

## Montana's Nutritional Table

12-Jul-16

| Menu Item  | Serving Size | Energy | Total Fat | Total Fat       | Saturated Fat | Trans Fat | Saturated & Trans Fat | Cholesterol | Cholesterol     | Sodium | Sodium          | Carbohydrat | Carbohydrat     | Fibre | Fibre           | Sugar | Protein | Vitamin A       | Vitamin C       | Calcium         | Iron            |
|--|--------------|--------|-----------|-----------------|---------------|-----------|-----------------------|-------------|-----------------|--------|-----------------|-------------|-----------------|-------|-----------------|-------|---------|-----------------|-----------------|-----------------|-----------------|
|  | (g)          | (Cal)  | (g)       | (% Daily Value) | (g)           | (g)       | (% Daily Value)       | (mg)        | (% Daily Value) | (mg)   | (% Daily Value) | (g)         | (% Daily Value) | (g)   | (% Daily Value) | (g)   | (g)     | (% Daily Value) | (% Daily Value) | (% Daily Value) | (% Daily Value) |
| <b>APPETIZERS</b>  |              |        |           |                 |               |           |                       |             |                 |        |                 |             |                 |       |                 |       |         |                 |                 |                 |                 |
| <i>(Sauces &amp; dips served on the side - e.g. sour cream, salsa - not included in nutrition facts)</i> |              |        |           |                 |               |           |                       |             |                 |        |                 |             |                 |       |                 |       |         |                 |                 |                 |                 |
| Oven - Baked Antojitos - <b>Serves 2</b>   | 310 g        | 870    | 53        | 82              | 29            | 1.5       | 153                   | 120         | 40              | 1560   | 65              | 68          | 23              | 4     | 16              | 8     | 27      | 60              | 90              | 35              | 30              |
| <i>Basil Sour Cream Dip</i>  | 30 ml        | 25     | 1         | 2               | 0.5           | 0         | 3                     | 5           | 2               | 35     | 1               | 3           | 1               | 0     | 0               | 2     | 1       | 0               | 0               | 4               | 0               |
| Four Cheese Spinach Dip - <b>Serves 4</b>  | 213 g        | 460    | 39        | 60              | 25            | 1         | 130                   | 125         | 42              | 1280   | 53              | 9           | 3               | 2     | 8               | 5     | 16      | 80              | 40              | 25              | 6               |
| <i>Side:Fried Pita</i>   | 160 g        | 770    | 45        | 69              | 4.5           | 0.1       | 23                    | 0           | 0               | 820    | 34              | 76          | 25              | 4     | 16              | 4     | 15      | 0               | 0               | 25              | 30              |
| <i>Side:Healthier Alt Baked Pita</i>   | 160 g        | 470    | 8         | 12              | 2             | 0         | 10                    | 0           | 0               | 900    | 38              | 81          | 27              | 4     | 16              | 11    | 17      | 0               | 0               | 40              | 40              |
| Double Dusted Chicken Wings - 8 pieces - <b>Serves 2</b>   | 325 g        | 740    | 50        | 77              | 9             | 0.3       | 47                    | 175         | 0               | 1450   | 60              | 36          | 12              | 4     | 16              | 17    | 36      | 80              | 6               | 20              | 15              |
| Double Dusted Chicken Wings - 16 pieces - <b>Serves 4</b>  | 578 g        | 1460   | 100       | 154             | 18            | 0.5       | 93                    | 345         | 310             | 2850   | 119             | 67          | 22              | 5     | 20              | 32    | 72      | 80              | 6               | 35              | 30              |
| <i>Garlic Peppercorn Ranch</i>   | 30 ml        | 100    | 20        | 31              | 4             | 0         | 20                    | 20          | 7               | 460    | 19              | 4           | 1               | 0     | 0               | 2     | 0.4     | 0               | 0               | 0               | 0               |
| <i>Blue Cheese Dressing</i>  | 30 ml        | 100    | 10        | 15              | 2             | 0.2       | 11                    | 10          | 3               | 340    | 14              | 2           | 1               | 0     | 0               | 2     | 0.4     | 0               | 0               | 0               | 0               |
| Potato Skins - Slow Roasted Beef - <b>Serves 2</b>   | 513 g        | 1290   | 84        | 129             | 34            | 3         | 185                   | 195         | 35              | 1870   | 78              | 67          | 22              | 8     | 32              | 10    | 73      | 30              | 35              | 80              | 45              |
| <i>Sour Cream (low fat)</i>  | 30 ml        | 25     | 1         | 1.5             | 0.5           | 0         | 2.5                   | 5           | 1.5             | 35     | 1.5             | 3           | 1               | 0     | 0               | 2     | 1       | 0               | 0               | 4               | 0               |
| Poutine: Braised Short Rib - <b>Serves 2</b>   | 496 g        | 1100   | 58        | 89              | 16            | 1.5       | 88                    | 105         | 35              | 2670   | 111             | 100         | 33              | 7     | 28              | 2     | 42      | 15              | 15              | 40              | 30              |
| Poutine: Double Pork - <b>Serves 2</b>   | 626 g        | 1440   | 91        | 140             | 27            | 1.5       | 143                   | 170         | 57              | 3400   | 142             | 107         | 36              | 9     | 36              | 5     | 50      | 20              | 50              | 45              | 30              |
| Delicious Deep Fried Pickles - <b>Serves 2</b>   | 128 g        | 320    | 17        | 26              | 1.5           | 0.1       | 8                     | 0           | 0               | 850    | 35              | 36          | 12              | 2     | 8               | 2     | 6       | 0               | 2               | 4               | 10              |
| <i>Sriracha Ranch Dressing</i>   | 30 ml        | 95     | 19        | 29              | 4             | 0         | 20                    | 20          | 7               | 520    | 22              | 5           | 2               | 0     | 0               | 3     | 0.4     | 0               | 0               | 0               | 0               |
| House-Seasoned Montana's Chippers - <b>Serves 2</b>  | 158 g        | 590    | 40        | 62              | 4.5           | 0.5       | 25                    | 0           | 0               | 2210   | 92              | 54          | 18              | 5     | 20              | 3     | 5       | 0               | 35              | 4               | 8               |
| <i>Side: Honey Dill Dip</i>  | 45 ml        | 60     | 2         | 3               | 1             | 0         | 5                     | 10          | 3               | 510    | 21              | 8           | 3               | 0     | 0               | 6     | 2       | 2               | 2               | 6               | 2               |
| KAPOW! Shrimp - <b>Serves 2</b>  | 322 g        | 810    | 46        | 71              | 3.5           | 1         | 23                    | 165         | 55              | 1910   | 80              | 74          | 25              | 3     | 12              | 18    | 26      | 10              | 15              | 8               | 25              |
| Chicken Dippers w/dusted onions - <b>Serves 2</b>  | 255 g        | 540    | 26        | 40              | 2.5           | 0.4       | 14                    | 130         | 43              | 1640   | 68              | 31          | 10              | 3     | 12              | 4     | 47      | 4               | 15              | 4               | 25              |
| <i>Side:KAPOW Sauce</i>  | 30 ml        | 110    | 8         | 12              | 1             | 0.1       | 6                     | 10          | 3               | 280    | 12              | 9           | 3               | 0     | 0               | 8     | 0.5     | 0               | 2               | 0               | 0               |
| Steak Bites w/dusted onions - <b>Serves 2</b>  | 236 g        | 730    | 46        | 71              | 10            | 1         | 55                    | 125         | 42              | 810    | 34              | 25          | 8               | 2     | 8               | 4     | 51      | 4               | 15              | 4               | 50              |
| <i>Side:KAPOW Sauce</i>  | 30 ml        | 110    | 8         | 12              | 1             | 0.1       | 6                     | 10          | 3               | 280    | 12              | 9           | 3               | 0     | 0               | 8     | 0.5     | 0               | 2               | 0               | 0               |
| Surf & Turf - <b>Serves 2</b>  | 301 g        | 830    | 49        | 75              | 7             | 1         | 40                    | 145         | 48              | 1470   | 61              | 55          | 18              | 4     | 16              | 12    | 40      | 8               | 20              | 8               | 40              |
| <i>Side:KAPOW Sauce</i>  | 30 ml        | 110    | 8         | 12              | 1             | 0.1       | 6                     | 10          | 3               | 280    | 12              | 9           | 3               | 0     | 0               | 8     | 0.5     | 0               | 2               | 0               | 0               |
| Chorizo Nachos - <b>Serves 4</b>   | 867 g        | 2770   | 187       | 288             | 75            | 3         | 390                   | 315         | 105             | 4470   | 186             | 175         | 58              | 18    | 72              | 10    | 111     | 90              | 130             | 210             | 40              |
| Pulled Pork Nachos - <b>Serves 4</b>   | 838 g        | 2970   | 199       | 306             | 86            | 3.5       | 447                   | 470         | 157             | 3880   | 162             | 166         | 55              | 17    | 68              | 5     | 144     | 80              | 35              | 210             | 50              |
| Beef Nachos - <b>Serves 4</b>  | 781 g        | 2510   | 163       | 251             | 68            | 4.5       | 363                   | 295         | 98              | 3860   | 161             | 172         | 57              | 17    | 68              | 8     | 105     | 100             | 110             | 220             | 45              |
| <i>Sour Cream (low fat)</i>  | 60 ml        | 50     | 2         | 3               | 1             | 0         | 5                     | 10          | 3               | 70     | 3               | 6           | 2               | 0     | 0               | 4     | 2       | 0               | 0               | 8               | 0               |
| <i>Salsa</i>   | 60 ml        | 10     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 75     | 3               | 3           | 1               | 0     | 0               | 2     | 0.5     | 2               | 4               | 0               | 0               |
| <i>Add 1/4 LBS of Cheese</i>   | 113.4 g      | 453    |           |                 |               |           |                       |             |                 |        |                 |             |                 |       |                 |       |         |                 |                 |                 |                 |
| <i>Guacamole</i>   | 30 g         | 50     | 3         | 5               | 0.4           | 0         | 2                     | 0           | 0               | 110    | 5               | 6           | 2               | 1     | 4               | 1     | 0       | 4               | 10              | 0               | 0               |
