

Nutritional value

DV: recommended daily value
g: gram mg: milligram

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated fats (g)	Gras trans (g)	% DV saturated + trans fats	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Appetizers sauces not included																				
Chicken wings (6) with raw vegetables	108g	210	13	20	3	0	15	115	580	24	3	1	1	4	1	21	25	2	4	8
Chicken wings(12) with raw vegetables	216g	420	25	38	6	0.1	31	230	1160	48	5	2	1	4	3	42	50	4	6	15
Cheese sticks (4) and raw vegetables	162g	390	18	28	8	0.3	42	40	1730	72	36	12	2	8	2	21	40	2	45	15
Cheese sticks (8) and raw vegetables	324g	790	36	55	16	0.5	83	80	3460	144	73	24	4	16	4	42	80	6	90	25
Scores combo	448g	1350	79	122	23	1.5	123	210	2990	125	88	29	3	12	12	70	25	2	60	50
Classic combo	289g	820	46	71	9	0.3	47	105	1910	80	63	21	2	8	3	38	8	2	25	25
Kapow! Shrimp	150g	500	27	42	2	0	10	130	1650	69	45	15	1	4	4	18	0	0	10	10
Onion rings (around 16)	165g	540	32	49	3.5	0.1	18	5	920	38	58	19	2	8	4	7	0	4	6	15
Soups																				
Cream of broccoli	250ml	140	10	15	3	0.2	16	10	430	18	12	4	1	4	1	2	15	20	2	4
Cream of celery	250ml	140	10	15	3	0.2	16	10	440	18	11	4	1	4	1	2	10	2	2	4
Cream of mushroom	250ml	140	10	15	3.5	0.2	19	10	480	20	11	4	1	4	1	2	10	2	2	4
Cream of cauliflower	250ml	140	10	15	3	0.2	16	10	430	18	11	4	1	4	1	2	10	10	2	4
Cream of spinach	250ml	140	10	15	3.5	0.2	19	10	440	18	11	4	1	4	1	2	30	8	4	6
Cream of leek	250ml	140	10	15	3	0.2	16	10	430	18	13	4	1	4	2	2	15	4	2	6
Cream of chicken royale	250ml	160	10	15	3	0.2	16	20	430	18	13	4	1	4	1	5	15	4	2	4
Lentil soup	250ml	170	7	11	1	0.1	6	5	390	16	20	7	8	32	2	7	4	10	2	15
Minestrone soup	250ml	70	2	3	0.5	0	3	5	610	25	11	4	1	4	3	2	15	25	2	4
Split pea soup	250ml	120	2	3	0.3	0	2	0	380	16	20	7	5	20	4	6	8	4	4	15
Chicken noodle soup	250ml	80	1.5	2	0.5	0	3	20	580	24	8	3	1	4	1	8	8	0	2	4
Sauces																				
Sweet and sour	42ml	60	0	0	0	0	0	0	150	6	15	5	0	0	13	0.1	0	2	0	0
Chicken wings	42ml	80	2.5	4	0.2	0	1	0	470	20	12	4	0	0	10	1	2	2	0	2
BBQ (kids menu)	60ml	20	0.3	1	0.1	0	1	0	410	17	4	1	0	0	0	0.3	2	0	0	0
BBQ	90ml	30	0.4	1	0.2	0	1	0	610	25	6	2	0	0	1	0.4	2	0	0	0
Chimichurri	70 ml	80	4.5	7	0.5	0	3	0	750	31	9	3	0	0	2	0	4	4	2	4
Ribs	60ml	170	8	12	1	0	5	0	290	12	24	8	1	4	19	1	0	0	2	6
Dijon	42ml	170	14	22	3	0	15	15	240	10	8	3	0	0	7	1	2	0	0	0
General Tao	30ml	60	1	2	0.1	0	1	0	320	13	12	4	0	0	8	1	0	0	0	0

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Chipotle Mayonnaise	60ml	430	47	72	3.5	0.5	20	25	390	16	1	1	0	0	1	1	2	2	0	2
Honey mustard	42ml	200	17	26	1.5	0.1	8	15	250	10	11	4	0	0	10	1	0	0	0	2
Piri-piri	70 ml	80	6	9	0.5	0	3	0	680	28	7	2	0	0	5	0	4	0	0	2
Pepper	60ml	30	0.5	1	0.2	0	1	0	420	18	5	2	0	0	2	1	0	0	2	2
Sriracha	70 ml	60	0.2	1	0	0	0	0	1380	58	12	4	2	8	5	0	20	30	0	4
