## **Local Nutrition Report**

Nutrition Facts table label rounded report

Prepared by: Kathy Romses, Registered Dietitian April 18 2025

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												
Mole Pork Hash & Potato Pave		583	1370	94	20	1	295	3410	98	9	14	38
Eggs Benedict & Potato Pave		354	1050	77	35	2.5	670	2090	64	5	3	26
BB Eggs Benedict & Potato Pave		489	1460	101	28	1.5	645	3050	107	8	5	33
Avocado Eggs Benedict & Potato Pave		440	1120	83	34	2.5	660	2850	71	10	3	26
Avocado BB Eggs Benedict & Potato Pave		553	1430	99	25	1.5	610	3500	113	13	5	29
The Breakfast Sandwich & Fries		425	1100	69	17	0.3	405	2160	89	7	10	29
Chicken & Waffle		390	1410	95	38	1.5	225	2200	117	6	48	29
Dutch Baby Pancake		348	670	36	18	1.5	450	630	66	3	32	21
Huevos Rancheros TEST		613	1170	83	20	0.5	425	2760	78	13	11	37
Farmer's Breakfast		520	1490	87	16	0.4	455	3820	133	10	6	43
Side Pave Potatoes TEST		119	440	25	2	0.1	0	1340	52	4	2	5
Starters		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)
Pinche Pork Tacos		222	420	22	4.5	0.1	40	820	40	5	4	17
	Shared between 2	234	570	30	12	0.5	60	1400	59	7	5	25
Nachos	Full order	467	1130	60	24	1	120	2810	119	14	9	51
TVUCTIOS	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
	Half order	398	810	54	20	1	95	2720	56	7	11	30
Nachos TEST	Full order	796	1610	109	40	2	190	5280	111	14	22	59
Nachos lest	Nacho beef shared between 2	440	910	61	23	1	125	2880	57	7	11	39
	Nacho beef full order	880	1820	121	45	2	245	5770	114	14	22	78
Guacamole		167	350	35	4.5	0	0	870	12	10	1	3
	Full order no celery	308	940	66	16	0.5	330	3110	3	1	2	77
Hot Wings & Blue Cheese Dressing	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
v -:	· · · · · · · · · · · · · · · · · · ·	240	970	67	6	0.2	20	840	86	10	25	6
Yam Fries	shared between 2	120	485	34	3	0	10	420	43	5	13	3
	Shared between 2	148	360	16	2	0	20	645	44	2	8	11
Hand-pressed Sliders Royale (Med-Hat)	One slider	99	240	10	1	0	13	430	29	1	5	7
Chips & Salsa	shared between 2	103	160	9	0.5	0	0	640	19	2	4	2
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
Spicy Garlic Edamame	shared between 2	103	210	14	0.5	0.2	0	20	13	5	3	12
Local Fried Chicken	Dragon Fried - shared between 2	180	470	28	7	0	85	1110	31	2	8	21
LOCAL FRED CHICKET	Hot Honey - shared between 2	172	410	23	6	0.1	85	780	32	1	11	19
Fully Loaded Crispy Potato Pave TEST		238	690	46	7	0.3	25	2380	59	5	3	12
rully Loaded Crispy Fotato Fave 1231	shared between 2	119	350	23	3.5	0.1	15	1190	30	2	1	6
Shrimp Dumplings		229	630	38	5	0.1	45	1470	52	5	4	16
Silling Duniplings	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
Noasteu beet Huminus	shared between 2	140	370	29	4	0	5	890	25	4	3	5
Hummus Test		424	1270	64	9	0	0	2220	136	15	2	35
riuminus rest	shared between 2	212	630	32	4.5	0	0	1110	68	8	1	17
Burger Snack Tower		1539	4140	251	69	3	415	12140	292	27	22	161
bulger strack rower	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
Taco Stack Tower	shared between 4	357	910	59	12	0.3	125	2630	52	5	4	35
Smoked Trout Dip		169	570	44	14	0.3	100	770	26	3	2	16
Tempura Shrimp		220	690	47	4	0.1	25	970	39	1	9	22
Kimchi Fried Rice TEST		576	1180	53	10	0.2	405	3080	125	9	25	30
