

SWISS CHALET
NUTRITION GUIDE



See back panel for details.

	SERVING SIZE	ENERGY	TOTAL FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	SATURATED & TRANS	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)
STARTERS																					
Garden Salad (not including dressing)	162	30	0.3	0	0	0	0	0	0	25	1	6	2	3	13	0	2	15	20	2	2
Caesar Salad	170	360	32	49	4	0	20	20	7	500	21	15	6	9	32	1	6	15	15	8	10
Greek Salad	183	220	18	28	5	0.4	27	15	5	640	27	9	3	3	12	5	5	15	35	8	8
Chalet Chicken Soup	355 ml	160	4	6	1	0	5	55	18	1350	56	17	6	2	8	1	14	8	0	4	8
Chicken Spring Rolls (2 pieces)	238	460	13	20	4	0	20	70	23	710	30	53	18	2	8	4	32	20	2	4	20
Sundried Garlic Cheese Loaf	276	910	57	88	34	1.5	178	160	53	1590	66	78	26	5	20	1	28	45	10	30	40
Sundried Garlic Loaf (without cheese)	219	700	39	60	24	1	125	100	33	1190	50	75	25	5	20	1	15	30	10	4	40
Perogies (7 pieces)	196	420	10	15	2	0.4	15	5	2	790	33	69	23	4	20	2	12	0	0	6	20
Chalet Chicken Wings (per 8 Mild Wings)	212	640	44	68	9	0.5	50	230	70	480	20	16	6	1	4	6	40	0	0	4	15
Dry Ribs	400	920	64	98	24	1	125	280	93	1880	78	4	1	0	0	0	76	0	0	35	80
WRAPS, SANDWICHES & BURGERS (NOT INCLUDING THE SIDE SERVINGS)																					
Messy Chicken Sandwich (white meat)	344	490	12	18	4	0.1	18	230	76	1530	64	40	13	1	4	5	56	0	0	10	20
Messy Chicken Sandwich (dark meat)	344	540	18	29	6	0.3	34	295	98	1570	66	41	13	2	8	5	50	0	0	15	25
Chicken Club Wrap	364	840	40	62	14	0.5	73	125	42	1480	62	61	20	4	16	4	56	25	15	60	35
Chicken on a Kaiser (white meat)	222	440	8	12	1.5	0.1	15	165	55	560	28	31	10	1	4	3	53	0	4	8	50
Chicken on a Kaiser (dark meat)	241	570	15	24	4	0.3	34	295	98	707	29	44	14	2	8	5	57	0	0	15	60
Chicken Quesadilla	290	590	18	28	8	2	50	65	22	1600	67	73	24	7	28	9	33	10	4	50	20
Grilled Santa Fe Chicken Sandwich (without corn chips and salsa)	240	380	4	6	0.8	0	4	100	33	1490	62	49	15	3	11	8	42	0	15	6	50
Hamburger (without bun and garnishes)	165	490	38	58	17	1.5	93	125	42	1150	48	1	0	0	0	0	35	0	0	2	30
Hamburger (with bun)	250	730	49	70	18	1.5	96	125	42	1600	67	44	14	1	4	5	45	0	4	8	75
Bacon Cheese Burger (without bun and garnishes)	200	630	42	67	23	3.5	124	160	53	1470	61	2	0	0	0	0	45	10	0	30	30
Bacon Cheese Burger (with bun)	285	870	46	68	24	3.5	127	160	53	1920	80	45	14	1	4	5	55	10	4	35	75
Veggie Burger (without bun and garnishes)	90	190	9	14	1.5	0	8	0	0	450	19	8	3	5	20	0	18	2	10	10	20
Veggie Burger (with bun)	175	430	13	20	3	0	11	0	0	900	38	51	17	6	22	5	28	2	14	15	65
ROTISSERIE CHICKEN																					
Quarter Chicken Breast (with skin)	149	300	11	18	3.5	0	16	200	66	490	20	3	0	3	12	0	47	4	0	1	8
Quarter Chicken Breast (skinless)	124	210	7	10	2	0	10	130	44	430	18	0	0	0	0	0	38	0	0	2	4
Quarter Chicken Leg (with skin)	139	310	19	31	6	0	30	235	78	430	18	2	0	2	8	0	35	4	0	4	10
Quarter Chicken Leg (skinless)	116	230	11	18	4	0	20	165	55	310	12	1	0	1	3	0	32	0	0	4	10
Half Chicken (with skin)	298	610	31	49	9	0	45	435	144	920	38	5	0	5	20	0	82	6	0	4	20
Double Leg (with skin)	278	630	38	62	12	0	60	465	156	860	36	4	0	4	20	0	70	6	0	6	20
Chicken Pot Pie	428	580	33	51	8	5	65	80	27	1550	65	42	14	3	12	4	31	25	35	8	15
FROM THE GRILL																					
Feature Cut BBQ Ribs	150	420	26	39	10	0.3	54	180	60	340	15	3	1	2	8	2	44	2	0	6	15
Regular Cut BBQ Ribs	226	630	38	59	15	0.4	80	270	90	520	23	4	2	2	9	2	66	4	0	10	25
Large Cut BBQ Ribs	452	1270	77	118	32	1	163	540	181	1040	45	9	4	4	18	4	131	10	0	20	45
Grilled Chicken Breast (without rice & flatbread)	115	130	1.5	2	0.5	0	3	105	35	770	32	1	0	0	0	0	28	0	4	0	2
Grilled Chicken Breast (with rice and flatbread)	330	500	8	12	1.5	0.5	10	105	35	1810	75	70	23	3	12	3	37	45	30	8	20
Grilled Chicken Caesar (without flatbread)	285	490	34	51	4.5	0	23	125	42	1270	53	16	6	9	32	1	34	2	4	8	10
SIDE SERVINGS																					
Fresh Cut Fries (Fried in Trans Fat Free Oil)	168	470	25	38	2.5	0.5	15	0	0	45	2	56	19	5	20	1	7	0	2	2	10
Baked Potato	284	220	0	0.1	0	0	0	0	0	1	0	48	15	5	20	0	0	0	10	0	10
Sour Cream & Chives	43 ml	70	5	8	3.5	0.2	19	15	5	35	1	3	1	0	0	2	2	6	0	4	0
Butter	10	70	8	12	5	0.2	26	20	6	55	2	0	0	0	0	0	10	0	0	0	0
Mashed Potatoes	140	100	3.5	5	1.5	0.5	10	5	2	600	25	17	6	2	8	0	1	0	4	2	2
Gravy	113	45	1.5	2	0.5	0	3	0	0	590	24	7	2	0	0	1	1	0	0	2	2
Side Garden Salad (without dressing)	122	15	0.3	0	0	0	0	0	0	20	1	4	1	2	8	0	0	10	10	1	1
Side Caesar Salad	100	210	19	29	2	0	10	15	4	300	13	9	4	5	19	0	4	10	10	6	6
Side Greek Salad	107	130	11	17	3	0.2	16	10	3	380	16	5	2	2	7	3	3	10	20	6	6
Traditional Coleslaw	180	200	14	22	0	0.2	1	0	0	460	19	15	5	3	12	12	2	25	60	6	6
Ramekin of Coleslaw	64	70	5	8	0	0.1	1	0	0	160	7	5	2	1	4	4	1	10	25	2	2
Rice Pilaf	170	240	3	5	0.5	0.4	5	0	0	870	36	48	16	1	4	1	5	45	25	4	15
Corn	170	140	2	4	0.5	0	3	5	2	47	2	24	8	4	16	7	0	0	0	2	4
Sautéed Mushrooms	170	220	16	25	2.5	0	14	10	3	350	15	11	4	4	16	4	6	0	0	0	6
Fresh Vegetables	170	80	1	2	0.1	0	0	0	0	36	1	15	5	7	28	2	0	25	45	6	2
Fresh Corn Chips	28	140	7	11	0.5	0.1	3	0	0	110	5	19	6	2	8	0	2	0	0	2	2



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SIDE SERVINGS																					
Oven-baked Roll (homestyle white)	51	130	0.5	1	0.1	0.1	1	0	0	270	11	27	9	1	4	1	5	0	2	4	15
Oven-baked Roll (Multigrain)	56	150	2	3	0.4	0.1	2	0	0	210	9	28	9	2	9	1	6	0	15	2	15
Chinese Noodles	160	230	2	3	0.3	0	2	0	0	190	8	44	15	0	0	0	10	0	0	2	20
Flatbread	46	140	3.5	5	0.5	0	3	0	0	170	7	22	7	2	8	1	4	0	0	4	4
SALAD DRESSINGS & DIPS																					
Famous Chalet Sauce	100 ml	30	0.6	1	0.2	0	2	0	0	550	23	5	2	0	0	2	0.4	1	0	1	1
Fat-Free Raspberry Vinaigrette	15 ml	15	0	0	0	0	0	0	0	65	3	3	1	0	0	2	0	0	0	0	0
Ranch Dressing	15 ml	50	6	9	1	0.1	6	5	2	100	4	1	0	0	0	0	0.2	0	0	0	0
Chalet Dressing	15 ml	80	7	11	1	0.1	6	0	0	200	8	3	1	0	0	3	0.1	0	0	0	0
Caesar Dressing	15 ml	90	9	14	1.5	0.1	8	5	0	105	4	1	0	0	0	0	0.2	0	0	0	0
Light Italian Dressing	15 ml	35	4	6	0.5	0.1	3	0	0	160	7	1	0	0	0	1	0	0	2	0	0
Balsamic Vinaigrette	15 ml	40	4	6	0.5	0	3	0	0	160	7	2	1	0	0	2	0	0	0	0	0
Greek Dressing	15 ml	70	7	11	1	0.1	6	0	0	140	6	1	0	0	0	1	0.1	0	0	0	0
Asian Sesame Dressing	15 ml	30	1.3	0	0.1	0	0	0	0	130	5	5	2	0	0	5	0.5	0	3	0	1
Light Mayonnaise	15 ml	45	4.5	7	0.5	0	3	0	0	130	5	1	0	0	0	0	0.1	2	0	0	0
Blue Cheese Dip	15 ml	70	7	11	1	0.1	6	5	2	140	6	1	0	0	0	1	0.3	0	0	0	0
Cajun Sauce Dip	57 ml	100	9	14	4	0	20	20	7	290	12	3	1	0	0	0	2	8	2	6	2
Tangy Plum Sauce	28	50	0	0	0	0	0	0	0	280	12	24	7	0	0	22	0	0	0	0	0
Salsa	50	20	0	0	0	0	0	0	0	380	15	4	1	0	0	3	1	1	16	2	2
WHOLESOME CHOICES																					
Garden Fresh Quarter Chicken Breast Dinner (including garden salad & fresh vegetables)	368	360	11	18	3.5	0	16	200	66	745	31	14	4	8	32	3	50	40	60	4	16
Santa Fe Grilled Chicken Salad (with flatbread, without dressing)	354	300	4	6	1	0.1	6	105	35	1100	46	35	12	5	20	6	34	60	60	6	10
Oriental Rotisserie Chicken Salad (without dressing and noodles)	460	300	11	17	3	0	15	165	55	400	17	14	5	3	12	5	37	40	10	10	15
Oriental Noodles	28	130	6	9	0.5	0	3	5	2	10	0	16	5	1	4	0	4	0	0	0	10
Spinach Rotisserie Chicken Salad (without dressing and tortillas)	428	370	10	16	3	0.2	24	255	85	634	26	19	6	6	24	9	46	100	110	25	45
