



The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

WHITE SPOT NUTRITION INFORMATION

At White Spot, we know the recipe to our great taste, more than anything else, is quality ingredients & freshness. That's why we're passionate about the fresh ingredients that go into making the dishes we serve like our wild Pacific salmon, fresh BC chicken, 100% fresh Canadian beef & specially baked artisan style breads & buns.



The information in this guide is effective as of October 2018 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by White Spot Restaurants and information provided by our suppliers.

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NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

NAT'S FAVOURITES

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Nat's Hearty Breakfast (no smashbrown potatoes; no protein)	With Toast With Pancakes With Waffle	210 402 349	478 890 769	21 32 28	7 14 12	0.3 0.7 0.6	387 511 480	628 1257 1006	51 128 109	0 2 1	2 35 30	23 24 21	14 25 22	2 1 1	12 39 31	32 35 29
Choice of protein:	Bacon Back Bacon Sausage Chorizo	60 25 171 120	60 121 420 310	3 10 36 24	0 3 12 9	0 0 0 0.1	15 28 90 80	770 399 1050 1260	0 0 6 4	0 0 0 0	0 0 0 0	10 9 21 19	0 0 0 0	0 0 0 0	0 0 6 0	0 2 12 0
Breakfast Quesadilla	Only Side Cilantro Sour Cream Side Strawberry Salsa	450 28 38	948 42 16	58 3 0.4	19 2 0	0.8 0.1 0.0	939 178 125	1845 2 3	58 0 1	4 0 2	7 0 2	51 2 0	40 2 4	25 3 19	77 3 1	56 0 1
Oatmeal & Quinoa	Served with Fruit	535	679	15	2	0.0	0.0	267	106	15	24	22	2	102	13	42
The BC Sunny Start	Only Without Sauce	243 210	581 461	34 23	10 9	0.4 0.3	234 225	1072 817	49 44	1 1	13 9	25 24	26 24	18 15	23 22	21 20
Nat's Pancakes	Fruit Topping & Whipped Cream	561	1182	43	16	1.1	254	2011	176	5	48	24	23	100	69	54
Nat's Waffles	Fruit Topping & Whipped Cream	441	820	23	12	0.6	192	1508	137	4	40	19	17	100	53	41
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
Add Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2

NAT'S SCRAMBLES

Ham & Brie	Only	321	600	47	16	0.9	925	1007	4	1	3	40	39	4	44	29
Candied Salmon & Goat Cheese	Only	301	561	43	13	0.3	925	760	6	0.5	4	36	34	7	19	32
Bacon, Broccoli & Cheese	Only	330	610	44	14	0.4	926	1287	6	1	4	48	34	43	46	29
Tomato & Herb	Only	386	623	46	18	0.5	949	1377	10	1	6	42	34	140	20	25
Add 2 Slices of Toast	Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
Add Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2

WEEKEND BRUNCH

Stacked Blueberry Waffle		634	1352	47	14	0.6	557	2207	193	7	88	41	27	12	59	50
Buttermilk Chicken & Waffle		523	1116	58	21	1.1	563	2601	94	2	32	55	20	5	44	39
Brunch Burger	Only Without Sauce	475 441	1207 1123	76 70	25 24	1.2 1.1	312 307	2309 2022	76 68	2 2	16 10	49 49	18 15	15 11	21 21	43 43

*Portion size ordinarily served to the guest

NUTRITION INFORMATION

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Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

BENEDICTS & BOWLS

			*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Cheesesteak Hash	No Toast	542	1014	71	29	1.8	573	2163	48	3	9	47	34	122	57	26	
Southwest Chorizo Hash	No Toast	577	864	60	18	0.8	514	2090	53	3	14	31	47	133	39	23	
Classic Benedict	Only	264	471	27	12	0.6	419	1199	32	1	2	25	11	0	23	20	
Shrimp Florentine Benedict	Only	367	598	36	19	1.0	498	1295	37	3	6	32	20	21	42	27	
Add 2 Slices of Toast	Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22	
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4	
Add Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2	

