

SWISS CHALET
NUTRITION GUIDE

STARTERS

Garden Salad (not including dressing)	162	30	2	0	0	0	0	0	0	6	2	3	13	0	40	2	2	2	15	20
Caesar Salad	170	363	6	32	49	4	0	20	22	15	6	9	32	1	500	21	8	10	15	15
Greek Salad	183	220	5	18	28	5	0.4	27	15	9	3	3	12	5	640	27	8	8	15	35
Chalet Chicken Soup	355 ml	160	14	4	6	1	0	5	55	17	6	2	8	1	1350	56	4	8	8	0
Chicken Fingers (4 strips)	176	560	28	32	48	4	0.8	24	60	40	12	4	16	0	1080	44	8	6	0	0
Sundried Garlic Cheese Loaf	266	732	30	31	48	19	1.5	102	91	83	28	5	20	7	1814	76	52	51	39	16
Sundried Garlic Cheese Loaf (without cheese)	210	520	16	14	22	8	1	45	40	81	27	5	20	6	1406	58	15	50	22	15
Perogies (7 pieces)	196	420	12	10	15	2	0.4	15	5	69	23	4	16	2	790	33	6	20	0	0
Chalet Chicken Wings (8 mild wings)	346	1030	87	59	91	11	0.3	57	465	38	13	2	8	12	950	39	15	25	0	0

WRAPS, SANDWICHES & BURGERS (not including the Side Servings)

Messy Chicken Sandwich (white meat)	344	485	56	11.5	18	4	0.1	18	228	40	13			5	1529	64	9	17	0	0
Messy Chicken Sandwich (dark meat)	344	536	50	18	29	6	0.3	34	294	41	13	2	8	5	1568	66	15	26	0	0
Chicken Club Wrap	270	680	43	32	49	9	1	51	190	51	16	3	11	3	1540	65	20	40	0	10
Chicken on a Kaiser (white meat)	241	515	59	13	19	3.3	0.2	17	228	43	14	1	4	5	999	42	9	50	0	4
Chicken on a Kaiser (dark meat)	241	566	57	19	30	6.1	0.3	34	294	44	14	2	8	5	1038	43	15	59	0	0
Grilled Santa Fe Chicken Sandwich (without corn chips and salsa)	240	430	42	10	15	1.5	0	8	108	49	15	3	11	8	1450	60	6	51	0	13
Swiss Burger (without bun and garnishes)	165	490	35	38	58	17	1.5	93	125	1	0	0	0	0	1150	48	2	30	0	0
Swiss Burger (with bun)	250	730	45	49	70	18	1.5	96	125	44	14	1	4	5	1600	67	8	75	0	4
Bacon Cheese Burger (without bun and garnishes)	200	629	45	42	67	23	3.6	124	158	2	0	0	0	0	1469	61	29	30	10	0
Bacon Cheese Burger (with bun)	285	869	55	46	68	24	3.6	127	158	45	14	1	0	5	1919	80	35	75	10	4
Veggie Burger (without bun and garnishes)	100	200	19	10	15	3	4.5	38	0	8	3	5	20	0	270	30	10	20	0	0
Veggie Burger (with bun)	185	440	29	14	21	4	4.5	41	0	51	17	6	24	5	720	49	16	65	0	4

ROTISSERIE CHICKEN

Quarter Chicken Breast (with skin)	159	300	47	12	18	3	0	15	200	1	0	3	12	0	487	20	1	7	3	0
Quarter Chicken Breast (skinless)	124	215	38	7	10	2	0	10	132	0	0	0	0	0	434	18	2	4	0	0
Quarter Chicken Leg (with skin)	139	314	35	19	31	6	0	30	233	1	0	2	10	0	432	18	3	11	3	0
Quarter Chicken Leg (skinless)	116	233	32	11	18	4	0	20	166	1	0	1	3	0	310	12	3	11	0	0
Half Chicken White (with skin)	298	614	82	31	49	9	0	45	433	2	0	5	22	0	919	38	4	18	6	0
Double Leg (with skin)	278	628	70	38	62	12	0	60	466	2	0	4	20	0	864	36	6	22	6	0
Chicken Pot Pie	388	640	36	33	51	9	7	80	135	52	17	4	16	8	1420	59	20	25	8	15

FROM THE GRILL

Feature Cut BBQ Ribs	150	420	44	26	39	10	0.3	54	180	3	1	2	6	2	340	15	6	15	2	0
Regular Cut BBQ Ribs	226	630	66	38	59	15	0.4	80	270	4	2	2	9	2	520	23	10	25	4	0
Large Cut BBQ Ribs	452	1270	131	77	118	32	1	163	540	9	4	4	18	4	1040	45	20	45	10	0
Grilled Chicken Breast (without rice & flatbread)	115	130	28	1.5	2	0.5	0	3	105	1	0	0	0	0	770	32	0	2	0	4
Grilled Chicken Breast (with rice & flatbread)	376	650	41	7.5	10	1.3	1	13	105	104	34	4	16	4	2340	98	10	24	4	4
Grilled Chicken Caesar (without flatbread)	285	493	34	34	51	4.5	0	23	127	16	6	9	32	1	1270	53	8	12	2	4
Entrée Salad with Chicken (without flatbread)	400	408	33	25	38	6.4	0.8	36	128	13	5	5	19	8	1888	78	16	12	20	72
Entrée Salad (Vegetable) (without flatbread)	300	270	6	21	33	6	0.9	33	25	14	5	4	18	6	1329	55	13	9	25	107

SIDE SERVINGS

Fresh Cut Fries	168	470	7	25	38	2.5	0.5	15	0	56	19	5	20	1	45	2	2	10	0	2
Baked Potato	250	220	8	0	0	0	0	0	0	48	15	5	20	0	0	0	0	10	0	10
Sour Cream & Chives	43 ml	70	2	5	8	3.5	0.2	19	15	3	1	0	0	2	35	1	4	0	6	0
Butter	10	70	0	8	12	5	0.2	26	20	0	0	0	0	0	55	2	0	0	10	0
Mashed Potatoes	140	140	2	5	8	1.5	0.1	8	4	21	7	1	4	1	500	21	2	2	8	0
Gravy	113	40	1	1	2	0.4	0	2	0	7	2	0	0	0	630	26	2	2	0	0
Side Garden Salad (without dressing)	90	17	1	0	0	0	0	0	0	4	1	2	8	0	24	1	1	1	9	12
Side Caesar Salad	100	213	4	19	29	2	0	10	13	9	4	5	19	0	300	13	5	6	9	10
Side Greek Salad	107	128	3	11	17	3	0.2	16	9	5	2	2	7	3	384	16	6	6	9	18
Traditional Coleslaw	180	190	1	12	18	2	0	10	20	18	6	3	12	8	340	14	2	1	10	45
Ramekin of Coleslaw	64	68	0	4	6	0.7	0	4	7	6	2	1	4	3	121	5	1	0	4	16
Rice Pilaf	170	280	5	3.5	5	0.5	1	8	0	57	19	2	8	1	1000	42	8	4	4	0
Corn	168	140	5	3	5	1	0	5	5	24	8	4	16	7	30	1	2	4	0	0
Rotisserie Vegetables	119	45	2	1	2	0	0	0	0	7	2	3	12	3	230	10	2	8	25	50

SIDE SERVINGS

Sautéed Mushrooms	170	220	6	16	25	2.5	0	14	10	11	4	4	16	4	350	15	0	6	0	0
Fresh Vegetables	170	76	4	0	0	0	0	0	15	5	7	8	2	58	2	5	2	25	45	
Fresh Corn Chips	28	140	2	7	11	0.5	0.1	3	0	19	6	2	8	0	3	0	2	2	0	0
Oven-baked Roll	51	130	5	0.5	1	0.1	0	1	0	27	9	1	4	1	270	11	4	15	0	2
Chinese Noodles	160	230	10	2	3	0.3	0	2	0	44	15	0	0	0	190	8	2	20	0	0
Flatbread	91	240	8	2.5	3	0.3	0	2	0	46	15	2	8	3	570	24	2	20	0	0

SALAD DRESSINGS & DIPS

Famous Chalet Sauce	125 ml	35	0.5	0.8	1	0.3	0	2	0	6	2	0	0	2	685	29	1	1	1	0
No-fat Raspberry Vinaigrette	15 ml	15	0.1	0	0	0	0	0	3	1	0	0	0	2	65	3	0	0	0	0
Ranch Dressing	15 ml	70	0.2	7	11	1	0	5	5	1	0	0	0	1	135	6	0	0	0	0
Chalet Dressing	15 ml	65	0.1	6	9	1	0	4	0	3	1	0	0	3	194	8	0	0	2	1
Caesar Dressing	43 ml	220	1	23	35	2	0.5	13	4	3	1	0	0	0	390	16	2	2	0	0
Light Italian Dressing	15 ml	32	0.2	2	3	0.3	0	2	0	3	1	0	0	1	178	8	0	0	0	1
Balsamic Vinaigrette	15 ml	70	0	7	11	1	0	5	0	2	1	0	0	1	135	5	0	0	0	0
French Dressing	15 ml	65	0	6	9	0.8	0	4	0	2	1	0	0	2	119	5	0	0	1	0
Thousand Island Dressing	15 ml	55	0.1	6	8	0.8	0	4	3	2	1	0	0	2	116	5	1	0	0	0
Greek Dressing	15 ml	80	0.1	8	12	1	0	5	0	1	0	0	0	0	140	6	0	0	0	0
Mayonnaise	15 ml	100	0.1	11	17	1	0	6	10	1	0	0	0	1	100	4	0	0	0	0
Blue Cheese Dip	15 ml	50	0.2	5	8	1	0	5	5	2	1	0	0	1	180	8	0	0	0	0
Cajun Sauce Dip	30 ml	35	0.2	0	0	0	0	0	0	9	3	0	0	7	290	12	0	2	4	4
Tangy Plum Sauce	28	50	0	0	0	0	0	0	0	0	0	0	0	10	280	12	0	0	0	0
Salsa	50	18	1	0	0	0	0	0	0	4	1	0	0	3	200	8	3	3	1	3