| <b>SOUP &amp; STARTER SALADS</b>   |              |        |           |                 |               |           |                       |             |                 |        |                 |             |                 |       |                 |       |         |                 |                 |                 |                 |
| Pot Roast Soup   | 270 ml       | 140    | 3         | 5               | 1.5           | 0.1       | 8                     | 20          | 7               | 920    | 38              | 17          | 6               | 2     | 8               | 3     | 9       | 20              | 2               | 2               | 10              |
| Starter Caesar Salad   | 135 g        | 270    | 23        | 35              | 4             | 0.2       | 21                    | 35          | 12              | 400    | 17              | 8           | 3               | 2     | 8               | 1     | 7       | 80              | 10              | 10              | 10              |
| Starter House Salad  | 153 g        | 50     | 1         | 2               | 0.1           | 0         | 1                     | 0           | 0               | 120    | 5               | 10          | 3               | 3     | 12              | 3     | 2       | 60              | 15              | 4               | 8               |

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| Menu Item                                  | Serving Size<br>(g) | Energy<br>(Cal) | Total Fat<br>(g) | Total Fat<br>(% Daily Value) | Saturated<br>Fat<br>(g) | Trans Fat<br>(g) | Saturated<br>& Trans<br>Fat<br>(% Daily Value) | Cholesterol<br>(mg) | Cholesterol<br>(% Daily Value) | Sodium<br>(mg) | Sodium<br>(% Daily Value) | Carbohydrate<br>(g) | Carbohydrate<br>(% Daily Value) | Fibre<br>(g) | Fibre<br>(% Daily Value) | Sugar<br>(g) | Protein<br>(g) | Vitamin A<br>(% Daily Value) | Vitamin C<br>(% Daily Value) | Calcium<br>(% Daily Value) | Iron<br>(% Daily Value) |
|--|---------------------|-----------------|------------------|------------------------------|-------------------------|------------------|--|---------------------|--------------------------------|----------------|---------------------------|---------------------|---------------------------------|--------------|--------------------------|--------------|----------------|------------------------------|------------------------------|----------------------------|-------------------------|
| <b>RIBS &amp; SAMPLERS</b>                 |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| <i>(Sides not included in nutritional)</i> |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Back Ribs (Taster) for Combo               | 176 g               | 500             | 31               | 48                           | 11                      | 0.2              | 56   | 110                 | 37                             | 750            | 31                        | 24                  | 8                               | 2            | 8                        | 18           | 31             | 0                            | 0                            | 6                          | 20                      |
| Back Ribs (regular)                        | 264 g               | 760             | 47               | 72                           | 16                      | 0.3              | 82   | 170                 | 57                             | 1120           | 47                        | 36                  | 12                              | 2            | 8                        | 27           | 47             | 0                            | 0                            | 8                          | 30                      |
| Back Ribs (large)                          | 396 g               | 1130            | 71               | 109                          | 25                      | 0.4              | 127  | 250                 | 83                             | 1680           | 70                        | 54                  | 18                              | 4            | 16                       | 40           | 71             | 0                            | 0                            | 15                         | 50                      |
| Honkin' Beef Rib (regular)                 | 240 g               | 860             | 65               | 100                          | 28                      | 0                | 140  | 140                 | 47                             | 1420           | 59                        | 35                  | 12                              | 0            | 0                        | 22           | 34             | 0                            | 0                            | 6                          | 35                      |
| Side: Fire Grilled Shrimp Skewers          | 89 g                | 100             | 6                | 9                            | 1.5                     | 0.1              | 8  | 160                 | 53                             | 580            | 24                        | 1                   | 1                               | 0            | 0                        | 0            | 12             | 0                            | 0                            | 4                          | 2                       |
| Side: Wings 4pcs (incl.mild sauce)         | 183 g               | 530             | 32               | 49                           | 7                       | 0.1              | 36   | 170                 | 57                             | 570            | 24                        | 20                  | 7                               | 2            | 8                        | 6            | 39             | 4                            | 4                            | 6                          | 20                      |
| Side: Grilled Chorizo Sausage              | 102 g               | 310             | 27               | 42                           | 9                       | 0                | 45   | 55                  | 18                             | 830            | 35                        | 2                   | 1                               | 1            | 4                        | 0            | 14             | 0                            | 0                            | 0                          | 8                       |
| <b>Sampler Sampler</b>                     |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Back Ribs w/Bold BBQ -2 Bone               | 88 g                | 250             | 16               | 25                           | 5                       | 0.1              | 26   | 55                  | 18                             | 370            | 15                        | 12                  | 4                               | 1            | 4                        | 9            | 16             | 0                            | 0                            | 2                          | 10                      |
| Pulled Pork                                | 71 g                | 250             | 20               | 31                           | 8                       | 0.1              | 41   | 75                  | 25                             | 260            | 11                        | 1                   | 1                               | 0            | 0                        | 0            | 17             | 0                            | 0                            | 0                          | 8                       |
| 1/2 Smoked Chorizo Sausage                 | 51 g                | 150             | 14               | 22                           | 4.5                     | 0                | 23   | 30                  | 10                             | 420            | 18                        | 1                   | 1                               | 0            | 0                        | 0            | 7              | 0                            | 0                            | 0                          | 4                       |
| Bold Deli Mustard                          | 30 ml               | 20              | 1                | 2                            | 0.2                     | 0                | 1  | 0                   | 0                              | 340            | 14                        | 1                   | 1                               | 1            | 4                        | 0            | 1              | 2                            | 0                            | 2                          | 4                       |
| Bun: Mini Slider                           | 28 g                | 100             | 1.5              | 2                            | 0.2                     | 0.1              | 2  | 0                   | 0                              | 160            | 7                         | 18                  | 6                               | 1            | 4                        | 1            | 3              | 0                            | 0                            | 2                          | 8                       |
| Corn Bread                                 | 50 g                | 200             | 9                | 14                           | 1.5                     | 0.1              | 8  | 25                  | 8                              | 220            | 9                         | 26                  | 9                               | 1            | 4                        | 11           | 3              | 2                            | 0                            | 2                          | 6                       |
| Dusted Onions                              | 43 g                | 120             | 7                | 11                           | 0.5                     | 0.2              | 3  | 0                   | 0                              | 230            | 10                        | 13                  | 4                               | 1            | 4                        | 3            | 2              | 0                            | 6                            | 2                          | 4                       |
| <b>The Big Smoke</b>                       |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Back Ribs w/Bold BBQ -2 Bone               | 88 g                | 250             | 16               | 25                           | 5                       | 0.1              | 26   | 55                  | 18                             | 370            | 15                        | 12                  | 4                               | 1            | 4                        | 9            | 16             | 0                            | 0                            | 2                          | 10                      |
| Pulled Pork                                | 71 g                | 250             | 20               | 31                           | 8                       | 0.1              | 41   | 75                  | 25                             | 260            | 11                        | 1                   | 1                               | 0            | 0                        | 0            | 17             | 0                            | 0                            | 0                          | 8                       |
| Smoked Chorizo Sausage                     | 102 g               | 310             | 27               | 42                           | 9                       | 0                | 45   | 55                  | 18                             | 830            | 35                        | 2                   | 1                               | 1            | 4                        | 0            | 14             | 0                            | 0                            | 0                          | 8                       |
| 3 oz Brisket                               | 85 g                | 200             | 13               | 20                           | 6                       | 0.5              | 33   | 60                  | 20                             | 480            | 20                        | 1                   | 1                               | 1            | 4                        | 0            | 21             | 0                            | 0                            | 0                          | 15                      |
