



## KELSEYS TECHNICAL DATA SHEET MANUAL

### Roadhouse Classics

NUTRITION | ALLERGENS | INGREDIENTS

Issued: Aug 14, 2023



# KELSEYS

## TECHNICAL DATA SHEET

**BRAND:** Kelsey's  
**RECIPE NAME:** Lemon Pepper Salmon  
**SIZE/WEIGHT:** 512 g  
**ISSUED:** April 24, 2023  
**ITEM ID:** KMAIN-004

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (512 g) pour (512 g)	
<b>Calories 750</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides 37 g</b>	49 %
Saturated / saturés 8 g	
+ Trans / trans 0 g	40 %
<b>Carbohydrate / Glucides 58 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 43 g</b>	
<b>Cholesterol / Cholestérol 95 mg</b>	
<b>Sodium 1240 mg</b>	54 %
Potassium 450 mg	10 %
Calcium 200 mg	15 %
Iron / Fer 2.25 mg	13 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients: Lemon Pepper Salmon:** Atlantic salmon, Lemon pepper seasoning (salt, spices, citric acid, sugar, dehydrated onion and garlic, high oleic sunflower oil, natural flavour [including extractives of lemon], turmeric, riboflavin, lemon peel, disodium inosinate and guanylate, ascorbic acid, spice extractives, calcium stearate, calcium silicate). **Basmati Rice:** Basmati rice, Water, Salt, White pepper. **Seasonal Vegetables:** Broccoli, Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder). **Pesto Mayonnaise:** Light mayo type dressing (water, soybean oil, modified corn starch, vinegar, salt, sugar, frozen egg white, mustard flour, xanthan gum, concentrated lemon juice, potassium sorbate, beta-carotene, calcium disodium EDTA, lactic acid, L-cysteine, paprika oleoresin), Basil pesto (basil, canola oil, romano cheese [pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin], water, parmesan cheese [pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin], garlic in oil [water, chopped garlic, canola oil, citric acid, potassium sorbate], garlic powder, salt, starch, tartrazine, brilliant blue FCF, sunset yellow FCF, citric acid).

**Contains:** Egg, Fish, Milk, Mustard, Soy.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



# KELSEYS

## TECHNICAL DATA SHEET

**BRAND:** Kelsey's  
**RECIPE NAME:** Chicken Fried Chicken  
**SIZE/WEIGHT:** 411 g  
**ISSUED:** July 21, 2023  
**ITEM ID:** KMAIN-018

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (411 g) pour (411 g)	
<b>Calories 440</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides 20 g</b>	27 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides 34 g</b>	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 5 g	5 %
<b>Protein / Protéines 34 g</b>	
<b>Cholesterol / Cholestérol 85 mg</b>	
<b>Sodium 1490 mg</b>	65 %
<b>Potassium 850 mg</b>	25 %
<b>Calcium 200 mg</b>	15 %
<b>Iron / Fer 2.5 mg</b>	14 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients: Crispy Chicken:** Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Buttermilk (partly skim milk, salt, bacterial culture), Canola oil, Chopped garlic in oil (garlic, water, canola oil, citric acid), Seasoned flour (enriched wheat flour, salt, black pepper). Fried in canola oil. **Seasonal Vegetables:** Broccoli, Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder). **Chicken Gravy:** Water, Gravy mix (wheat flour, modified corn starch, hydrolyzed soy and corn protein, chicken fat, vegetable oil shortening, [palm oil, soybean oil and modified palm oil], monosodium glutamate, sugar, salt, caramel [sulphites], maltodextrin, onion powder, glucose solids, spice extractives [soy lecithin], spices [mustard], flavour, parsley, garlic powder, sunflower oil), Alfredo sauce ([water, cream (milk, cream), modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum], partly skimmed milk), Black pepper. **Alfredo Sauce:** Alfredo sauce (water, cream [milk, cream], modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum), Partly skimmed milk. **Black Pepper.**

**Contains:** Milk, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



# KELSEYS

## TECHNICAL DATA SHEET

**BRAND:** Kelsey's

**RECIPE NAME:** Salt and Vinny Fish and Chips

**SIZE/WEIGHT:** Various

**ISSUED:** April 30, 2021

**ITEM ID:** KMAIN-002, KMAIN-003

### NUTRITION:

#### 1 Piece (691 g)

Nutrition Facts	
Valeur nutritive	
Per (691 g) pour (691 g)	
<b>Calories 1450</b>	<b>% Daily Value*</b>
% valeur quotidienne*	
<b>Fat / Lipides 86 g</b>	<b>115 %</b>
Saturated / saturés 8 g	42 %
+ Trans / trans 0.4 g	
<b>Carbohydrate / Glucides 140 g</b>	
Fibre / Fibres 14 g	50 %
Sugars / Sucres 18 g	18 %
<b>Protein / Protéines 39 g</b>	
<b>Cholesterol / Cholestérol 80 mg</b>	
<b>Sodium 2840 mg</b>	<b>123 %</b>
Potassium 1350 mg	40 %
Calcium 150 mg	12 %
Iron / Fer 5 mg	28 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

