	Serving Size (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
APPETIZERS															
Leroy's Crispy Dry Ribs	225	870	48	1	0	0	74	27	0	135	1270	0	1	2	15
Crispy Chicken Tenders, Fries + Sauce	391	1240	51	123	6	15	61	8	1	105	3060	2	13	6	50
Crispy Chicken Tenders, Fries - No Sauce One Pound Wings + Dip	355 312	1160 990	51 85	105	5	1	61 69	8	1	105 360	2930 1570	2 25	13 30	6 10	45 35
One Pound Wings - No Dip	284	870	83	1	0	1	57	15	0.5	350	1460	20	30	6	30
Chicken + Wontons	285	850	45	89	3	49	32	3	1	120	1890	8	5	4	20
Dynamite Roll	312	740	15	84	5	18	36	4	0.3	70	1750	30	18	6	20
Sicilian Calamari	340	890	38	57	5	5	57	6	1	470	1520	15	25	20	20
Warm Three Cheese + Spinach Dip  Yam Fries + Garlic Aioli	425 245	940 940	38	89	6 10	7 24	49 64	26	1	130	2090 1280	60 240	13 25	60 8	50 2
Tuna Tostadas	225	640	17	84	11	3	27	2	0.2	25	2920	10	15	15	20
Truffle Fries	298	1070	10	101	5	1	71	10	1	20	2530	0	20	6	25
Garlic Fries + Parmesan Dip	256	830	8	83	4	2	53	9	1	20	1480	2	18	4	20
Korean Hot Wings	388	1100	91	28	3	19	70	21	1	350	2900	35	40	15	50
Tuna Poke California Roll	233	460 510	23 13	75	5	8 15	33 16	5	0	45 40	1000 1750	8 6	15 10	4	10
California Roll - Half portion	142	260	6	38	2	7	8	1	0	20	870	4	5	2	6
Sushi Press	214	450	13	54	3	9	19	1	0	45	1390	10	8	2	8
SOUPS + BREADS															
Clam Chowder	327	420	13	22	2	5	32	19	0.4	120	1010	60	8	15	10
Tortilla Soup	294	210	6	24	5	5	12	3	0	10	710	15	18	10	10
Pan Bread Oil and Vinegar	152 52	400 330	12	67	3	2	9 36	5	0	0	550 5	0	0	0	35 2
SALADS	02	300					- 55								
Caesar Salad	286	570	10	15	5	4	54	8	1	50	1090	60	40	25	20
Caesar Salad - No Dressing	230	180	9	13	4	3	12	5	0.2	20	380	60	40	20	15
Grilled Chicken Caesar	372	690	37	14	5	3	54	9	1	135	1450	180	40	25	25
Grilled Chicken Caesar - No Dressing	315	320	36	12	5	3	14	6	0	105	870	180	40	20	20
Grilled Cajun Chicken Caesar Grilled Cajun Chicken Caesar - No Dressing	388	770 390	38	18	7	4	62	9.0	1.5 0.5	150 120	1690 1110	210 210	45 45	25 25	35 35
Santa Fe Cajun Chicken Salad	507	1040	48	85	17	23	63	13	1.0	110	1940	80	20	30	45
Santa Fe Chicken Salad - No Dressing	447	710	46	81	16	23	28	10	0.5	110	1630	80	20	30	40
Field Greens Salad	232	190	7	17	4	10	15	2.5	0.1	15	610	10	25	25	10
Field Greens Salad - No Dressing	187	120	6	15	4	9	8	2	0.1	15	420	10	23	20	10
W V 1 0 1 1	0.45	700	4.0	4.0	_	40	00	4.0	_	0.0	470	400	445	4.0	0.5
Warm Kale Salad - No Dressing	345	790 430	16 15	46	6	13	63	18	2	80 30	470 340	130	115 110	40	25 25
Warm Kale Salad Warm Kale Salad - No Dressing PIZZAS	345 285	790 430	16 15	46 44	6	13 13	63 23	18 5	2 0.4	80 30	470 340	130 120	115 110	40 40	25 25
Warm Kale Salad - No Dressing	1		-	-	_								-	-	
Warm Kale Salad - No Dressing PIZZAS	285	430	15	44	6	13	23	5	0.4	30	340	120	110	40	25
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza	285 494 353	430 1100 700	15	94	6	13	23 52	5 25	0.4	30	340 3170	120 35	110	70	25 70
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger	285 494 353 7n below 317	1100 700 v) 780	15 68 36	94 89 52	5 5	13 3 0	23 52 24 40	5 25 13	0.4	30 160 60	340 3170 1680	35 25 6	110 8 5	70 45 6	70 60 50
