

Local Nutrition Report

Nutrition Facts table label rounded report

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Item Name	Modifications	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Brunch												
Beef Hash & Hash Browns		507	1130	92	15	1	265	1460	52	7	9	25
Eggs Benedict & Hash Browns	Canada	505	1460	125	44	3.5	690	1340	57	5	2	29
	US	505	1490	129	46	3.5	700	1600	58	5	2	29
Avocado Eggs Benedict & Hash Browns	Canada	569	1580	141	45	3.5	670	1460	64	10	3	23
	US	569	1630	144	47	4	680	1720	65	10	3	23
Breakfast Sandwich & Fries		422	1040	60	14	0.3	410	2030	81	6	10	38
Chicken & Waffle	Canada	390	1410	95	38	1.5	225	2200	117	6	48	29
	US	390	1430	96	38	2	230	2320	117	6	48	29
Shredded Hash Browns		120	280	15	1	0.1	0	800	33	4	0	2
Starters												
Pinche Beef Tacos		262	560	23	3	0.1	10	1070	78	9	3	12
Barbacoa Beef Tacos (NEW TEST)		248	480	25	5	0.2	85	900	40	4	4	26
Nachos	February 28 2023+22:46+22:34	234	570	30	12	0.5	60	1400	59	7	5	25
	Full order	467	1130	60	24	1	120	2810	119	14	9	51
	Mexi beef shared between 2	262	640	34	14	0.5	80	1570	61	7	5	32
	Mexi beef full order	524	1270	68	28	1.5	155	3130	121	14	9	63
Guacamole		167	350	35	4.5	0	0	870	12	10	1	3
Hot Wings & Blue Cheese Dressing	Full order no celery	308	940	66	16	0.5	330	3110	3	1	2	77
	shared between 2	154	470	33	8	0.3	165	1560	2	1	1	38
	Full order with celery	324	940	66	16	0.5	330	3140	4	2	3	77
Yam Fries		240	970	67	6	0.2	20	840	86	10	25	6
	shared between 2	120	485	34	3	0	10	420	43	5	13	3
Hand-pressed Sliders Royale (Med-Hat)	Shared between 2	148	360	16	2	0	20	645	44	2	8	11
	One slider	99	240	10	1	0	13	430	29	1	5	7
Chips & Salsa	shared between 2	103	200	7	0.3	0	0	350	34	4	2	6
Perogies	shared between 2	168	340	21	9	0.4	40	610	31	2	3	9
Steamed Edamame	shared between 2	88	80	2.5	0	0	0	1190	5	5	0	9
Garlic Edamame	shared between 2	102	140	7.5	0.5	0.05	0	635	10	5.5	3	10
Local Fried Chicken	Dragon Fried - shared between 2	180	460	28	7	0	85	1110	31	2	8	21
	Hot Honey - shared between 2	172	410	23	6	0.1	85	780	32	1	11	19
Fully Loaded Crispy Yukon Potatoes		323	910	61	7	0.3	25	1490	77	9	1	19
	shared between 2	161	460	31	3.5	0.1	15	740	39	5	0	9
Shrimp Dumplings		229	630	38	5	0.1	45	1480	52	5	4	16
	shared between 2	115	320	19	2.5	0	20	740	26	2	2	8
Roti and Curry		329	840	37	17	0.1	0	1520	107	4	16	4
Roasted Beet Hummus		279	730	57	8	0.1	5	1790	49	8	7	10
	shared between 2	140	370	29	4	0	5	890	25	4	3	5
Snack Burger		217	540	32	10	0.5	75	1890	33	3	3	29
Biang Biang Noodles		277	790	33	4.5	0.1	195	2140	94	5	44	24
Burger Snack Tower		1539	4140	251	69	3	415	12140	292	27	22	161
	shared between 4	385	1030	63	17	0.5	105	3030	73	7	6	40
Taco Snack Tower		1429	3620	238	48	1.5	505	10510	207	21	17	141
	shared between 4	357	910	59	12	0.3	125	2630	52	5	4	35
Smoked Trout Dip		199	690	49	16	0.4	110	990	43	0	2	17
Tempura Shrimp		210	630	41	3.5	0.1	25	880	39	1	8	22
LPE Chicken Nuggets (NEW TEST)	Franks	328	850	63	13	0.3	160	1920	30	2	2	33
	Truffle Ranch	245	780	59	13	0.2	160	1340	28	1	2	31
Salads												
House Salad		222	230	19	3	0.1	5	460	11	4	5	5
	Side	112	110	9	1.5	0.1	0	280	6	2	2	2
Peanut Satay Chicken Noodle Salad		458	900	44	7	0.1	75	1510	87	9	20	43
Calabrian Caesar Salad	no protein	311	610	53	10	0.3	50	1230	15	5	4	12

LPE Greens	no protein	306	440	30	5	0.1	5	950	36	7	19	10
Chicken Tortilla Salad		457	970	66	9	0.1	115	2310	41	8	8	44
Add Blackened Chicken		88	200	12	2.5	0	65	810	2	1	0	21
Add Blackened Steak	5 oz	108	220	9	3.5	0.3	70	680	2	1	0	29
	10 oz	210	410	17	7	0.5	140	740	2	1	0	58

