 20                | 1         | 0         | 11          | 30               | 560         |
| FISH & CHIPS (2 PIECES)   | 222              | 660          | 47            | 4.5               | 1             | 40                | 2         | 0         | 22          | 65               | 1130        |
| CHICKEN TENDERS   | 214              | 540          | 26            | 3                 | 0.1           | 32                | 2         | 0         | 45          | 105              | 1340        |
| BUFFALO CHICKEN TENDERS (INCL.WING SAUCE)                         | 248              | 600          | 29            | 3.5               | 0.1           | 40                | 2         | 7         | 45          | 105              | 1860        |
| CHICKEN: COUNTRY BUTTERMILK W/ GRAVY                              | 664              | 1190         | 68            | 8                 | 0.2           | 110               | 8         | 17        | 35          | 95               | 3230        |
| <b>ENTRÉE SALADS (Salad dressing not included in nutritional)</b> |                  |              |               |                   |               |                   |           |           |             |                  |             |
| APPLE PECAN HARVEST SALAD   | 315              | 360          | 21            | 5                 | 0.2           | 40                | 7         | 28        | 9           | 25               | 200         |
| ENTRÉE CHICKEN CAESAR SALAD (INCL. DRESSING)                      | 241              | 530          | 46            | 8                 | 0.5           | 16                | 4         | 3         | 14          | 70               | 790         |
| GRILLED CHICKEN BREAST  | 125              | 160          | 8             | 1.5               | 0.1           | 0                 | 0         | 0         | 22          | 65               | 470         |
| <b>SALAD DRESSINGS</b>  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| MIGHTY CAESAR   | 30 ml            | 160          | 1.5           | 1                 | 0.2           | 0                 | 0         | 0         | 1           | 20               | 150         |
| RENEE'S BALSAMIC VINAIGRETTE                                      | 30 ml            | 110          | 11            | 1                 | 0.1           | 3                 | 0         | 2         | 0.1         | 0                | 170         |
| GARLIC PEPPERCORN RANCH   | 30 ml            | 90           | 9             | 2                 | 0.2           | 2                 | 0         | 0         | 0.2         | 10               | 220         |
| BLUE CHEESE DRESSING  | 30 ml            | 100          | 10            | 2                 | 0.2           | 2                 | 0         | 0         | 0.4         | 10               | 260         |
| CREAMY CILANTRO DRESSING  | 30 ml            | 130          | 14            | 2                 | 0.1           | 1                 | 0         | 1         | 1           | 5                | 200         |
| <b>KIDS MENU (Sides not included in nutritional)</b>              |                  |              |               |                   |               |                   |           |           |             |                  |             |
| SCOobi DOO NOODLES  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| NOODLES WITH TOMATO SAUCE   | 251              | 360          | 15            | 3.5               | 0.1           | 46                | 4         | 5         | 11          | 10               | 720         |
| NOODLES WITH ALFREDO SAUCE  | 218              | 340          | 8             | 3.5               | 0.2           | 56                | 3         | 4         | 11          | 20               | 330         |
| NOODLES WITH BUTTER   | 170              | 460          | 25            | 15                | 1.5           | 52                | 3         | 2         | 9           | 60               | 45          |