| Bold Deli Mustard                          | 30 ml               | 20              | 1                | 2                            | 0.2                     | 0                | 1  | 0                   | 0                              | 340            | 14                        | 1                   | 1                               | 1            | 4                        | 0            | 1              | 2                            | 0                            | 2                          | 4                       |
| Bun: Mini Slider                           | 28 g                | 100             | 1.5              | 2                            | 0.2                     | 0.1              | 2  | 0                   | 0                              | 160            | 7                         | 18                  | 6                               | 1            | 4                        | 1            | 3              | 0                            | 0                            | 2                          | 8                       |
| Corn Bread                                 | 50 g                | 200             | 9                | 14                           | 1.5                     | 0.1              | 8  | 25                  | 8                              | 220            | 9                         | 26                  | 9                               | 1            | 4                        | 11           | 3              | 2                            | 0                            | 2                          | 6                       |
| Dusted Onions                              | 43 g                | 120             | 7                | 11                           | 0.5                     | 0.2              | 3  | 0                   | 0                              | 230            | 10                        | 13                  | 4                               | 1            | 4                        | 3            | 2              | 0                            | 6                            | 2                          | 4                       |
| <b>SIDES</b>                               |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Side: Chippers                             | 62 g                | 230             | 16               | 25                           | 2                       | 0.2              | 11   | 0                   | 0                              | 850            | 35                        | 21                  | 7                               | 2            | 8                        | 1            | 2              | 0                            | 15                           | 0                          | 2                       |
| Fries                                      | 227 g               | 630             | 28               | 43                           | 2                       | 0.2              | 11   | 0                   | 0                              | 1270           | 53                        | 86                  | 29                              | 6            | 24                       | 0            | 8              | 0                            | 2                            | 2                          | 10                      |
| Baked Potato with Skin                     | 301 g               | 300             | 3                | 5                            | 0.3                     | 0.1              | 2  | 0                   | 0                              | 200            | 8                         | 63                  | 21                              | 7            | 28                       | 4            | 7              | 0                            | 50                           | 4                          | 25                      |
| Mashed Potatoes                            | 170 g               | 190             | 4.5              | 7                            | 1                       | 0                | 5  | 0                   | 0                              | 600            | 25                        | 32                  | 11                              | 3            | 12                       | 3            | 3              | 0                            | 35                           | 4                          | 6                       |
| Gravy                                      | 60 ml               | 25              | 1                | 2                            | 0.4                     | 0                | 2  | 0                   | 0                              | 330            | 14                        | 4                   | 1                               | 0            | 0                        | 0            | 1              | 0                            | 0                            | 0                          | 2                       |
| Rice Pilaf                                 | 132 g               | 240             | 3                | 5                            | 1.5                     | 0.1              | 8  | 5                   | 2                              | 840            | 35                        | 49                  | 16                              | 2            | 8                        | 2            | 5              | 15                           | 50                           | 4                          | 15                      |
| Roasted Cauliflower and Broccoli           | 116 g               | 80              | 5                | 8                            | 1                       | 0.1              | 6  | 0                   | 0                              | 105            | 4                         | 7                   | 2                               | 3            | 12                       | 1            | 3              | 15                           | 130                          | 4                          | 6                       |
| Baked Beans                                | 126 g               | 160             | 0.5              | 1                            | 0.2                     | 0                | 1  | 0                   | 0                              | 470            | 20                        | 35                  | 12                              | 4            | 16                       | 19           | 6              | 2                            | 0                            | 8                          | 15                      |
| Coleslaw                                   | 85 g                | 80              | 5                | 8                            | 0                       | 0.1              | 1  | 0                   | 0                              | 240            | 10                        | 7                   | 2                               | 2            | 8                        | 4            | 1              | 10                           | 35                           | 2                          | 2                       |
| Side House salad                           | 141 g               | 40              | 0.5              | 1                            | 0.1                     | 0                | 1  | 0                   | 0                              | 85             | 4                         | 8                   | 3                               | 2            | 8                        | 3            | 2              | 60                           | 15                           | 4                          | 6                       |
| Side Caesar salad                          | 135 g               | 270             | 23               | 35                           | 4                       | 0.2              | 21   | 35                  | 12                             | 400            | 17                        | 8                   | 3                               | 2            | 8                        | 1            | 7              | 80                           | 10                           | 10                         | 10                      |
| <b>FIRED UP SIDES</b>                      |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Corn Bread                                 | 50 g                | 200             | 9                | 14                           | 1.5                     | 0.1              | 8  | 25                  | 8                              | 220            | 9                         | 26                  | 9                               | 1            | 4                        | 11           | 3              | 2                            | 0                            | 2                          | 6                       |
| Sweet Potato Fries (no sauce)              | 150 g               | 470             | 25               | 40                           | 3                       | 0.4              | 17   | 0                   | 0                              | 910            | 38                        | 55                  | 18                              | 4            | 16                       | 18           | 3              | 40                           | 15                           | 6                          | 8                       |
| Chipotle Dip                               | 30 ml               | 60              | 5                | 8                            | 1                       | 0                | 5  | 5                   | 2                              | 210            | 9                         | 3                   | 1                               | 0            | 0                        | 1            | 1              | 0                            | 2                            | 2                          | 0                       |
| Side: Waffle fries                         | 161 g               | 570             | 33               | 51                           | 6                       | 0.5              | 33   | 0                   | 0                              | 1430           | 60                        | 61                  | 20                              | 5            | 20                       | 1            | 6              | 0                            | 6                            | 2                          | 8                       |
| Skilllet of Mushrooms                      | 240 g               | 280             | 25               | 38                           | 4.5                     | 0.3              | 24   | 0                   | 0                              | 200            | 8                         | 11                  | 4                               | 4            | 16                       | 4            | 4              | 2                            | 15                           | 2                          | 25                      |
| <b>STEAK &amp; BEEF</b>                    |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| <i>(Sides not included in nutritional)</i> |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| AAA Sirloin 10 oz                          | 291 g               | 630             | 41               | 63                           | 13                      | 0.2              | 66   | 155                 | 52                             | 600            | 25                        | 13                  | 4                               | 1            | 4                        | 3            | 48             | 0                            | 8                            | 4                          | 45                      |

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| Menu Item                   | Serving Size<br>(g) | Energy<br>(Cal) | Total Fat<br>(g) | Total Fat<br>(% Daily Value) | Saturated<br>Fat<br>(g) | Trans Fat<br>(g) | Saturated<br>& Trans<br>Fat<br>(% Daily Value) | Cholesterol<br>(mg) | Cholesterol<br>(% Daily Value) | Sodium<br>(mg) | Sodium<br>(% Daily Value) | Carbohydrat<br>(g) | Carbohydrat<br>(% Daily Value) | Fibre<br>(g) | Fibre<br>(% Daily Value) | Sugar<br>(g) | Protein<br>(g) | Vitamin A<br>(% Daily Value) | Vitamin C<br>(% Daily Value) | Calcium<br>(% Daily Value) | Iron<br>(% Daily Value) |
|-----------------------------|---------------------|-----------------|------------------|------------------------------|-------------------------|------------------|--|---------------------|--------------------------------|----------------|---------------------------|--------------------|--------------------------------|--------------|--------------------------|--------------|----------------|------------------------------|------------------------------|----------------------------|-------------------------|
