SWISS CHALET NUTRITION GUIDE  See back panel for details	© SERVING SIZE	(po)	© TOTAL FAT	TOTAL FAT	© SATURATED FAT	© TRANS FAT	Alped %)	(bu) CHOLESTEROL	CHOLESTEROL	Wnidos (mg)	Wnigos (% Daily	© CARBOHYDRATE	Alied %)	(b)	(% Daily	© SUGAR	© PROTEIN	A NITAMIN A	ALLAWIIN C	CALCIUM (% Daily	WO Daily
See back panel for details.				Value)			Value)		Value)		Value)		Value)		Value)			Value)	Value)	Value)	Value)
Garden Salad (not including dressing) Caesar Salad Greek Salad Chalet Chicken Soup Chicken Spring Rolls (2 pieces) Chicken Strips (4 strips) Sundried Garlic Cheese Loaf Sundried Garlic Loaf without cheese Perogies (7 pieces) Chalet Chicken Wings (per 8 Mild Wings) WRAPS, SANDWICHES & BURGERS (NOT	162 170 183 355 ml 238 152 266 210 196 346	30 360 220 160 460 420 730 520 420 1030	0.3 32 18 4 13 21 31 14 10 59	0 49 28 6 20 32 48 22 15 91	0 4 5 1 4 2.5 19 8 2	0 0.4 0 0 1 1.5 1 0.4 0.3	0 20 27 5 20 18 102 45 15	0 20 15 55 70 55 90 40 5	0 7 5 18 23 18 30 13 2 155	25 500 640 1350 710 1170 1810 1400 790 950	1 21 27 56 30 49 76 58 33 39	6 15 9 17 53 32 83 81 69 38	2 6 3 6 18 11 28 27 23 13	3 9 3 2 2 2 5 5 4 2	13 32 12 8 8 8 20 20 16 8	0 1 5 1 4 1 7 6 2 12	2 6 5 14 32 26 30 16 12 87	15 15 15 8 20 0 40 20 0	20 15 35 0 2 0 15 15 0	2 8 8 4 4 2 50 15 6 15	2 10 8 8 20 15 50 50 20 25
Messy Chicken Sandwich (white meat) Messy Chicken Sandwich (dark meat) Chicken Club Wrap  Chicken on a Kaiser (white meat) Chicken on a Kaiser (dark meat) Grilled Santa Fe Chicken Sandwich	344 344 270 222 241 240	490 540 570 440 570 380	12 18 20 8 15 4	18 29 31 12 24 6	4 6 8 1.5 4 0.8	0.1 0.3 1 0.1 0.3 0	18 34 43 15 34 4	230 295 170 165 295 100	76 98 56 55 98 33	1530 1570 1620 560 707 1490	64 66 69 28 29 62	40 41 51 31 44 49	13 13 16 10 14	1 2 3 1 2 3	4 8 11 4 8	5 5 3 3 5 8	56 50 43 53 57 42	0 0 0 0 0	0 0 10 4 0	10 15 20 8 15 6	20 25 40 50 60 50
(without corn chips and salsa) Chicken Quesadilla (without salsa and sour cream) Swiss Burger (without bun and garnishes) Swiss Burger with bun Bacon Cheese Burger (without bun and garnishes) Bacon Cheese Burger with bun Veggie Burger (without bun and garnishes) Veggie Burger (without bun and garnishes)	290 165 250 200 285 90 175	590 490 730 630 870 190 430	18 38 49 42 46 9	28 58 70 67 68 14 20	8 17 18 23 24 1.5	2 1.5 1.5 3.5 3.5 0	50 93 96 124 127 8 11	65 125 125 160 160 0	22 42 42 53 53 0 0	1600 1150 1600 1470 1920 450 900	67 48 67 61 80 19 38	73 1 44 2 45 8 51	24 0 14 0 14 3 17	7 0 1 0 1 5 6	28 0 4 0 0 20 24	9 0 5 0 5 0 5	33 35 45 45 55 18 28	10 0 0 10 10 2 2	4 0 4 0 4 10 14	5 2 8 30 35 10 15	20 30 75 30 75 20 65
ROTISSERIE CHICKEN																					
Quarter Chicken Breast (with skin) Quarter Chicken Breast (skinless) Quarter Chicken Leg (with skin) Quarter Chicken Leg (skinless) Half Chicken with skin Double Leg with skin Chicken Pot Pie	149 124 139 116 298 278 388	300 210 310 230 610 630 640	11 7 19 11 31 38 33	18 10 31 18 49 62 51	3.5 2 6 4 9 12 9	0 0 0 0 0 0 7	16 10 30 20 45 60 80	200 130 235 165 435 465 135	66 44 78 55 144 156 45	490 430 430 310 920 860 1420	20 18 18 12 38 36 59	3 0 2 1 5 4 52	0 0 0 0 0 0 0	3 0 2 1 5 4 4	12 0 10 3 22 20 16	0 0 0 0 0	47 38 35 32 82 70 36	4 0 4 0 6 6 8	0 0 0 0 0 0	1 2 4 4 4 6 20	8 4 10 10 20 20 25
FROM THE GRILL																					
Feature Cut BBQ Ribs Regular Cut BBQ Ribs Large Cut BBQ Ribs Grilled Chicken Breast by itself Grilled Chicken Breast (includes rice & flatbread) Grilled Chicken Caesar (without flatbread)	150 226 452 115 330 285	420 630 1270 130 530 490	26 38 77 1.5 7 34	39 59 118 2 8 51	10 15 32 0.5 1.3 4.5	0.3 0.4 1 0 1	54 80 163 3 12 23	180 270 540 105 105 125	60 90 181 35 35 42	340 520 1040 770 2050 1270	15 23 45 32 85 53	3 4 9 1 80 16	1 2 4 0 27 6	2 4 0 3 9	6 9 18 0 12 32	2 4 0 2 1	44 66 131 28 37 34	2 4 10 0 4 2	0 0 0 4 4 4	6 10 20 0 8 8	15 25 45 2 15
SIDE SERVINGS																					
Fresh Cut Fries — cooked in trans-fat free oil  Baked Potato Sour Cream & Chives Butter Mashed Potatoes Gravy  Side Garden Salad (without dressing) Side Caesar Salad Side Greek Salad Traditional Coleslaw Ramekin of Coleslaw Rice Pilaf  Corn Sautéed Mushrooms	168 284 43 ml 10 140 113 122 100 107 180 64 170 170 170	470 220 70 70 140 40 15 210 130 190 70 280 140 220 80	25 0 5 8 5 1 0.3 19 11 12 4 3.5 2 16 1	38 0.1 8 12 8 2 0 29 17 18 6 5 4 25 2	2.5 0 3.5 5 1.5 0.4 0 2 3 2 0.5 0.5 0.5 0.5 0.5	0.5 0 0.2 0.1 0 0 0 0.2 0 0 1 0 0	15 0 19 26 8 2 0 10 16 10 4 8 3 14	0 0 15 20 5 0 0 15 10 20 5 0 5	0 0 5 6 1 0 4 3 6 2 0 2 3	45 1 35 55 500 630 20 300 380 340 120 1000 47 350 36	2 0 1 2 21 26 1 13 16 14 5 42 2 15	56 48 3 0 21 7 4 9 5 18 6 57 24 11	19 15 1 0 7 2 1 4 2 6 2 19 8 4	5 0 0 1 0 2 5 2 3 1 2 4 4	20 20 0 0 4 0 8 19 7 12 4 8 16 16	1 0 2 0 1 0 0 0 3 8 3 1 7 4	7 0 2 0 2 1 0 4 3 1 0 5 0 6	0 0 6 10 8 0 10 10 10 10 4 4 4 0 0	2 10 0 0 0 0 10 10 20 45 15 0 0	2 0 4 0 2 2 1 6 6 2 1 8 2 0 6	10 10 0 0 2 2 1 6 6 1 0 4 4 6
Fresh Corn Chips Homestyle White Oven-Baked Roll Multi-Grain Oven-Baked Roll	28 51 56	140 130 150	7 0.5 2	11 1 3	0.5 0.1 0.4	0.1 0 0	3 1 2	0 0	0 0	0 270 210	0 11 9	19 27 28	6 9	2 1 2	8 4 9	0 1 1	2 5 6	0 0 0	0 2 15	2 4 2	2 15 15

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	VITAMINC	CALCIUM	IRON
SIDE SERVINGS	(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)
Chinese Noodles Flatbread	160 46	230 120	2 1.5	3 2	0.3 0.2	0	2	0	0	190 290	8 12	44 23	15 8	0	0 4	0 2	10 4	0	0 0	2	20 10
SALAD DRESSINGS & DIPS	40	120	1.3	2	0.2	U	'	0	0	290	12	23	0	'	4	2	4	U	U	2	10
Famous Chalet Sauce — low in fat  No-fat Raspberry Vinaigrette Ranch Dressing Chalet Dressing Caesar Dressing Light Italian Dressing Balsamic Vinaigrette French Dressing Thousand Island Dressing Greek Dressing Thai Sesame Dressing Light Mayonnaise Blue Cheese Dip Cajun Sauce Dip Tangy Plum Sauce Salsa	100 ml 15 ml 15 ml 15 ml 43 ml 15 ml 15 ml 15 ml 15 ml 15 ml 15 ml 15 ml 28 ml	30 15 70 65 220 35 70 65 55 80 45 50 35 50 20	0.6 0 7 6 23 2 7 6 6 8 3.5 5 5 0 0	1 0 11 9 35 3 11 9 8 12 6 8 8 0 0	0.2 0 1 1 2 0.3 1 1 1 0.5 0.3 1 0.5	0 0 0 0 0.5 0 0 0 0 0	2 0 5 4 13 2 5 4 4 5 3 2 5 0 0	0 0 5 0 5 0 0 5 0 0 5 0 0 0 0	0 0 2 0 1 0 0 0 0 1 0 0 0 0 2 0 0	550 65 135 190 390 180 135 120 115 140 225 140 180 290 280 200	23 3 6 8 16 8 5 5 6 10 6 8 12 12 8	5 3 1 3 3 2 2 2 1 3 1 2 9 13 4	2 1 0 1 1 1 1 1 0 1 0 1 3 4 1	0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	2 2 1 3 0 1 1 1 2 2 0 3 0 1 7 10 3	0.4 0.1 0.2 0.1 1 0.2 0 0 0.1 0.1 0.5 0 0.2 0.2 0.2 1	1 0 0 2 0 0 0 1 0 0 2 0 0 0 4 0	0 0 0 1 0 1 0 0 0 0 0 0 0 4 0 4	1 0 0 0 2 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0	1 0 0 0 2 0 0 0 0 0 0 2 0 0 0 0 2 0
WHOLESOME CHOICES  To Garden Fresh Quarter Chicken Breast Dinner (Including garden solad & fresh vegetables)  Garden Fresh Quarter Chicken Leg Dinner (Including garden solad & fresh vegetables)  Santa Fe Grilled Chicken Salad (with flatbread, without dressing)  Oriental Rotisserie Chicken Salad (without dressing and noodles)  Oriental Noodles  Spinach Rotisserie Chicken Salad (without dressing and tortillas)  Tortillas  Vegetable Stir Fry (without rice or noodles)  Vegetable Stir Fry with Grilled Chicken Breast (without rice or noodles)	368 348 354 460 28 428 