

Nutritional Value

DV: recommended daily value
g: gram mg: milligram

Menu	Serving Size	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated + Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugar (g)	Protein (g)	% DV Vitamine A	% DV Vitamin C	% DV Calcium	% DV Iron
Appetizers (sauces not included)																				
Chicken wings (5) and vegetables	95g	170	11	17	2,5	0	13	95	490	20	2	1	1	4	1	18	25	2	4	6
Chicken wings (10) and vegetables	190g	350	21	32	5	0,1	26	190	980	41	5	2	1	4	2	35	50	4	6	10
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 vegetables	324g	790	36	55	16	0,5	83	80	3460	144	73	24	4	16	4	42	80	6	90	25
Crispy chicken tenders (2 pcs)	100g	280	16	25	1,5	0,1	8	40	330	14	16	5	0	0	0	17	0	0	0	8
Mini-burgers (2)	163g	540	33	51	11	1	60	125	650	27	29	10	1	4	5	30	4	2	8	25
Onion rings (about 16)	165g	540	32	49	3,5	0,1	18	5	920	38	58	19	2	8	4	7	0	4	6	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
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
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 (children's 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

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General Tao	30ml	60	1	2	0,1	0	1	0	320	13	12	4	0	0	8	1	0	0	0	0
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 and 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
Sides																				
French fries	200g	810	39	60	3	0,1	16	0	840	35	107	36	9	36	0	8	0	100	4	15
Vegetables	170g	90	4	6	0,5	0	3	0	310	13	12	4	3	12	5	2	15	70	4	6
Toasted bread (½)	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
Baked potato (with toppings)	330g	500	25	38	14	0,5	73	65	540	23	50	17	4	16	4	19	25	30	35	6
Mashed potatoes	200g	150	2	3	0,5	0	3	0	700	29	30	10	3	12	0	3	2	0	2	4
Scores rice	200g	290	4	6	1	0	5	0	560	23	58	19	2	8	1	5	6	25	4	20
Coleslaw	120g	90	5	8	0,5	0,1	3	5	210	9	10	3	3	12	7	1	2	60	4	4
Coleslaw, toasted 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
From the Grill without sides																				
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 "Quebecoise"	323g	640	36	55	10	0,1	51	150	3010	125	26	9	2	8	16	54	2	20	4	15
Quebec chicken brochette 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 Chicken 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 rice	478g	670	19	29	4,5	0,1	23	120	1840	77	75	25	3	12	14	48	6	20	4	30
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
Beef flank steak (8oz)	167g	350	16	25	6	0	30	145	200	8	0	0	0	0	49	0	0	4	20	
Beef flank steak (8oz) with sautéed 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
Chef's discoveries																				
Chicken Fajitas (1 person)	496g	940	55	85	6	1	35	85	3030	126	78	26	7	28	14	39	25	115	30	35
Chicken Fajitas 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

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Vegetable Fajitas (1 person)	608g	820	46	71	5	0,5	28	0	2080	87	95	32	10	40	23	13	40	225	30	40
Vegetable Fajitas with cheese, Pico de Gallo, guacamole, 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 & French fries	409g	1260	63	97	5	0,1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & French fries 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	542g	1140	64	98	29	2	155	285	1030	43	96	32	5	20	2	44	50	0	2	30
Salmon on cedar plank with rice	384g	760	28	43	8	0,1	41	115	910	38	82	27	2	8	27	42	10	20	8	35
Guilty pleasures																				
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
Chicken tenders (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
Chicken tenders (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 sides																				
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 leg meal	276g	790	52	80	14	0,2	71	315	1150	48	0	0	0	0	0	81	6	0	8	20
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
Combos and ribs without sides																				
Ribs	184g	540	32	49	11	0,2	56	205	820	34	19	6	0	0	13	44	0	0	6	20
Half rack ribs	92g	270	16	25	5	0,1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Quarter leg and half rack ribs	230g	670	42	65	12	0,2	61	260	990	41	10	3	0	0	6	63	4	0	6	20
Quarter breast and half rack ribs	302g	670	33	51	10	0,2	51	290	980	41	11	4	0	0	6	82	2	0	6	20
Portuguese quarter leg and half ribs	350g	1090	61	94	15	0,5	78	260	2310	96	66	22	3	12	9	70	10	15	30	50
Portuguese quarter breast and half ribs	422g	1100	52	80	13	0,4	67	290	2310	96	68	23	3	12	9	90	8	15	25	50
Chicken tenders and half ribs	292g	820	48	74	9	0,2	46	180	1070	45	41	14	0	0	6	56	0	0	2	30
Burgers and Sandwiches without sides																				
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 and avocado nanwich	391g	850	51	78	9	0,5	48	95	1790	75	62	21	7	28	5	38	15	60	25	30
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

