## **Local Nutrition Report**

Nutrition Facts table label rounded report

Prepared by: Kathy Romses, Registered Dietitian May 2 2024

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
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
1565 Deficator & Flash Drowns	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	2:
Shredded Hash Browns		120	280	15	1	0.1	0	800	33	4	0	2
Starters		Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Prote
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	20
	February 28 2023+22:46+22:34	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	5
14001103	Mexi beef shared between 2	262	640	34	14	0.5	80	1570	61	7	5	3
	Mexi beef full order	524	1270	68	28	1.5	155	3130	121	14	9	6
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	7
Hot Wings & Blue Cheese Dressing	shared between 2	154	470	33	8	0.3	165	1560	2	1	1	3
	Full order with celery	324	940	66	16	0.5	330	3140	4	2	3	7
Yam Fries		240	970	67	6	0.2	20	840	86	10	25	6
Tallities	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	1
Tallu-presseu siluers Royale (Meu-Hat)	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	g
Steamed Edamame	shared between 2	88	80	2.5	0	0	0	1190	5	5	0	g
Garlic Edamame	shared between 2	102	140	7.5	0.5	0.05	0	635	10	5.5	3	1
Local Fried Chicken	Dragon Fried - shared between 2	180	460	28	7	0	85	1110	31	2	8	2
Local Fried Chicken	Hot Honey - shared between 2	172	410	23	6	0.1	85	780	32	1	11	1
Fully London Crismy Vulcan Potatoos		323	910	61	7	0.3	25	1490	77	9	1	1:
Fully Loaded Crispy Yukon Potatoes	shared between 2	161	460	31	3.5	0.1	15	740	39	5	0	g
Chaire Durantia e		229	630	38	5	0.1	45	1480	52	5	4	1
Shrimp Dumplings	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
Described Describerations		279	730	57	8	0.1	5	1790	49	8	7	1
Roasted Beet Hummus	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	2
Biang Biang Noodles		277	790	33	4.5	0.1	195	2140	94	5	44	2
		1539	4140	251	69	3	415	12140	292	27	22	16
Burger Snack Tower	shared between 4	385	1030	63	17	0.5	105	3030	73	7	6	4
		1429	3620	238	48	1.5	505	10510	207	21	17	14
Taco Snack Tower	shared between 4	357	910	59	12	0.3	125	2630	52	5	4	3
Smoked Trout Dip		199	690	49	16	0.4	110	990	43	0	2	1
Tempura Shrimp		210	630	41	3.5	0.1	25	880	39	1	8	2
	Franks	328	850	63	13	0.3	160	1920	30	2	2	3
LPE Chicken Nuggets (NEW TEST)	Truffle Ranch	245	780	59	13	0.2	160	1340	28	1	2	3
Salads	Traine hundi	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Prote
		222	230	19	3	0.1	5	460	11	4	5	
House Salad	Side	112	110	9	1.5	0.1	0	280	6	2	2	•
Peanut Satay Chicken Noodle Salad	Jide	458	900	44	7	0.1	75	1510	87	9	20	4.