ON THE SIDE

Back Bacon	3 Slices	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0	0
Bacon	4 Slices	25	121	10	3	0	28	399	0	0	0	9	0	0	0	0	2
Sausage	3 Links	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12	
Chorizo	1 Link	120	310	24	9	0.1	80	1260	4	0	0	19	0	0	0	0	0
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4	
Side of Hashbrowns	Shredded	149	191	7	0.2	0	0	324	29	3	0.7	3	0	15	2	2	
Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2	
Side of Scrambled Eggs		122	215	17	4	0.2	444	255	1	0	1	14	15	0	7	14	
Substitute Egg Whites		113	57	0	0	0	0	181	0	0	0	11	0	0	0	0	0
English Muffin	Buttered	72	191	7	4	0.2	15	306	28	1	1	5	4	0	15	10	
White Toast	2 slices, Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22	
Sourdough Toast	2 slices, Buttered	114	362	13	8	0.5	31	651	52	0	2	8	7	0	8	24	
Multigrain Toast	2 slices, Buttered	124	388	17	8	0.5	31	487	53	7	1	9	7	0	7	18	

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SNACK & SHARE

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Arugula & Goat Cheese Flatbread		284	614	25	9	0.2	51	1104	69	4	11	20	15	22	26	23
Chicken Wings	No Sauce	300	609	42	12	0.3	328	1698	0	0	1	58	0	0	5	12
Spinach & Artichoke Dip	With Fire Roasted Tomato Sauce	521	1063	53	26	2	118	2045	100	7	15	37	35	63	76	51
Dippin' Chicken	No Sauce Add Half Caesar	217 136	450 243	18 18	2 3	0 0	67 27	917 409	28 14	7 2	8 1	35 6	2 151	1 8	1 11	13 34
Nat's Crispy Dry Ribs	Rosemary Salt	424	788	61	15	0.5	210	933	1	0.5	0	58	0	1	4	16
Nobashi Prawns	No Sauce	156	400	28	2	0.1	5	595	34	0	0	17	0	0	9	26
The Spot's Poutine		374	585	35	12	0.9	60	1033	48	4	2	20	14	32	46	12
Shrimp Gyoza		210	464	23	4	0.2	35	1221	53	5	11	13	4	6	6	9
Clam Chowder	Cup (8 fl oz) Bowl (10 fl oz) 1 Pack of Crackers	276 345 6	221 276 25	7 9 0.5	0 0 0.2	0 0 0.3	41 52 0	579 724 45	22 28 5	3 3 0.2	6 7 0	17 21 1	55 69 0	55 69 0	6 7 0	83 103 2
Veggie Beef	Cup (8 fl oz) Bowl (10 fl oz) 1 Pack of Crackers	245 306 6	110 138 25	4 4 0.5	1 1 0.2	0 0 0.3	10 13 0.0	780 975 45	18 23 5	2 3 0.2	2 3 0	5 6 1	35 44 0	15 19 0	4 5 0	4 5 2
The Spot's Zoo Sticks	No Sauce	456	786	28	2	0.1	0	701	102	9	9	29	12	88	15	48
Sweet Potato Fries	No Sauce	304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
The Spot's Calamari	No Sauce	252	485	18	4	0	590	1145	33	1	1	44	2	17	10	18
Crispy Cauliflower Bites		346	707	34	6	0.2	36	1210	85	3	44	19	49	198	24	25
Sauces & Dips 1.5 fl oz portions	Honey Mustard Plum Sauce BBQ Sauce Chipotle Mayo Zoo Dip Sweet Thai Chili Tzatziki Tennessee Whiskey Frank's Red Hot	45 43 45 45 40 45 55 53 45	225 71 316 300 94 90 31 364 0	20 0 0.1 33 9 0 0.8 1 0	2 0 0 3 3 0 0.5 0.1 0	0 0 0 0 0 0 0 0 0	26 0 0 15 19 0 3 0 0	315 213 519 120 81 360 24 748 1710	12 18 17 3 1 18 4 21 0	0 0 0.5 0 0 0 0.2 0.7 0	5 12 16 3 1 18 3 17 0	0 1 0.5 0 0.4 0 2 0.6 0	0 3 5 0 3 0 1 5 0	0 2 4 0 0 0 3 5 0	0 1 1 0 0 0 7 2 0	0 0 0 0 2 0 1 3 0

*Portion size ordinarily served to the guest

NUTRITION INFORMATION

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Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