Steak & Dumplings TEST		240	530	24	6	0.3	95	1500	34	3	4	39

Print Nobelle Stays Side Stays Side Stays Stay Stay Stay Stay Stay Stay Stay Stay	Salads		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)
Signate   Signate   Signate   12   110   9   15   0.1   0   280   6   2   2   2   2   2   2   2   2   2	House Salad		222					-		11		5	5
Company   Comp		Side					0.1			6			2
Purpose   Purpose   September   Septembe	Peanut Noodle Satay Salad		458			,	0.1		1510		9	20	
Program   Prog		no protein			53	10	0.3	50	1230	15	5	4	12
Second Consolration File   Fire   Second   Sec	LPE Greens	no protein	306	440	30	5	0.1	5	950	36	7	19	10
Chicago Carline Saised   457   970   66   9   1.1   115   2310   41   8   8   8   44   44   45   45   45		no protein			28	6	0.1	10	1040	48	7	27	10
Add Blackneed Kinckeen Add Blackneed Kinckeen  1 0 0 10 10 10 10 10 10 10 10 10 10 10 1	Pearl Couscous Salad FIELD TEST		676	890	58	6	0	0	1120	78	13	11	23
Add Blarkened Stewar   5 or   10 or   20   21   20   20   21   20   25   20   20   20   20   20   20	Chicken Tortilla Salad		457	970	66	9	0.1	115	2310	41	8	8	44
Main	Add Blackened Chicken		88	200	12	2.5	0	65	810	2	1	0	21
Marches & Burgers   model   10 or	Add Blackoned Stook		108		9	3.5	0.3	70	680	2	1	0	29
Pizza Diginal Processor Control Sandwich Sandwic	Aud Bidckelled Steak	10 oz	210	410	17	7	0.5	140	740	2	1	0	58
Deliver   1,48   940   67   19   0.5   40   1940   44   6   6   6   3   8   8   9   9   9   9   9   9   9   9	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)
Trutine System recossible Burger   268   490   38   100   000   100   1260   150   55   300   220   10	Fresno Crispy Chicken Sandwich		340	850	45	8	0.2	75	1360	80	3	22	30
Dabb   Engre   1969   730   45   15   0.3   30   2480   47   7   7   32	Deluxe Impossible Burger		348	940	67	19	0.5	40	1940	44	6	6	35
Local Burger   1994   730   42   15   1   120   170   40   2   9   44   House-made Neggle Burger   405   374   1060   74   9   04   30   1770   62   31   7   6   64   Brown and Neggle Burger   378   1060   76   18   1   15   190   37   4   6   46   Brown and Neggle Burger   388   940   52   15   1   120   1250   38   4   6   45   Brown and Burger   388   940   54   17   0.5   120   1550   59   2   13   49   Troffel Burger   343   940   62   19   1   15   1260   39   2   9   47   Troffel Burger - Gastown 1EST   343   940   62   19   1   140   2280   44   4   4   11   47   Blackmed Chicken Sandwich   346   870   59   14   0.3   115   2440   42   5   8   39   Pitzas   6   6   6   6   6   6   6   6   6	Protein Style Impossible Burger		268	490	38	10	0	10	1260	15	5	3	22
House-nede Veggie Burger   405   1020   74   9   0.4   30   1770   62   11   7   20   Delux Belux Burger   366   220   52   15   120   2190   38   4   6   46   Delux Brooking	Diablo Impossible Burger		369	730	45	15	0.3	30	2480	47	7	7	32
Diablo burger     374   1050   76   18   1   135   1930   37   4   6   45	Local Burger		294	730	42	15	1	120	1720	40	2	9	44
Delue Burger     374   1060   76   18   1   135   1900   37   4   6   46	House-made Veggie Burger		405	1020	74	9	0.4	30	1770	62	11	7	20
Brooklyn Burger	Deluxe Burger		374		76	18	1		1930			6	