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger	285 494 353 <i>n</i> below 317 345	1100 700 V) 780 900	15 68 36 50 57	94 89 52 53	5 5 3 3	13 3 0 8 8	23 52 24 40 49	5 25 13 13 19	0.4 0.2 1 1	30 160 60 180 210	340 3170 1680 1030 1210	35 25 6 15	110 8 5 3 3	70 45 6 25	70 60 50 50
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger	285 494 353 <i>on below</i> 317 345 447	1100 700 v) 780 900 910	15 68 36 50 57 54	94 89 52 53 57	5 5 3 3 5	13 3 0 8 8 8	52 24 40 49 52	5 25 13 13 19 20	0.4 0.2 1 1 1 2	160 60 180 210 210	340 3170 1680 1030 1210 1710	35 25 6 15 20	110 8 5 3 3 5	70 45 6 25 6	70 60 50 50 60
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger	285 494 353 <i>n</i> below 317 345	1100 700 V) 780 900	15 68 36 50 57	94 89 52 53	5 5 3 3	13 3 0 8 8	23 52 24 40 49	5 25 13 13 19	0.4 0.2 1 1	30 160 60 180 210	340 3170 1680 1030 1210	35 25 6 15	110 8 5 3 3	70 45 6 25	70 60 50 50
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger	285 494 353 <i>n</i> below 317 345 447 368	1100 700 700 780 900 910 1020	15 68 36 50 57 54 66	94 89 52 53 57 53	5 5 3 3 5 3 4 5	3 0 8 8 10 8	23 52 24 40 49 52 59	5 25 13 13 19 20 22	0.4 0.2 1 1 1 2	160 60 180 210 210 235	340 3170 1680 1030 1210 1710 1600	35 25 6 15 20 15	110 8 5 3 3 5 3	40 70 45 6 25 6 25	25 70 60 50 50 60
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Veggie Burger  Forager Burger	285 494 353 70 below 317 345 447 368 448	1100 700 780 900 910 1020 1130	15 68 36 50 57 54 66 65	94 89 52 53 57 53 62	5 5 3 3 5 3 4	13 3 0 8 8 10 8 14	23 52 24 40 49 52 59 68	5 25 13 13 19 20 22 29	0.4 0.2 1 1 1 2 1 2	160 60 180 210 210 235 245	340 3170 1680 1030 1210 1710 1600 2760	120 35 25 6 15 20 15 30	110 8 5 3 3 5 3 10	70 45 6 25 6 25 35	25 70 60 50 50 60 50
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger Veggie Burger Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES	285 494 353 70 below 317 345 447 368 448 276 375	1100 700 780 900 910 1020 1130 730 980	50 57 54 66 65 23 26	94 89 52 53 57 53 62 72 76	5 5 3 3 5 3 4 5 7	13 3 0 8 8 10 8 14 8 12	23 52 24 40 49 52 59 68 41 64	5 25 13 19 20 22 29 14 17	0.4 0.2 1 1 1 2 1 2 1	160 60 180 210 210 235 245 90 175	340 3170 1680 1030 1210 1710 1600 2760 1810 2190	120 35 25 6 15 20 15 30 20 25	3 3 3 5 3 10 2	40 70 45 6 25 6 25 35 30 35	70 60 50 50 60 50 60 30 40
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger Veggie Burger Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz	285  494 353 70 belov 317 345 447 368 448 276 375	1100 700 780 900 910 1020 1130 730 980	50 57 54 66 65 23 26	94 89 52 53 57 53 62 72 76	5 5 3 3 5 3 4 5 7	13 3 0 8 8 10 8 14 8 12	23 52 24 40 49 52 59 68 41 64	5 25 13 19 20 22 29 14 17	0.4 0.2 1 1 1 2 1 2 1 1	160 60 210 210 235 245 90 175	3170 1680 1030 1210 1710 1600 2760 1810 2190	35 25 6 15 20 15 30 20 25	110 8 5 3 3 5 3 10 2 10	40 70 45 6 25 6 25 35 30 35	70 60 50 50 60 50 60 30 40
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger Veggie Burger Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES	285 494 353 70 below 317 345 447 368 448 276 375	1100 700 780 900 910 1020 1130 730 980	50 57 54 66 65 23 26	94 89 52 53 57 53 62 72 76	5 5 3 3 5 3 4 5 7	13 3 0 8 8 10 8 14 8 12	23 52 24 40 49 52 59 68 41 64	5 25 13 19 20 22 29 14 17	0.4 0.2 1 1 1 2 1 2 1	160 60 180 210 210 235 245 90 175	340 3170 1680 1030 1210 1710 1600 2760 1810 2190	120 35 25 6 15 20 15 30 20 25	3 3 3 5 3 10 2	40 70 45 6 25 6 25 35 30 35	70 60 50 50 60 50 60 30 40