| GARLIC BREAD  | 75               | 110          | 8             | 2                 | 0.1           | 9                 | 0         | 1         | 2           | 0                | 140         |
| CHEESY PIZZA  | 152              | 440          | 18            | 8                 | 0.5           | 48                | 2         | 5         | 21          | 50               | 840         |
| KIDS BURGER   | 282              | 750          | 51            | 19                | 2             | 39                | 1         | 5         | 34          | 165              | 870         |
| CHICKEN STRIPS WITH PLUM SAUCE                                    | 112              | 280          | 11            | 1                 | 0.1           | 31                | 2         | 13        | 15          | 40               | 490         |
| GRILLED CHEESE SANDWICH   | 111              | 350          | 18            | 11                | 1             | 36                | 2         | 3         | 10          | 45               | 890         |
| BACK RIBS (INCL. BOLD BBQ SAUCE)                                  | 132              | 380          | 24            | 8                 | 0.1           | 18                | 1         | 13        | 24          | 85               | 560         |
| <b>KIDS SIDES</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| FRIES & CARROT STICKS   | 214              | 490          | 21            | 1.5               | 0.1           | 69                | 6         | 2         | 6           | 0                | 1020        |
| MASHED POTATOES   | 100              | 110          | 2.5           | 0.5               | 0             | 19                | 2         | 2         | 2           | 0                | 350         |
| GRAVY   | 60 ml            | 25           | 1             | 0.4               | 0             | 4                 | 0         | 0         | 1           | 0                | 330         |
| RICE PILAF  | 132              | 240          | 3             | 1.5               | 0.1           | 49                | 2         | 2         | 5           | 5                | 840         |
| CUCUMBER COINS  | 35               | 4            | 0.1           | 0                 | 0             | 1                 | 0         | 0         | 0.2         | 0                | 1           |
| APPLE SLICES  | 45               | 20           | 0.1           | 0                 | 0             | 6                 | 1         | 0         | 0.1         | 0                | 1           |
| COLESLAW  | 85               | 80           | 5             | 0                 | 0.1           | 7                 | 2         | 4         | 1           | 0                | 240         |
| BAKED BEANS   | 126              | 160          | 0.5           | 0.2               | 0             | 35                | 4         | 19        | 6           | 0                | 470         |
| SIDE CAESAR SALAD (INCL. DRESSING)                                | 135              | 270          | 23            | 4                 | 0.2           | 8                 | 2         | 1         | 7           | 35               | 400         |
| SIDE HOUSE SALAD  | 141              | 40           | 0.5           | 0.1               | 0             | 8                 | 2         | 3         | 2           | 0                | 85          |
| <b>KIDS DESSERTS</b>  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| WAGON WHEEL   | 35               | 150          | 5             | 4                 | 0.1           | 25                | 1         | 15        | 1           | 0                | 45          |
| FRESH BAKED COOKIE  | 55               | 250          | 11            | 5                 | 0.1           | 34                | 1         | 21        | 2           | 10               | 180         |
| ICE-CREAM SANDWICH  | 60 ml            | 90           | 2             | 1                 | 0.1           | 15                | 0         | 7         | 1           | 5                | 45          |

