



# NUTRITION MENU

## Daily Calorie and Sodium Requirements

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

MAIN MENU	*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Snack On This

Baked Cauliflower	348	630	56	7	0.5	5	1190	34	5	25	5	20	170	6	10
Steak Bites	263	490	37	10	0.2	115	1600	5	1	2	34	10	15	8	35
Garlic Pepper Steak Bites	292	540	40	12	0.2	135	0	6	1	2	39	10	15	10	30
Panang Curry Mussels	439	680	38	10	0.3	65	2110	46	3	7	35	15	35	4	80
Asian Lettuce Wraps	570	1170	35	6	0.3	75	1510	157	9	41	49	60	120	10	100
Double Dip Yam Fries (with Garlic Aioli & Honey Mustard)	480	1140	93	11	0.5	30	1290	97	5	40	5	45	0	10	15
Blackjack Strips	225	770	60	7	1	125	2210	12	4	1	46	30	10	6	30
Panko Chicken Strips (with 1oz Honey mustard)	332	1050	54	6	1	255	1400	109	4	6	56	10	2	4	30
Panko Chicken Strips (with 1oz Plum sauce)	332	1080	41	5	0.5	245	1280	115	4	12	56	8	2	4	30
Italian Meatballs	584	960	50	14	1.5	130	1400	70	6	19	53	30	35	40	60
Wings & Drummettes (Traditional):															
- Hot Sauce	241	550	36	8	0.5	130	2220	15	0	12	38	8	2	2	15
- Extra Hot Sauce	218	520	37	9	1	120	1750	9	0	6	35	8	2	2	10
- Mango Habanero	211	480	34	8	0.2	120	1720	41	0	2	35	4	0	2	10
- Cajun Spice	175	480	34	8	0.2	120	460	5	0	2	35	4	0	2	10
- Teriyaki	237	560	34	8	0.2	130	1860	20	0	16	38	4	0	2	15
- Salt and Pepper	175	480	34	8	0.2	120	470	5	0	2	35	4	0	2	10
- BBQ	220	600	34	8	0.2	120	920	32	0	27	35	4	0	2	15
Cajun Chicken Quesadillas	345	790	46	22	1	145	1370	42	5	5	49	8	50	8	25
Panko Shrimp	255	420	26	0.5	0.1	135	1400	61	2	22	24	40	6	8	25
Cabo Wabo Tacos	250	540	30	13	0.4	100	520	28	6	5	32	6	30	4	20
Dry Garlic Ribs (hoisin dip, side salad)	177	610	50	11	1	100	1000	7	1	4	30	6	0	6	10
Maui Tuna Poke	150	300	19	1.5	0	35	670	11	2	8	18	2	8	6	15

\*Portion size ordinarily served to the guest

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## Grazing Greens

Tomato Soup (cup)	242	200	15	8	0.5	45	620	15	2	1	4	20	20	6	10
Tomato Soup (bowl)	371	320	23	13	1	70	960	26	4	1	7	35	30	10	20
Caesar (Starter)	155	340	23	5	0	20	470	26	4	1	8	80	40	10	15
Caesar (Full)	222	510	31	9	0	40	970	39	5	2	19	110	50	40	25
Tuscan Greens (Starter)	179	160	11	1	0.2	0	290	14	3	9	3	120	20	8	15
Tuscan Greens (Full)	295	240	17	1.5	0.3	0	450	19	4	12	5	220	40	15	25
Wicked Tuna	496	720	35	3.5	0	40	1330	66	12	15	29	140	50	15	45
Strawberry Fields	551	1330	73	13	1	195	1330	115	13	26	50	140	50	15	40
The Ranchero	585	940	63	16	1	125	1250	48	14	8	47	130	80	20	35
<b>Salad Add Ons:</b>															
- Chicken Breast	551	190	4	1	0	95	260	1	0	0	34	4	0	2	10
- Garlic Prawns	602	90	2	0.4	0	135	620	1	0	0	15	6	0	6	2
- Steak	67	250	16	6	0	80	1310	2	0	1	23	2	0	2	25

## Boss Plates

6oz Certified Angus Beef Sirloin	473	960	57	21	0.5	200	1550	50	5	2	61	30	50	10	60
8oz Certified Angus Beef Sirloin	530	1080	63	23	1	250	1630	50	5	2	78	30	50	10	80
New Orleans Combo Skillet (with 6 oz steak)	773	1280	79	33	1	405	0	61	7	12	90	110	40	30	50
New Orleans Combo Skillet (with 8 oz steak)	830	1400	84	35	1.5	455	0	61	7	12	107	110	40	30	60
Mediterranean Chicken	676	1190	51	10	0.5	205	3150	88	8	11	87	70	90	20	50
Coastal Salmon	555	1000	72	11	0.4	110	1853	40	7	7	47	100	130	10	25
Fajitas Grande (Chicken)	800	1270	56	20	1	225	2810	89	10	16	91	60	320	15	60
Fajitas Grande (Beef)	826	1350	66	24	1.5	240	2940	88	10	16	93	60	320	15	100

