

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services (dial **8-1-1** toll-free within BC).

	Serving Size (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
APPETIZERS															
Leroy's Crispy Dry Ribs	225	870	48	1	0	0	74	27	0	135	1270	0	1	2	15
Crispy Chicken Tenders, Fries + Sauce	391	1240	51	123	6	15	61	8	1	105	3060	2	13	6	50
Crispy Chicken Tenders, Fries - No Sauce	355	1160	51	105	5	1	61	8	1	105	2930	2	13	6	45
One Pound Wings + Dip	312	990	85	2	0	1	69	18	1	360	1570	25	30	10	35
One Pound Wings - No Dip	284	870	83	1	0	1	57	15	0.5	350	1460	20	30	6	30
Chicken + Wontons	285	850	45	89	3	49	32	3	1	120	1890	8	5	4	20
Dynamite Roll	312	740	15	84	5	18	36	4	0.3	70	1750	30	18	6	20
Sicilian Calamari	340	890	38	57	5	5	57	6	1	470	1520	15	25	20	20
Warm Three Cheese + Spinach Dip	425	940	38	89	6	7	49	26	1	130	2090	60	13	60	50
Yam Fries + Garlic Aioli	245	940	4	84	10	24	64	4	1	20	1280	240	25	8	2
Tuna Tostadas	225	640	17	84	11	3	27	2	0.2	25	2920	10	15	15	20
Truffle Fries	298	1070	10	101	5	1	71	10	1	20	2530	0	20	6	25
Garlic Fries + Parmesan Dip	256	830	8	83	4	2	53	9	1	20	1480	2	18	4	20
Korean Hot Wings	388	1100	91	28	3	19	70	21	1	350	2900	35	40	15	50
Tuna Poke	233	460	23	21	4	8	33	5	0	45	1000	8	15	4	10
California Roll	284	510	13	75	5	15	16	2	0	40	1750	6	10	4	10
California Roll - Half portion	142	260	6	38	2	7	8	1	0	20	870	4	5	2	6
Sushi Press	214	450	13	54	3	9	19	1	0	45	1390	10	8	2	8
SOUPS + BREADS															
Clam Chowder	327	420	13	22	2	5	32	19	0.4	120	1010	60	8	15	10
Tortilla Soup	294	210	6	24	5	5	12	3	0	10	710	15	18	10	10
Pan Bread	152	400	12	67	3	2	9	2	0	0	550	0	4	2	35
Oil and Vinegar	52	330	0	3	0	2	36	5	0	0	5	0	0	0	2
SALADS															
Caesar Salad	286	570	10	15	5	4	54	8	1	50	1090	60	40	25	20
Caesar Salad - No Dressing	230	180	9	13	4	3	12	5	0.2	20	380	60	40	20	15
Grilled Chicken Caesar	372	690	37	14	5	3	54	9	1	135	1450	180	40	25	25
Grilled Chicken Caesar - No Dressing	315	320	36	12	5	3	14	6	0	105	870	180	40	20	20
Grilled Cajun Chicken Caesar	388	770	38	18	7	4	62	13	1.5	150	1690	210	45	25	35
Grilled Cajun Chicken Caesar - No Dressing	331	390	36	16	7	4	21	9.0	0.5	120	1110	210	45	25	35
Santa Fe Cajun Chicken Salad	507	1040	48	85	17	23	63	13	1.0	110	1940	80	20	30	45
Santa Fe Chicken Salad - No Dressing	447	710	46	81	16	23	28	10	0.5	110	1630	80	20	30	40
Field Greens Salad	232	190	7	17	4	10	15	2.5	0.1	15	610	10	25	25	10
Field Greens Salad - No Dressing	187	120	6	15	4	9	8	2	0.1	15	420	10	23	20	10
Warm Kale Salad	345	790	16	46	6	13	63	18	2	80	470	130	115	40	25
Warm Kale Salad - No Dressing	285	430	15	44	6	13	23	5	0.4	30	340	120	110	40	25
PIZZAS															
Italia Pizza	494	1100	68	94	5	3	52	25	0.2	160	3170	35	8	70	70
Margherita Pizza	353	700	36	89	5	0	24	13	1	60	1680	25	5	45	60