Tartar	42ml	240	26	40	2	0.4	12	20	230	10	1	1	0	0	1	1	2	2	0	2
Tartar	60ml	340	37	57	3	0.5	18	30	330	14	1	1	0	0	1	1	2	4	0	2
Tomato (marinara)	42ml	15	0.5	1	0	0	0	0	250	10	2	1	0	0	1	0.3	0	0	2	2
Side dishes																				
Fries	200g	810	39	60	3	0.1	16	0	840	35	107	36	9	36	0	8	0	100	4	15
Parmesan and garlic fries	159g	640	33	51	4	0.2	21	10	810	34	77	26	6	24	0	9	8	80	10	15
Vegetables	170g	90	4	6	0.5	0	3	0	310	13	12	4	3	12	5	2	15	70	4	6
Grilled bread (1/2)	31g	80	1	2	0.2	0	1	0	160	7	15	5	1	4	2	3	0	0	2	6
Baked potato	235g	200	0.2	1	0.1	0	1	0	10	1	47	16	4	16	2	4	0	30	2	6
Loaded baked potato	330g	500	25	38	14	0.5	73	65	540	23	50	17	4	16	4	19	25	30	35	6
Mashed potato	200g	150	2	3	0.5	0	3	0	700	29	30	10	3	12	0	3	2	0	2	4
Vegetable rice	200g	290	4	6	1	0	5	0	560	23	58	19	2	8	1	5	6	25	4	20
Basmati rice	200g	280	5	8	2.5	0.1	13	15	45	2	51	17	2	8	0	6	4	0	4	25
coleslaw	120g	90	5	8	0.5	0.1	3	5	210	9	10	3	3	12	7	1	2	60	4	4
coleslaw, grilled bread and BBQ sauce	241g	200	7	11	1	0.1	6	5	990	41	30	10	3	12	9	4	6	60	6	10
Off the grill without side dishes																				
Traditional chicken brochette	244g	390	23	35	2.5	0.2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken brochette with vegetable rice	444g	690	27	42	3	0.3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Chicken brochette "À la Québécoise"	323g	640	36	55	10	0.1	51	150	3010	125	26	9	2	8	16	54	2	20	4	15
Chicken brochette "À la Québécoise" with vegetable rice	523g	940	40	62	10	0.1	51	150	3560	148	84	28	4	16	18	59	8	40	6	40
General Tao brochette	280g	390	14	22	2	0	10	110	1800	75	25	8	1	4	14	42	2	20	0	8
General Tao brochette with basmati rice	478g	670	19	29	4.5	0.1	23	120	1840	77	75	25	3	12	14	48	6	20	4	30
Montreal smoked meat brochette	331g	590	34	52	7	0.5	38	155	1850	77	16	5	1	4	10	55	2	20	0	15
Montreal smoked meat brochette with basmati rice	529g	860	39	60	9	0.5	48	170	1900	79	66	22	2	8	10	61	6	20	4	40
Hunter's chicken	342g	720	55	85	9	1	50	115	1930	80	22	7	3	12	4	37	15	70	15	15
Hunter's chicken with vegetable rice	542g	1020	59	91	10	1	55	115	2490	104	80	27	4	16	5	42	20	90	20	35
swiss cheese and bacon chicken	274g	570	37	57	10	0.5	53	130	1610	67	19	6	2	8	11	43	8	30	25	15
Swiss cheese and bacon chicken with vegetable rice	474g	860	41	63	11	0.5	58	130	2170	90	77	26	3	12	13	48	15	50	25	35

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Delights from here and abroad																				
Portuguese chicken plate (leg) with a grilled tortilla (without piri-iri sauce)	258g	820	45	69	10	0.4	52	160	1900	79	57	19	3	12	3	48	10	15	25	40
Portuguese chicken plate (breast) with a grilled tortilla (without piri-iri sauce)	330g	830	36	55	8	0.3	42	185	1900	79	58	19	3	12	3	68	8	15	25	40
Bavette steak (8oz)	167g	350	16	25	6	0	30	145	200	8	0	0	0	0	0	49	0	0	4	20
