

Nutrition Information

	SERVING SIZE	ENERGY		PROTEIN	TOTAL FAT	POLY-UNSATURATED FAT	MONO-UNSATURATED FAT	SATURATED FAT	CHOLESTEROL	CARBOHYDRATES	SODIUM	POTASSIUM
	(g)	(Cal)	(kJ)	(g)	(g)	(g)	(g)	(g)	(mg)	(g)	(mg)	(mg)
BASIC MENU												
STARTERS												
Chicken Fingers (4)†††	202	483	2020	26.0	24.0	4.6	0.0	0.0	0.0	40.0	1269	0
Baked Garlic Cheese Loaf	240	696	2900	25.7	28.8	1.4	6.5	18.7	72	84.0	1229	396
Perogies (including Cajun sauce)	187	393	1640	11.0	11.0	1.4	5.5	1.9	4	62.0	793	292
Hot Wings (per 8 wings)	330	954	3993	66.0	50.0	7.6	24.1	10.6	277	63.0	904	574
Mild Wings (per 8 wings)	330	914	3828	63.0	53.0	7.6	25.1	10.9	333	50.0	874	726
ENTRÉE GARDEN SALADS												
Santa Fe Grilled Chicken Salad†	370	274	1150	31.5	8.9	3.0	3.3	2.2	74	17.0	1965	1162
Grilled Chicken Caesar Salad†	388	832	3480	49.0	53.0	12.0	27.0	9.9	81	41.0	1980	850
Warm Chicken Salad Amandine†	483	868	3630	40.0	60.0	20.0	30.0	10.0	164	42.0	2220	965
SOUP												
Chalet Chicken Soup	230	97	410	9.0	2.0	traces	traces	traces	25	11.0	820	172
Creamy Chicken Soup	230	162	685	12.8	5.6	1.4	2.2	1.5	29	15.0	997	378
SIDE SALADS												
Garden Salad	162	33	140	3.0	0.0	0.0	0.0	0.0	0	7.0	26	296
Caesar Salad (Regular Size)	117	345	1440	2.0	19.0	5.0	10.0	2.0	10	12.0	350	573
WRAPS AND SANDWICHES												
Club Wrap	270	621	2590	44.0	24.0	3.8	9.5	8.1	62	58.0	1280	554
Messy Chicken Sandwich	603	1007	4210	58.0	41.0	3.0	15.0	10.0	126	102.0	1320	1690
Grilled Santa Fe Chicken Breast Sandwich	323	523	2200	39.1	14.9	3.9	7.4	2.3	58	59.0	2225	808
Chicken on a Kaiser	218	434	1820	50.0	9.0	2.0	4.0	3.0	153	37.0	410	350
BURGERS												
(Including garnishes)												
Big Beef Burger	312	637	2670	43.07	30.1	1.1	13.0	14.0	85	48.0	1727	731
Veggie Burger	168	404	1690	25.0	11.0	0.9	2.3	3.2	0	51.0	1037	541
Bacon Cheese Burger	365	837	3500	60.9	43.0	2.2	16.0	22.3	93	52.0	2455	797
ROTISSERIE CHICKEN												
(meat only)												
Quarter Chicken												
1/4 Chicken White (with Skin)	159	381	1590	47.0	22.0	3.0	9.0	4.0	159	0.0	175	813
1/4 Chicken White (Skinless)	124	225	940	40.0	8.0	1.0	3.0	2.0	114	0.0	84	599
1/4 Chicken Dark (with Skin)	139	313	1310	40.0	17.0	3.0	7.0	5.0	175	0.0	200	570
1/4 Chicken Dark (Skinless)	116	232	970	35.0	10.0	1.0	4.0	3.0	160	0.0	130	430
Half Chicken												
1/2 Chicken (with Skin)	298	694	2900	87.0	39.0	6.0	16.0	9.0	334	0.0	375	1383
1/2 Chicken (Skinless)	240	457	1910	75.0	18.0	2.0	7.0	5.0	274	0.0	214	1029
Double Leg	278	626	2620	80.0	34.0	6.0	14.0	10.0	350	0.0	400	1140
FIRE GRILLED												
Feature Cut BBQ Ribs (meat only)	150	502	2100	39.0	37.0	3.3	17.0	14.0	93	3.0	405	471
Regular Cut BBQ Ribs (meat only)	226	753	3150	59.0	55.0	5.2	26.0	21.0	140	5.0	608	707
Large Cut BBQ Ribs (meat only)	452	1506	6300	118.0	110.0	10.0	52.0	42.0	280	10.0	1216	1414
Grilled Chicken Breast on Rice†	457	627	2620	45.0	9.2	1.8	3.6	3.2	72	91.0	2420	870
STIR FRY / POT PIE												
Chicken Stir Fry on Rice†	524	372	1560	39.3	6.8	1.6	3.1	1.6	67	40.0	2395	1048
Veggie Stir Fry on Rice†	411	218	910	5.3	2.9	0.8	1.2	0.8	2	42.0	1130	600
Chicken Pot Pie	317	494	2070	17.0	24.0	1.0	8.0	5.0	64	53.0	951	539
SALAD DRESSINGS & DIPS												
Famous Chalet Dipping Sauce	100 g	24	100	0.4	0.5	0.1	0.2	0.2	0	4.4	570	100
Mayonnaise	14 g	99	410	0.2	11.0	6.5	2.7	1.5	10	1.0	101	1
House Dressing	15 ml	60	250	0.1	5.9	3.4	1.4	0.8	0	3.3	188	24
French Dressing	15 ml	58	240	0.0	5.7	3.3	1.3	0.8	0	2.0	118	5.5
Creamy Garlic Peppercorn Ranch	15 ml	66	280	0.1	7.0	4.0	1.6	1.0	3	0.9	138	8
Light Italian††	15 ml	30	130	0.1	2.2	1.3	0.5	0.3	0	2.6	174	13
Creamy 1000 Isle Dressing	15 ml	59	250	0.1	5.8	3.3	1.4	0.8	2	1.9	118	15
Raspberry Vinaigrette	15 ml	12	50	0.0	0.0	0.0	0.0	0.0	0	3.2	66	13
BBQ Dipping Sauce	33 g	56	235	0.3	0.0	0.0	0.0	0.0	0	13.6	373	62
Honey Mustard Dipping Sauce	33 g	69	295	0.2	0.3	0.0	0.0	0.0	0	17.0	137	6
Sweet & Sour Dipping Sauce	33 g	51	215	0.0	0.0	0.0	0.0	0.0	0	12.9	70	62
Plum Dipping Sauce	33 g	66	280	0.0	0.0	0.0	0.0	0.0	0	49.1	105	14
Blue Cheese Dipping Sauce	15 ml	56	230	0.2	5.5	0.0	0.0	0.0	0	1.6	n/a	n/a
SIDE SERVINGS												
French Fries	160	470	1970	8.0	25.1	1.6	15.0	2.6	0	53.0	103	1394
Baked Potato	250	272	1140	6.0	traces	traces	traces	traces	0	62.0	19	1041
Sour Cream and Chives	30	49	210	1.0	4.0	0.0	1.0	3.0	2	2.0	15	50
Butter	14	100	420	0.0	11.0	traces	2.0	7.0	31	0.0	116	4
Mashed Potatoes	182	215	900	4.1	8.5	3.0	1.9	3.0	7	31.0	779	400
Gravy	100	39	162	1.3	1.0	0.1	0.3	0.3	0	6.1	550	58
Rice Pilaf	177	228	950	5.0	1.3	0.1	0.2	0.4	0	49.0	1018	114
Vegetables	157	58	240	3.6	1.8	0.5	0.8	0.3	0	6.8	54	355
Corn	100	95	400	3.1	2.1	0.4	0.5	1.0	4	16.0	19	155
Coleslaw	64	92	380	0.8	6.5	1.9	3.8	0.6	11	7.6	287	110
Roll	51	145	610	6.2	0.6	0.3	0.1	0.1	0	29.0	340	44
Sauteed Mushrooms	170	220	924	6.0	16	4.5	9.0	2.7	10	11.0	350	880
KIDS' MEALS												
Three Chicken Strips	150	370	1545	13.9	15.0	n/a	n/a	n/a	n/a	45.0	842	236
Burger	158	468	1960	17.0	22.0	2.4	10.0	5.8	20	50.0	469	n/a
Cheese Pizza	150	370	1545	13.9	15.0	3.2	4.9	5.2	16.5	45.0	842	236
Chicken Sandwich	221	548	2300	35.0	23.0	4.2	11.0	4.2	95	50.0	525	n/a
Choc O Wiggler Dessert	164	369	1540	5.4	14.0	0.3	1.1	11.0	1	55.0	310	n/a
DESSERTS												
Apple Blossom	164	563	2350	5.4	30.0	4.9	7.9	8.9	6	67.0	501	139
Tuxedo Truffle Mousse	186	679	2850	8.9	42.0	3.9	15.0	20.0	64	66.0	528	334
Colossal Caramel Fudge Cheesecake	200	760	3192	8.0	46.0	4.0	18.0	24.0	120	76.0	320	n/a
Chocolate Eruption Cheesecake	200	880	3696	10.0	64.0	5.0	20.0	38.0	120	64.0	240	n/a
Carrot Cake	156	658	2755	6.9	37.8	0.0	0.0	0.0	0.0	73.0	3260	1981
Apple Pie	179	427	1790	4.1	17.0	0.6	7.1	2.8	11	66.0	340	130
Pecan Pie	114	412	1720	7.0	24.0	4.0	14.0	5.0	94	53.0	422	94
Lemon Meringue	149	410	1720	3.0	16.0	3.0	4.0	8.0	52	66.0	201	26
Coconut Cream Pie	124	410	1720	2.0	27.0	2.0	3.0	22.0	0	41.0	252	46
Sugar Pie (Quebec only)	114	394	1650	3.0	21.0	1.0	11.0	7.0	26	52.0	193	121
Vanilla Ice Cream	150	333	1400	6.0	21.0	0.8	6.0	14.0	57	32.0	111	291
Chocolate Ice Cream	150	273	1140	6.0	16.0	0.6	4.5	10.5	45	26.0	100	330
Butter Pecan Ice Cream	150	340	1425	5.4	20.0	3.0	8.0	10.5	36	38.0	216	296
Cranberry, Raspberry Yogurt	150	214	900	6.0	4.2	0.8	2.0	2.6	10	39.0	184	300
Butterscotch Sauce	100	313	1310	0.7	0.0	n/a	n/a	0.0	n/a	78.0	393	n/a
Chocolate Sauce	100	240	1000	1.4	0.7	n/a	n/a	0.4	n/a	57.0	89	n/a
Strawberry Sauce	100	213	890	0.3	0.0	n/a	n/a	0.0	n/a	53.0	15	n/a