SANDWICHES & MORE

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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Buttermilk Chicken & Brie Sandwich	Only	392	803	45	11	0.3	110	1574	69	2	18	37	12	14	11	27
Hot Chargrilled Chicken Caesar Wrap	Only	350	681	34	5	0.1	100	1806	57	5	4	40	159	26	32	58
Hot Buttermilk Chicken Caesar Wrap	Only	342	696	33	5	0	71	1927	69	5	4	33	159	25	31	63
Spinach & Artichoke Quesadilla	Only Side Cilantro Sour Cream Side Fire Roasted Sauce	311 28 50	612 42 20	29 3 0.8	14 2 0.1	0.6 0.1 0	67 8 0	1905 17 184	65 2 3	6 0.1 0.4	7 0.1 2	26 2 0.3	18 2 3	45 3 3	67 3 3	35 0 2
Mexicali Tacos	One Fish Taco One Prawn Taco Side Cilantro Sour Cream Side Strawberry Salsa	132 101 28 38	209 194 42 16	9 9 3 0.4	1 1 2 0	0 0 0 0	25 3 8 0	693 564 17 125	22 24 2 3	2 2 0.1 0.6	3 3 0.1 2	11 6 2 4	7 23 2 19	23 8 3 1	13 17 0 1	
Nat's Original Beef Dip	Only	402	544	11	7	0.2	82	3005	68	2	1	39	3	0	9	47
Nat's Loaded Beef Dip	Only	529	672	20	7	0.4	82	3135	77	4	6	44	3	11	11	51
The White Spot Club	Only Without Sauce	372 295	889 555	45 12	6 1	0.3 0	27 0	1953 1339	85 78	3 1	9 5	38 36	11 10	28 20	11 10	41 39
Toasted Shrimp Sandwich	Only Without Sauce	297 252	578 361	26 4	4 1	0.2 0	174 156	1579 1237	54 50	3 2	8 6	32 31	1 0	9 5	15 15	26 25
Add Platter (Fries & Coleslaw)		292	444	26	2	0.1	5	234	49	6	7	6	2	69	2	21
Add Half Caesar		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
Add Half Spot Salad		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4

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NUTRITION INFORMATION

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OUR FAMOUS BURGERS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Bacon Cheddar Bigger Burger	Only Without Sauce	363 314	1076 853	72 50	22 18	0.5 0.3	167 149	1218 870	55 49	2 2	11 7	49 48	15 13	15 12	24 23	38 37
BC Chicken Burger	Only Without Sauce	375 326	791 567	41 20	9 6	0.5 0.3	112 94	1214 866	58 52	3 2	12 8	44 44	16 13	20 17	24 23	25 24
Double Double	Only Without Sauce	420 370	1218 994	82 60	28 25	0.7 0.5	222 204	1720 1373	60 54	2 2	11 7	57 56	10 7	16 13	31 30	44 43
Mediterranean Chicken Burger	Only Without Sauce	396 311	520 457	14 11	5 4	0.1 0.1	94 86	842 703	57 51	2 2	12 8	40 36	18 15	31 28	26 15	25 24
Monty Mushroom Bigger Burger	Only Without Sauce	379 330	1040 817	69 47	22 18	0.3 0.2	165 147	890 542	56 51	3 2	12 8	46 45	9 7	17 14	24 24	39 38
Brie & Mushroom Veggie Burger	Only Without Sauce	475 432	994 733	58 36	15 12	1 0.8	62 44	1523 1377	96 79	8 8	25 15	30 29	23 22	29 29	38 38	34 32
The Legendary Burger	Only Without Sauce	238 189	781 558	49 27	13 10	0.3 0.1	104 86	850 502	53 47	2 1	10 6	29 28	3 0	3 0	8 7	32 31
West Coast Salmon Burger	Only Without Sauce	315 286	689 518	38 19	5 2	0.3 2	84 70	711 560	52 51	2 2	9 8	35 34	24 11	17 15	9 9	32 24
Add Toppings	Cheese – 1 Slice Bacon – 2 Slices Mushrooms, Sautéed Gravy	21 13 28 130	69 60 17 38	5 5 1 0.9	3 2 0.6 0.6	0 0 0 0	16 17 3 0	357 199 8 608	2 0 1 6	0 0 0.4 0	0.1 0 0.7 0	4 4 1 2	4 0 1 0	0 0 1 0	11 0 0 0	
Add Fries		217	334	17	1	0.1	0	165	42	4	2	5	0	32	3	12
Add Coleslaw	1 Scoop	76	110	9	0.7	0	5	69	7	2	5	1	2	38	3	9
Add Half Caesar		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
Add Half Spot Salad		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
Add Classic Plate		287	414	28	4	0.1	72	526	31	3	5	11	157	42	14	43
Add Sweet Potato Fries		304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
Add Side of Mashed Potatoes		435	405	15	9	0.3	49	585	69	8	10	12	12	115	13	16
Sauces & Dips 1.5 fl oz portions	Triple O Sauce Honey Mustard Chipotle Mayo	50 45 45	223 225 300	22 20 33	3 2 3	0.2 0 0	18 23 15	348 315 120	6 12 3	0.6 0 0	4 5 3	0.7 0 0	2 0 0	3 0 0	1 0 0	11 0 30
Gluten Friendly Bun		80	210	5	0.5	0	0	310	42	3	6	1	0	0	4	4