Bavette steak(8oz) with sauted mushrooms, pepper sauce and vegetables	517g	670	40	62	9	0.4	47	145	1370	57	24	8	5	20	10	54	15	80	10	40
Fajitas - Shrimp (1 person)	564g	1030	65	100	7	1	40	210	2670	111	81	27	8	32	15	34	45	270	35	60
Fajitas - Shrimp with cheese, Pico de Gallo, guacamole and sour cream (1 person)	915g	1500	103	158	25	2	135	295	3440	143	97	32	14	56	24	52	90	330	80	60
Fajitas - Chicken (1 person)	496g	940	55	85	6	1	35	85	3030	126	78	26	7	28	14	39	25	115	30	35
Fajitas - Chicken with cheese, Pico de Gallo, guacamole and sour cream (1 person)	847g	1410	92	142	25	1.5	133	170	3800	158	94	31	13	52	22	57	70	145	80	40
Fajitas - Vegetables (1 person)	608g	820	46	71	5	0.5	28	0	2080	87	95	32	10	40	23	13	40	225	30	40
Fajitas - vegetabes with cheese, Pico de Gallo, guacamole and sour cream (1 person)	961g	1310	87	134	24	1.5	128	85	2850	119	111	37	16	64	32	32	80	260	80	45
Fish & chips	409g	1260	63	97	5	0.1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & chips with tartar sauce	449g	1490	87	134	7	0.5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Linguini carbonara with shrimp and chicken	631g	1250	68	105	31	2	165	450	1380	58	96	32	5	20	2	61	60	10	6	50
Norwegian Cod "en papillote"	230g	150	1.5	2	0	0	0	60	1240	52	3	1	1	4	1	31	6	45	2	4
Shrimp Pad Thai	682g	1140	22	34	3.5	0.2	19	295	2880	120	195	65	3	12	58	36	30	70	8	30
Chicken Cacciatore and garlic linguine	495g	820	36	55	10	0.5	53	185	1230	51	51	17	4	16	4	77	25	10	25	35
Shrimp satay with basmati rice and garlic butter	379g	470	16	25	5	0.2	26	225	610	25	53	18	2	8	2	29	25	15	8	50
Cedar plank salmon with basmati rice	384g	760	28	43	8	0.1	41	115	910	38	82	27	2	8	27	42	10	20	8	35
Fish tacos	388g	880	54	83	6	0.3	32	95	2190	91	71	24	9	36	12	31	10	50	15	25
Crispy chicken breast fillets(3) without sauce	150g	410	24	37	2.5	0.1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Crispy chicken breast fillets(5) without sauce	250g	690	40	62	4	0.1	21	95	820	34	40	13	0	0	0	42	0	0	0	20
Roasted chicken without side dishes																				
Half-chicken	348g	800	43	66	12	0.2	61	345	1150	48	2	1	0	0	0	101	4	0	6	15
Quarter chicken (leg)	138g	400	26	40	7	0.1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (breast)	210g	400	17	26	5	0.1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Two chicken legs meal	276g	790	52	80	14	0.2	71	315	1150	48	0	0	0	0	0	81	6	0	8	20
Ribs without side dishes																				
Ribs	184g	540	32	49	11	0.2	56	205	820	34	19	6	0	0	13	44	0	0	6	20
Half pound ribs	92g	270	16	25	5	0.1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Quarter chicken (leg) with half pound ribs	230g	670	42	65	12	0.2	61	260	990	41	10	3	0	0	6	63	4	0	6	20
Quarter chicken (breast) with half pound ribs	302g	670	33	51	10	0.2	51	290	980	41	11	4	0	0	6	82	2	0	6	20