| 10 oz hand carved           | 277 g               | 430             | 18               | 28                           | 3.5                     | 0.2              | 19   | 130                 | 43                             | 620            | 26                        | 15                 | 5                              | 2            | 8                        | 3            | 51             | 0                            | 8                            | 4                          | 40                      |
| 7 oz Hand- Carved           | 160 g               | 210             | 8                | 12                           | 2                       | 0                | 10   | 90                  | 30                             | 260            | 11                        | 0                  | 0                              | 0            | 0                        | 0            | 34             | 0                            | 0                            | 0                          | 20                      |
| Side: Waffle fries          | 161 g               | 570             | 33               | 51                           | 6                       | 0.5              | 33   | 0                   | 0                              | 1430           | 60                        | 61                 | 20                             | 5            | 20                       | 1            | 6              | 0                            | 6                            | 2                          | 8                       |
| Fire Grilled Shrimp Skewers | 89 g                | 100             | 6                | 9                            | 1.5                     | 0.1              | 8  | 160                 | 53                             | 580            | 24                        | 1                  | 1                              | 0            | 0                        | 0            | 12             | 0                            | 0                            | 4                          | 2                       |
| Mushroom Topper -No Steak   | 85 g                | 90              | 7                | 11                           | 1.5                     | 0.1              | 8  | 0                   | 0                              | 160            | 7                         | 5                  | 2                              | 1            | 4                        | 2            | 2              | 0                            | 4                            | 2                          | 2                       |
| Brisket plate Entrée        | 158 g               | 340             | 21               | 32                           | 9                       | 1                | 50   | 100                 | 33                             | 840            | 35                        | 2                  | 1                              | 1            | 4                        | 0            | 35             | 0                            | 0                            | 2                          | 25                      |
| Double Meat Plate           | 316 g               | 680             | 43               | 66                           | 19                      | 2.5              | 108  | 205                 | 68                             | 1680           | 70                        | 5                  | 2                              | 3            | 12                       | 0            | 71             | 0                            | 0                            | 2                          | 45                      |
| Brisket Sandwich            | 360 g               | 850             | 39               | 60                           | 12                      | 1.5              | 68   | 100                 | 33                             | 1890           | 79                        | 78                 | 26                             | 5            | 20                       | 3            | 49             | 0                            | 8                            | 6                          | 60                      |
| Double Brisket Sandwich     | 501 g               | 1190            | 61               | 94                           | 21                      | 2.5              | 118  | 205                 | 68                             | 2690           | 112                       | 80                 | 27                             | 6            | 24                       | 3            | 85             | 0                            | 8                            | 8                          | 80                      |
| Braised Beef Skillet        | 466 g               | 430             | 18               | 28                           | 4                       | 0.1              | 21   | 45                  |                                | 1350           | 56                        | 40                 | 13                             | 5            | 20                       | 5            | 23             | 0                            | 40                           | 4                          | 25                      |

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| Menu Item  | Serving Size<br>(g) | Energy<br>(Cal) | Total Fat<br>(g) | Total Fat<br>(% Daily Value) | Saturated<br>Fat<br>(g) | Trans Fat<br>(g) | Saturated<br>& Trans<br>Fat<br>(% Daily Value) | Cholesterol<br>(mg) | Cholesterol<br>(% Daily Value) | Sodium<br>(mg) | Sodium<br>(% Daily Value) | Carbohydrate<br>(g) | Carbohydrate<br>(% Daily Value) | Fibre<br>(g) | Fibre<br>(% Daily Value) | Sugar<br>(g) | Protein<br>(g) | Vitamin A<br>(% Daily Value) | Vitamin C<br>(% Daily Value) | Calcium<br>(% Daily Value) | Iron<br>(% Daily Value) |
|--|---------------------|-----------------|------------------|------------------------------|-------------------------|------------------|--|---------------------|--------------------------------|----------------|---------------------------|---------------------|---------------------------------|--------------|--------------------------|--------------|----------------|------------------------------|------------------------------|----------------------------|-------------------------|
| <b>BURGERS</b><br><i>(Sides not included in nutritional)</i>                   |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Cilantro lime/Fry dip  | 30 ml               | 60              | 5                | 8                            | 1                       | 0                | 5  | 0                   | 0                              | 200            | 8                         | 3                   | 1                               | 0            | 0                        | 1            | 1              | 0                            | 2                            | 2                          | 0                       |
| Firecracker Burger   | 378 g               | 950             | 66               | 102                          | 23                      | 2.5              | 127  | 160                 | 53                             | 1790           | 75                        | 60                  | 20                              | 5            | 20                       | 5            | 32             | 50                           | 20                           | 20                         | 45                      |
| Canadian Burger Eh!  | 368 g               | 900             | 63               | 97                           | 23                      | 2.5              | 127  | 175                 | 58                             | 1790           | 75                        | 46                  | 15                              | 3            | 12                       | 3            | 37             | 30                           | 8                            | 15                         | 35                      |
| Bison Burger   | 291 g               | 660             | 41               | 63                           | 16                      | 0.5              | 83   | 125                 | 42                             | 1160           | 48                        | 44                  | 15                              | 2            | 8                        | 2            | 30             | 30                           | 8                            | 4                          | 35                      |
| Brisket Burger   | 414 g               | 1110            | 77               | 118                          | 27                      | 3.5              | 153  | 210                 | 70                             | 1910           | 80                        | 59                  | 20                              | 5            | 20                       | 6            | 49             | 30                           | 10                           | 20                         | 50                      |
| Grilled Cheese Burger  | 525 g               | 1530            | 103              | 158                          | 38                      | 3.5              | 208  | 190                 | 63                             | 3130           | 130                       | 108                 | 36                              | 7            | 28                       | 17           | 47             | 45                           | 8                            | 45                         | 60                      |
| Vegetable Burger   | 426 g               | 820             | 48               | 74                           | 23                      | 1                | 120  | 85                  | 28                             | 1110           | 46                        | 63                  | 21                              | 13           | 52                       | 11           | 38             | 50                           | 150                          | 8                          | 50                      |
| Classic Burger   | 258 g               | 600             | 37               | 57                           | 11                      | 1.5              | 63   | 110                 | 37                             | 810            | 34                        | 42                  | 14                              | 3            | 12                       | 2            | 26             | 20                           | 8                            | 4                          | 35                      |
| <b>CHICKEN</b><br><i>(Sides and bread not included in nutritional)</i>         |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Chicken-Cookhouse Mushroom <i>no rice&amp;veg</i>                              | 398 g               | 470             | 23               | 35                           | 5                       | 0.3              | 27   | 130                 | 43                             | 1140           | 48                        | 16                  | 5                               | 4            | 16                       | 8            | 46             | 6                            | 30                           | 10                         | 20                      |
| Chicken Tacos  | 347 g               | 610             | 31               | 48                           | 10                      | 0.5              | 53   | 100                 | 33                             | 1890           | 79                        | 47                  | 16                              | 3            | 12                       | 11           | 36             | 20                           | 25                           | 25                         | 25                      |
| <b>Grilled Chicken &amp; Shrimp Combo</b>                                      |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| <i>Fire Grilled Shrimp Skewers</i>   | 89 g                | 100             | 6                | 9                            | 1.5                     | 0.1              | 8  | 160                 | 53                             | 580            | 24                        | 1                   | 1                               | 0            | 0                        | 0            | 12             | 0                            | 0                            | 4                          | 2                       |