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NUTRITION INFORMATION

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PIRATE PAKS

			*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Pirate Cakes	With Fruit	332	686	27	11	0.8	139	1067	102	4	29	12	15	36	35	26	
Pirate Hook Bacon	With Fruit & Toast	195	298	12	4	0.1	194	414	36	2	9	14	8	36	7	17	
Pirate Hook Sausage	With Fruit & Toast	246	408	21	8	0.1	224	664	38	2	9	19	8	36	9	21	
Pirate Waffle	With Fruit	307	458	12	6	0.3	97	755	80	4	30	10	9	80	28	21	
Pirate Hamburger		242	780	49	13	0.3	104	900	53	2	10	29	2	3	7	32	
Pirate Chicken Tenders		130	270	10.9	1	0	40	550	17	4	5	21	0	0	0	6	
Pirate Mac & Cheese		184	293	10	5	0.4	21	270	40	1	0.6	11	14	0	11	8	
Pirate Grilled Cheese		140	353	17	10	0.4	48	1160	34	0	2	14	4	0	28	1	
Pirate Fish		101	106	2	0.2	0	44	238	5	0	0	15	1	0	1	2	
Pirate Pizza		108	263	11	4	0.2	19	540	29	2	3	10	3	5	16	11	
Pirate Spaghetti & Meatball	No Bread	285	453	21	6	0.5	57	1124	47	5	7	20	17	26	14	15	
Add French Fries	3 oz	93	143	7	0.5	0	0	67	18	2	1	2	0	0.1	1	5	
Add Sweet Potato Fries	3 oz	130	307	19	0.7	0.1	0	199	33	4	13	3	156	21	3	3	
Add Pirate Caesar Salad		68	122	9	2	0	14	205	7	0.9	0.5	3	75	4	5	17	
Add Pirate Tossed Salad		59	63	5	0.4	0	5	49	3	0.7	2	1	51	5	2	8	
Add Veggies & Dip	With Zoo Dip	98	81	6	2	0	12	96	5	1	3	0.8	99	5	4	6	
Add Grapes	3 oz	85	59	0.1	0	0	0	2	15	0.8	13	0.6	1	15	1	2	
Add Apple Slices	3 oz	85	40	0.1	0	0	0	3	10	0	10	0.3	1	9	0	0	
Add Steamed Broccoli	3 oz	85	35	1	0.4	0	2	35	6	2	1	2	11	126	4	3	
Add Steamed Carrots	3 oz	86	40	0.8	0.4	0	2	65	8	2	1	0.8	285	8	3	1	
Add Chocolate Gold Coin		5	26	1	0.9	0	0.9	6	3	0.1	3	0.4	0	0	0	0	

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NUTRITION INFORMATION

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GREENS

			*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Caesar Salad	No Bread Without Dressing	273 213	487 187	37 5	6 3	0.1 0.1	54 14	819 439	28 26	4 4	2 2	12 10	301 301	15 11	21 17	67 17	
The Spot's Salad	No Bread Without Dressing	155 126	231 83	21 5	2 0.4	0 0	0 0	308 21	11 8	2 2	6 4	4 4	136 136	16 14	7 7	9 8	
Add Chargrilled Chicken		114	134	3	0.7	0	73	170	0.1	0	0	24	1	2	1	2	
Add Buttermilk Chicken		113	173	6	1	0	44	660	13	0	0	18	0	2	0	9	
Candied Salmon & Beet Spinach Salad	No Bread Without Dressing	337 298	739 511	57 32	10 9	0.1 0.1	63 63	893 684	34 31	6 6	24 21	27 27	5 5	58 58	18 18	32 31	
Citrus Ginger Chicken Salad	No Bread Without Dressing	437 398	297 225	7 5	1 0.8	0 0	73 73	866 209	29 17	6 6	19 8	30 29	229 228	126 124	12 11	19 18	
Quinoa & Cauliflower Power Salad	No Bread Without Dressing	473 433	873 659	48 24	8 6	0.2 0.1	30 28	598 412	76 73	10 10	17 15	30 29	116 116	135 130	20 20	46 44	
BBQ Chopped Chicken Salad	No Bread Without Dressing	462 398	832 429	57 25	5 2	0 0	93 73	1438 768	30 21	7 7	20 13	34 33	300 298	29 23	12 9	43 16	