Brooklyn Burger	Diablo Burger		366	820	52	15	1	120	2190	38	4	6	45
Truffle Burger from From Prizas From From Prizas From	Brooklyn Burger		338	940	54	17	0.5		1550		2	13	49
Figure   Sation   Figure   Sation   S			309		45	16			1260		2	9	47
Blackene Chicken Sandwich   Sandwich   Serving Size (g)   Calorie (kine)   Serving Size (g)   Calorie (kine)   Saturated Fati (g)   TransFat (g)   Cholester (kine)	Trophy Burger - Gastown TEST					19	1		2280	44		11	47
Pizza   Serving Size (g)   Calories (kcal)   Total Fat (g)   Saturate Fat (g)   TransFat (g)   Cholesterol (mg)   Sodium (mg)   Carbohydrate (g)   Fibre (g)   Sugar (g)   Protein (g)	Blackened Chicken Sandwich						0.3				5		
Add Egg 51 70 5 1.5 0 180 270 1 0 0 6 Gluten Free Pizza Crust 248 640 8 1 0 0 0 1080 136 8 4 4 8 Erunch Pie 882 2820 221 111 7 1570 5770 126 8 9 82 Regular Pie 509 1060 40 15 1 80 3090 117 7 6 52 Regular Pie 509 1060 40 15 1 80 3090 117 7 6 52 Novet Heat 522 1200 45 18 1 95 3660 130 7 14 55 The Carmivore 562 1380 71 24 0.5 180 5630 116 6 6 4 56 The Lovely 'Rita 519 1110 49 13 1 65 2870 120 8 8 8 46 Mortazza Pizza Pizza Pizza Pizza Pizza Pizza 493 1240 59 23 0.5 130 3330 127 8 14 43 Quattro Formaggio Pizza 484 1080 42 20 1 1 105 3180 117 7 8 14 36 Shrimp & Pesto NEW 540 1340 61 22 1.5 125 4110 124 7 14 56 Shrimp & Pesto NEW 540 1340 61 21 1 1 270 3220 130 10 8 5 55 Spicy Salami 485 1090 42 14 1 1 120 4430 116 7 7 7 53 Portobello 552 1180 50 23 1.5 130 2920 120 8 8 5 51 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 5 11 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 5 11 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 5 11 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 5 11 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 5 11 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 8 51 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 122 8 8 8 51 Chipotle Aloit & 552 1180 50 23 1.5 130 2920 124 8 7 22 56 124 124 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Pizzas		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)			Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)
Brunch Pie   82   2820   221   111   7   1570   570   126   8   9   82		Add Egg		70		1.5	0	180	270	1	0	0	6
Regular Pie   509   1060   40   15   1   80   3090   117   7   6   52		Gluten Free Pizza Crust	248	640	8	1	0	0	1080	136	8	4	8
Nood Fired Pizza (Jasper Ave)   S-O   S-		Brunch Pie	882	2820	221	111	7	1570	5770	126	8	9	82
Wood Fired Pizza (Jasper Ave)   S-0   605   1160   47   18   0.5   110   3500   128   7   11   58	Wood Fired Pizza (Jasper Ave)	Regular Pie	509	1060	40	15	1	80	3090	117	7	6	52
Sweet Heat   Signature   Superior   Sweet Heat   Signature   Sig			605		47		0.5				7	11	
The Carnivore 562 1380 71 24 0.5 180 5630 116 6 4 56 The Lovely Rita 519 1110 49 13 1 65 2870 120 8 8 8 46 Mortazza Pizza 493 1240 59 23 0.5 130 3330 127 8 14 43 43 Quattro Formaggio Pizza 484 1080 42 20 1 1 105 3180 117 7 8 8 52 Pepperoni Supremo (Jasper) 549 1280 61 22 1.5 125 4110 124 7 14 56 Shrimp & Pesto NEW 540 1340 61 21 1 1 270 3220 130 10 8 66 Capocollo & Gorgonzola 482 1160 49 23 1 135 3080 120 8 5 5 55 Spicy Salami 485 1090 42 14 1 1 120 4430 116 7 7 7 53 Portobello 552 1180 50 23 1.5 130 2920 122 8 8 8 5 10 Chipotle Aloli 86 520 51 5 0 25 780 2 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		Sweet Heat	522		45	18			3660		7	14	