Crispy chicken breast fillets(4) and half pound ribs	292g	820	48	74	9	0.2	46	180	1070	45	41	14	0	0	6	56	0	0	2	30

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Sensational sandwiches without side dishes																				
Club sandwich	391g	770	29	45	8	0.2	41	165	1210	50	57	19	4	16	6	70	25	15	8	40
Club sandwich with 2 portions of mayonnaise	425g	990	53	82	12	0.3	62	175	1370	57	57	19	4	16	7	70	25	15	10	40
Chicken avocado nanwich	391g	850	51	78	9	0.5	48	95	1790	75	62	21	7	28	5	38	15	60	25	30
Grilled chicken flatbread	582g	950	51	78	12	1	65	125	2580	108	78	26	7	28	12	45	30	40	25	40
Fried chicken waffle sandwich	415g	1310	73	112	25	0.3	127	95	1620	68	127	42	8	32	52	40	35	35	8	45
Burgers and poutines without side dishes																				
Beyond Meat burger	341g	680	34	52	8	0.1	41	5	1320	55	72	24	7	28	11	25	20	90	15	50
Crispy chicken breast fillets burger	289g	770	47	72	4.5	0.4	25	50	1240	52	63	21	5	20	7	25	0	30	6	25
The Gourmet burger	297g	820	52	80	9	0.4	47	170	1590	66	41	14	2	8	8	47	6	6	10	20
Chicken poutine	535g	1390	73	112	24	1	125	175	2470	103	117	39	9	36	1	78	25	100	80	25
Classic poutine	420g	1220	71	109	23	1	120	70	2370	99	117	39	9	36	1	40	25	100	80	15
General Tao poutine	525g	1720	92	142	25	1	130	110	3160	132	174	58	9	36	32	59	25	100	70	25
Montreal smoked meat poutine	432g	1270	82	126	27	1.5	143	120	2460	103	94	31	6	24	8	52	25	70	70	20
Lunch+ without side dishes																				
Traditional chicken brochette	244g	390	23	35	2.5	0.2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken brochette with rice	444g	690	27	42	3	0.3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Half pound ribs	92g	270	16	25	5	0.1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Fish & chips	409g	1260	63	97	5	0.1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & chips with tartar sauce	449g	1490	87	134	7	0.5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Grilled cheese gourmet	421g	1190	72	111	24	1	125	230	1880	78	65	22	3	12	6	70	70	10	60	45
Hot chicken with green peas and sauce	610g	620	7	11	2	0	10	170	2340	98	65	22	6	24	7	75	25	35	10	40
Linguine with rosé sauce and butterfly shrimp	543g	850	35	54	15	1	80	235	1080	45	95	32	6	24	3	37	35	10	10	50
Ribs poutine	540g	1570	91	140	29	1	150	175	2920	122	138	46	9	36	17	63	25	100	80	30
Quarter chicken (leg)	138g	400	26	40	7	0.1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (breast)	210g	400	17	26	5	0.1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Crispy chicken breast fillets (3)	150g	410	24	37	2.5	0.1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Chicken salad sandwich	325g	850	48	74	4.5	0.5	25	115	1300	54	60	20	3	12	6	44	10	4	4	35
Chipotle chicken wrap	374g	1070	69	106	17	1	90	100	1730	72	72	24	3	12	4	40	25	40	50	35