BURGERS (burger only, add your choice of sides shown below)															
Bigger Better Burger	317	780	50	52	3	8	40	13	1	180	1030	6	3	6	50
Cheddar Burger	345	900	57	53	3	8	49	19	1	210	1210	15	3	25	50
Mushroom Burger	447	910	54	57	5	10	52	20	2	210	1710	20	5	6	60
Bacon + Cheddar Burger	368	1020	66	53	3	8	59	22	1	235	1600	15	3	25	50
Bronx Burger	448	1130	65	62	4	14	68	29	2	245	2760	30	10	35	60
Veggie Burger	276	730	23	72	5	8	41	14	1	90	1810	20	2	30	30
Forager Burger	375	980	26	76	7	12	64	17	1	175	2190	25	10	35	40
SIDES FOR BURGERS & SANDWICHES															
Yukon Gold Fries - Side 8 oz	150	470	6	59	3	1	23	4	0.3	0	830	0	10	2	15
Yukon Gold Fries - Entrée 16 oz	299	930	11	119	5	1	47	8	1	0	1660	0	23	4	30
Yam Fries - Side 7 oz	144	450	2	57	7	17	23	1	0.3	0	890	170	18	4	0
Ketchup 1 fl oz	30	35	0.4	8	1	8	0	0	0	0	240	2	0	0	0
SANDWICHES (sandwich only, add your choice of sides shown above)															
Cajun Chicken Cheddar	316	740	45	53	5	2	40	12	1	120	1610	40	8	25	40
Chicken, Brie + Fig	364	750	44	70	6	18	33	11	0.1	130	1310	40	8	10	35
Chipotle Chicken Tacos	320	480	24	58	8	7	18	5	0.1	60	1460	15	45	25	20
Chicken Pibil Tacos	390	640	39	60	9	9	27	6	0.3	90	1550	20	35	20	15
Baja Fish Tacos	309	600	21	63	8	5	29	2	0.2	45	1350	6	45	15	10
NOODLES + WOKS															
Jeera Chicken Curry	820	1370	45	165	8	14	58	8	3	100	2480	35	23	15	40
Jeera Chicken Curry - No Naan	690	1060	38	109	6	12	53	8	3	65	1880	30	23	10	25
Mushroom Bolognese	522	890	26	102	9	12	44	14	1	55	1440	35	18	30	45
Mediterranean Linguini	597	840	26	98	8	7	39	11	0	35	1620	30	65	35	45
Mediterranean Linguini with Chicken	698	1090	54	98	8	7	54	12	0	110	2260	35	65	40	50
Mediterranean Linguini with Prawns	737	1170	51	99	8	7	64	18	1	255	2550	50	70	45	60
Hunan Kung Pao	642	960	21	121	8	41	45	4.5	0.5	0	3570	170	145	35	70
Hunan Kung Pao with Tofu	756	1160	32	129	9	47	57	6	1	0	4040	170	145	70	80
Hunan Kung Pao with Chicken	747	1180	46	127	8	46	53	6	0.5	65	4100	180	145	35	70
Hunan Kung Pao with Prawns	735	1140	36	128	8	46	53	6	1	135	4650	180	145	40	70
Bibimap Bowl	644	1200	20	108	6	19	77	8	1.5	180	3360	90	35	15	50
Bibimap Bowl + Tofu	744	1360	31	112	8	20	88	10	1.5	180	3780	90	35	50	60
Bibimap Bowl + Chicken	737	1400	41	110	7	19	89	11	1.5	250	3820	90	35	15	60
Bibimap Bowl + Beef	736	1450	44	110	7	19	93	13	1.5	240	3820	90	35	15	70
Bibimap Bowl + Prawns	723	1320	34	110	7	19	83	9	1.5	305	3920	90	35	15	70
Fettuccini Alfredo	600	1330	34	109	5	15	85	45	1	385	940	70	10	45	15



Daily Calorie and Sodium Requirements: Healthy adults should aim for 1500 to 2300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2000 to 2400 calories per day. Individual needs vary depending on age, activity level and gender.