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<sup>2</sup> Nutritional information for ribs assumes preparation with Texas Bold BBQ Sauce.

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<sup>4</sup> For Beer Battered Fish & Chips, nutritional content of beer is only included in the calorie, protein and carbohydrate calculations.

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|  | SERVING SIZE [G] | ENERGY [CAL] | TOTAL FAT [G] | SATURATED FAT [G] | TRANS FAT [G] | CARBOHYDRATES [G] | FIBRE [G] | SUGAR [G] | PROTEIN [G] | CHOLESTEROL [MG] | SODIUM [MG] |
|--|------------------|--------------|---------------|-------------------|---------------|-------------------|-----------|-----------|-------------|------------------|-------------|
| <b>SWEET STUFF</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| APPLE CRISP  | 265              | 690          | 28            | 16                | 0.1           | 1-6               | 3         | 70        | 6           | 65               | 100         |
| SKILLET COOKIE W/ICE-CREAM & TOFFEE SAUCE                      | 325              | 1170         | 41            | 19                | 0.4           | 190               | 3         | 123       | 12          | 55               | 960         |
| SHAKE N' SHARE MINI DONUTS                                     | 170              | 720          | 39            | 13                | 1             | 86                | 1         | 44        | 8           | 5                | 750         |
| ENGLISH TOFFEE TOPPING   | 30 ml            | 100          | 1             | 0.5               | 0             | 23                | 0         | 17        | 1           | 5                | 110         |
| ICE CREAM - VANILLA  | 125 ml           | 120          | 6             | 2.5               | 0.2           | 17                | 0         | 13        | 1           | 20               | 50          |
| <b>SAUCES/DIPS</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| GRAVY  | 60 ml            | 25           | 1             | 0.4               | 0             | 4                 | 0         | 0         | 1           | 0                | 330         |
| GUACAMOLE  | 57               | 120          | 7             | 1                 | 0             | 6                 | 4         | 0         | 2           | 0                | 260         |
| SOUR CREAM   | 30 ml            | 35           | 1.5           | 1                 | 0             | 3                 | 0         | 2         | 2           | 5                | 15          |
| TARTAR SAUCE   | 30 ml            | 70           | 6             | 1                 | 0             | 4                 | 0         | 3         | 0.3         | 15               | 320         |
| PLUM SAUCE   | 30 ml            | 6            | 0             | 0                 | 0             | 14                | 0         | 11        | 0.1         | 0                | 90          |
| SALSA  | 30 ml            | 10           | 0             | 0                 | 0             | 3                 | 1         | 1         | 0.5         | 0                | 220         |
| TEXAS BOLD BBQ SAUCE   | 30 ml            | 70           | 0             | 0                 | 0             | 17                | 0         | 13        | 0.3         | 0                | 280         |
| APPLE BUTTER BBQ SAUCE   | 30 ml            | 70           | 0             | 0                 | 0             | 18                | 0         | 17        | 0.2         | 0                | 140         |
| HONEY CHIPOTLE BBQ SAUCE                                       | 30 ml            | 80           | 0.1           | 0                 | 0             | 20                | 0         | 17        | 0.4         | 0                | 320         |
| HONEY GARLIC BBQ/WING SAUCE                                    | 30 ml            | 70           | 0             | 0                 | 0             | 16                | 0         | 15        | 0.2         | 0                | 180         |
| GARLIC PEPPERCORN RANCH  | 30 ml            | 100          | 10            | 2                 | 0             | 2                 | 0         | 1         | 0.2         | 10               | 230         |
| BLUE CHEESE DRESSING   | 30 ml            | 100          | 10            | 2                 | 0.2           | 2                 | 0         | 2         | 0.4         | 10               | 340         |
| MILD WING SAUCE  | 30 ml            | 60           | 1             | 0.1               | 0             | 12                | 0         | 11        | 0.4         | 0                | 330         |
| MEDIUM WING SAUCE  | 30 ml            | 50           | 2             | 0.4               | 0             | 8                 | 0         | 7         | 0.2         | 0                | 550         |
| HOT WING SAUCE   | 30 ml            | 40           | 2.5           | 0.4               | 0             | 5                 | 0         | 4         | 0.3         | 5                | 510         |
| CHIPOTLE RANCH   | 30 ml            | 120          | 12            | 2                 | 0.2           | 2                 | 0         | 2         | 0.4         | 10               | 240         |
| SIDE CARROT STICKS   | 85               | 35           | 0.2           | 0                 | 0             | 8                 | 2         | 4         | 1           | 0                | 60          |
| DUSTED ONIONS  | 77               | 110          | 5             | 0.4               | 0             | 16                | 1         | 3         | 2           | 0                | 300         |
| <b>LUNCH</b>   |                  |              |               |                   |               |                   |           |           |             |                  |             |
| CLASSIC BURGER   | 282              | 750          | 51            | 19                | 2             | 39                | 1         | 5         | 34          | 165              | 870         |
| MAC N CHEESE - LUNCH SIZE                                      | 343              | 830          | 46            | 26                | 1             | 120               | 1320      | 68        | 3           | 6                | 38          |
| CHICKEN CLUB WRAP  | 360              | 690          | 37            | 13                | 0.5           | 70                | 1460      | 59        | 4           | 6                | 30          |
| LUNCH TRIO:  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| CHICKEN CLUB WRAP 1/2 SERVING F/TRIO                           | 180              | 340          | 19            | 7                 | 0.3           | 35                | 730       | 30        | 2           | 3                | 15          |
| SANDWICH: PULLED PORK W/APPLE BUTTER SAUCE TRIO SIZED SANDWICH | 192              | 600          | 33            | 12                | 0.4           | 85                | 970       | 49        | 2           | 11               | 27          |
| POT ROAST SOUP - TRIO SIZE                                     | 120 ml           | 60           | 1.5           | 0.5               | 0             | 10                | 410       | 8         | 1           | 1                | 4           |
| TOMATO BASIL BISQUE/SOUP - TRIO SIZE                           | 120 ml           | 60           | 3.5           | 2                 | 0.1           | 10                | 380       | 7         | 1           | 3                | 1           |
| BROCCOLI CHEDDAR SOUP - TRIO SIZE                              | 120 ml           | 80           | 5             | 3                 | 0.2           | 20                | 460       | 6         | 1           | 1                | 4           |
| CHICKEN TORTILLA SOUP - TRIO SIZE                              | 120 ml           | 70           | 3             | 0.5               | 0             | 5                 | 450       | 8         | 2           | 2                | 3           |
| HARVEST BUTTERNUT SQUASH SOUP - TRIO SIZE                      | 120 ml           | 90           | 4             | 2.5               | 0.1           | 15                | 360       | 11        | 1           | 4                | 1           |
| <b>PROMOTIONAL MENU - HOLIDAY STEAK COMBO</b>                  |                  |              |               |                   |               |                   |           |           |             |                  |             |
| AAA 7oz SIRLOIN  | 206              | 500          | 30            | 8                 | 1             | 2                 | 0         | 0         | 57          | 155              | 1310        |
| TWO ONION RINGS  | 85               | 270          | 21            | 2.5               | 0             | 19                | 2         | 3         | 2           | 0                | 440         |
| SIDE - SMASHER   | 213              | 360          | 22            | 13                | 0.5           | 33                | 3         | 4         | 12          | 55               | 520         |
| TOPPER - HERB GARLIC BUTTER                                    | 15               | 100          | 12            | 7                 | 0.5           | 0                 | 0         | 0         | 0.2         | 30               | 105         |
| BAKED BEANS  | 126              | 160          | 0.5           | 0.2               | 0             | 35                | 4         | 19        | 6           | 0                | 470         |
| COLESLAW   | 85               | 80           | 5             | 0                 | 0.1           | 7                 | 2         | 4         | 1           | 0                | 240         |
| CINNAMON SUGAR DONUTS  | 150              | 600          | 27            | 7                 | 0.3           | 85                | 2         | 60        | 5           | 20               | 490         |