Chipotle chicken wrap with mayonnaise	434g	1500	115	177	21	1.5	113	125	2110	88	73	24	3	12	5	41	25	40	50	40
Chicken and bacon cesar wrap	336g	700	37	57	7	0.2	36	85	1770	74	56	19	4	16	3	36	80	8	25	35
Desserts - lunch																				
Carrot avalanche	69g	220	9	14	2	0.1	11	30	115	5	30	10	1	4	19	3	15	2	4	6

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Lemon-Lime crumble	52g	130	6	9	3	0.5	18	20	35	1	16	5	0	0	9	2	4	2	2	2
Fruits and yogurt crumble	50g	140	7	11	3.5	0.2	19	20	30	1	18	6	0	0	10	2	4	2	2	2
Apple delight	56g	160	8	12	2.5	0.1	13	5	70	3	23	8	1	4	15	1	2	2	2	4
Chocolate duo	62g	200	13	20	4	0.1	21	20	70	3	20	7	1	4	15	1	2	2	2	8
Cappuccino cake	57g	200	12	18	3	0.2	16	25	105	4	20	7	0	0	15	2	2	2	2	4
kids menu without side dishes																				
Side of fries	105g	430	21	32	1.5	0.1	8	0	440	18	56	19	5	20	0	4	0	50	2	8
Side of honey	21ml	70	0	0	0	0	0	0	0	0	17	6	0	0	14	0	0	0	0	0
Side of cherry sauce	60ml	100	0	0	0	0	0	0	40	2	24	8	0	0	22	0	0	0	0	0
Crispy chicken breast fillets burger	176g	430	22	34	2	0.1	11	30	670	28	46	15	1	4	12	14	6	6	4	20
Chicken drumstick and ribs combo	121g	350	22	34	6	0.1	31	140	520	22	5	2	0	0	3	33	2	0	4	10
Roasted chicken leg	138g	400	26	40	7	0.1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Kool-Aid	360ml	110	0	0	0	0	0	0	20	1	28	9	0	0	28	0	0	0	4	0
Chocolate milk	278ml	210	6	9	4	0.2	21	20	130	5	30	10	1	4	30	10	35	20	25	10
Mini burger	76g	230	12	18	6	0.4	32	60	260	11	14	5	1	4	3	15	4	0	8	10
Penne with rosé sauce	210g	290	7	11	3.5	0	18	20	360	15	46	15	3	12	2	9	6	0	6	15
Chicken nuggets (5)	85g	270	19	29	2.5	0.1	13	35	450	19	13	4	0	0	0	11	0	0	0	8
Salad bar - Salads																				
Iceberg lettuce	100g	15	0.1	1	0	0	0	0	10	1	3	1	1	4	2	1	6	4	2	2
Romaine lettuce	100g	15	0.3	1	0	0	0	0	10	1	3	1	2	8	1	1	90	6	2	6
Thai Asian salad with snow peas	100g	90	2	3	0.3	0	2	0	140	6	16	5	2	8	7	3	6	45	2	8
Coleslaw	100g	80	4.5	7	0.5	0	3	5	180	8	8	3	2	8	6	1	2	50	4	4
Nappa coleslaw	100g	70	3	5	0.5	0	3	0	160	7	8	3	2	8	5	4	15	25	6	6
Roasted cauliflower and tumeric salad	100g	120	9	14	1	0	5	0	105	4	8	3	1	4	1	2	6	45	4	6
Red cabbage and grilled Asian bavette salad	100g	90	2.5	4	0.5	0	3	10	160	7	11	4	2	8	6	6	40	60	4	8
Fennel and poppy salad	100g	60	3	5	0.2	0	1	0	105	4	9	3	2	8	6	1	6	20	6	6
Egg and pollock salad	100g	140	11	17	1.5	0.1	8	95	270	11	6	2	0	0	2	5	6	4	10	6
Green beans and shrimp salad with tarator sauce	100g	70	3	5	0.3	0	2	40	390	16	6	2	2	8	2	6	6	25	4	4
Kale and citrus salad	100g	160	8	12	2	0.1	11	5	230	10	19	6	2	8	15	3	25	70	4	6
Chickpea salad	100g	170	10	15	1	0.2	6	0	115	5	16	5	3	12	2	4	2	10	2	6
Creamy potato salad	100g	170	13	20	1	0.2	6	5	110	5	12	4	1	4	1	2	2	15	2	2
Piri-piri chicken and orzo salad	100g	170	9	14	1	0.1	6	25	135	6	12	4	1	4	1	9	2	2	2	6
Red quinoa salad	100g	100	4.5	7	0.4	0	2	0	540	23	14	5	2	8	1	3	10	35	2	10