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger Veggie Burger Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz	285  494 353 70 belov 317 345 447 368 448 276 375	1100 700 780 900 910 1020 1130 730 980	15 68 36 50 57 54 66 65 23 26	94 89 52 53 57 53 62 72 76	5 5 3 3 5 3 4 5 7	3 0 8 8 10 8 14 8 12	52 24 40 49 52 59 68 41 64	5 25 13 19 20 22 29 14 17	0.4  0.2  1  1  2  1  1  0.3  1	160 60 210 210 235 245 90 175	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660	35 25 6 15 20 15 30 20 25	3 3 5 3 5 3 10 2 10	40 70 45 6 25 6 25 35 30 35 2 4	50 50 50 60 50 60 50 60 30 40
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger Veggie Burger Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30	1100 700 780 900 910 1020 1130 730 980 470 930 450 35	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4	94 89 52 53 57 53 62 72 76	5 5 3 3 5 3 4 5 7	13 3 0 8 8 10 8 14 8 12 1 1	52 24 40 49 52 59 68 41 64 23 47 23	5 25 13 19 20 22 29 14 17	0.4  0.2  1  1  2  1  1  0.3  1  0.3	160 60 210 210 235 245 90 175	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890	120 35 25 6 15 20 15 30 20 25 0 0 170	3 3 5 3 5 3 10 2 10	40 70 45 6 25 6 25 35 30 35 2 4 4	70 60 50 50 60 50 60 30 40 15 30
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Veggie Burger  Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of sides Cajun Chicken Cheddar	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30 \$\mathred{s}\$ show 316	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 n above	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45	94 89 52 53 57 53 62 72 76 59 119 57 8	5 5 5 3 3 5 3 4 5 7	13 3 0 8 8 10 8 14 8 12 1 1 17 8	23 52 24 40 49 52 59 68 41 64 23 47 23 0	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  2  1  2  1  0.3  1  0.3  1	160 60 210 210 235 245 90 175	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240	120 35 25 6 15 20 15 30 20 25 0 0 170 2	110 8 5 3 3 5 3 10 2 10 10 23 18 0	40 70 45 6 25 6 25 35 30 35 2 4 4 0	50 50 50 60 50 60 30 40 15 30 0
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Veggie Burger  Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of sides Cajun Chicken Cheddar  Chicken, Brie + Fig	285  494 353 70 below 317 345 447 368 448 276 375  150 299 144 30 \$\text{show}\$ 316 364	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 <i>n</i> above 740 750	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44	94 89 52 53 57 53 62 72 76 59 119 57 8	5 5 5 3 3 5 3 4 5 7 7	13 3 0 8 8 10 8 14 8 12 1 1 17 8	23 52 24 40 49 52 59 68 41 64 23 47 23 0	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  2  1  0.3  1  0.3  1  0.1	160 60 210 210 235 245 90 175 0 0	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240	120 35 25 6 15 20 15 30 20 25 0 0 170 2	110 8 5 3 3 5 3 10 2 10 10 23 18 0	40 70 45 6 25 6 25 35 30 35 2 4 4 0	50 50 50 60 50 60 30 40 15 30 0