PASTA & BOWLS

Cauliflower & Chickpea Curry	No Bread	541	526	13	1.3	0.1	0	1630	89	4	18	16	46	181	10	33
Chicken & Mushroom Fettuccine Alfredo	No Bread	590	1498	86	47	4	257	1678	121	2	11	56	79	21	39	34
Spaghetti & Meatballs	No Bread	795	1018	46	16	1	156	2619	108	9	25	44	38	34	45	47
Seafood Fettuccine	No Bread	677	1352	64	33	2.8	261	2445	126	2	10	63	62	54	46	48
Teriyaki Chicken Donburi Bowl		609	708	11	1.2	0.1	73	2513	116	3	43	38	89	146	7	26
Add Shrimp Gyoza		125	312	18	3	0.2	21	835	32	3	7	7	1	2	3	5
Tuscan Chicken Pasta	No Bread	554	859	44	26	0	201	1347	70	5	12	45	52	151	34	18
Side of Garlic Panini Bread	With Garlic Butter	70	196	6	4	0.2	15	381	29	1	0.5	6	4	0	1	15
Side of Naan Bread	With Butter	63	215	8	3	0.1	13	283	27	1	2	5	2	0	4	10

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Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

SPOT CLASSICS

			*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Baby Back Ribs – Half Rack	Only, No Sauce	270	999	81	30	0	323	394	0.5	0.1	0.3	65	0	0	11	27	
Baby Back Ribs – Full Rack	Only, No Sauce	541	1997	162	59	0	646	788	1	0.2	0.7	129	1	0	22	54	
Add Platter (Fries & Coleslaw)		292	418	23	2	0.1	4	289	48	6	6	6	2	68	6	14	
Sauces [†] 1 fl oz portions	Tennessee Whiskey BBQ	36	243	0.7	0.1	0	0	499	14	0.4	12	0.4	4	3	1	2	
Chicken, Broccoli & Cheese	With Rice & Spot Salad	673	1323	81	21	1	95	1876	100	3	5	49	88	97	33	34	
Chicken Pot Pie	With Spot Salad	475	980	75	33	0.2	164	1430	66	4	6	20	145	10	14	27	
The Spot's Fish & Chips	1 Piece of Fish Add Platter Side Tartar	101 292 44	106 444 210	2 26 23	0.2 2 2	0 0.1 0	44 5 15	238 234 240	5 49 3	0 6 0	0 7 0	15 6 2	1 69 38	0 6 6	1 21 23		
Traditional Turkey Dinner		982	881	24	14	0.4	99	2848	116	11	30	63	28	250	21	39	
New York Steak Dinner		590	944	54	21	1.0	185	1611	44	6	4	66	16	142	8	46	
New York Steak Frites		518	909	53	11	1.0	142	688	43	5	3	64	5	36	11	44	
Chargrilled Salmon & Seafood Trio		678	1018	56	22	1.8	217	1563	75	3	6	54	41	66	28	32	
Add Sauteed Garlic Mushrooms		119	86	6	3	0.2	14	296	6	2	3	5	3	5	1	5	
Add Shrimp Oscar		144	207	15	9	0.5	130	760	3	1	4	13	0	0	7	2	
Add Roasted Beets with Goat Cheese		184	185	9	3	0.1	14	230	22	4	16	6	3	25	5	9	

[†]Half rack of ribs is cooked with 1 fl oz of sauce and comes with sauce on the side (1 fl oz). Full rack of ribs is cooked with 2 fl oz of sauce and comes with sauce on the side (1 fl oz).

DESSERTS

Hot Fudge Brownie	With Ice Cream & Whipped Cream	310	1063	62	37	1	229	405	76	6	90	12	68	0	10	19
White Spot Berry Cheesecake	With Strawberry Topping & Whipped Cream	278	532	26	14	0.5	152	664	62	2	49	14	29	79	17	10
Apple Pie	With Ice Cream	404	1024	46	22	0.1	14	438	150	4	85	9	4	12	2	30
The Ultimate Chocolate Cake	With Ice Cream & Whipped Cream	405	1175	43	16	0.2	88	1026	149	10	133	15	18	0	14	37

BEVERAGES

Nat's Best Shakes in Town	Small Large	194 411	288 648	14 28	9 17	0.4 0.8	51 100	102 204	35 90	0 0	29 75	3 6	17 33	0 0	19 38	0 0
Coca-Cola, Coke, Soda	12 fl oz	360	210	0	0	0	0	68	59	0	59	0	0	0	1	0

*Portion size ordinarily served to the guest