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated fats (g)	Gras trans (g)	% DV saturated + trans fats	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Red quinoa and sweet potato salad	100g	160	9	14	0.5	0.1	3	0	105	4	19	6	3	12	4	3	100	25	4	10
Salad bar - "seasonal" salads (offered for a limited time)																				
Homemade hummus (chipotle)	30g	70	5	8	0.5	0.1	3	0	120	5	6	2	1	4	1	2	0	4	2	2
Kale salad with apples and cranberries	100g	190	11	17	6	0.1	31	5	210	9	16	5	4	16	10	6	35	70	6	10
Extra-fine green beans salad with olive tapenade and feta cheese	100g	110	8	12	2	0	10	5	200	8	8	3	2	8	3	3	8	15	6	8
Chickpea and roasted cauliflower salad	100g	160	10	15	1	0	5	0	290	12	15	5	3	12	1	4	2	20	4	8
Red quinoa salad (with carrots, yellow bets and cranberries)	100g	150	4.5	7	0.4	0	2	0	340	14	25	8	2	8	6	4	20	10	2	15
Wild rice and multicolored carrot salad	100g	110	2.5	4	0.2	0	1	0	350	15	20	7	1	4	1	2	15	15	2	8
Salad bar - Dressings																				
Olive oil	30ml	250	29	45	4	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0
Dijon mustard dip	30ml	120	10	15	2	0	10	10	170	7	6	2	0	0	5	1	2	0	0	0
Balsamic vinager	30ml	20	0	0	0	0	0	0	0	0	6	2	0	0	0	0	0	0	0	0
Balsamic dressing	30ml	70	7	11	1	0.1	6	0	310	13	3	1	0	0	3	0.1	0	0	0	0
Cesar dressing	30ml	140	15	23	1	0.1	6	10	170	7	0	0	0	0	0	0.2	0	0	0	0
Greek dressing	30ml	100	10	15	1.5	0.2	9	0	270	11	3	1	0	0	1	0.3	0	0	0	0
Italian dressing	30ml	80	8	12	0.5	0.1	3	0	280	12	2	1	0	0	1	0	0	0	0	0
Italian dressing light	30ml	20	1	2	0.1	0	1	0	350	15	2	1	0	0	2	0	0	0	0	0
House dressing	30ml	150	15	23	1	0.1	6	0	270	11	3	1	0	0	3	0.2	0	0	0	0
Honey mustard dressing	30ml	150	12	18	1	0.1	6	10	210	9	9	3	0	0	8	1	0	0	0	2
Ranch dressing	30ml	120	13	20	2	0.2	11	5	180	8	2	1	0	0	1	0.4	0	0	0	0
Salad bar - Vegetables																				
Brocoli	100g	35	0.4	1	0	0	0	0	35	1	7	2	3	12	2	3	6	150	4	6
Carrots	100g	40	0	0	0	0	0	0	75	3	9	3	3	12	6	1	70	15	2	4
Celery	100g	15	0.2	1	0	0	0	0	80	3	3	1	1	4	2	1	4	6	4	2
Red cabbage	100g	30	0.2	1	0	0	0	0	25	1	7	2	2	8	4	1	10	100	4	6
Mushrooms	100g	20	0.3	1	0.1	0	1	0	5	1	3	1	1	4	2	3	0	4	0	4
Cucumbers	100g	10	0.2	1	0	0	0	0	2	1	2	1	1	4	1	1	0	6	2	2
Zuchini	100g	15	0.3	1	0.1	0	1	0	10	1	3	1	1	4	2	1	2	30	2	2
Edamame	100g	130	6	9	1	0	5	0	0	0	8	3	5	20	1	13	2	10	8	20
Bean sprouts	100g	30	0.2	1	0	0	0	0	5	1	6	2	2	8	4	3	0	20	2	6
Red onions	100g	40	0.1	1	0	0	0	0	4	1	9	3	2	8	4	1	0	10	2	2
Red peppers	100g	30	0.3	1	0	0	0	0	4	1	6	2	2	8	4	1	30	210	0	4
Radish (4 radishes)	100g	15	0.1	1	0	0	0	0	40	2	3	1	2	8	2	1	0	25	2	2

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated fats (g)	Gras trans (g)	% DV saturated + trans fats	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fibre (g)	% DV Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Tomato	100g	20	0.2	1	0	0	0	0	5	1	4	1	1	4	3	1	8	25	0	2