\*Nutritional content of items served on the side (such as sour cream, garlic bread, rice, seasonal vegetables, sauces and dips) is not included in the calculation of menu item nutritional information. Nutritional information for these items is listed separately.

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

\*Nutritional content of items served on the side (such as sour cream, garlic bread, rice, seasonal vegetables, sauces and dips) is not included in the calculation of menu item nutritional information. Nutritional information for these items is listed separately.

<sup>1</sup> Unless otherwise noted, nutritional content of salad dressing is not included in the calculation of salad nutritional information. Nutritional information for salad dressings is listed separately. All salads are served with dressing on the side, with the exception of Caesar salad.

<sup>2</sup> Nutritional information for ribs assumes preparation with Texas Bold BBQ Sauce.

<sup>3</sup> Nutritional information for wings assumes preparation with Mild Wing Sauce.

<sup>4</sup> For Beer Battered Fish & Chips, nutritional content of beer is only included in the calorie, protein and carbohydrate calculations.

<sup>5</sup> Nutritional content of tortillas and cold setup is not included in the calculation of Fajitas nutritional information. Nutritional content of Yorkshire Pudding is not included in the calculation of Pot Roast nutritional information. Nutritional information for these items is listed separately.

# MONTANA'S ALLERGY INFORMATION 2021

|   | PEANUTS AND PEANUT PRODUCTS | TREE NUTS AND THEIR DERIVATIVES | SESAME | MUSTARD | MILK AND MILK PRODUCTS | EGGS AND EGG SOURCES | FISH | SHELLFISH & CRUSTACEANS | SOY | WHEAT AND GLUTEN SOURCES | SULPHITES |
|---|-----------------------------|---------------------------------|--------|---------|------------------------|----------------------|------|-------------------------|-----|--------------------------|-----------|
| <b>STARTERS</b>   |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| DOUBLE DUSTED CHICKEN WINGS NO SAUCE                                |                             |                                 |        |         |                        |                      |      |                         |     | X                        |           |
| GARLIC PEPPERCORN RANCH   |                             |                                 |        |         |                        | X                    |      |                         | X   |                          |           |
| BLUE CHEESE DRESSING  |                             |                                 |        | X       | X                      | X                    | X    |                         | X   |                          |           |
| OVEN - BAKED ANTOJITOS WITH BASIL SOUR CREAM                        |                             |                                 |        | X       | X                      |                      |      |                         | X   | X                        | X         |
| FOUR CHEESE SPINACH DIP   |                             |                                 |        | X       | X                      |                      |      |                         | X   |                          | X         |
| SIDE: FRIED PITA *  |                             |                                 |        |         |                        |                      |      |                         |     | X                        |           |
| SIDE: NACHO CHIPS*  |                             |                                 |        |         |                        |                      |      |                         |     | X                        |           |
| DELICIOUS DEEP FRIED PICKLES*                                       |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        |           |
| KAPOW! SHRIMP*  |                             |                                 | X      | X       | X                      | X                    | X    | X                       |     | X                        | X         |
| LOADED CHEESY PULL APART BREAD                                      |                             |                                 |        | X       | X                      | X                    | X    | X                       | X   | X                        | X         |
| CHEESY PULL APART BREAD   |                             |                                 |        |         | X                      |                      |      |                         | X   | X                        |           |
| CHEESE NACHOS WITH SOUR CREAM & SALSA*                              |                             |                                 |        |         | X                      |                      |      |                         |     |                          | X         |
| PULLED PORK NACHOS WITH SOUR CREAM & SALSA*                         |                             |                                 |        |         | X                      |                      |      |                         | X   |                          | X         |
| BEEF NACHOS WITH SOUR CREAM & SALSA*                                |                             |                                 |        |         | X                      |                      |      |                         | X   |                          | X         |
| ONION RINGS WITH CHIPOTLE RANCH*                                    |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        |           |
| <b>SOUPS &amp; SALADS (Salad dressing not included)</b>             |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| BROCCOLI CHEDDAR SOUP   |                             |                                 |        | X       | X                      |                      |      |                         |     | X                        |           |
| CHICKEN TORTILLA SOUP   |                             |                                 |        |         |                        |                      |      |                         | X   | X                        |           |
| HARVEST BUTTERNUT SQUASH SOUP                                       |                             |                                 |        |         | X                      |                      |      |                         |     |                          |           |
| POT ROAST SOUP  |                             |                                 |        |         | X                      | X                    |      |                         | X   | X                        | X         |
| TOMATO BASIL BISQUE/SOUP  |                             |                                 |        |         | X                      |                      |      |                         |     | X                        |           |
| STARTER CAESAR SALAD (INCL DRESSING)                                |                             |                                 |        | X       | X                      | X                    | X    | X                       | X   | X                        | X         |
| STARTER HOUSE SALAD   |                             |                                 |        |         | X                      |                      |      |                         | X   | X                        |           |
| <b>SMOKEHOUSE RIBS (INCL. BOLD BBQ SAUCE) (Sides not included )</b> |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| BACK RIBS   |                             |                                 |        |         |                        |                      |      |                         | X   |                          | X         |
| BEEF RIBS   |                             |                                 |        |         |                        |                      |      |                         | X   |                          | X         |
| SIDE: WINGS* 4 PCS NO SAUCE   |                             |                                 |        |         |                        |                      |      |                         |     | X                        |           |
| SIDE: KAPOW! SHRIMP*  |                             |                                 | X      | X       | X                      | X                    | X    | X                       | X   | X                        | X         |