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Veggie Burger  Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of sides Cajun Chicken Cheddar  Chicken, Brie + Fig  Chipotle Chicken Tacos	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30 \$\text{show}\$ 316 364 320	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 <i>n</i> above 740 750 480	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44 24	94 89 52 53 57 53 62 72 76 59 119 57 8	5 5 5 3 3 5 7 7 3 5 7 1	13 3 0 8 8 10 8 14 8 12 1 1 17 8	23 52 24 40 49 52 59 68 41 64 23 47 23 0	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  1  2  1  0.3  1  0.3  0  1  0.1  0.1	160 60 210 210 235 245 90 175 0 0 0	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240 1610 1310 1460	120 35 25 6 15 20 15 30 20 25 0 0 170 2 40 40 15	110 8 5 3 3 5 3 10 2 10 10 23 18 0	40  70  45  6  25  6  25  35  30  35  2  4  4  0  25  10  25	25 70 60 50 50 60 50 60 30 40 15 30 0 0 40 35 20
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Veggie Burger  Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of sides Cajun Chicken Cheddar  Chicken, Brie + Fig	285  494 353 70 below 317 345 447 368 448 276 375  150 299 144 30 \$\text{show}\$ 316 364	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 <i>n</i> above 740 750	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44	94 89 52 53 57 53 62 72 76 59 119 57 8	5 5 5 3 3 5 3 4 5 7 7	13 3 0 8 8 10 8 14 8 12 1 1 17 8	23 52 24 40 49 52 59 68 41 64 23 47 23 0	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  2  1  0.3  1  0.3  1  0.1	160 60 210 210 235 245 90 175 0 0	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240	120 35 25 6 15 20 15 30 20 25 0 0 170 2	110 8 5 3 3 5 3 10 2 10 10 23 18 0	40 70 45 6 25 6 25 35 30 35 2 4 4 0	50 50 50 60 50 60 30 40 15 30 0
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger Veggie Burger Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES Yukon Gold Fries - Side 8 oz Yukon Gold Fries - Entrée 16 oz Yam Fries - Side 7 oz Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of sides Cajun Chicken Cheddar Chicken, Brie + Fig Chipotle Chicken Tacos Chicken Pibil Tacos	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30 \$\$show\$ 316 364 320 390	1100 700 700 780 900 910 1020 1130 730 980 470 930 450 35 <i>n</i> above 740 750 480 640	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44 24 39	94 89 52 53 57 53 62 72 76 59 119 57 8	5 5 5 3 3 5 3 4 5 7 1 5 6 8 9	13 3 0 8 8 10 8 14 8 12 1 1 17 8	23 52 24 40 49 52 59 68 41 64 23 47 23 0 40 33 18 27	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  1  2  1  1  0.3  1  0.3  0  1  0.1  0.1  0.3	160 60 210 210 235 245 90 175 0 0 0	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240 1610 1310 1460 1550	120 35 25 6 15 20 15 30 20 25 0 0 170 2 40 40 40 15 20	110 8 5 3 3 5 3 10 2 10 10 23 18 0	40  70  45  6  25  6  25  35  30  35  2  4  4  0  25  10  25  20	25 70 60 50 50 60 50 60 30 40 15 30 0 0 40 35 20 15
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Veggie Burger  Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of side Cajun Chicken Cheddar  Chicken, Brie + Fig  Chipotle Chicken Tacos  Chicken Pibil Tacos  Baja Fish Tacos	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30 \$\$show\$ 316 364 320 390	1100 700 700 780 900 910 1020 1130 730 980 470 930 450 35 <i>n</i> above 740 750 480 640	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44 24 39	94 89 52 53 57 53 62 72 76 59 