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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 burger	289g	770	47	72	4,5	0,4	25	50	1240	52	63	21	5	20	7	25	0	30	6	25
Meat Lover's Burger	420g	1200	82	126	19	1,5	103	145	1840	77	73	24	7	28	11	43	8	25	25	50
Meal Salads																				
Caesar salad with chicken leg	447g	960	76	117	15	0,5	78	210	1520	63	15	5	5	20	3	54	180	15	20	25
Caesar salad with chicken breast	519g	970	67	103	13	0,5	68	240	1520	63	16	5	5	20	3	74	170	15	20	20
Caesar salad with salmon	493g	1040	73	112	13	0,4	67	155	1810	75	46	15	5	20	30	49	180	30	20	25
Oriental salad with beef flank steak	404g	520	23	35	5	0,1	26	85	1100	46	43	14	4	16	30	30	100	140	15	30
Oriental salad with chicken leg	459g	740	41	63	9	0,3	47	170	1580	66	43	14	4	16	30	46	100	140	15	25
Piri-piri salad with chicken leg	426g	740	50	77	9	0,5	48	175	1820	76	26	9	4	16	15	45	100	140	15	25
Piri-piri salad with chicken tenders	436g	650	39	60	4,5	0,3	24	60	1350	56	49	16	5	20	21	22	100	130	8	20
Piri-piri salad with chicken breast	498g	750	41	63	7	0,4	37	200	1820	76	28	9	4	16	15	65	100	140	10	25
Lunch+ without sides																				
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 rack ribs	92g	270	16	25	5	0,1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
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
Linguini carbonara	542g	1140	64	98	29	2	155	285	1030	43	96	32	5	20	2	44	50	0	2	30
Chicken Trenders (3)	150g	410	24	37	2,5	0,1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
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 Caesar 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
Lemon-Lime Crisp	52g	130	6	9	3	0,5	18	20	35	1	16	5	0	0	9	2	4	2	2	2
Yogurt and Fruit Crisp	50g	140	7	11	3,5	0,2	19	20	30	1	18	6	0	0	10	2	4	2	2	2
Apple cake	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 sides																				
Side of french 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

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Celebration Cookies	26g	130	6	9	4	0	20	5	115	5	17	6	1	4	9	2	2	0	2	4
Chicken Tender 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 rib 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
Mac & Cheese	122g	410	31	48	4,5	0,5	25	10	770	32	27	9	0	0	3	5	2	2	8	15
Mini Burger	76g	230	12	18	6	0,4	32	60	260	11	14	5	1	4	3	15	4	0	8	10
Mini grilled cheese	100g	300	13	20	7	0,4	37	30	440	18	32	11	2	8	6	15	6	0	30	15
Mini pogo	104g	330	24	37	4	0,3	22	30	870	36	27	9	3	12	6	9	0	0	6	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
Asian Thai 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 Cabbage Salad	100g	70	3	5	0,5	0	3	0	160	7	8	3	2	8	5	4	15	25	6	6
Roasted Cauliflower and Turmeric Salad	100g	120	9	14	1	0	5	0	105	4	8	3	1	4	1	2	6	45	4	6
Red cabbage salad with grilled Asian flank steak	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 seed salad	100g	60	3	5	0,2	0	1	0	105	4	9	3	2	8	6	1	6	20	6	6
Pollock and egg salad	100g	140	11	17	1,5	0,1	8	95	270	11	6	2	0	0	2	5	6	4	10	6
Green bean 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
Chicken piri-piri 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
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 - Dressings																				
Olive oil	30ml	250	29	45	4	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0
Dijon dip	30ml	120	10	15	2	0	10	10	170	7	6	2	0	0	5	1	2	0	0	0
Balsamic vinegar	30ml	20	0	0	0	0	0	0	0	0	6	2	0	0	0	0	0	0	0	0