| <b>SIDES</b>  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| FRIES*  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| BAKED POTATO WITH SKIN  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| MASHED POTATO   |                             |                                 |        |         | X                      |                      |      |                         | X   |                          |           |
| GRAVY   |                             |                                 |        |         | X                      |                      |      |                         | X   | X                        | X         |
| RICE PILAF  |                             |                                 |        |         | X                      |                      |      |                         | X   |                          | X         |
| BAKED BEANS   |                             |                                 |        | X       |                        |                      |      |                         | X   |                          |           |
| COLESLAW  |                             |                                 |        | X       |                        | X                    |      |                         | X   |                          |           |
| SIDE HOUSE SALAD  |                             |                                 |        |         | X                      |                      |      |                         | X   | X                        |           |
| SIDE CAESAR SALAD (INCL DRESSING)                                   |                             |                                 |        | X       | X                      | X                    | X    | X                       | X   | X                        | X         |
| <b>FIRED UP SIDES</b>   |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| CORN BREAD  |                             |                                 |        |         |                        | X                    |      |                         | X   | X                        |           |
| SIDE ONION RINGS*   |                             |                                 |        |         |                        |                      |      |                         | X   | X                        |           |
| SWEET POTATO FRIES* (NO SAUCE)                                      |                             |                                 |        |         |                        |                      |      |                         |     | X                        |           |
| CHIPOTLE RANCH DRESSING   |                             |                                 |        | X       | X                      | X                    |      |                         | X   |                          |           |
| SEASONAL VEGETABLES   |                             |                                 |        |         | X                      |                      |      |                         | X   |                          |           |
| SKILLET OF MUSHROOMS  |                             |                                 |        |         | X                      |                      |      |                         | X   |                          | X         |
| <b>STEAK (Sides not included in nutritional)</b>                    |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| SIRLOIN 7OZ AND 10 OZ   |                             |                                 |        | X       | X                      |                      |      |                         | X   |                          |           |
| STRIPLOIN 10 OZ   |                             |                                 |        | X       | X                      |                      |      |                         | X   |                          |           |
| MUSHROOM & ONIONTOPPER - NO STEAK                                   |                             |                                 |        |         | X                      |                      |      |                         | X   | X                        | X         |
| FIRE GRILLED SHRIMP SKEWERS   |                             |                                 |        |         | X                      |                      |      | X                       | X   |                          | X         |
| SIDE ONION RINGS*   |                             |                                 |        |         |                        |                      |      |                         | X   | X                        |           |
| <b>HAND-HELDS (Sides not included in nutritional)</b>               |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| FIRECRACKER BURGER*   |                             |                                 |        |         | X                      | X                    |      |                         | X   | X                        | X         |
| CANADIAN BURGER EH!   |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        | X         |
| SMOKY BACON DOUBLE ONION CHEESEBURGER*                              |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        |           |
| VEGETABLE BURGER  |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        | X         |
| PULLED PORK SANDWICH*   |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        | X         |
| SOUTHERN FRIED CHICKEN SANDWICH*                                    |                             |                                 |        | X       | X                      | X                    |      |                         | X   | X                        |           |
| SMOKEHOUSE CHICKEN WRAP   |                             |                                 |        | X       | X                      | X                    | X    | X                       | X   | X                        | X         |
| CHICKEN TACOS*  |                             |                                 |        | X       | X                      | X                    | X    |                         | X   | X                        | X         |
| BBQ BRISKET SANDWICH  |                             |                                 |        |         | X                      | X                    |      |                         | X   | X                        | X         |
| <b>FORKS &amp; KNIVES (Sides not included in nutritional)</b>       |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| SMOKY BACON MAC N CHEESE & CORNBREAD                                |                             |                                 |        |         | X                      | X                    |      |                         | X   | X                        | X         |
| CHICKEN FAJITAS (NO COLD SETUP & TORTILLAS)                         |                             |                                 |        |         | X                      |                      |      |                         | X   |                          |           |
| FAJITA COLD SETUP & TORTILLAS                                       |                             |                                 |        |         | X                      |                      |      |                         |     | X                        |           |
| VEGETARIAN FAJITAS (NO COLD SETUP & TORTILLAS)                      |                             |                                 |        |         | X                      |                      |      |                         | X   |                          | X         |
| CHICKEN BURRITO BOWL*   |                             |                                 |        | X       | X                      | X                    |      |                         | X   |                          | X         |
| FISH & CHIPS (ONLY FISH)*   |                             |                                 |        |         | X                      |                      | X    |                         | X   | X                        | X         |
| CHICKEN TENDERS*  |                             |                                 |        |         | X                      |                      |      |                         | X   | X                        |           |
| BUFFALO CHICKEN TENDERS*  |                             |                                 |        | X       | X                      |                      |      |                         | X   | X                        | X         |
| CHICKEN: COUNTRY BUTTERMILK W/ GRAVY*                               |                             |                                 |        |         | X                      | X                    |      |                         | X   | X                        |           |