119 57 8	5 5 5 3 3 5 3 4 5 7 1 5 6 8 9	13 3 0 8 8 10 8 14 8 12 1 1 17 8	23 52 24 40 49 52 59 68 41 64 23 47 23 0 40 33 18 27	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  1  2  1  1  0.3  1  0.3  0  1  0.1  0.1  0.3	160 60 210 210 235 245 90 175 0 0 0	3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240 1610 1310 1460 1550	120 35 25 6 15 20 15 30 20 25 0 0 170 2 40 40 40 15 20	110 8 5 3 3 5 3 10 2 10 10 23 18 0	40  70  45  6  25  6  25  35  30  35  2  4  4  0  25  10  25  20	25 70 60 50 50 60 50 60 30 40 15 30 0 0 40 35 20 15
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show Bigger Better Burger Cheddar Burger  Mushroom Burger Bacon + Cheddar Burger Bronx Burger  Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 flo cz  SANDWICHES (sandwich only, add your choice of side Cajun Chicken Cheddar  Chicken, Brie + Fig  Chipotle Chicken Tacos  Chicken Pibil Tacos  Baja Fish Tacos  NOODLES + WOKS  Jeera Chicken Curry - No Naan	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30 \$\$show\$ 316 364 320 390 309  820 690	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 740 750 480 640 600	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44 24 39 21	94 89 52 53 57 53 62 72 76 59 119 57 8 60 63	5 5 5 3 3 4 5 7 3 5 7 1	13 3 0 8 8 10 8 14 8 12 1 1 17 8 2 18 7 9 5	23 52 24 40 49 52 59 68 41 64 23 47 23 0 40 33 18 27 29 58 53	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  1  2  1  1  0.3  1  0.3  0  1  0.1  0.1  0.3  0.2	160 60 210 210 235 245 90 175 0 0 0 0 120 130 60 90 45	340 3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240 1610 1310 1460 1550 1350 2480 1880	120 35 25 6 15 20 15 30 20 25 0 0 170 2 40 40 40 15 20 6	110 8 5 3 3 5 3 10 2 10 10 23 18 0 8 8 8 45 35 45 45	40  70  45  6  25  6  25  35  30  35  2  4  4  0  25  10  25  20  15	25 70 60 50 50 60 50 60 30 40 15 30 0 0 40 35 20 15 10 40 25
Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show bigger Better Burger  Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger  Bronx Burger  Veggie Burger  Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of side Cajun Chicken Cheddar  Chicken, Brie + Fig  Chipotle Chicken Tacos  Chicken Pibil Tacos  Baja Fish Tacos  NOODLES + WOKS  Jeera Chicken Curry - No Naan  Mushroom Bolognese	285  494 353 70 belov 317 345 447 368 448 276 375  150 299 144 30 316 364 320 390 309  820 690 522	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 740 750 480 640 600 1370 1060 890	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44 24 39 21 45 38 26	94 89 52 53 57 53 62 72 76 59 119 57 8 60 63 63 165 109	5 5 5 3 3 4 5 7 3 5 7 1 5 6 8 9 8	13 3 0 8 8 10 8 14 8 12 1 1 17 8 2 18 7 9 5	23 52 24 40 49 52 59 68 41 64 23 47 23 0 40 33 18 27 29 58 53 44	5 25 13 19 20 22 29 14 17 4 8 1 0	0.4  0.2  1  1  1  2  1  1  2  1  1  0.3  1  0.1  0.1  0.1  0.3  0.2	160 60 210 210 235 245 90 175 0 0 0 0 120 130 60 90 45	340 3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240 1610 1310 1460 1550 1350 2480 1880 1440	120 35 25 6 15 20 15 30 20 25 0 0 170 2 40 40 15 20 6 35 30 35 30 35 30 35 30 30 30 30 30 30 30 30 30 30	110 8 5 3 3 5 3 10 2 10 10 23 18 0 8 8 8 45 35 45 45	40  70  45  6  25  6  25  35  30  35  2  4  4  0  25  10  25  20  15  10  30	25 70 60 50 50 60 50 60 30 40 15 30 0 0 40 35 20 15 10