LIGHTER FAVOURITES

Quarter Chicken Breast Dinner (including garden salad & rotisserie vegetables)	409	415	64	12	19	3	0	18	215	11	3	5	20	3	959	40	7	17	34	62
Quarter Chicken Leg Dinner (including garden salad & rotisserie vegetables)	376	412	50	18	28	6	0	32	240	12	3	6	24	3	704	29	7	24	34	62
Santa Fe Grilled Chicken Salad (without flatbread)	285	211	28	7	11	2	0	10	162	13	4	8	32	4	1520	64	5	3	20	30
Vegetable Stir Fry (without rice or noodles)	432	270	7	2.5	4	0.4	0	2	0	54	18	6	24	28	1590	66	8	10	30	110
Vegetable Stir Fry with Grilled Chicken Breast (without rice or noodles)	547	400	35	4	6	0.9	0	5	105	55	18	6	24	28	2360	98	8	12	30	114

KIDS' MEALS (not including sides)

Chicken Strips (3 strips)	132	420	21	24	36	3	0.6	18	45	30	9	3	12	0	810	33	6	12	0	0
Burger (patty only)	45	130	10	10	22	4	0.4	22	35	1	0	0	0	1	190	8	0	10	0	0
Burger (with bun)	90	240	14	11.5	24	4.3	0.4	24	35	22	8	1	4	3	440	18	2	18	0	0
Cheese Pizza	150	360	14	12	18	5	2	35	20	49	16	3	12	4	630	26	10	10	2	4
Chicken Sandwich	120	268	25	9	13	3	0.1	16	139	21	8	1	4	2	477	21	6	14	0	0
Quarter Chicken Leg (with skin)	139	314	35	19	31	6	0	30	233	1	0	2	10	0	432	18	3	11	3	0

SWISS CHALET ALLERGY GUIDE

[illegible]

	PEANUTS AND PEANUT PRODUCTS	TREE NUTS AND THEIR DERIVATIVES	SESAME	MILK AND MILK PRODUCTS	EGGS AND EGG SOURCES	FISH	SHELLFISH	SOY	WHEAT AND GLUTEN	SULPHITE
SIDE SERVINGS										
Sautéed Mushrooms				•				•		
Fresh Vegetables										
Fresh Corn Chips*				•				•	•	
Oven-baked Roll									•	•
Chinese Noodles					•				•	•
Flatbread				•					•	
SALAD DRESSINGS & DIPS										
Famous Chalet Sauce										•
No-fat Raspberry Vinaigrette										
Ranch Dressing				•	•			•		
Chalet Dressing								•		
Light Italian Dressing				•				•		
Balsamic Vinaigrette								•		
French Dressing					•			•		
Thousand Island Dressing								•		
Mayonnaise					•					
Greek Dressing								•		
Blue Cheese Dip				•	•			•		
Cajun Sauce Dip				•	•					
Tangy Plum Sauce	•			•	•	•		•	•	•
Salsa			•	•	•	•		•	•	•
Caesar Dressing	•		•	•	•	•		•	•	•
LIGHTER FAVOURITES										
Lower Carb Quarter Chicken Breast Dinner (including garden salad & rotisserie vegetables)										•
Lower Carb Quarter Chicken Leg Dinner (including garden salad & rotisserie vegetables)										•
Santa Fe Grilled Chicken Salad (without flatbread)								•		
Vegetable Stir Fry	•			•	•	•		•	•	•
Vegetable Stir Fry with Grilled Chicken Breast	•			•	•	•		•	•	•
KIDS' MEALS (not including sides)										
Chicken Strips								•	•	
Burger (patty only)								•	•	
Burger (with bun)			•		•			•	•	•
Cheese Pizza				•				•	•	
Chicken Sandwich			•					•	•	
Quarter Chicken										
DESSERTS										
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 - Chocolate		•			•					
Sauce - Strawberry	•			•	•	•	•	•	•	•

* All fried products may contain one or all of the following dairy, corn or wheat

There are sliced almonds on the premises

People today are at an all time high in their health consciousness. And we think that's great. It's something we at Swiss Chalet have taken to heart since we began back in 1954. You'll see it and taste it in the care we bring to preparing our food.

We wouldn't have it any other way.

**FOR FURTHER INFORMATION,
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Cara Operations Ltd., its franchisees and employees, do not assume responsibility for a particular sensitivity or allergy to any food provided at this restaurant.

NUTRITION & ALLERGY GUIDE

At Swiss Chalet, our goal is to be your first choice in comfort dining. We promise you the comfort of family, good friends, terrific food, at-home hospitality and a welcoming environment.

See for yourself.