Sandwiches & Burgers (no sides)		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Crispy Chicken Sandwich		302	760	45	6	0.2	70	1250	55	4	5	30
Crispy Chicken Sandwich	coleslaw, BBQ mustard mayo	544	1340	79	8	0.4	80	1640	105	6	11	44
Deluxe Impossible Burger		348	940	67	19	0.5	40	1810	44	6	6	35
Protein Style Impossible Burger		268	490	38	10	0	10	1150	15	5	3	22
Diablo Impossible Burger		339	880	61	17	0.5	35	1950	45	6	6	33
Local Burger		294	730	42	15	1	120	1590	40	2	9	44
House-made Veggie Burger		410	770	52	7	0.4	20	1340	58	10	8	17
Deluxe Burger		373	1060	76	18	1	135	1800	37	4	6	46
Diablo Burger		392	1120	79	20	1	135	2000	50	4	9	48
Brooklyn Burger		338	940	54	17	0.5	120	1420	59	2	13	49
Blackened Chicken Sandwich		346	870	59	14	0.3	115	2440	42	5	8	39
Truffle Burger		308	770	45	16	1	115	1130	39	2	9	47
Wagyu Hot Dog		336	800	49	14	1.5	100	2170	55	4	10	31
Christmas Burger		462	1300	83	20	0.5	145	3080	80	9	14	50
Pizzas		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Wood Fired Pizza (Jasper Ave)	Add Egg	51	70	5	1.5	0	180	270	1	0	0	6
	Brunch Pie	569	1380	75	32	1.5	400	3780	122	6	8	59
	5-0	605	1160	47	18	0.5	110	3500	128	7	11	58
	Shrimp & Pesto	513	1100	46	16	0.5	220	2900	116	6	4	57
	Sweet Heat	522	1200	47	19	1	95	3580	131	6	13	55
	The Carnivore	494	1160	53	19	0.5	100	3470	117	5	3	56
	The Lovely 'Rita	520	1120	51	14	1	65	2800	121	7	6	46
	Mortadella & Pistachio Pizza	493	1180	53	20	0.5	105	3340	131	7	12	43
	Quattro Formaggio Pizza	474	1050	43	20	1	100	3050	118	6	6	50
	Pepperoni Supremo (Jasper)	584	1340	65	26	1.5	145	4270	128	7	12	64
	Shrimp & Pesto NEW	548	1500	77	23	1	250	3270	126	12	7	66
	Spicy Capocollo	482	1160	49	23	1	135	3080	120	8	5	55
	Portobello	552	1180	50	23	1.5	130	2920	122	8	8	51
	Chipotle Aioli	86	520	51	5	0	25	780	2	0	1	1
	Pizza Dips	86	370	36	7	0	35	320	3	0	3	2
	Truffle Ranch	86	370	36	7	0	35	320	3	0	3	2
	Garlic Aioli and Parmesan	91	540	53	6	0	30	830	1	0	0	2
Mains		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Coconut Curry Rice Bowl NEW		525	750	48	30	0.3	85	2450	44	3	10	28
The Macro Bowl		705	930	49	6	0.1	0	2280	91	9	21	34
Ahi Tuna Poke Bowl NEW		674	1050	60	8	0.1	95	2060	77	6	16	47
Korean BBQ Rice Bowl		533	730	33	8	0.4	295	2250	60	2	25	45
Drunken Chicken		757	990	32	3.5	0.5	145	4100	106	3	38	65
Fish Taco Plate		451	1020	59	7	0.1	45	2990	91	9	5	22
Grilled Chicken Taco Plate		283	560	32	4	0	80	2310	34	4	4	31
Fried Chicken Ramen		862	1190	61	11	0.2	205	3760	111	10	35	48
LPE Chicken Nuggets on Ramen (NEW TEST)		862	1430	73	13	0.3	220	3510	134	11	10	58
Steak & Fries	5 oz steak, 6 oz fries	280	830	58	28	2	165	2050	40	5	0	34
	10 oz steak, 8 oz fries	448	1230	76	33	2.5	240	2930	65	8	1	66
Enchiladas	Vegetarian	448	770	46	14	0.5	65	1640	67	11	7	25
	Steak	601	1050	56	18	1	160	2840	71	13	7	67
	Blackened Chicken	536	960	56	16	0.5	130	2450	70	12	7	45
	Mole Beef	553	950	58	14	0.5	125	1970	69	11	7	40
Fish & Chips		510	1220	78	8	0.1	80	2060	80	7	7	39
Chicken + Black Bean Quesadilla		420	1320	102	19	0.5	100	2910	58	9	7	36
BBQ Ribs		713	1900	137	33	1	235	2190	96	11	32	72
Pulled Pork Baked Pasta		569	2330	184	107	3.5	615	4650	94	5	23	76
Kid's Chicken Strips		309	840	39	4.5	0.2	55	1370	87	5	27	30
Kids Grilled Cheese Sandwich		219	640	28	7	0.2	10	1430	81	6	5	13
Kids The Lil' Local Burger		257	750	36	11	0.5	55	1020	75	6	5	29
Sides		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Add Shrooms		99	140	14	1	0.3	0	135	4	1	1	2
Coleslaw		130	200	17	2	0	10	360	9	2	6	2
Fries	6 oz	94	300	14	2.5	0	0	250	36	4	0	4
Yam Fries		270	1180	90	8	0.5	40	1020	86	10	25	6

Hollandaise	45	260	29	18	1.5	155	80	0	0	0	1	
Bacon	38	170	15	4.5	0.1	35	440	2	0	1	6	
Cauliflower Rice	162	150	11	1.5	0	0	610	13	8	3	3	
LPE Greens	side	94	160	12	2	0	5	460	9	2	3	4
Dessert	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	
Ice Cream Sandwich	187	430	25	16	0.5	70	170	46	1	37	5	
Ice Cream Sandwich US	187	440	28	17	0.4	70	170	46	1	38	6	
Chocolate Peanut Butter Mousse	220	760	54	25	0.4	135	580	60	5	41	15	
Apple Cobbler	254	720	38	20	1.5	150	720	89	3	50	9	