## WHAT YOU SHOULD KNOW



An X beside a dish means that it does contain the respective ingredient. These indicators include the appetizer or entree only, please be sure to check the guide or with your server if the dip, sauce, or sides that comes with the appetizer or entree also meets your dietary requirements.



Check out our highlighted quick reference guide for all Wheat or Gluten free dishes.

\*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination. **FOOD ALLERGY CAUTION!** The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Recipe Unlimited Corporation. (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.

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|   | PEANUTS AND PEANUT PRODUCTS | TREE NUTS AND THEIR DERIVATIVES | SESAME | MUSTARD | MILK AND MILK PRODUCTS | EGGS AND EGG SOURCES | FISH | SHELLFISH & CRUSTACEANS | SOY | WHEAT AND GLUTEN SOURCES | SULPHITES |
|---|-----------------------------|---------------------------------|--------|---------|------------------------|----------------------|------|-------------------------|-----|--------------------------|-----------|
| <b>ENTREE SALADS (Salad dressing not included)</b>              |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| APPLE PECAN HARVEST SALAD                                       | x                           | x                               |        |         | x                      |                      |      |                         |     |                          |           |
| ENTRÉE CAESAR SALAD (INCL DRESSING)                             |                             |                                 |        | x       | x                      | x                    | x    | x                       | x   | x                        | x         |
| <b>SALAD DRESSINGS</b>  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| MIGHTY CAESAR   |                             |                                 |        | x       | x                      | x                    | x    | x                       |     |                          | x         |
| RENEE'S BALSAMIC VINAIGRETTE                                    |                             |                                 |        | x       |                        |                      |      |                         |     |                          | x         |
| GARLIC PEPPERCORN RANCH   |                             |                                 |        |         |                        | x                    |      |                         | x   |                          |           |
| CREAMY CILANTRO   |                             |                                 |        | x       |                        | x                    |      |                         | x   |                          | x         |
| BLUE CHEESE DRESSING  |                             |                                 |        | x       | x                      | x                    | x    |                         | x   |                          |           |
| <b>KIDS MENU (Sides not included in nutritional)</b>            |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| NOODLES WITH TOMATO SAUCE                                       |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        |           |
| NOODLES WITH ALFREDO SAUCE                                      |                             |                                 |        |         | x                      | x                    |      |                         | x   | x                        |           |
| NOODLES WITH BUTTER   |                             |                                 |        |         | x                      | x                    |      |                         |     | x                        |           |
| CHEESY PIZZA  |                             |                                 |        | x       | x                      |                      |      |                         | x   | x                        |           |
| KIDS BURGER   |                             |                                 |        |         | x                      | x                    |      |                         | x   | x                        | x         |
| CHICKEN STRIPS WITH PLUM SAUCE*                                 |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        |           |
| GRILLED CHEESE  |                             |                                 | x      |         | x                      |                      |      |                         | x   | x                        | x         |
| BACK RIBS (INCL. BOLD BBQ SAUCE)                                |                             |                                 |        |         |                        |                      |      |                         | x   |                          | x         |
| <b>KIDS SIDES</b>   |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| FRIES* & CARROT STICKS  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| MASHED POTATOES   |                             |                                 |        |         | x                      |                      |      |                         | x   |                          |           |
| CUCUMBER COINS  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| APPLE SLICES  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| GRAVY   |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        | x         |
| SIDE CAESAR SALAD (INCL DRESSING)                               |                             |                                 |        | x       | x                      | x                    | x    | x                       | x   | x                        | x         |
| SIDE HOUSE SALAD  |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        |           |
| PLUM SAUCE  |                             |                                 |        |         |                        |                      |      |                         |     |                          | x         |
| <b>KIDS DESSERTS</b>  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| ICE-CREAM SANDWICH  |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        | x         |
| WAGON WHEEL   |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        |           |
| FRESH BAKED COOKIE  | x                           | x                               |        |         | x                      | x                    |      |                         | x   | x                        | x         |
| <b>SWEET STUFF</b>  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| APPLE CRISP WITH ICE CREAM & TOFFEE                             |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        |           |
| SKILLET COOKIE WITH ICE CREAM & TOFFEE SAUCE                    | x                           | x                               |        |         | x                      | x                    |      |                         | x   | x                        | x         |
| SHAKE N SHARE MINI DONUTS*                                      |                             |                                 |        |         | x                      | x                    |      |                         | x   | x                        |           |
| ENGLISH TOFFEE TOPPING  |                             |                                 |        |         | x                      |                      |      |                         |     |                          |           |