## Big Bowls

Kung Pao (Chicken)	593	1110	29	7	0	55	1500	172	14	44	54	45	190	20	110
Kung Pao (Prawn)	550	1030	27	6	0	45	1670	172	14	44	39	45	190	20	100
Thai Buddha Bowl (Chicken)	1078	1260	68	14	1	90	1580	121	13	28	49	170	170	15	50
Thai Buddha Bowl (Prawn)	986	1010	51	12	0.5	55	1640	121	13	28	23	170	170	15	45
Samurai Bowl	657	770	33	4.5	0.3	60	2090	86	9	31	34	60	200	15	30
Prawn & Chorizo Jambalaya	534	970	61	14	0.4	125	1450	72	5	4	32	10	40	8	120

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## Gourmet Pastas

Blackened Four Cheese Penne	587	1320	68	28	0.2	200	1210	118	5	14	62	30	8	45	35
Cajun Chicken Linguini	430	790	50	17	2	160	1260	45	2	9	41	70	35	20	40
Fettuccini Alfredo	460	1030	48	21	0	75	1290	113	6	8	42	25	2	50	25
Italian Meatball Linguini	441	930	42	16	0.5	105	2010	94	6	11	36	35	35	30	80

## Thin Crust Pizza

Sammy's House	441	930	42	16	0.5	105	2010	94	6	11	36	20	35	30	80
Blackened BBQ Chicken	508	1180	49	20	1	150	2330	122	5	40	60	10	15	10	60

## Between Bread

The Backyard Burger	351	810	42	12	1.5	140	2200	58	3	13	45	25	30	6	60
Canadian Burger	372	940	54	18	1.5	175	2330	52	3	9	55	30	30	20	60
Spicy Sriracha Chicken Wrap	472	1460	74	15	0.5	235	2010	136	7	5	58	15	50	25	60
Cajun BBQ Chicken Club	311	870	44	12	0.2	105	1170	71	3	20	41	25	15	15	35
Steak Sandwich	301	680	32	8	0.5	145	0	42	3	4	58	10	10	6	50
7 Grain BLTA	271	830	56	11	0	65	1350	59	8	6	23	20	40	6	40
Short Rib Beef Dip	432	1080	59	19	0	195	1430	51	2	2	43	0	0	4	50

### Sides & Toppings:

- French Fries	110	310	14	2.5	0.1	0	310	43	3	1	4	0	4	2	6
- Yam Fries	110	190	9	1.5	0	0	250	26	1	10	1	15	0	2	4
- Tomato Soup	180	160	11	6	0.4	35	470	12	2	1	3	15	15	6	10
- Salad	50	45	3	0.3	0	0	75	4	1	2	1	35	6	2	4
- Veggie Patty	120	230	8	1	0	0	550	20	4	3	19	0	0	0	0
- Beef Patty	170	420	23	9	1.5	130	1050	13	1	1	39	4	2	4	30
- Sautéed Mushrooms	32	10	0.2	0	0	0	75	2	1	1	1	0	2	0	4
- Bacon	20	110	8	3	0	20	340	0	0	0	7	0	0	0	2
- Cheese	24	90	8	5	0.3	25	170	0	0	0	6	0	0	0	0

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## Non-Alcoholic Beverages

Pepsi	373	150	0	0	0	0	30	42	0	42	0	0	0	0	0
Diet Pepsi	359	0	0	0	0	0	40	0	0	0	0	0	0	0	0
7-Up	370	150	0	0	0	0	75	39	0	39	0	0	0	0	0
Iced Tea	381	140	0	0	0	0	25	33	0	33	0	0	150	0	0
Lemonade	355	180	0	0	0	0	30	44	0	42	0	0	150	0	0
Ginger Ale	366	140	0	0	0	0	40	36	0	36	0	0	0	0	0
Dad's Old Fashioned Root Beer	355	150	0	0	0	0	50	41	0	41	0	0	0	0	0
Sparkling or Still Pellegrino	500	0	0	0	0	0	0	0	0	0	0	0	0	20	0
Red Bull Energy Drink, Regular	260	120	0	0	0	0	220	28	0	26	1	0	0	4	0
Red Bull Energy Drink, Sugar Free	255	15	0	0	0	0	210	2	0	0	1	0	0	4	0
Juice, Apple, 12 oz	355	140	0	0	0	0	20	37	0	34	0	0	140	2	4
Juice, Grapefruit, 12 oz	355	140	0	0	0	0	20	34	0	31	1	0	200	6	4
Juice, Pineapple, 12 oz	355	160	0	0	0	0	20	38	0	35	0	0	140	2	0
Juice, Orange, 12 oz	355	160	0	0	0	0	0	38	0	33	3	0	170	2	0
Juice, Tomato (1 can)	284	60	0	0	0	0	550	12	3	7	2	8	30	2	20
Non Alcoholic Beer, O'Doul's (341 mL)	341	60	0	0	0	0	0	15	0	0	1	0	0	2	0
Non Alcoholic Beer, Fentiman's Ginger Beer (275 mL)	275	130	0	0	0	0	25	31	0	29	0	0	0	0	0
Tea	284	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Coffee	284	0	0.1	0	0	0	5	0	0	0	0.3	0	0	0	0

## Desserts

Chocolate Peanut Butter Pie with Whipped Cream	167	710	55	20	0.2	60	10	48	0	30	10	20	35	8	10
NY Cheesecake with Whipped Cream	225	690	41	23	0.5	190	490	70	1	53	12	45	0	15	10

\*Portion size ordinarily served to the guest