Calabrian Caesar Salad	no protein	311	610	53	10	0.3	50	1230	15	3	20	1

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 Blackoned Steak	5 oz	108	220	9	3.5	0.3	70	680	2	1	0	29
Aud Blackelled Steak	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)
	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	1	57
Wood Fired Pizza (Jasper Ave)	Sweet Heat	522	1200	47	19	1	95	3580	131	6	13	55
1100a i ilea i izza (3aspei 710e)	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	1120	53	20	0.5	105	3340	131	7	12	43
	Quattro Formaggio Pizza	474	1050	43	20	0.5 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	1.5	250	3270	126	12	7	66
	Spicy Capocollo	482	1160	49	23	1	135	3080	120	0	,	55
	Portobello	552	1180	50	23	1.5	130	2920	122	0	0	51
	Chipotle Aioli	86	520	51	23 F	1.5	25	780	2	0	0	21
			570	51	ל	()	/5	/80	,	U		1
Dizzo Dino	•				7	· ·			=	•	-	_
Pizza Dips	Truffle Ranch	86	370	36	7	0	35	320	3	0	3	2
	•	86 91	370 540	36 53	7 6	0 0	35 30	320 830	3 1	0 0	3 0	2 2 2
Mains	Truffle Ranch	86 91 Serving Size (g)	370 540 <b>Calories (kcal)</b>	36 53 Total Fat (g)	7 6 Saturated Fat (g)	0 0 TransFat (g)	35 30 Cholesterol (mg)	320 830 <b>Sodium (mg)</b>	3 1 Carbohydrate (g)	Fibre (g)	Sugar (g)	2 2 Protein (g)
Mains  Coconut Curry Rice Bowl NEW	Truffle Ranch	86 91 <b>Serving Size (g)</b> 525	370 540 <b>Calories (kcal)</b> 750	36 53 <b>Total Fat (g)</b> 48	7 6 Saturated Fat (g) 30	0 0 TransFat (g) 0.3	35 30 Cholesterol (mg) 85	320 830 <b>Sodium (mg)</b> 2450	3 1 Carbohydrate (g)	Fibre (g)	Sugar (g)	28
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl	Truffle Ranch	86 91 Serving Size (g) 525 705	370 540 <b>Calories (kcal)</b> 750 930	36 53 <b>Total Fat (g)</b> 48 49	30 6	0 0 TransFat (g) 0.3 0.1	35 30 <b>Cholesterol (mg)</b> 85 0	320 830 <b>Sodium (mg)</b> 2450 2280	3 1 Carbohydrate (g) 44 91	Fibre (g) 3 9	Sugar (g) 10 21	28 34
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW	Truffle Ranch	86 91 Serving Size (g) 525 705 674	370 540 <b>Calories (kcal)</b> 750 930 1050	36 53 <b>Total Fat (g)</b> 48 49 60	30 6 8	0 0 TransFat (g) 0.3 0.1	35 30 Cholesterol (mg) 85 0 95	320 830 <b>Sodium (mg)</b> 2450 2280 2060	3 1 Carbohydrate (g) 44 91 77	Fibre (g) 3 9 6	Sugar (g) 10 21 16	28 34 47
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl	Truffle Ranch	86 91 Serving Size (g) 525 705 674 533	370 540 <b>Calories (kcal)</b> 750 930 1050 730	36 53 <b>Total Fat (g)</b> 48 49 60 33	30 6 8 8	0 0 TransFat (g) 0.3 0.1 0.1	35 30 Cholesterol (mg) 85 0 95 295	320 830 Sodium (mg) 2450 2280 2060 2250	3 1 Carbohydrate (g) 44 91 77 60	Fibre (g) 3 9	Sugar (g) 10 21 16 25	28 34 47 45
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken	Truffle Ranch	86 91 Serving Size (g) 525 705 674 533 757	370 540 Calories (kcal) 750 930 1050 730 990	36 53 Total Fat (g) 48 49 60 33 32	30 6 8 8 3.5	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5	35 30 Cholesterol (mg) 85 0 95 295	320 830 Sodium (mg) 2450 2280 2060 2250 4100	3 1 Carbohydrate (g) 44 91 77 60 106	Fibre (g)  3  9  6  2  3	Sugar (g) 10 21 16 25 38	28 34 47 45 65
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate	Truffle Ranch	86 91 Serving Size (g) 525 705 674 533 757 451	370 540 Calories (kcal) 750 930 1050 730 990 1020	36 53 Total Fat (g) 48 49 60 33 32 59	30 6 8 8	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1	35 30 Cholesterol (mg) 85 0 95 295 145 45	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990	3 1 Carbohydrate (g) 44 91 77 60 106 91	Fibre (g) 3 9 6	Sugar (g) 10 21 16 25 38 5	28 34 47 45 65 22
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate	Truffle Ranch	86 91 Serving Size (g) 525 705 674 533 757 451	370 540 <b>Calories (kcal)</b> 750 930 1050 730 990 1020 560	36 53 Total Fat (g) 48 49 60 33 32 59	30 6 8 8 3.5 7 4	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1	35 30 Cholesterol (mg) 85 0 95 295 145 45	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310	3 1 Carbohydrate (g) 44 91 77 60 106 91	Fibre (g)  3  9  6  2  3  9	Sugar (g) 10 21 16 25 38 5	28 34 47 45 <b>65</b> 22 31
Mains Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Ramen	Truffle Ranch	86 91 Serving Size (g) 525 705 674 533 757 451 283 862	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190	36 53 Total Fat (g) 48 49 60 33 32 59 32 61	30 6 8 8 8 3.5 7 4	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1 0	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760	3 1 Carbohydrate (g) 44 91 77 60 106 91 34	Fibre (g)  3  9  6  2  3  9  4 10	Sugar (g) 10 21 16 25 38 5 4 35	28 34 47 45 65 22 31 48
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate	Truffle Ranch Garlic Aioli and Parmesan	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73	30 6 8 8 8 3.5 7 4 11	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1 0 0.2 0.3	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134	Fibre (g)  3  9  6  2  3  9  4  10  11	Sugar (g)  10  21  16  25  38  5  4  35  10	28 34 47 45 65 22 31 48 58