| <i>Grilled Chicken Breast</i>  | 125 g               | 160             | 8                | 12                           | 1.5                     | 0.1              | 8  | 65                  | 22                             | 470            | 20                        | 0                   | 0                               | 0            | 0                        | 0            | 22             | 0                            | 2                            | 0                          | 6                       |
| <i>Apple Butter BBQ Sauce</i>  | 7 ml                | 20              | 0                | 0                            | 0                       | 0                | 0  | 0                   | 0                              | 45             | 2                         | 5                   | 2                               | 0            | 0                        | 5            | 0              | 0                            | 0                            | 0                          | 0                       |
| <i>Coleslaw</i>  | 85 g                | 80              | 5                | 8                            | 0                       | 0.1              | 1  | 0                   | 0                              | 240            | 10                        | 7                   | 2                               | 2            | 8                        | 4            | 1              | 10                           | 35                           | 2                          | 2                       |
| <i>Roasted Cauliflower and Broccoli</i>  | 116 g               | 80              | 5                | 8                            | 1                       | 0.1              | 6  | 0                   | 0                              | 105            | 4                         | 7                   | 2                               | 3            | 12                       | 1            | 3              | 15                           | 130                          | 4                          | 6                       |
| Nashville Crispy Sandwich  | 403 g               | 880             | 44               | 68                           | 12                      | 1                | 65   | 140                 | 47                             | 2640           | 110                       | 82                  | 27                              | 5            | 20                       | 8            | 41             | 45                           | 15                           | 10                         | 45                      |
| Southern Fried Chicken Sandwich  | 439 g               | 1010            | 56               | 86                           | 17                      | 1.5              | 93   | 170                 | 57                             | 2490           | 104                       | 82                  | 27                              | 5            | 20                       | 8            | 48             | 30                           | 25                           | 25                         | 45                      |
| Chicken Tenders  | 214 g               | 540             | 26               | 40                           | 3                       | 0.1              | 16   | 105                 | 35                             | 1340           | 56                        | 32                  | 11                              | 2            | 8                        | 0            | 45             | 2                            | 4                            | 2                          | 20                      |
| Chicken and Waffle Club Sandwich   | 433 g               | 1290            | 70               | 108                          | 23                      | 0.5              | 118  | 110                 | 37                             | 2290           | 95                        | 130                 | 43                              | 6            | 24                       | 43           | 41             | 50                           | 10                           | 8                          | 50                      |
| Chicken-Smokey "Parm" w/Linguine   | 584 g               | 1260            | 60               | 92                           | 15                      | 1.5              | 83   | 135                 | 45                             | 2000           | 83                        | 125                 | 42                              | 5            | 20                       | 8            | 55             | 20                           | 40                           | 30                         | 45                      |
| Buffalo Chicken Tenders(incl.wing sauce)                                       | 248 g               | 600             | 29               | 45                           | 3.5                     | 0.1              | 18   | 105                 | 35                             | 1860           | 78                        | 40                  | 13                              | 2            | 8                        | 7            | 45             | 2                            | 6                            | 2                          | 20                      |
| <b>FAJITAS &amp; PULLED PORK</b><br><i>(Sides not included in nutritional)</i> |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Chicken Fajitas (no cold setup & tortillas)                                    | 436 g               | 340             | 9                | 14                           | 2                       | 0.1              | 11   | 130                 | 43                             | 1770           | 74                        | 19                  | 6                               | 4            | 16                       | 10           | 46             | 15                           | 170                          | 6                          | 20                      |
| Steak Fajitas (no cold setup & tortillas)                                      | 350 g               | 400             | 24               | 37                           | 8                       | 0.1              | 41   | 95                  | 32                             | 550            | 23                        | 17                  | 6                               | 4            | 16                       | 9            | 31             | 15                           | 160                          | 4                          | 30                      |
| Vegetarian Fajitas (no cold setup & tortillas)                                 | 459 g               | 200             | 7                | 11                           | 1                       | 0.1              | 6  | 0                   | 0                              | 190            | 8                         | 33                  | 11                              | 9            | 36                       | 16           | 7              | 45                           | 390                          | 8                          | 15                      |
| Guacamole  | 30 g                | 50              | 3                | 5                            | 0.4                     | 0                | 2  | 0                   | 0                              | 110            | 5                         | 6                   | 2                               | 1            | 4                        | 1            | 0              | 4                            | 10                           | 0                          | 0                       |
| Fajitas - Cold Setup (no tortillas)  | 204 g               | 280             | 20               | 31                           | 12                      | 0.5              | 63   | 50                  | 17                             | 740            | 31                        | 9                   | 3                               | 2            | 8                        | 6            | 15             | 25                           | 30                           | 45                         | 2                       |
| Fajita Tortillas(4- 6")  | 110 g               | 360             | 10               | 15                           | 3.5                     | 0                | 18   | 0                   | 0                              | 560            | 23                        | 55                  | 18                              | 3            | 12                       | 3            | 10             | 0                            | 0                            | 8                          | 25                      |
| Pulled Pork Sandwich   | 340 g               | 960             | 56               | 86                           | 18                      | 0.4              | 92   | 150                 | 50                             | 1420           | 59                        | 71                  | 24                              | 4            | 16                       | 5            | 46             | 6                            | 20                           | 6                          | 45                      |
| <b>PASTA</b><br><i>(Sides and bread not included in nutritional)</i>           |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Baked Chicken Penne  | 510 g               | 1030            | 48               | 74                           | 19                      | 1                | 100  | 130                 | 43                             | 2440           | 102                       | 99                  | 33                              | 5            | 20                       | 12           | 54             | 40                           | 60                           | 45                         | 35                      |
| Smoky Bacon Mac N Cheese   | 472 g               | 1150            | 62               | 95                           | 36                      | 2                | 190  | 160                 | 53                             | 1720           | 72                        | 101                 | 34                              | 5            | 20                       | 8            | 50             | 35                           | 4                            | 90                         | 30                      |
| 1/4 garlic bread   | 35 g                | 100             | 2.5              | 4                            | 0.5                     | 0                | 3  | 0                   | 0                              | 200            | 8                         | 16                  | 5                               | 1            | 4                        | 0            | 3              | 0                            | 0                            | 2                          | 8                       |
| Jambalaya with rice  | 745 g               | 1300            | 64               | 98                           | 14                      | 1                | 75   | 200                 | 67                             | 4880           | 203                       | 137                 | 46                              | 12           | 48                       | 22           | 49             | 100                          | 150                          | 15                         | 60                      |
| Jambalaya with pasta   | 707 g               | 1240            | 61               | 94                           | 12                      | 0.5              | 63   | 190                 | 63                             | 3280           | 137                       | 124                 | 41                              | 12           | 48                       | 23           | 54             | 80                           | 70                           | 6                          | 50                      |
| <b>ENTRÉE SALADS</b><br><i>(Salad dressing not included in nutritional)</i>    |                     |                 |                  |                              |                         |                  |  |                     |                                |                |                           |                     |                                 |              |                          |              |                |                              |                              |                            |                         |
| Apple Pecan Harvest Salad  | 315 g               | 360             | 21               | 32                           | 5                       | 0.2              | 26   | 25                  | 8                              | 200            | 8                         | 40                  | 13                              | 7            | 28                       | 28           | 9              | 80                           | 80                           | 8                          | 15                      |
| Grilled Steak Salad  | 402 g               | 420             | 19               | 29                           | 7                       | 0.2              | 36   | 125                 | 42                             | 590            | 25                        | 17                  | 6                               | 5            | 20                       | 5            | 45             | 80                           | 140                          | 8                          | 40                      |
| Entrée Cobb Salad  | 452 g               | 500             | 31               | 48                           | 12                      | 0.4              | 62   | 310                 | 103                            | 1130           | 47                        | 9                   | 3                               | 3            | 12                       | 6            | 48             | 70                           | 60                           | 25                         | 25                      |
| Entrée Chicken Caesar Salad(incl dressing)                                     | 241 g               | 530             | 46               | 71                           | 8                       | 0.5              | 43   | 70                  | 23                             | 790            | 33                        | 16                  | 5                               | 4            | 16                       | 3            | 14             | 140                          | 15                           | 20                         | 15                      |
| Grilled Chicken Breast (salad/pasta)   | 125 g               | 160             | 8                | 12                           | 1.5                     | 0.1              | 8  | 65                  | 22                             | 470            | 20                        | 0                   | 0                               | 0            | 0                        | 0            | 22             | 0                            | 2                            | 0                          | 6                       |
| Entrée House Salad   | 277 g               | 100             | 2                | 3                            | 0.2                     | 0                | 1  | 0                   | 0                              | 240            | 10                        | 19                  | 6                               | 5            | 20                       | 6            | 4              | 110                          | 30                           | 6                          | 15                      |

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| Menu Item                                       | Serving Size | Energy | Total Fat | Total Fat       | Saturated Fat | Trans Fat | Saturated & Trans Fat | Cholesterol | Cholesterol     | Sodium | Sodium          | Carbohydrate | Carbohydrate    | Fibre | Fibre           | Sugar | Protein | Vitamin A       | Vitamin C       | Calcium         | Iron            |
|---|--------------|--------|-----------|-----------------|---------------|-----------|-----------------------|-------------|-----------------|--------|-----------------|--------------|-----------------|-------|-----------------|-------|---------|-----------------|-----------------|-----------------|-----------------|
|   | (g)          | (Cal)  | (g)       | (% Daily Value) | (g)           | (g)       | (% Daily Value)       | (mg)        | (% Daily Value) | (mg)   | (% Daily Value) | (g)          | (% Daily Value) | (g)   | (% Daily Value) | (g)   | (g)     | (% Daily Value) | (% Daily Value) | (% Daily Value) | (% Daily Value) |
| <b>SALAD DRESSINGS</b>                          |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Mighty Caesar                                   | 60 ml        | 330    | 35        | 54              | 3             | 0.3       | 16                    | 40          | 13              | 300    | 13              | 3            | 1               | 0     | 0               | 0     | 2       | 2               | 6               | 2               | 2               |
| Fat Free Tuscan Italian                         | 60 ml        | 15     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 560    | 23              | 1            | 1               | 0     | 0               | 0     | 0.1     | 6               | 8               | 0               | 0               |
| Renee's Balsamic Vinaigrette                    | 60 ml        | 230    | 22        | 34              | 1.5           | 0.3       | 9                     | 0           | 0               | 350    | 15              | 8            | 3               | 0     | 0               | 5     | 0.2     | 0               | 0               | 0               | 2               |
| Garlic Peppercorn Ranch                         | 60 ml        | 200    | 20        | 31              | 4             | 0         | 20                    | 20          | 7               | 460    | 19              | 4            | 1               | 0     | 0               | 2     | 0.4     | 0               | 0               | 0               | 0               |
| Peach Poppy Seeds Dressing                      | 60 ml        | 310    | 28        | 43              | 1.5           | 0.4       | 10                    | 0           | 0               | 300    | 13              | 15           | 5               | 0     | 0               | 14    | 0.4     | 0               | 2               | 2               | 2               |
| Creamy Vinaigrette Dressing                     | 45 ml        | 150    | 11        | 17              | 1             | 0.2       | 6                     | 5           | 2               | 160    | 7               | 12           | 4               | 0     | 0               | 10    | 1       | 0               | 0               | 2               | 2               |
| <b>FISH/SEAFOOD</b>                             |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| <i>(Sides not included in nutritional)</i>      |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Roasted Salmon w/Pineapple Salsa- No rice&veg   | 244 g        | 460    | 28        | 43              | 5             | 0.1       | 26                    | 115         | 38              | 520    | 22              | 9            | 3               | 1     | 4               | 7     | 40      | 6               | 40              | 4               | 10              |
| Fish & Chips (only fish 2 pieces)               | 222 g        | 660    | 47        | 72              | 4.5           | 1         | 28                    | 65          | 22              | 1130   | 47              | 40           | 13              | 2     | 8               | 0     | 22      | 0               | 0               | 10              | 25              |
| <b>KIDS MENU</b>                                |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| <i>(Sides not included in nutritional)</i>      |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| <b>Scoobi Doo Noodles</b>                       |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Noodles with Tomato Sauce                       | 227 g        | 310    | 3         | 5               | 0.4           | 0         | 2                     | 0           | 0               | 540    | 23              | 61           | 20              | 4     | 16              | 8     | 11      | 6               | 10              | 0               | 15              |
| Noodles with Alfredo Sauce                      | 218 g        | 340    | 8         | 12              | 3.5           | 0.2       | 19                    | 20          | 7               | 330    | 14              | 56           | 19              | 3     | 12              | 4     | 11      | 4               | 25              | 6               | 15              |
| Noodles with Butter                             | 170 g        | 460    | 25        | 38              | 15            | 1.5       | 83                    | 60          | 20              | 45     | 2               | 52           | 17              | 3     | 12              | 2     | 9       | 20              | 0               | 2               | 15              |
| 1/4 garlic bread                                | 35 g         | 100    | 2.5       | 4               | 0.5           | 0         | 3                     | 0           | 0               | 200    | 8               | 16           | 5               | 1     | 4               | 0     | 3       | 0               | 0               | 2               | 8               |
| Cheesy Pizza                                    | 152 g        | 440    | 18        | 28              | 8             | 0.5       | 43                    | 50          | 17              | 840    | 35              | 48           | 16              | 2     | 8               | 5     | 21      | 0               | 10              | 35              | 20              |
| Jr Burger- Mini Sliders (2 each)                | 164 g        | 370    | 18        | 28              | 7             | 0.5       | 38                    | 55          | 18              | 610    | 25              | 33           | 11              | 2     | 8               | 4     | 20      | 2               | 6               | 6               | 30              |
| Chicken Fries with plum sauce                   | 112 g        | 280    | 11        | 17              | 1             | 0.1       | 6                     | 40          | 0               | 490    | 20              | 31           | 10              | 2     | 8               | 13    | 15      | 0               | 0               | 2               | 8               |
| Grilled Cheese Sandwich                         | 111 g        | 350    | 18        | 28              | 11            | 1         | 60                    | 45          | 15              | 890    | 37              | 36           | 12              | 2     | 8               | 3     | 10      | 15              | 0               | 15              | 15              |
| Grilled Chicken w/Apple butter sauce            | 155 g        | 240    | 8         | 12              | 1.5           | 0.1       | 8                     | 65          | 22              | 660    | 28              | 21           | 7               | 0     | 0               | 19    | 22      | 0               | 2               | 0               | 8               |
| Side Caesar salad (incl dressing)               | 135 g        | 270    | 23        | 35              | 4             | 0.2       | 21                    | 35          | 12              | 400    | 17              | 8            | 3               | 2     | 8               | 1     | 7       | 80              | 10              | 10              | 10              |
| Grilled Chicken Breast (salad/pasta)            | 125 g        | 160    | 8         | 12              | 1.5           | 0.1       | 8                     | 65          | 22              | 470    | 20              | 0            | 0               | 0     | 0               | 0     | 22      | 0               | 2               | 0               | 6               |
| Back Ribs Incl. Bold BBQ Sauce)                 | 132 g        | 380    | 24        | 37              | 8             | 0.1       | 41                    | 85          | 28              | 560    | 23              | 18           | 6               | 1     | 4               | 13    | 24      | 0               | 0               | 4               | 15              |
| <b>KIDS SIDES</b>                               |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Fries & Carrot sticks                           | 214 g        | 490    | 21        | 32              | 1.5           | 0.1       | 8                     | 0           | 0               | 1020   | 43              | 69           | 23              | 6     | 24              | 2     | 6       | 70              | 6               | 4               | 8               |
| Mashed Potatoes                                 | 100 g        | 110    | 2.5       | 4               | 0.5           | 0         | 3                     | 0           | 0               | 350    | 15              | 19           | 6               | 2     | 8               | 2     | 2       | 0               | 20              | 2               | 4               |
| Gravy   | 60 ml        | 25     | 1         | 2               | 0.4           | 0         | 2                     | 0           | 0               | 330    | 14              | 4            | 1               | 0     | 0               | 0     | 1       | 0               | 0               | 0               | 2               |
| Rice Pilaf                                      | 132 g        | 240    | 3         | 5               | 1.5           | 0.1       | 8                     | 5           | 2               | 840    | 35              | 49           | 16              | 2     | 8               | 2     | 5       | 15              | 50              | 4               | 15              |
| Cucumber Coins                                  | 35 g         | 4      | 0.1       | 0               | 0             | 0         | 0                     | 0           | 0               | 1      | 1               | 1            | 1               | 0     | 0               | 0     | 0.2     | 0               | 2               | 0               | 0               |
| Apple Slices                                    | 45 g         | 20     | 0.1       | 1               | 0             | 0         | 0                     | 0           | 0               | 1      | 1               | 6            | 2               | 1     | 4               | 0     | 0.1     | 0               | 0               | 0               | 0               |
| Coleslaw  | 85 g         | 80     | 5         | 8               | 0             | 0.1       | 1                     | 0           | 0               | 240    | 10              | 7            | 2               | 2     | 8               | 4     | 1       | 10              | 35              | 2               | 2               |
| Baked Beans                                     | 126 g        | 160    | 0.5       | 1               | 0.2           | 0         | 1                     | 0           | 0               | 470    | 20              | 35           | 12              | 4     | 16              | 19    | 6       | 2               | 0               | 8               | 15              |
| Side Caesar salad (incl dressing)               | 135 g        | 270    | 23        | 35              | 4             | 0.2       | 21                    | 35          | 12              | 400    | 17              | 8            | 3               | 2     | 8               | 1     | 7       | 80              | 10              | 10              | 10              |
| Side House salad                                | 141 g        | 40     | 0.5       | 1               | 0.1           | 0         | 1                     | 0           | 0               | 85     | 4               | 8            | 3               | 2     | 8               | 3     | 2       | 60              | 15              | 4               | 6               |
| <b>KIDS DESSERTS</b>                            |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Peelin Pop                                      | 50 ml        | 60     | 1         | 2               | 1             | 0         | 5                     | 5           | 2               | 25     | 1               | 13           | 4               | 0     | 0               | 10    | 0       | 0               | 0               | 2               | 0               |
| Fresh Baked Cookie                              | 55 g         | 250    | 11        | 17              | 5             | 0.1       | 26                    | 10          | 3               | 180    | 8               | 34           | 11              | 1     | 4               | 21    | 2       | 10              | 0               | 0               | 8               |
| Ice-Cream Sandwich                              | 60 ml        | 90     | 2         | 3               | 1             | 0.1       | 6                     | 5           | 2               | 45     | 2               | 15           | 5               | 0     | 0               | 7     | 1       | 2               | 0               | 0               | 0               |
| <b>DESSERTS</b>                                 |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Mini: Apple Cobbler w/Ice cream & caramel sauce | 181 g        | 360    | 11        | 17              | 5             | 0.3       | 27                    | 15          | 5               | 250    | 10              | 63           | 21              | 3     | 12              | 32    | 4       | 4               | 0               | 10              | 6               |
| Mile High Mud Pie -Large                        | 420 g        | 1270   | 79        | 122             | 35            | 4         | 195                   | 135         | 45              | 690    | 29              | 131          | 44              | 8     | 32              | 99    | 18      | 35              | 0               | 45              | 15              |
| Mile High Mud Pie -Small                        | 230 g        | 710    | 43        | 66              | 20            | 2         | 110                   | 80          | 27              | 360    | 15              | 76           | 25              | 5     | 20              | 57    | 10      | 20              | 0               | 20              | 15              |
| Skillet Cookie w/ice-cream&toffee sauce         | 325 g        | 1170   | 41        | 63              | 19            | 0.4       | 97                    | 55          | 18              | 960    | 40              | 190          | 63              | 3     | 12              | 123   | 12      | 40              | 2               | 20              | 25              |
| Shake n Share Mini Donuts                       | 170 g        | 720    | 39        | 60              | 13            | 1         | 70                    | 5           | 2               | 750    | 31              | 86           | 29              | 1     | 4               | 44    | 8       | 0               | 0               | 6               | 20              |
| English Toffee Topping                          | 30 ml        | 100    | 1         | 2               | 0.5           | 0         | 3                     | 5           | 2               | 110    | 5               | 23           | 8               | 0     | 0               | 17    | 1       | 0               | 0               | 4               | 0               |

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|  | Serving Size | Energy | Total Fat | Total Fat       | Saturated Fat | Trans Fat | Saturated & Trans Fat | Cholesterol | Cholesterol     | Sodium | Sodium          | Carbohydrate | Carbohydrate    | Fibre | Fibre           | Sugar | Protein | Vitamin A       | Vitamin C       | Calcium         | Iron            |
|--|--------------|--------|-----------|-----------------|---------------|-----------|-----------------------|-------------|-----------------|--------|-----------------|--------------|-----------------|-------|-----------------|-------|---------|-----------------|-----------------|-----------------|-----------------|
| Menu Item                                      | (g)          | (Cal)  | (g)       | (% Daily Value) | (g)           | (g)       | (% Daily Value)       | (mg)        | (% Daily Value) | (mg)   | (% Daily Value) | (g)          | (% Daily Value) | (g)   | (% Daily Value) | (g)   | (g)     | (% Daily Value) | (% Daily Value) | (% Daily Value) | (% Daily Value) |
| Ice Cream - Vanilla                            | 125 ml       | 120    | 6         | 9               | 2.5           | 0.2       | 14                    | 20          | 7               | 50     | 2               | 17           | 6               | 0     | 0               | 13    | 1       | 6               | 0               | 4               | 0               |
| Dessert: Salted Caramel Crunch w/Whipped Cream | 107 g        | 220    | 6         | 9               | 5             | 0.1       | 26                    | 0           | 0               | 550    | 23              | 41           | 14              | 1     | 4               | 22    | 1       | 0               | 0               | 4               | 8               |
| <b>ADD ONS</b>                                 |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Sauteed Mushrooms                              | 320 g        | 370    | 32        | 49              | 6             | 0.5       | 33                    | 0           | 0               | 270    | 11              | 12           | 4               | 1     | 4               | 6     | 5       | 35              | 15              | 2               | 8               |
| Grilled Salmon                                 | 104 g        | 220    | 13        | 20              | 2.5           | 0         | 13                    | 65          | 22              | 170    | 7               | 1            | 1               | 0     | 0               | 0     | 23      | 2               | 8               | 2               | 6               |
| American Cheddar Cheese Slice                  | 21 g         | 70     | 5         | 8               | 3             | 0.2       | 16                    |             | 5               | 320    | 13              | 2            | 1               | 0     | 0               | 1     | 4       | 6               | 0               | 10              | 0               |
| Bacon  | 12 g         | 45     | 4.5       | 7               | 1.5           | 0         | 8                     | 10          | 3               | 90     | 4               | 0            | 0               | 0     | 0               | 0     | 1       | 0               | 0               | 0               | 0               |

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| Menu Item   | Serving Size | Energy | Total Fat | Total Fat       | Saturated Fat | Trans Fat | Saturated & Trans Fat | Cholesterol | Cholesterol     | Sodium | Sodium          | Carbohydrate | Carbohydrate    | Fibre | Fibre           | Sugar | Protein | Vitamin A       | Vitamin C       | Calcium         | Iron            |
|---|--------------|--------|-----------|-----------------|---------------|-----------|-----------------------|-------------|-----------------|--------|-----------------|--------------|-----------------|-------|-----------------|-------|---------|-----------------|-----------------|-----------------|-----------------|
|   | (g)          | (Cal)  | (g)       | (% Daily Value) | (g)           | (g)       | (% Daily Value)       | (mg)        | (% Daily Value) | (mg)   | (% Daily Value) | (g)          | (% Daily Value) | (g)   | (% Daily Value) | (g)   | (g)     | (% Daily Value) | (% Daily Value) | (% Daily Value) | (% Daily Value) |
| <b>SAUCES/DIPS</b>  |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Gravy   | 60 ml        | 25     | 1         | 2               | 0.4           | 0         | 2                     | 0           | 0               | 330    | 14              | 4            | 1               | 0     | 0               | 0     | 1       | 0               | 0               | 0               | 2               |
| Guacamole   | 30 g         | 50     | 3         | 5               | 0.4           | 0         | 2                     | 0           | 0               | 110    | 5               | 6            | 2               | 1     | 4               | 1     | 0       | 4               | 10              | 0               | 0               |
| Sour Cream (low fat)  | 60 ml        | 50     | 2         | 3               | 1             | 0         | 5                     | 10          | 3               | 70     | 3               | 6            | 2               | 0     | 0               | 4     | 2       | 0               | 0               | 8               | 0               |
| Tartar sauce  | 30 ml        | 140    | 15        | 23              | 2.5           | 0.1       | 13                    | 15          | 5               | 350    | 15              | 1            | 1               | 0     | 0               | 1     | 0.3     | 0               | 0               | 0               | 0               |
| Plum Sauce  | 30 ml        | 50     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 88     | 3               | 13           | 4               | 0     | 0               | 10    | 0       | 2               | 0               | 0               | 0               |
| Salsa   | 60 ml        | 10     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 75     | 3               | 3            | 1               | 0     | 0               | 2     | 0.5     | 2               | 4               | 0               | 0               |
| Basil Sour Cream Dip  | 30 ml        | 25     | 1         | 2               | 0.5           | 0         | 3                     | 5           | 2               | 35     | 1               | 3            | 1               | 0     | 0               | 2     | 1       | 0               | 0               | 4               | 0               |
| Cilantro lime/Fry dip   | 30 ml        | 60     | 5         | 8               | 1             | 0         | 5                     | 0           | 0               | 200    | 8               | 3            | 1               | 0     | 0               | 1     | 1       | 0               | 2               | 2               | 0               |
| Chipotle Dip  | 30 ml        | 60     | 5         | 8               | 1             | 0         | 5                     | 5           | 2               | 210    | 9               | 3            | 1               | 0     | 0               | 1     | 1       | 0               | 2               | 2               | 0               |
| Thai Sauce  | 30 ml        | 50     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 130    | 5               | 13           | 4               | 0     | 0               | 11    | 0.4     | 0               | 0               | 0               | 0               |
| Texas Bold BBQ Sauce  | 30 ml        | 70     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 290    | 12              | 17           | 6               | 0     | 0               | 14    | 0.3     | 0               | 0               | 2               | 2               |
| Apple Butter BBQ Sauce  | 30 ml        | 80     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 190    | 8               | 21           | 7               | 0     | 0               | 19    | 0.2     | 0               | 0               | 0               | 2               |
| Mango Habanero BBQ Sauce                                      | 30 ml        | 50     | 0.1       | 1               | 0             | 0         | 0                     | 0           | 0               | 140    | 6               | 13           | 4               | 0     | 0               | 11    | 0.1     | 0               | 0               | 0               | 0               |
| Honey Chipotle BBQ Sauce                                      | 30 ml        | 80     | 0.1       | 1               | 0             | 0         | 0                     | 0           | 0               | 300    | 13              | 19           | 6               | 0     | 0               | 17    | 0.4     | 0               | 0               | 0               | 2               |
| Honey Garlic BBQ/Wing Sauce                                   | 30 ml        | 45     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 150    | 6               | 11           | 3               | 0     | 0               | 8     | 0.4     | 0               | 0               | 2               | 0               |
| Tangy Peach BBQ Sauce   | 30 ml        | 60     | 0         | 0               | 0             | 0         | 0                     | 0           | 0               | 170    | 7               | 12           | 4               | 0     | 0               | 10    | 0.3     | 0               | 0               | 0               | 0               |
| Garlic Peppercorn Ranch                                       | 30 ml        | 100    | 10        | 15              | 2             | 0         | 10                    | 10          | 3               | 230    | 10              | 2            | 1               | 0     | 0               | 1     | 0.2     | 0               | 0               | 0               | 0               |
| Blue Cheese Dressing  | 30 ml        | 100    | 10        | 15              | 2             | 0.2       | 11                    | 10          | 3               | 340    | 14              | 2            | 1               | 0     | 0               | 2     | 0.4     | 0               | 0               | 0               | 0               |
| Mild Wing Sauce   | 30 ml        | 60     | 3         | 5               | 0.5           | 0.1       | 3                     | 0           | 0               | 470    | 20              | 7            | 2               | 0     | 0               | 6     | 0.3     | 2               | 4               | 0               | 0               |
| Medium Wing Sauce   | 30 ml        | 50     | 3         | 5               | 0.5           | 0.1       | 3                     | 0           | 0               | 670    | 28              | 5            | 2               | 0     | 0               | 5     | 0.2     | 4               | 2               | 0               | 0               |
| Hot Wing Sauce  | 30 ml        | 35     | 2.5       | 4               | 0.5           | 0         | 3                     | 0           | 0               | 1000   | 42              | 2            | 1               | 1     | 4               | 1     | 0.2     | 6               | 2               | 0               | 2               |
| Suicide Wing Sauce  | 30 ml        | 15     | 1         | 2               | 0.3           | 0         | 2                     | 0           | 0               | 800    | 33              | 1            | 1               | 0     | 0               | 0     | 0.1     | 20              | 20              | 0               | 2               |
| Poutine   | 373 g        | 880    | 45        | 69              | 13            | 1         | 70                    | 55          | 18              | 2160   | 90              | 95           | 32              | 6     | 24              | 1     | 22      | 10              | 2               | 40              | 10              |
| Dusted Onions   | 43 g         | 120    | 7         | 11              | 0.5           | 0.2       | 3                     | 0           | 0               | 230    | 10              | 13           | 4               | 1     | 4               | 3     | 2       | 0               | 6               | 2               | 4               |
| <b>Promotional Menu</b>                                       |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| <i>(Sides not included in nutritionals)</i>                   |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Tomato Basil Bisque/ Soup -Bowl                               | 240 ml       | 130    | 7         | 11              | 4             | 0.2       | 21                    | 20          | 7               | 750    | 31              | 14           | 5               | 2     | 8               | 6     | 2       | 6               | 6               | 4               | 4               |
| <b>Lunch Menu</b>   |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| <i>(Sides not included in nutritionals)</i>                   |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Fish & Chips 1 pc (Only fish)                                 | 111 g        | 330    | 24        | 37              | 2.5           | 0.5       | 15                    | 30          | 10              | 560    | 23              | 20           | 7               | 1     | 4               | 0     | 11      | 0               | 0               | 4               | 10              |
| Lunch Baked Chicken Penne                                     | 355 g        | 720    | 35        | 54              | 12            | 0.5       | 63                    | 95          | 32              | 1880   | 78              | 62           | 21              | 3     | 12              | 8     | 40      | 20              | 50              | 25              | 25              |
| Salad: Apple pecan - Small (no dressing)                      | 186 g        | 220    | 12        | 18              | 3             | 0.1       | 16                    | 15          | 5               | 120    | 5               | 25           | 8               | 5     | 20              | 18    | 4       | 45              | 40              | 4               | 8               |
| Add on: Renee's Balsamic Vinaigrette                          | 30 ml        | 110    | 11        | 17              | 0.5           | 0.2       | 3                     | 0           | 0               | 170    | 7               | 4            | 1               | 0     | 0               | 2     | 0.1     | 0               | 0               | 0               | 0               |
| Mac n Cheese - Small  | 343 g        | 830    | 46        | 71              | 26            | 1         | 135                   | 120         | 40              | 1320   | 55              | 68           | 23              | 3     | 12              | 6     | 38      | 30              | 35              | 60              | 20              |
| Sandwich: Reuben (incl. fried pickle)                         | 396 g        | 860    | 51        | 78              | 23            | 2         | 125                   | 185         | 62              | 3560   | 148             | 58           | 19              | 4     | 16              | 11    | 40      | 25              | 2               | 15              | 40              |
| Add Pastrami (2 oz)   | 57 g         | 70     | 2.5       | 4               | 1             | 0.1       | 6                     | 30          | 10              | 610    | 25              | 2            | 1               | 0     | 0               | 1     | 9       | 0               | 0               | 0               | 8               |
| Smokehouse Chicken Wrap                                       | 585 g        | 1470   | 66        | 102             | 23            | 1.5       | 123                   | 130         | 43              | 2820   | 118             | 164          | 55              | 7     | 28              | 36    | 56      | 25              | 70              | 60              | 70              |
| Chicken Club Wrap   | 360 g        | 690    | 37        | 57              | 13            | 0.5       | 68                    | 70          | 23              | 1460   | 61              | 59           | 20              | 4     | 16              | 6     | 30      | 15              | 25              | 25              | 30              |
| <b>Lunch Trio:</b>  |              |        |           |                 |               |           |                       |             |                 |        |                 |              |                 |       |                 |       |         |                 |                 |                 |                 |
| Chicken Club Wrap 1/2 serving f/Trio                          | 180 g        | 340    | 19        | 29              | 7             | 0.3       | 37                    | 35          | 12              | 730    | 30              | 30           | 10              | 2     | 8               | 3     | 15      | 8               | 10              | 15              | 15              |
| Slow Roasted Beef Sandwich 1/2 serving f/Trio                 | 180 g        | 430    | 20        | 31              | 6             | 0.5       | 33                    | 50          | 17              | 950    | 40              | 39           | 13              | 2     | 8               | 1     | 25      | 0               | 4               | 4               | 30              |
| Sandwich: Pulled Pork w/Apple Butter Sauce 1/2 serving f/Trio | 192 g        | 600    | 33        | 51              | 12            | 0.4       | 62                    | 85          | 28              | 970    | 40              | 49           | 16              | 2     | 8               | 11    | 27      | 4               | 4               | 15              | 25              |
| Pot Roast Soup - f/Trio                                       | 120 ml       | 60     | 1.5       | 2               | 0.5           | 0         | 3                     | 10          | 3               | 410    | 17              | 8            | 3               | 1     | 4               | 1     | 4       | 10              | 0               | 2               | 4               |
| Tomato Basil Bisque/ Soup -f/Trio                             | 120 ml       | 60     | 3.5       | 5               | 2             | 0.1       | 11                    | 10          | 3               | 380    | 16              | 7            | 2               | 1     | 4               | 3     | 1       | 4               | 4               | 2               | 2               |