

## 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 (g)	Energy (Cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Saturated & Trans Fat (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrate (g)	Carbohydrate (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% 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 (g)	Energy (Cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Saturated & Trans Fat (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrat (g)	Carbohydrat (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% 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 (g)	Energy (Cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Saturated & Trans Fat (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrate (g)	Carbohydrate (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)
<b>BURGERS</b> <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> <i>(Sides and bread not included in nutritional)</i>																					
Chicken-Cookhouse Mushroom no rice&veg	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>																					
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
Grilled Chicken Breast	125 g	160	8	12	1.5	0.1	8	65	22	470	20	0	0	0	0	0	22	0	2	0	6
Apple Butter BBQ Sauce	7 ml	20	0	0	0	0	0	0	0	45	2	5	2	0	0	5	0	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
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
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> <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> <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> <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>																					
<i>Noodles with Tomato Sauce</i>	227 g	310	3	5	0.4	0	2	0	0	540	23	61	20	4	16	8	11	6	10	0	15
<i>Noodles with Alfredo Sauce</i>	218 g	340	8	12	3.5	0.2	19	20	7	330	14	56	19	3	12	4	11	4	25	6	15
<i>Noodles with Butter</i>	170 g	460	25	38	15	1.5	83	60	20	45	2	52	17	3	12	2	9	20	0	2	15
<i>1/4 garlic bread</i>	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
<i>Gravy</i>	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
<i>English Toffee Topping</i>	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	Carbohydrat	Carbohydrat	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 (g)	Energy (Cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Saturated & Trans Fat (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrat (g)	Carbohydrat (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% 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