Menu	Serving Size	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated + Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugar (g)	Protein (g)	% DV Vitamine A	% DV Vitamin C	% DV Calcium	% DV Iron
Balsamic dressing	30ml	70	7	11	1	0,1	6	0	310	13	3	1	0	0	3	0,1	0	0	0	0
Caesar 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
Light Italian dressing	30ml	20	1	2	0,1	0	1	0	350	15	2	1	0	0	2	0	0	0	0	0
Homemade 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																				
Broccoli	100g	35	0,4	1	0	0	0	0	35	1	7	2	3	12	2	3	6	150	4	6
Carrot	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
Mushroom	100g	20	0,3	1	0,1	0	1	0	5	1	3	1	1	4	2	3	0	4	0	4
Cucumber	100g	10	0,2	1	0	0	0	0	2	1	2	1	1	4	1	1	0	6	2	2
Zucchini	100g	15	0,3	1	0,1	0	1	0	10	1	3	1	1	4	2	1	2	30	2	2
Shallots	100g	130	6	9	1	0	5	0	0	0	8	3	5	20	1	13	2	10	8	20
Sprouted beans	100g	30	0,2	1	0	0	0	0	5	1	6	2	2	8	4	3	0	20	2	6
Red onion	100g	40	0,1	1	0	0	0	0	4	1	9	3	2	8	4	1	0	10	2	2
Red bell pepper	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
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 orange	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 Melon	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

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Plum	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 biscuits	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
Heart of Palm	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
Caesar Croutons	10g	40	0,5	1	0,1	0	1	0	45	2	8	3	1	4	1	1	0	0	0	4
Stuffed grape 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
2% cottage cheese	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 hummus with sun-dried tomato pesto (with tahini)	30g	90	6	9	0,5	0,1	3	0	110	5	5	2	1	4	0	2	0	2	2	2
Pickled vegetables	30g	20	0	0	0	0	0	0	310	13	1	1	2	8	1	1	6	0	4	4
Mixed seeds	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
Cooked egg (1)	50g	70	5	8	1,5	0	8	200	70	3	1	1	0	0	0	6	10	0	2	8
Red marinated cooked 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
Pepperoncini peppers	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

Menu	Serving Size	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated + Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugar (g)	Protein (g)	% DV Vitamine A	% DV Vitamin C	% DV Calcium	% DV Iron
Fall promo 2021																				
Tao Chicken Tender Ribs Burger	280g	850	52	80	7	0,4	37	165	1420	59	66	22	3	12	17	33	6	20	6	30
Tao Ribs Burger	230g	720	44	68	7	0,4	37	145	1250	52	58	19	3	12	17	24	6	20	6	25
Tao Sauce Ribs Poutine	417g	1370	76	117	21	1	110	120	2180	91	135	45	10	40	13	46	25	110	60	25
Tao Sauce Ribs Tacos	306g	680	42	65	7	0,4	37	80	1290	54	56	19	5	20	21	21	15	80	15	25
Desserts																				
Hot doughnuts (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
Fried ice cream	227g	540	23	35	8	0,3	42	305	410	17	74	25	0	0	40	12	15	0	10	100
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 fondant cake	204g	540	23	35	14	0,5	73	100	130	5	84	28	4	16	67	6	15	2	6	25
Chômeur Pudding	150g	400	15	23	2,5	0,1	13	45	5	1	67	22	0	0	57	3	2	0	0	35
Drinks																				
Soft drink (Pepsi)	453ml	200	0	0	0	0	0	0	15	1	53	18	0	0	53	0	0	0	0	0
Soft drink (Diet Pepsi)	453ml	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0,2	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
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

Notes:

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

The percentage of recommended daily value (%DV) is based on the average energy needs of an adult (2000 cal/day)