Mains Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Ramen	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries	86 91 Serving Size (g) 525 705 674 533 <b>757</b> 451 283 862 862	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58	30 6 8 8 8 3.5 7 4 11 13 28	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40	Fibre (g)  3  9  6  2  3  9  4  10  11	Sugar (g) 10 21 16 25 38 5 4 35	28 34 47 45 65 22 31 48 58
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries	86 91 Serving Size (g) 525 705 674 533 <b>757</b> 451 283 862 862 280 448	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76	30 6 8 8 8 3.5 7 4 11 13 28 33	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8	Sugar (g)  10  21  16  25  38  5  4  35  10  0  1	28 34 47 45 65 22 31 48 58 34 66
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862 280 448 448	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46	30 6 8 8 8 3.5 7 4 11 13 28 33 14	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11	Sugar (g)  10  21  16  25  38  5  4  35  10	28 34 47 45 65 22 31 48 58 34 66 25
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 280 448 448 601	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56	30 6 8 8 8 3.5 7 4 11 13 28 33 14	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11  13	Sugar (g)  10  21  16  25  38  5  4  35  10  0  1	28 34 47 45 65 22 31 48 58 34 66 25 67
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)  Steak & Fries	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 280 448 448 601 536	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12	Sugar (g)  10  21  16  25  38  5  4  35  10  0  1	28 34 47 45 65 22 31 48 58 34 66 25 67 45
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)  Steak & Fries  Enchiladas	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862 280 448 448 601 536 553	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70 69	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862 280 448 448 601 536 553	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 58 78	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11 7	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862 280 448 448 601 536 553 510 420	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 58 78 102	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11 7	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862 280 448 448 601 536 553 510 420 713	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1900	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 58 78 102 137	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 1	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11 7 9	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 32	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72
Mains Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91 Serving Size (g) 525 705 674 533 757 451 283 862 862 280 448 448 601 536 553 510 420 713 569	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1900 2330	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 58 78 102 137 184	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 1 0.5 1 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11 7 9 11 5	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 32 23	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91  Serving Size (g)  525 705 674 533 757 451 283 862 862 280 448 448 601 536 553 510 420 713 569 309	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1900 2330 840	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 1 0.5 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11  13  12  11  7  9  11  5  5	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 32 23 27	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)  Steak & Fries  Enchiladas  Fish & Chips  Chicken + Black Bean Quesadilla  BBQ Ribs  Pulled Pork Baked Pasta  Kid's Chicken Strips  Kids Grilled Cheese Sandwich	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91  Serving Size (g)  525 705 674 533 757 451 283 862 862 280 448 448 601 536 553 510 420 713 569 309 219	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1900 2330 840 640	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39 28	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5 7	0 0 0 TransFat (g) 0.3 0.1 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 0.1 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615 55	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370 1430	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87 81	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11  13  12  11  7  9  11  5  6	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 7 5 22 23 27 5	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30 13
Mains  Coconut Curry Rice Bowl NEW  The Macro Bowl  Ahi Tuna Poke Bowl NEW  Korean BBQ Rice Bowl  Drunken Chicken  Fish Taco Plate  Grilled Chicken Taco Plate  Fried Chicken Ramen  LPE Chicken Nuggets on Ramen (NEW TEST)  Steak & Fries  Enchiladas  Fish & Chips  Chicken + Black Bean Quesadilla  BBQ Ribs  Pulled Pork Baked Pasta  Kid's Chicken Strips  Kids Grilled Cheese Sandwich  Kids The Lil' