

SWISS CHALET
NUTRITION GUIDE

STARTERS

Garden Salad (not including dressing)	162	30	0	0	0	0	0	0	0	40	2	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	15	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 Salad Sandwich	333	700	22	34	10	0.4	52	85	28	1270	53	81	27	6	24	5	45	15	0	35	50
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	10	15	3	0.1	15	165	55	900	38	31	10	1	4	3	53	0	4	8	50
Chicken on a Kaiser (dark meat)	241	570	19	30	6	0.3	34	295	98	1040	43	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
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)	159	300	12	18	3	0	15	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	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
Chicken Shepherd's Pie	475	570	22	34	10	0	50	155	52	2190	91	45	15	5	20	3	47	20	0	30	20

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	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	250	220	0	0	0	0	0	0	0	0	0	48	15	5	20	0	8	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	6	0	4	0	0
Butter	10	70	8	12	5	0.2	26	20	6	55	2	0	0	0	0	0	0	10	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)	90	15	0	0	0	0	0	0	0	25	1	4	1	2	8	0	1	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	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	168	140	3	5	1	0	5	5	2	30	1	24	8	4	16	7	5	0	0	2	4
Rotisserie Vegetables	119	45	1	2	0	0	0	0	0	230	10	7	2	3	12	3	2	25	50	2	8
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	0	0	0	0	0	0	0	60	2	15	5	7	8	2	4	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	2	0	0	2	2

SIDE SERVINGS

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
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 No-fat Raspberry	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
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 & rotisserie vegetables)	368	360	13	20	3	0	15	200	66	745	31	14	4	8	32	3	50	40	60	4	16
Garden Fresh Quarter Chicken Leg Dinner (including garden salad & rotisserie 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)	430	390	15	23	2	0	10	120	40	520	22	16	5	6	24	2	46	110	30	20	20
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

SWISS CHALET ALLERGY GUIDE

[illegible]

	PEANUTS AND PEANUT PRODUCT	TREENUTS AND THEIR DERIVATIVES	SESAME	MILK AND MILK PRODUCTS	EGGS AND EGG SOURCES	FISH	SHELLFISH	SOY	WHEAT AND GLUTEN	SULPHITE
SIDE SERVINGS										
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	•		•	•	•	•		•	•	•
WHOLESOME CHOICES										
Garden Fresh Quarter Chicken Breast Dinner (including garden salad & rotisserie vegetables)										•
Garden Fresh Quarter Chicken Leg Dinner (including garden salad & rotisserie vegetables)										•
Santa Fe Grilled Chicken Salad (without flatbread)								•		
Oriental Rotisserie Chicken Salad (without dressing)										
Oriental Noodles					•				•	•
Spinach Rotisserie Chicken Salad (without dressing)		•								
Tortillas*								•	•	
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,
PLEASE WRITE, CALL OR EMAIL US AT**

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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. The information contained in this guide is provided as of Nov. 2005.

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.

