

	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	355	1160	51	105	5	1	61	8	1	105	2930	2	13	6	45
One Pound Wings + Dip	312	990	85	2	0	1	69	18	1	360	1570	25	30	10	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	425	940	38	89	6	7	49	26	1	130	2090	60	13	60	50
Yam Fries + Garlic Aioli	245	940	4	84	10	24	64	4	1	20	1280	240	25	8	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	233	460	23	21	4	8	33	5	0	45	1000	8	15	4	10
California Roll	284	510	13	75	5	15	16	2	0	40	1750	6	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	152	400	12	67	3	2	9	2	0	0	550	0	4	2	35
Oil and Vinegar	52	330	0	3	0	2	36	5	0	0	5	0	0	0	2
SALADS															
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	388	770	38	18	7	4	62	13	1.5	150	1690	210	45	25	35
Grilled Cajun Chicken Caesar - No Dressing	331	390	36	16	7	4	21	9.0	0.5	120	1110	210	45	25	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
Warm Kale Salad	345	790	16	46	6	13	63	18	2	80	470	130	115	40	25
Warm Kale Salad - No Dressing	285	430	15	44	6	13	23	5	0.4	30	340	120	110	40	25
PIZZAS															
Italia Pizza	494	1100	68	94	5	3	52	25	0.2	160	3170	35	8	70	70
Margherita Pizza	353	700	36	89	5	0	24	13	1	60	1680	25	5	45	60
BURGERS (burger only, add your choice of sides shown below)															
Bigger Better Burger	317	780	50	52	3	8	40	13	1	180	1030	6	3	6	50
Cheddar Burger	345	900	57	53	3	8	49	19	1	210	1210	15	3	25	50
Mushroom Burger	447	910	54	57	5	10	52	20	2	210	1710	20	5	6	60
Bacon + Cheddar Burger	368	1020	66	53	3	8	59	22	1	235	1600	15	3	25	50
Bronx Burger	448	1130	65	62	4	14	68	29	2	245	2760	30	10	35	60
Veggie Burger	276	730	23	72	5	8	41	14	1	90	1810	20	2	30	30
Forager Burger	375	980	26	76	7	12	64	17	1	175	2190	25	10	35	40
SIDES FOR BURGERS & SANDWICHES															
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
Yam Fries - Side 7 oz	144	450	2	57	7	17	23	1	0.3	0	890	170	18	4	0
Ketchup 1 fl oz	30	35	0.4	8	1	8	0	0	0	0	240	2	0	0	0
SANDWICHES (sandwich only, add your choice of sides shown above)															
Cajun Chicken Cheddar	316	740	45	53	5	2	40	12	1	120	1610	40	8	25	40
Chicken, Brie + Fig	364	750	44	70	6	18	33	11	0.1	130	1310	40	8	10	35
Chipotle Chicken Tacos	320	480	24	58	8	7	18	5	0.1	60	1460	15	45	25	20
Chicken Pibil Tacos	390	640	39	60	9	9	27	6	0.3	90	1550	20	35	20	15
Baja Fish Tacos	309	600	21	63	8	5	29	2	0.2	45	1350	6	45	15	10
NOODLES + WOKS															
Jeera Chicken Curry	820	1370	45	165	8	14	58	8	3	100	2480	35	23	15	40
Jeera Chicken Curry - No Naan	690	1060	38	109	6	12	53	8	3	65	1880	30	23	10	25
Mushroom Bolognese	522	890	26	102	9	12	44	14	1	55	1440	35	18	30	45
Mediterranean Linguini	597	840	26	98	8	7	39	11	0	35	1620	30	65	35	45
Mediterranean Linguini with Chicken	698	1090	54	98	8	7	54	12	0	110	2260	35	65	40	50
Mediterranean Linguini with Prawns	737	1170	51	99	8	7	64	18	1	255	2550	50	70	45	60
Hunan Kung Pao	642	960	21	121	8	41	45	4.5	0.5	0	3570	170	145	35	70
Hunan Kung Pao with Tofu	756	1160	32	129	9	47	57	6	1	0	4040	170	145	70	80
Hunan Kung Pao with Chicken	747	1180	46	127	8	46	53	6	0.5	65	4100	180	145	35	70
Hunan Kung Pao with Prawns	735	1140	36	128	8	46	53	6	1	135	4650	180	145	40	70
Bibimap Bowl	644	1200	20	108	6	19	77	8	1.5	180	3360	90	35	15	50
Bibimap Bowl + Tofu	744	1360	31	112	8	20	88	10	1.5	180	3780	90	35	50	60
Bibimap Bowl + Chicken	737	1400	41	110	7	19	89	11	1.5	250	3820	90	35	15	60
Bibimap Bowl + Beef	736	1450	44	110	7	19	93	13	1.5	240	3820	90	35	15	70
Bibimap Bowl + Prawns	723	1320	34	110	7	19	83	9	1.5	305	3920	90	35	15	70
Fettuccini Alfredo	600	1330	34	109	5	15	85	45	1	385	940	70	10	45	15

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STEAKS (steak only, add your choice of sides shown below)															
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	196	470	49	4	2	0	25	10	0	115	530	6	4	4	35
6 oz Steak Frites	397	1020	49	102	6	1	46	10	0.4	95	2810	6	23	8	60
Chimichurri Skirt Steak	506	720	42	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	20	3	6	30
Sauteed Button Mushrooms	158	140	4	6	2	2	12	7	1	30	670	10	3	2	10
Warm Potato Salad	217	670	9	25	2	2	60	17	1	85	1080	20	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 above)															
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	0	0	25	8	0.2	140	710	25	5	4	10
Fish + Chips	568	1340	41	96	5	5	86	9	2	95	2810	2	35	8	30
Feta Caper Dill Salmon	160	320	35	2	0	1	19	3	0	135	920	2	5	15	6
SIDES															
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	217	830	17	88	4	66	48	19	1	130	610	25	0	10	30
Smores Skillet Cookie	205	740	9	106	3	76	33	19	1	135	480	20	0	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	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 Breakfast Bowl	493	970	37	94	6	13	50	10	1	240	2050	15	23	10	30
BEVERAGES <i>mL</i>															
Coke	240	100	0	26	0	26	0	0	0	0	30	0	0	0	0
Diet Coke	240	0	0	0	0	0	0	0	0	0	30	0	0	0	0
Sprite	240	100	0	26	0	26	0	0	0	0	45	0	0	0	0
Ginger Ale	240	90	0	24	0	24	0	0	0	0	25	0	0	0	0