| DARK FUDGE TOPPING  |                             |                                 |        |         | x                      |                      |      |                         | x   |                          |           |
| ICE CREAM - VANILLA   |                             |                                 |        |         | x                      |                      |      |                         |     |                          |           |
| <b>SAUCES/DIPS/SIDES</b>  |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| GUACAMOLE   |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| SOUR CREAM  |                             |                                 |        |         | x                      |                      |      |                         |     |                          |           |
| TARTAR SAUCE  |                             |                                 |        | x       |                        | x                    |      |                         | x   |                          |           |
| PLUM SAUCE  |                             |                                 |        |         |                        |                      |      |                         |     |                          | x         |
| SALSA   |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| TEXAS BOLD BBQ SAUCE  |                             |                                 |        |         |                        |                      |      |                         | x   |                          | x         |
| APPLE BUTTER BBQ SAUCE  |                             |                                 |        |         |                        |                      |      |                         | x   |                          | x         |
| HONEY CHIPOTLE BBQ SAUCE  |                             |                                 |        |         |                        |                      |      |                         | x   |                          | x         |
| HONEY GARLIC BBQ/WING SAUCE                                     |                             |                                 |        |         |                        |                      |      |                         | x   | x                        | x         |
| MILD WING SAUCE   |                             |                                 |        | x       |                        |                      |      |                         | x   |                          | x         |
| MEDIUM WING SAUCE   |                             |                                 |        | x       |                        |                      |      |                         | x   |                          | x         |
| HOT WING SAUCE  |                             |                                 |        | x       |                        |                      |      |                         | x   |                          | x         |
| POUTINE*  |                             |                                 |        |         | x                      |                      |      |                         | x   | x                        | x         |
| DUSTED ONIONS*  |                             |                                 |        |         | x                      |                      |      |                         |     | x                        |           |
| KAPOW! SAUCE  |                             |                                 |        | x       | x                      | x                    | x    | x                       |     |                          | x         |
| CHIPOTLE RANCH DRESSING   |                             |                                 |        | x       | x                      | x                    |      |                         | x   |                          |           |
| <b>LUNCH MENU (Sides not included)</b>                          |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| MAC N CHEESE - LUNCH SIZE                                       |                             |                                 |        |         | x                      | x                    |      |                         | x   | x                        | x         |
| CHICKEN CLUB WRAP   |                             |                                 |        | x       | x                      | x                    |      |                         | x   | x                        | x         |
| SANDWICH: PULLED PORK* W/ APPLE BUTTER SAUCE - SERVED WITH TRIO |                             |                                 | x      |         | x                      |                      |      |                         | x   | x                        | x         |
| CLASSIC BURGER  |                             |                                 |        |         | x                      | x                    |      |                         | x   | x                        | x         |
| <b>PROMOTIONAL MENU - HOLIDAY STEAK COMBO</b>                   |                             |                                 |        |         |                        |                      |      |                         |     |                          |           |
| AAA 7oz SIRLOIN   |                             |                                 |        |         |                        |                      |      |                         | x   |                          |           |
| TWO ONION RINGS   |                             |                                 |        |         |                        |                      |      |                         | x   | x                        |           |
| SIDE - SMASHER  |                             |                                 |        |         | x                      |                      |      |                         |     |                          |           |
| TOPPER - HERB GARLIC BUTTER                                     |                             |                                 |        |         | x                      |                      |      |                         |     |                          | x         |
| BAKED BEANS   |                             |                                 |        | x       |                        |                      | x    |                         | x   |                          |           |
| COLESLAW  |                             |                                 |        | x       |                        | x                    |      |                         | x   |                          |           |
| CINNAMON SUGAR DONUTS   |                             |                                 |        |         | x                      | x                    |      |                         | x   | x                        |           |

## WHAT YOU SHOULD KNOW



An X beside a dish means that it does contain the respective ingredient. These indicators include the appetizer or entree only, please be sure to check the guide or with your server if the dip, sauce, or sides that comes with the appetizer or entree also meets your dietary requirements.



Check out our highlighted quick reference guide for all Wheat or Gluten free dishes.

\*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination.

**FOOD ALLERGY CAUTION!** The safety and satisfaction of our Guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. Recipe Unlimited Corporation. (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.