† Includes flatbread.
†† Suitable for Calorie Reduced Diets.
††† Without sauce.

IMPORTANT INFORMATION - PLEASE READ
Cara Operations and its franchisees do not assume responsibility for sensitivities or allergic reactions to any food provided at its restaurants. The information contained in this guide may not include all allergens contained in our food list nor list all of the sub-ingredients used in pre-prepared ingredients. Our kitchens are not equipped to eliminate the possibility of cross-contamination between ingredients nor can we control the processes used by our suppliers, in this regard. If you have further questions or concerns, you should consult your doctor or a licensed registered dietician. The information contained in this guide is provided as of December 2002. New items may not be included.



Allergy Information

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	PEANUTS AND PEANUT PRODUCTS	TREE NUTS AND THEIR DERIVATIVES	MILK AND MILK PRODUCTS	EGG AND EGG CONTAINING MATERIALS	FISH AND FISH PRODUCTS	SHELLFISH	SOY AND SOY PRODUCTS	WHEAT AND OTHER GLUTEN SOURCES	SESAME SEEDS AND SESAME SEED PRODUCTS	SULPHITES
STARTERS Chicken Fingers* (4) Baked Garlic Cheese Loaf Perogies (including Cajun sauce)* Hot Wings* Mild Wings*		x	x x	x			x x	x x x x x		x x x
ENTRÉE GARDEN SALADS Santa Fe Grilled Chicken Salad† Grilled Chicken Caesar Salad† Warm Chicken Salad Amandine‡	x	x	x x x	x x	x		x x	x x x	x	x x
SOUP Chalet Chicken Soup Creamy Chicken Soup			x x	x x	x x		x x	x x		x x
SIDE SALADS Garden Salad Caesar Salad	x		x	x	x		x	x	x	x
WRAPS AND SANDWICHES Club W/rap Messy Chicken Sandwich Grilled Santa Fe Chicken Breast Sandwich Chicken on a Kaiser		x	x x x x	x x			x x x x	x x x x	x	x x x
BURGERS (Including garnishes) Big Beef Burger Bacon Cheese Burger Veggie Burger			x x x	x x x			x x x	x x x	x x x	x x x
ROTISSERIE CHICKEN (meat only) Quarter Chicken Double Leg Half Chicken										
FIRE GRILLED BBQ Ribs (meat only) Grilled Chicken Breast on Rice †			x				x	x		x x
STIR FRY / POT PIE Chicken Stir Fry on Rice† Veggie Stir Fry on Rice† Chicken Pot Pie			x x x	 x			x x x	x x x	x x	x x x
SALAD DRESSINGS & DIPS Famous Chalet Sauce Mayonnaise House Dressing French Dressing Creamy Garlic Peppercorn Ranch Light Italian†† Creamy 1000 Isle Dressing Raspberry Vinaigrette BBQ Dipping Sauce Honey Mustard Dipping Sauce Sweet & Sour Dipping Sauce Plum Dipping Sauce Blue Cheese Dipping Sauce	 x x x x		 x x x x x	 x x x x x	 x x x x		 x x x x x x x x x	 x x x x x		x x x x x x
SIDE SERVINGS French Fries* Baked Potato Sour Cream and Chives Butter Mashed Potatoes Gravy Rice Pilaf Vegetables Corn Coleslaw Roll Sauteed Mushrooms			 x x x x x	 x	 x		x x x x x x x	x x		 x x x x
KIDS' MEALS Chicken Strips* Burger Cheese Pizza Chicken Sandwich Choc O Wiggler Dessert			 x x x x	 x			x x x x x	x x x x x		 x x
DESSERTS Apple Blossom Tuxedo Truffle Mousse Colossal Caramel Fudge Cheesecake Chocolate Eruption Cheesecake Carrot Cake Apple Pie Pecan Pie Lemon Meringue Coconut Cream Pie Sugar Pie (Quebec only) Vanilla Ice Cream Chocolate Ice Cream Butter Pecan Ice Cream Cranberry, Raspberry Yogurt Butterscotch Sauce Chocolate Sauce Strawberry Sauce	x x x x x x	x x x x x x x x x x x	x x x x x x x x x x x x	x x x x x x	 x		x x x x x x x x x x x	x x x x x x x x x x x	 x	x x x x x x x x x x
*All fried products may contain one or all of the following: dairy,corn or wheat. † Includes flatbread †† Suitable for Calorie Reduced Diets										