Tortillas	26	150	10	15	1.5	0.4	10	0	0	180	8	13	4	1	4	0	2	0	0	2	2
Vegetable Stir Fry (without rice or noodles)	432	270	2.5	4	0.4	0	2	0	0	1590	66	54	18	6	24	28	7	30	110	8	10
Vegetable Stir Fry with Grilled Chicken Breast (without rice or noodles)	547	400	4	6	1	0	5	105	35	2360	98	55	18	6	24	28	35	30	115	8	21
KIDS' MEALS (not including sides)																					
Chicken Strips (3 strips)	114	310	16	25	2	1	15	40	13	880	37	24	8	1	4	1	19	0	0	2	10
Mini Chicken Sandwiches (2)	151	280	8	12	2	0	10	60	20	710	30	30	10	2	8	2	23	2	4	4	15
Mini Burgers (2)	138	360	18	28	8	0.5	43	50	17	640	27	32	11	2	8	4	22	0	0	8	30
Cheesy Pizza	150	370	13	20	6	0.3	32	30	10	860	36	45	15	2	8	3	17	10	4	30	20
Grilled Cheese	138	510	33	51	10	4	70	25	8	1120	47	42	14	2	8	4	11	35	0	40	15
Chicken Thigh & Drumstick (with Skin)	139	310	19	31	6	0	30	235	78	430	18	2	0	2	10	0	35	3	0	4	10
DESSERTS																					
Colossal Caramel Fudge Cheesecake	200	700	39	59	19	3.5	113	170	57	390	16	78	26	2	8	50	10	20	0	20	15
Chocolate Eruption Cheesecake	200	820	55	85	31	2.5	168	140	47	310	13	72	24	3	12	48	9	20	0	10	45
Coconut Cream Pie	106	310	20	31	14	0.7	83	20	7	190	8	23	13	1	4	19	3	0	0	2	4
Carrot Cake	156	740	48	68	16	7	88	94	30	260	11	70	23	5	17	28	8	10	0	6	10
Perfect Pecan Pie	120	530	28	39	6	0.3	26	85	23	130	6	66	21	4	16	30	5	10	0	2	10
Swiss Alps Chocolate Layer Cake (Cake Only)	125	590	39	59	12	6	88	75	31	210	9	55	18	4	18	22	6	4	0	4	10
Lemon Meringue Pie	113	295	9	14	3	0.1	21	20	7	200	9	65	16	1	2	37	3	0	0	2	6
Baked Apple Blossom	160	470	28	39	8	6	63	10	3	430	18	52	21	6	10	16	5	0	6	0	15
Classic Apple Pie	136	330	14	22	6	0.7	36	0	0	170	7	49	16	2	8	30	3	0	12	0	8
Ice Cream - Vanilla	125 ml	120	6	9	2.5	0.2	14	20	7	50	2	17	5	0	0	13	1	4	0	4	0
Ice Cream - Chocolate	125 ml	130	5	8	3	0.2	16	20	6	35	1	19	6	1	4	14	1	6	0	4	6
Ice Cream - Cookies and Cream	125 ml	140	7	11	4.5	0.2	24	20	6	70	3	20	7	0	0	15	1	4	0	4	2
Cranberry Raspberry Frozen Yogurt	125 ml	110	2	3	1	0	5	10	3	50	2	22	8	0	0	15	3	2	0	8	2
Orange Sherbert	125 ml	140	1	2	0.5	0	3	4	1	15	1	33	10	0	0	27	0.5	0	4	2	0
Sauce - Butterscotch	34	100	0	0	0	0	0	0	0	67	4	24	8	0	0	17	0.3	0	0	0	0
Sauce - Chocolate	34	80	0	0	0	0	0	0	0	15	1	20	7	0	0	15	0.6	0	0	0	6
Sauce - Strawberry	34	40	0	0	0	0	0	0	0	0	0	10	3	0	0	10	0	0	15	0	0