#### 2 Piece (968 g)

Nutrition Facts	
Valeur nutritive	
Per (968 g) pour (968 g)	
<b>Calories 2030</b>	<b>% Daily Value*</b>
% valeur quotidienne*	
<b>Fat / Lipides 117 g</b>	<b>156 %</b>
Saturated / saturés 11 g	57 %
+ Trans / trans 0.4 g	
<b>Carbohydrate / Glucides 186 g</b>	
Fibre / Fibres 17 g	61 %
Sugars / Sucres 19 g	19 %
<b>Protein / Protéines 68 g</b>	
<b>Cholesterol / Cholestérol 145 mg</b>	
<b>Sodium 4520 mg</b>	<b>197 %</b>
Potassium 2100 mg	62 %
Calcium 175 mg	13 %
Iron / Fer 7 mg	39 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients: Crispy Cod:** Cod fillet (fish, water, salt), Seasoned flour (enriched wheat flour, salt, black pepper), House batter (enriched wheat flour, corn starch [sulphites], beer, cajun seasoning [cajun seasoning spices, salt, garlic powder, onion powder, herbs, vegetable oil, silicon dioxide, natural flavour], carbonated water, baking powder). Fried in canola oil. **Salt and Malt Seasoning:** Salt, Corn maltodextrin (sulphites), Sodium diacetate, Sodium acetate, Corn and/or wheat maltodextrin, Citric acid, Malic acid, Spices, Calcium stearate (anti-caking agent), Tricalcium phosphate (MFG aid), High monosaturated vegetable oil (canola and/or sunflower seed oil), Barley malt vinegar powder. **Potato Chips:** Potatoes, Vegetable oil (sunflower, corn and/or canola oil), Salt. **Fries:** Potatoes, Canola and/or soybean oil, Sodium acid pyrophosphate, Sugars (dextrose). Fried in canola oil. **Coleslaw:** Green cabbage, Red cabbage, Carrot, Sweet onion dressing (water, sugar, vinegar [white, cider], canola oil, onions, salt, key lime juice from concentrate [water, lime juice], fried vegetables [red bell peppers, carrots, onions], xanthan gum, seasoning, herbs and spices). **Tartar Sauce:** Water, Canola oil, Sugar, Vinegar, Prepared relish (cucumbers, sugar/glucose-fructose, water, white vinegar, salt, dehydrated red peppers, calcium chloride, xanthan gum, sodium benzoate, mustard seeds, natural flavours, tartrazine, sunset yellow FCF, brilliant blue FCF), Onions, Modified corn starch, Frozen yolk mix (egg), Salt, Mustard, Xanthan gum, Sodium benzoate, Spices (contains soybean oil), Garlic powder, Natural flavour, Calcium disodium EDTA. **Lemon.**

**Contains:** Egg, Fish, Mustard, Soy, Sulphites, Wheat.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



# KELSEYS

## TECHNICAL DATA SHEET

**BRAND:** Kelsey's

**RECIPE NAME:** Balsamic Chicken

**SIZE/WEIGHT:** 502 g

**ISSUED:** July 21, 2023

**ITEM ID:** KMAIN-020

### NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (502 g) pour (502 g)	
<b>Calories 700</b>	% Daily Value*
	% valeur quotidienne*
<b>Fat / Lipides 48 g</b>	64 %
Saturated / saturés 6 g	33 %
+ Trans / trans 0.5 g	
<b>Carbohydrate / Glucides 18 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 8 g	8 %
<b>Protein / Protéines 54 g</b>	
<b>Cholesterol / Cholestérol 150 mg</b>	
<b>Sodium 1100 mg</b>	48 %
<b>Potassium 1150 mg</b>	34 %
<b>Calcium 150 mg</b>	12 %
<b>Iron / Fer 2 mg</b>	11 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

**Ingredients: Seasoned Chicken Breast:** Chicken, Water, Maltodextrin, Iodized salt, Sodium tripolyphosphate, Papain. **Seasonal Vegetables:** Broccoli, Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder). **Alfredo Sauce:** Alfredo sauce (water, cream [milk, cream], modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum), Partly skimmed milk. **Basil Pesto:** Basil, Canola oil, Romano cheese (pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin), Water, Parmesan cheese (pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin), Garlic in oil (water, chopped garlic, canola oil, citric acid, potassium sorbate), Garlic powder, Salt, Starch, Tartrazine, Brilliant blue FCF, Sunset yellow FCF, Citric acid. **Balsamic Chicken Marinade:** Roasted garlic flavour concentrate (roasted garlic puree, water, sugars [dextrose], salt, carrot puree, onion puree, dried garlic, canola oil, dried toasted onion, celery puree, potassium chloride, flavour), Balsamic vinaigrette (canola oil, water, balsamic vinegar [sulphites], balsamic vinegar reduction, sugar, garlic, salt, white vinegar, spices, dijon mustard [water, mustard seeds, vinegar, salt, turmeric], xanthan gum). **Garlic Spread:** Margarine (soybean oil, palm oil and modified palm oil, salt, modified milk ingredients, soy lecithin, vegetable monoglycerides, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3), Water, Garlic (garlic, canola oil, water, citric acid), Parmesan cheese (milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural flavour), Spices.

**Contains:** Milk, Mustard, Soy, Sulphites.

**ALLERGEN WARNING:** FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.