26 432 547	360 370 300 300 130 370 150 270 400	11 20 4 11 6 10 10 2.5 4	18 33 6 17 9 16 15 4 6	3.5 6 1 3 0.5 3 1.5 0.4 1	0 0 0.1 0 0 0.2 0.4 0	16 30 6 15 3 24 10 2 5	200 235 105 165 5 255 0 0	66 78 35 55 2 85 0 0 35	745 685 1100 400 10 634 180 1590 2360	31 29 46 17 0 26 8 66 98	14 13 35 14 16 19 13 54 55	4 3 12 5 6 4 18 18	8 7 5 3 1 6 1 6 6	32 30 20 12 4 24 4 24 24 24	3 3 6 5 0 9 0 28 28	50 38 34 37 4 46 2 7 35	40 40 60 40 0 100 0 30 30	60 60 60 10 0 110 0 110	4 6 6 10 0 25 2 8 8	16 20 10 15 10 45 2 10
KIDS' MEALS (not including sides)  Chicken Strips (3 strips)  Burger Patty only  Burger with bun  Cheese Pizza  Chicken Sandwich  Quarter Chicken Leg (with skin)  DESSERTS	114 45 90 150 120 139	310 130 240 360 270 300	16 10 12 12 9 19	25 22 24 18 13 31	2 4 4.5 5 3 6	1 0.4 0.4 2 0.1 0	15 22 24 35 16 30	40 35 35 20 140 235	13 12 12 7 46 78	880 190 440 630 480 430	37 8 18 26 21 18	24 1 22 49 21 1	8 0 8 16 8 0	1 0 1 3 1 2	4 0 4 12 4 10	1 1 3 4 2 0	19 10 14 14 25 35	0 0 0 2 0 3	0 0 0 4 0	2 0 2 10 6 4	10 10 20 10 15
Colossal Caramel Fudge Cheesecake Chocolate Eruption Cheesecake Coconut Cream Pie Carrot Cake Perfect Pecan Pie Swiss Alps Chocolate Layer Cake (Cake Only) Lemon Meringue Pie Baked Apple Blossom Classic Apple Pie Ice Cream - Vanilla Ice Cream - Chocolate Ice Cream - Butter Pecan Cranberry Raspberry Frozen Yogurt Orange Sherbert Sauce - Butterscotch Sauce - Strawberry	200 200 106 156 120 125 113 160 136 125 ml 125 ml 125 ml 125 ml 34 34 34	700 820 310 700 530 590 280 490 330 125 115 150 120 140 100 80	39 55 16 45 28 39 9 25 14 6 5 7 2 1 0 0	59 85 24 68 43 59 14 38 22 9 8 11 3 2 0 0	19 31 10 16 4 12 9 8 3.5 2 3 3 1 0 0	3.5 2.5 2.5 3 4.5 6 2 4.5 4 0.3 0.3 0.2 0 0	113 168 63 88 43 88 58 63 37 12 17 16 5 0	170 140 0 50 65 75 40 10 20 15 20 10 5 0	57 47 0 15 22 31 13 3 0 7 5 7 3 1 0 0	390 310 220 400 410 210 180 420 180 60 50 60 50 45 105	16 13 9 17 17 9 8 18 7 3 3 2 2 2 2 5 1 0	78 72 39 70 63 55 47 62 49 16 17 21 23 31 26 20 9	26 24 13 23 21 18 16 21 16 5 6 7 8 10 8 7	2 3 1 5 4 4 1 2 2 0 0 0 0 0 0	8 12 4 17 16 18 2 8 8 0 4 0 0 0 0	50 48 27 58 37 22 31 17 30 8 10 13 16 0 17 15 8	10 9 3 6 6 6 3 5 3 1 1 2 3 1 0.3 0.6	20 20 0 10 10 4 0 0 4 6 4 2 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	20 10 4 6 2 4 0 2 0 2 2 6 8 4 0 0	15 40 6 10 10 10 10 6 20 8 0 4 0 2 0 0 6

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