


SWISS CHALET  
NUTRITION GUIDE




See back panel for details.

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
Chicken Strips (4 strips)	152	420	21	32	2.5	1	18	55	18	1170	49	32	11	2	8	1	26	0	0	2	15
Sundried Garlic Cheese Loaf	266	730	31	48	19	1.5	102	90	30	1810	76	83	28	5	20	7	30	40	15	50	50
Sundried Garlic Loaf without cheese	210	520	14	22	8	1	45	40	13	1400	58	81	27	5	20	6	16	20	15	50	50
Perogies (7 pieces)	196	420	10	15	2	0.4	15	5	2	790	33	69	23	4	16	2	12	0	0	6	20
Chalet Chicken Wings (per 8 Mild Wings)	346	1030	59	91	11	0.3	57	465	155	950	39	38	13	2	8	12	87	0	0	15	25

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	270	570	20	31	8	1	43	170	56	1620	69	51	16	3	11	3	43	0	10	20	40
 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
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
Chicken Quesadilla (without salsa and sour cream)	290	590	18	28	8	2	50	65	22	1600	67	73	24	7	28	9	33	10	4	5	20
Swiss Burger (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
Swiss Burger 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	0	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	24	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	38	0	0	2	4	
Quarter Chicken Leg (with skin)	139	310	19	31	6	0	30	235	78	430	18	2	0	2	10	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	22	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	388	640	33	51	9	7	80	135	45	1420	59	52	17	4	16	8	36	8	15	20	25

FROM THE GRILL

Feature Cut BBQ Ribs	150	420	26	39	10	0.3	54	180	60	340	15	3	1	2	6	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 by itself	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 (includes rice & flatbread)	330	530	7	8	1.3	1	12	105	35	2050	85	80	27	3	12	2	37	4	4	8	15
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 – cooked 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	140	5	8	1.5	0.1	8	5	1	500	21	21	7	1	4	1	2	8	0	2	2
Gravy	113	40	1	2	0.4	0	2	0	0	630	26	7	2	0	0	0	1	0	0	2	2
 Side Garden Salad (without dressing)	122	15	0.3	0	0	0	0	0	0	0	20	1	4	1	2	8	0	0	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	190	12	18	2	0	10	20	6	340	14	18	6	3	12	8	1	10	45	2	1
Ramekin of Coleslaw	64	70	4	6	0.5	0	4	5	2	120	5	6	2	1	4	3	0	4	15	1	0
Rice Pilaf	170	280	3.5	5	0.5	1	8	0	0	1000	42	57	19	2	8	1	5	4	0	8	4
 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	8	2	0	25	45	6	2
Fresh Corn Chips	28	140	7	11	0.5	0.1	3	0	0	0	0	19	6	2	8	0	0	2	0	2	2
Homestyle White Oven-Baked Roll	51	130	0.5	1	0.1	0	1	0	0	270	11	27	9	1	4	1	5	0	2	4	15
Multi-Grain Oven-Baked Roll	56	150	2	3	0.4	0	2	0	0	210	9	28	9	2	9	1	6	0	15	2	15




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SIDE SERVINGS

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	120	1.5	2	0.2	0	1	0	0	290	12	23	8	1	4	2	4	0	0	2	10

SALAD DRESSINGS & DIPS

Famous Chalet Sauce – low in fat	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
 No-fat Raspberry Vinaigrette	15 ml	15	0	0	0	0	0	0	0	65	3	3	1	0	0	2	0.1	0	0	0	0
Ranch Dressing	15 ml	70	7	11	1	0	5	5	2	135	6	1	0	0	0	1	0.2	0	0	0	0
Chalet Dressing	15 ml	65	6	9	1	0	4	0	0	190	8	3	1	0	0	3	0.1	2	1	0	0
Caesar Dressing	43 ml	220	23	35	2	0.5	13	5	1	390	16	3	1	0	0	0	1	0	0	2	2
Light Italian Dressing	15 ml	35	2	3	0.3	0	2	0	0	180	8	3	1	0	0	1	0.2	0	1	0	0
Balsamic Vinaigrette	15 ml	70	7	11	1	0	5	0	0	135	5	2	1	0	0	1	0	0	0	0	0
French Dressing	15 ml	65	6	9	1	0	4	0	0	120	5	2	1	0	0	2	0	1	0	0	0
Thousand Island Dressing	15 ml	55	6	8	1	0	4	5	1	115	5	2	1	0	0	2	0.1	0	0	1	0
Greek Dressing	15 ml	80	8	12	1	0	5	0	0	140	6	1	0	0	0	0	0.1	0	0	0	0
Thai Sesame Dressing	15 ml	45	3.5	6	0.5	0	3	0	0	225	10	3	1	0	0	3	0.5	2	0	0	2
Light Mayonnaise	15 ml	45	5	8	0.3	0	2	0	0	140	6	1	0	0	0	0	0	0	0	0	0
Blue Cheese Dip	15 ml	50	5	8	1	0	5	5	2	180	8	2	1	0	0	1	0.2	0	0	0	0
Cajun Sauce Dip	30 ml	35	0	0	0	0	0	0	0	290	12	9	3	0	0	7	0.2	4	4	0	2
Tangy Plum Sauce	28	50	0	0	0	0	0	0	0	280	12	13	4	0	0	10	0	0	0	0	0
Salsa	50	20	0	0	0	0	0	0	0	200	8	4	1	0	0	3	1	1	4	4	4

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
Garden Fresh Quarter Chicken Leg Dinner (including garden salad & fresh vegetables)	348	370	20	33	6	0	30	235	78	685	29	13	3	7	30	3	38	40	60	6	20
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	10