Salad bar - Fruits																				
Pineapple	100g	50	0.1	1	0	0	0	0	1	1	13	4	1	4	10	1	0	80	2	2
Cantaloupe	100g	35	0.2	1	0.1	0	1	0	15	1	8	3	1	4	7	1	35	60	0	2
Clementine	100g	45	0.2	1	0	0	0	0	1	1	12	4	2	8	9	1	0	80	2	2
Kiwi	100g	60	0.5	1	0	0	0	0	3	1	15	5	3	12	9	1	0	150	4	2
Mandarin	100g	110	0	0	0	0	0	0	20	1	25	8	1	4	21	1	2	45	2	2
Watermelon	100g	30	0	0	0	0	0	0	4	1	10	3	1	4	9	0.4	4	8	0	2
Honeydew	100g	35	0.1	1	0	0	0	0	20	1	9	3	1	4	8	1	0	30	0	2
Orange	100g	45	0.1	1	0	0	0	0	0	0	12	4	2	8	9	1	2	90	4	0
Pear	100g	60	0.1	1	0	0	0	0	1	1	15	5	3	12	10	0.4	0	8	0	2
Apple	100g	50	0.2	1	0	0	0	0	1	1	14	5	2	8	10	0.3	0	8	0	0
Prune	100g	45	0.3	1	0	0	0	0	0	0	11	4	1	4	10	1	4	15	0	2
Grapes	100g	70	0.2	1	0.1	0	1	0	2	1	18	6	1	4	15	1	0	6	0	2
Salad bar - Various																				
Soda crackers	² crackers	45	1	2	0.2	0	1	0	125	5	8	3	0	0	0	1	0	0	0	4
Balsamic and maple marinated mushrooms	30g	45	1.5	2	0.5	0	3	5	45	2	7	2	0	0	4	1	0	0	0	2
Beef and bean chili	100g	90	4.5	7	1.5	0.1	8	10	350	15	10	3	3	12	2	6	2	6	4	8
Diced Chorizo	55g	160	14	22	5	0	25	35	520	22	1	1	0	0	0	8	2	0	2	4
Palm heart	30g	10	0	0	0	0	0	0	85	4	1	1	0	0	0	0.5	0	4	2	0
Pickles	30g	4	0	0	0	0	0	0	240	10	1	1	0	0	0	0	2	2	2	2
Pita chips	50g	200	2	3	0	0	0	0	340	14	36	12	2	8	2	7	0	0	4	0
Nacho chips	50g	210	10	15	1.5	0.4	10	0	60	3	27	9	3	12	1	3	0	2	4	6
Cesar croutons	10g	40	0.5	1	0.1	0	1	0	45	2	8	3	1	4	1	1	0	0	0	4
Stuffed vine leaves (2)	44g	40	3	5	1	0	5	0	210	9	8	3	0	0	0	1	0	4	0	30
Blue cheese	30g	110	9	14	6	0.3	32	25	410	17	1	1	1	4	1	6	10	0	15	0
Cheddar cheese	30g	120	10	15	6	0.3	32	25	230	10	0	0	0	0	0	7	10	0	20	0
Cottage cheese 2%	30g	25	0.5	1	0.4	0	2	0	95	4	2	1	0	0	1	4	0	0	4	0
Nacho cheese	30g	25	0.5	1	0.3	0	2	0	160	7	4	1	0	0	1	0.2	0	2	2	0
Parmesan cheese	30g	120	7	11	5	0.4	27	30	640	27	4	1	0	0	0	10	4	0	30	0
Guacamole	30g	45	4	6	0.5	0	3	0	115	5	3	1	2	8	1	1	0	8	0	0
Homemade hummus (without tahini)	30g	60	4	6	0.3	0.1	2	0	95	4	5	2	1	4	0	1	0	2	0	2
Homemade sundried tomato pesto hummus (with tahini)	30g	90	6	9	0.5	0.1	3	0	110	5	5	2	1	4	0	2	0	2	2	2

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Marinated vegetable	30g	20	0	0	0	0	0	0	310	13	1	1	2	8	1	1	6	0	4	4
Seed mix	30g	170	11	17	10	0	50	0	20	1	10	3	3	12	5	8	2	0	2	10
Bacon bits	10g	45	2	3	0.3	0	2	0	75	3	3	1	1	4	1	4	0	0	2	4
Fried noodles	30g	120	3	5	0.3	0	2	5	300	13	19	6	1	4	0	3	0	0	0	6
Boiled egg (1)	50g	70	5	8	1.5	0	8	200	70	3	1	1	0	0	0	6	10	0	2	8
Marinated red boiled egg (1)	50g	80	4.5	7	1.5	0	8	195	65	3	2	1	0	0	1	6	10	0	2	8
Kalamata olives	15g	30	2	3	0.5	0	3	0	240	10	0	0	1	4	0	0.3	0	0	0	0
Black olives	15g	15	1.5	2	0.2	0	1	0	110	5	1	1	0	0	0	0.1	0	0	2	4
Green olives	15g	20	2.5	4	0.3	0	2	0	230	10	1	1	0	0	0	0.2	0	0	0	0
Pico de gallo	30g	10	0.3	1	0	0	0	0	30	1	1	1	0	0	1	0.3	4	25	0	0