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STEAKS (steak only, add your choice of sides shown below)															
Signature Top Sirloin - 6 oz	131	230	34	4	2	0	6	3	0	80	510	6	4	4	35
Signature Top Sirloin - 8 oz	167	260	39	4	2	0	7	3	0	95	520	6	4	4	45
New York Striploin - 10 oz	196	470	49	4	2	0	25	10	0	115	530	6	4	4	35
6 oz Steak Frites	397	1020	49	102	6	1	46	10	0.4	95	2810	6	23	8	60
Chimichurri Skirt Steak	506	720	42	47	7	12	42	9	1	115	2400	20	120	10	45
6 oz Steak + Sushi: Dynamite Roll	529	1210	54	109	6	32	60	10	1	185	4500	35	23	8	45
8 oz Steak + Sushi: Dynamite Roll	574	1240	65	114	7	34	54	8	0	205	4710	35	25	10	50
SAUCES FOR STEAKS															
Cabernet Steak Jus	90	160	2	6	1	1	9	5	0	25	360	8	1	2	4
Cajun Blackened (spice and butter)	21	100	1	3	2	0	10	6	1	25	650	25	3	2	10
Peppercorn	90	170	4	9	1	1	12	5	0	30	820	10	3	4	10
SIDES FOR STEAKS & MAINS															
Yukon Gold Mashed Potatoes	229	410	5	34	3	2	30	18	2	85	590	30	18	6	10
Horseradish 1 oz	28	15	0	3	1	1	0	0	0	0	70	0	10	2	2
Sauteed Prawns	172	240	27	1	0	0	12	7	1	275	360	20	3	6	30
Sauteed Button Mushrooms	158	140	4	6	2	2	12	7	1	30	670	10	3	2	10
Warm Potato Salad	217	670	9	25	2	2	60	17	1	85	1080	20	13	6	10
Coleslaw	162	290	2	9	2	5	28	3	1	20	540	4	35	6	6
Seasoned Jasmine Rice	159	300	4	50	2	4	9	2	0	0	620	0	2	4	4
Organic Summer Vegetable Medley	180	130	2	13	3	8	9	3	0	10	410	100	13	4	6
MAINS (main only, add your choice of sides shown above)															
Roast Chicken	182	290	59	0	0	0	4	1	0.0	155	720	2	0	2	8
Cajun Chicken	140	270	41	4	2	0	10	5	0.3	120	910	30	3	4	20
Rack of BBQ Back Ribs	416	1300	85	47	1	43	83	31	1	330	1680	0	1	15	30
BBQ Back Ribs + Cajun Chicken (half)	329	980	78	25	2	22	60	24	0.5	285	1370	15	2	10	30
BBQ Back Ribs + Cajun Chicken (full)	659	1970	155	51	4	43	121	49	2	570	2730	30	4	20	60
Lois Lake Steelhead Salmon	162	390	40	0	0	0	25	8	0.2	140	710	25	5	4	10
Fish + Chips	568	1340	41	96	5	5	86	9	2	95	2810	2	35	8	30
Feta Caper Dill Salmon	160	320	35	2	0	1	19	3	0	135	920	2	5	15	6
SIDES															
Yukon Gold Fries - Side 8 oz	150	470	6	59	3	1	23	4	0.3	0	830	0	10	2	15
Yukon Gold Fries - Entrée 16 oz	299	930	11	119	5	1	47	8	1	0	1660	0	23	4	30
Side Caesar Salad	106	230	5	6	2	1	21	4	0.4	20	450	20	15	10	8
Warm Potato Salad - Side	217	470	9	31	3	3	34	7	0	50	680	4	15	4	10
Half Chicken Breast (skin off)	111	180	36	0	0	0	3	1	0	95	670	0	0	0	6
Fettuccini Alfredo	200	440	11	36	2	5	28	15	0.4	130	310	25	3	15	6
DESSERTS															
Warm Chocolate Sticky Toffee Pudding	453	1450	18	203	11	131	68	40	2.5	275	980	50	1	20	45
Gold Digger Hot Toffee Sundae	330	930	12	138	2	57	40	22	1	100	500	30	1	25	10
Peanut Butter Skillet Cookie	217	830	17	88	4	66	48	19	1	130	610	25	0	10	30
Smoeres Skillet Cookie	205	740	9	106	3	76	33	19	1	135	480	20	0	15	30
Gingerbread Cake	395	1020	12	159	3	104	39	20	1.5	125	520	30	3	15	35
Pumpkin Pie	320	820	10	72	3	46	57	30	0.1	265	460	120	8	10	15
Chocolate Banana Cake	296	810	11	108	3	79	35	21	1	270	640	35	3	15	20
BRUNCH															
Fried Smashed Potatoes	155	330	3	30	3	1	22	12	1	45	560	15	15	2	10
Eggs Benedict	527	1350	42	74	5	5	101	53	1.5	935	2990	90	18	10	50
Croque Madame	387	1180	47	46	2	4	88	51	1	505	2480	90	5	60	35
Chorizo Hash	576	1330	39	43	7	6	115	50	1.5	795	1720	80	25	15	45
Blueberry French Toast	595	1290	36	204	9	47	33	16	1	205	1680	30	8	10	100
Breakfast Sandwich	447	1380	39	56	3	2	109	42	2	555	2150	60	5	30	45
Steak and Eggs	502	1190	44	74	8	12	81	33	2.5	530	2940	60	30	15	60
Lemon Blueberry Pancakes	352	830	15	108	4	67	39	20	2	265	1040	35	15	25	25
Avocado Supertoast	608	680	12	48	16	12	52	7	0	0	630	35	55	6	30
Brunch Avocado Supertoast	708	820	24	49	16	13	62	10	0	365	900	50	55	10	40
Filipino Breakfast Bowl	493	970	37	94	6	13	50	10	1	240	2050	15	23	10	30
BEVERAGES															
	mL														
Coke	240	100	0	26	0	26	0	0	0	0	30	0	0	0	0
Diet Coke	240	0	0	0	0	0	0	0	0	0	30	0	0	0	0
Sprite	240	100	0	26	0	26	0	0	0	0	45	0	0	0	0
Ginger Ale	240	90	0	24	0	24	0	0	0	0	25	0	0	0	0