The Lovely 'Rita 519 1110 49 13 1 65 2870 120 8 8 8 46 Mortazza Pizza 493 1240 59 23 0.5 130 3330 127 8 14 43 43 Quattro Formaggio Pizza 484 1080 42 20 1 1 105 3180 117 7 8 5 14 55 2 Pepperoni Supremo (Jasper) 549 1280 61 22 1.5 125 4110 124 7 14 56 Shrimp & Pesto NEW 540 1340 61 21 1 270 3220 130 10 8 65 55 55 Spicy Salami 485 1090 42 14 1 120 4430 116 7 7 7 53 Spicy Salami 485 1090 42 14 1 120 4430 116 7 7 7 53 Portobello 552 1180 50 23 1.5 130 2920 122 8 8 8 51 Chipotle Aioli 86 520 51 55 7 80 22 0 1 100 40 57 BBQ Chicken Pizza 548 1190 45 14 0.5 125 3200 134 7 22 56		The Carnivore					0.5				6	4	
Mortazza Pizza 493 1240 59 23 0,5 130 3330 127 8 14 43 Quattro Formaggio Pizza 484 1080 42 20 1 105 3180 117 7 8 52 52 56 Pizza Dips		The Lovely 'Rita									8	8	
Quattro Formaggio Pizza         484         1080         42         20         1         105         3180         117         7         8         52           Pepperoni Supremo (Jasper)         549         1280         61         22         1.5         125         4110         124         7         14         56           Shrimp & Pesto NEW         540         1340         61         21         1         270         3220         130         10         8         66           Capocollo & Gorgonzola         482         1160         49         23         1         135         3080         120         8         5         56         55         55         55         55         55         55         56         56         50         23         1.5         130         2920         122         8         8         51         1         1         1         1         1         1         1			493	1240	59	23	0.5	130	3330	127	8	14	43
Pepperoni Supremo (Jasper) 549 1280 61 22 1.5 125 4110 124 7 14 56 Shrimp & Pesto NEW 540 1340 61 21 1 270 3220 130 10 8 66 Capocollo & Gorgonzola 482 1160 49 23 1 1 315 3080 120 8 5 55 Spicy Salami 485 1090 42 14 1 120 4430 116 7 7 7 53 Portobello 552 1180 50 23 1.5 130 2920 122 8 8 8 51 Chipotle Aioli 86 520 51 55 0 23 1.5 130 2920 122 8 8 8 51 Chipotle Aioli 86 520 51 55 0 23 1.5 130 2920 122 8 8 8 51 Tandoori Chicken Pizza 574 1330 53 13 0.5 120 3070 154 10 40 57 BBQ Chicken Pizza 548 1190 45 14 0.5 125 3200 134 7 22 56			484								7	8	
Shrimp & Pesto NEW 540 1340 61 21 1 270 320 130 10 8 666 Capocollo & Gorgonzola 482 1160 49 23 1 135 3080 120 8 5 55 55 55 55 55 55 55 55 55 55 55 55							1.5				7	14	
Capocollo & Gorgonzola 482 1160 49 23 1 135 3080 120 8 5 55 Spicy Salami 485 1090 42 14 1 120 4430 116 7 7 5 33 Portobello 552 1180 50 23 1.5 130 2920 122 8 8 8 51 Chipotle Aioli 86 520 51 5 0 25 780 2 0 1 1 1 1 Tandoori Chicken Pizza 574 1330 53 13 0.5 120 3070 154 10 40 57 BBQ Chicken Pizza 548 1190 45 14 0.5 125 3200 134 7 22 56											10	8	
Spicy Salami 485 1090 42 14 1 120 4430 116 7 7 53 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 1 Tandoori Chicken Pizza 574 1330 53 13 0.5 120 3070 154 10 40 57 BBQ Chicken Pizza 548 1190 45 14 0.5 125 3200 134 7 22 56  Pizza Dips Truffle Ranch 86 370 36 7 0 35 320 3 0 3 0 3 2							_					5	
Portobello 552 1180 50 23 1.5 130 2920 122 8 8 51 Chipotle Aloli 86 520 51 5 0 25 780 2 0 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1							_				7	7	
Chipotle Aioli         86         520         51         5         0         25         780         2         0         1         1           Tandoori Chicken Pizza         574         1330         53         13         0.5         120         3070         154         10         40         57           BBQ Chicken Pizza         548         1190         45         14         0.5         125         3200         134         7         22         56           Pizza Dips         Truffle Ranch         86         370         36         7         0         35         320         3         0         3         2							_				8	, 8	
Tandoori Chicken Pizza         574         1330         53         13         0.5         120         3070         154         10         40         57           BBQ Chicken Pizza         548         1190         45         14         0.5         125         3200         134         7         22         56           Pizza Dips           Truffle Ranch         86         370         36         7         0         35         320         3         0         3         2											0	1	1
BBQ Chicken Pizza 548 1190 45 14 0.5 125 3200 134 7 22 56  Pizza Dips Truffle Ranch 86 370 36 7 0 35 320 3 0 3 2						-					-	40	57
Pizza Dips Truffle Ranch 86 370 36 7 0 35 320 3 0 3 2													
' Truffle Ranch 86 3/0 36 / 0 35 320 3 0 3 2		DBQ CHICKETT FIZZA	J <del>4</del> 0	1150	43	14	0.5	123	3200	134	,	22	30
	Pizza Dips	Truffle Ranch	86	370	36	7	0	35	320	2	0	3	2
		Garlic Aioli and Parmesan	91	540	53	6	0	30	830	1	0	0	2

Mains	<u> </u>	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		525	750	48	30	0.3	85	2450	44	3	10	28
Ahi Tuna Poke Bowl		674	1040	59	7	0.1	45	2010	79	6	16	46
BBQ Rice Bowl		533	730	33	8	0.4	295	2250	60	3	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
Steak & Fries	5 oz steak, 6 oz fries	280	830	58	28	2	165	2050	40	5	0	34
Steak & Files	10 oz steak, 8 oz fries	448	1230	76	33	2.5	240	2930	65	8	1	66
	Vegetarian	448	770	46	14	0.5	65	1640	67	11	7	25
Enchiladas	Steak	601	1050	56	18	1	160	2840	71	13	7	67
Enchiladas	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	6 oz fries	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
Pulled Pork Baked Pasta		569	2330	184	107	3.5	615	4650	94	5	23	76
Black Bean Enchilada		430	820	54	19	0.5	75	1600	64	11	8	26
Add Marinated Chicken		515	1010	65	21	0.5	140	2320	65	11	8	46
Add Sirloin Steak 5 oz		534	1020	62	22	1	150	2180	65	11	8	55
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
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
LPE Greens 2.0	side	112	180	12	2.5	0.1	5	480	13	2	7	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
Peanut Butter and Chocolate Cup		196	650	45	23	0.4	125	320	53	3	40	11
Apple Cobbler		289	750	32	16		135	710	110	4	60	9