Peperoncini pepper	30g	10	0	0	0	0	0	0	190	8	2	1	1	4	0	0.3	0	0	0	0
Tzatziki	30g	50	4	6	2.5	0.1	13	15	370	15	2	1	0	0	2	1	4	2	4	0
Salad bar - Proteins without side dishes																				
Grilled chicken breast	112g	170	6	9	1	0	5	85	960	40	2	1	0	0	0	28	0	0	0	4
Thai grilled chicken breast	146g	260	6	9	1	0	5	85	1350	56	19	6	0	0	16	28	2	2	0	4
Promotion Fall 2019																				
Swiss cheese and ribs casserole (without side dish)	441g	800	53	82	17	0.5	88	155	1490	62	46	15	5	20	14	41	25	90	45	25
Chicken bacon macaroni and cheese	486g	830	52	80	26	1	135	195	2610	109	33	11	2	8	3	59	25	0	50	15
Chicken pot pie	437g	610	26	40	9	0.3	47	105	2160	90	47	16	2	8	8	41	30	20	10	20
Apple spring rolls	185g	510	21	32	1.5	0.3	9	0	330	14	76	25	2	8	36	6	8	4	2	15
Desserts																				
Warm donuts (5)	205g	680	28	43	13	0.3	67	0	390	16	104	35	3	12	51	9	0	0	4	15
Decadent brownie	217g	640	30	46	14	0.4	72	40	170	7	93	31	4	16	71	7	15	4	10	30
Ice cream sundae	312g	530	19	29	13	0.4	67	50	230	10	91	30	1	4	71	4	15	0	10	0
Chocolate cake	223g	790	49	75	23	0.5	118	70	520	22	86	29	6	24	56	9	10	0	8	6
Carrot cheesecake	197g	620	31	48	13	0.1	66	25	630	26	71	24	2	8	49	9	90	4	6	6
Chocolate-caramel molten cake	204g	540	23	35	14	0.5	73	100	130	5	84	28	4	16	67	6	15	2	6	25
Lemon pie	164g	610	23	35	14	0.5	73	45	260	11	72	24	1	4	59	8	6	2	20	4
Drinks																				
Soda (Coke)	453ml	200	0	0	0	0	0	0	10	1	51	17	0	0	54	0	0	0	0	0
Soda (Diet Coke)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Vegetable juice (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4
Vegetable juice (large)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6

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Tomato juice (small)	224ml	45	0	0	0	0	0	0	520	22	9	3	1	4	6	1	6	20	2	10
Tomato juice (large)	336ml	60	0	0	0	0	0	0	780	33	13	4	2	8	9	2	8	30	4	15
Milk 2 % (small)	227ml	110	4.5	7	2.5	0.2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
Milk 2 % (large)	340ml	170	7	11	4	0.3	22	25	140	6	16	5	0	0	17	11	20	2	35	0
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	0	0	90	2	2
Orange juice (large)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	0	0	140	2	2
Apple juice (small)	227ml	90	0	0	0	0	0	0	15	1	24	8	0	0	22	0	0	90	0	2
Apple juice (large)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2
Banana orange smoothie	446g	330	0.4	1	0.1	0	1	0	45	2	74	25	2	8	59	6	8	140	15	4
Fruit and spinach smoothie	565g	430	25	38	3	0	15	0	160	7	54	18	13	52	32	7	70	80	40	25
Strawberry avocado smoothie	491g	570	22	34	3	0	15	0	75	3	91	30	13	52	69	10	8	180	30	15

Notes:

Nutrient values come from laboratory analysis, supplier data and a database.

The recommended daily value percentage (% DV) is based on the average energy requirement of an adult (2,000 cal / day).