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Warm Kale Salad - No Dressing  PIZZAS  Italia Pizza  Margherita Pizza  BURGERS (burger only, add your choice of sides show bigger Better Burger Cheddar Burger  Mushroom Burger  Bacon + Cheddar Burger Bronx Burger  Veggie Burger Forager Burger  SIDES FOR BURGERS & SANDWICHES  Yukon Gold Fries - Side 8 oz  Yukon Gold Fries - Entrée 16 oz  Yam Fries - Side 7 oz  Ketchup 1 fl oz  SANDWICHES (sandwich only, add your choice of side Cajun Chicken Cheddar  Chicken, Brie + Fig  Chipotle Chicken Tacos  Chicken Pibil Tacos  Baja Fish Tacos  NOODLES + WOKS  Jeera Chicken Curry - No Naan  Mushroom Bolognese  Mediterranean Linguini with Chicken  Mediterranean Linguini with Prawns  Hunan Kung Pao  Hunan Kung Pao with Tofu  Hunan Kung Pao with Prawns  Bibimap Bowl  Bibimap Bowl + Tofu	285  494 353 7 belov 317 345 447 368 448 276 375  150 299 144 30 \$\$show\$ 316 364 320 390 309  820 690 522 597 698 737 642 756 747 735 644 744	1100 700 780 900 910 1020 1130 730 980 470 930 450 35 740 750 480 640 600 11370 1060 890 840 1090 1170 960 1180 1140	15 68 36 50 57 54 66 65 23 26 6 11 2 0.4 e) 45 44 24 39 21 45 38 26 54 51 21 32 46 36	44   94   89     52   53   57   53   62   72   76     59   119   57   8     60   63     65   109   102   98   99   121   129   127   128	5 5 5 3 3 4 5 7 7 1 5 6 8 8 9 8 8 8 8 8 8 8 9 8 8 8 8 8 8 8 8	13 3 0 8 8 10 8 14 8 12 1 1 17 8 2 18 7 9 5 14 12 7 7 7 41 47 46 46	23 52 24 40 49 52 59 68 41 64 23 47 23 0 40 33 18 27 29 58 53 44 39 54 64 45 57 53 53	5 25 13 19 20 22 29 14 17 4 8 1 0 12 11 5 6 2 8 8 8 14 11 12 18 4.5 6 6 6	0.4  0.2  1  1  1  2  1  1  0.3  1  0.1  0.1  0.3  0.2  3  3  1  0  0  1  0.5  1  1.5  1.5	160 60 210 210 235 245 90 175 0 0 0 0 120 130 60 90 45 100 65 55 35 110 255 0 0 65 135 180	340 3170 1680 1030 1210 1710 1600 2760 1810 2190 830 1660 890 240 1610 1310 1460 1550 1350 2480 1440 1620 2250 3570 4040 4100 4650 3360 3780	120 35 25 6 15 20 15 30 20 25 0 0 170 2 40 40 40 15 20 6 35 30 35 30 35 50 170 170 170 180 180 180 180 180 180 180 18	110  8 5 3 3 3 5 3 10 2 10 10 23 18 0 8 8 8 45 35 45 23 18 65 65 70 145 145 145 145 35 35	40  70  45  6  25  6  25  30  35  30  35  4  4  0  25  10  25  20  15  15  10  30  35  40  45  35  70  35  40	25 70 60 50 50 60 30 40 15 30 0 0 40 35 20 15 10 40 25 45 45 50 60 70 80 70
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	Serving Size (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
STEAKS (steak only, add your choice of sides shown b	elow)														
Signature Top Sirloin - 6 oz	131	230	34	4	2	0	6	3	0	80	510	6	4	4	35
Signature Top Sirloin - 8 oz	167	260	39	4	2	0	7	3	0	95	520	6	4	4	45
New York Striploin - 10 oz 6 oz Steak Frites	196 397	470 1020	49 49	102	6	0	25 46	10	0.4	115 95	530 2810	6	23	8	35 60
Chimichurri Skirt Steak	506	720	49	47	7	12	42	9	1	115	2400	20	120	10	45
6 oz Steak + Sushi: Dynamite Roll	529	1210	54	109	6	32	60	10	1	185	4500	35	23	8	45
8 oz Steak + Sushi: Dynamite Roll	574	1240	65	114	7	34	54	8	0	205	4710	35	25	10	50
SAUCES FOR STEAKS															
Cabernet Steak Jus	90	160	2	6	1	1	9	5	0	25	360	8	1	2	4
Cajun Blackened (spice and butter)	21	100	1	3	2	0	10	6	1	25	650	25	3	2	10
Peppercorn	90	170	4	9	1	1	12	5	0	30	820	10	3	4	10
SIDES FOR STEAKS & MAINS															
Yukon Gold Mashed Potatoes	229	410	5	34	3	2	30	18	2	85	590	30	18	6	10
Horseradish 1 oz	28	15	0	3	1	1	0	0	0	0	70	0	10	2	2
Sauteed Prawns	172	240	27	1	0	0	12	7	1	275	360 670	20	3	6	30
Sauteed Button Mushrooms  Warm Potato Salad	158 217	140 670	4 9	6 25	2	2	60	7	1	30 85	670 1080	10 20	3 13	6	10
Coleslaw	162	290	2	9	2	5	28	3	1	20	540	4	35	6	6
Seasoned Jasmine Rice	159	300	4	50	2	4	9	2	0	0	620	0	2	4	4
Organic Summer Vegetable Medley	180	130	2	13	3	8	9	3	0	10	410	100	13	4	6
MAINS (main only, add your choice of sides shown abo	ove)					,									
Roast Chicken	182	290	59	0	0	0	4	1	0.0	155	720	2	0	2	8
Cajun Chicken	140	270	41	4	2	0	10	5	0.3	120	910	30	3	4	20
Rack of BBQ Back Ribs	416	1300	85	47	1	43	83	31	1	330	1680	0	1	15	30
BBQ Back Ribs + Cajun Chicken (half)	329	980	78	25	2	22	60	24	0.5	285	1370	15	2	10	30
BBQ Back Ribs + Cajun Chicken (full)	659	1970	155	51	4	43	121	49	2	570	2730	30	4	20	60
Lois Lake Steelhead Salmon	162	390	40	0	5	5	25	8	0.2	140	710	25 2	5	4	10
Fish + Chips Feta Caper Dill Salmon	568 160	1340 320	41 35	96	0	1	86	9	0	95 135	2810 920	2	35 5	8 15	30 6
SIDES	100	320	33			1	13	J		155	920	2	J	15	
Yukon Gold Fries - Side 8 oz	150	470	6	59	3	1	23	4	0.3	0	830	0	10	2	15
Yukon Gold Fries - Entrée 16 oz	299	930	11	119	5	1	47	8	1	0	1660	0	23	4	30
Side Caesar Salad	106	230	5	6	2	1	21	4	0.4	20	450	20	15	10	8
Warm Potato Salad - Side	217	470	9	31	3	3	34	7	0	50	680	4	15	4	10
Half Chicken Breast (skin off)	111	180	36	0	0	0	3	1	0	95	670	0	0	0	6
Fettuccini Alfredo	200	440	11	36	2	5	28	15	0.4	130	310	25	3	15	6
DESSERTS															
Warm Chocolate Sticky Toffee Pudding	453	1450	18	203	11	131	68	40	2.5	275	980	50	1	20	45
Gold Digger Hot Toffee Sundae	330	930	12	138	2	57	40	22	1	100	500	30	1	25	10
Peanut Butter Skillet Cookie Smores Skillet Cookie	217	830 740	17 9	88 106	3	66 76	33	19 19	1	130 135	610 480	25 20	0	10 15	30
Gingerbread Cake	395	1020	12	159	3	104	39	20	1.5	125	520	30	3	15	35
Pumpkin Pie	320	820	10	72	3	46	57	30	0.1	265	460	120	8	10	15
Chocolate Banana Cake	296	810	11	108	3	79	35	21	1	270	640	35	3	15	20
BRUNCH															
Fried Smashed Potatoes	155	330	3	30	3	1	22	12	1	45	560	15	15	2	10
Eggs Benedict	527	1350	42	74	5	5	101	53	1.5	935	2990	90	18	10	50
Croque Madame	387	1180	47	46	2	4	88	51	1	505	2480	90	5	60	35
Chorizo Hash	576	1330	39	43	7	6	115	50	1.5	795	1720	80	25	15	45
Blueberry French Toast	595	1290	36	204	9	47	33	16	1	205	1680	30	8	10	100
Breakfast Sandwich	447	1380	39	56	3	2	109	42	2	555	2150	60	5	30	45
Steak and Eggs	502	1190	44	74	8	12	81	33	2.5	530	2940	60	30	15	60
Lemon Blueberry Pancakes	352	830	15	108	4	67	39	20	2.5	265	1040	35	15	25	25
Avocado Supertoast	608	680	12	48	16	12	52	7	0	0	630	35	55	6	30
Brunch Avocado Supertoast	708	820	24	49	16	13	62	10	0	365	900	50	55	10	40
Filipino Breaskast Bowl	493	970	37	94	6	13	50	10	1	240	2050	15	23	10	30
BEVERAGES	mL 240	400		00		0.0				0	0.0	0	0		^
Coke Diet Coke	240	100	0	26	0	26	0	0	0	0	30	0	0	0	0
Diet Coke Sprite	240	100	0	26	0	26	0	0	0	0	30 45	0	0	0	0
Ginger Ale	240	90	0	24	0	24	0	0	0	0	25	0	0	0	0
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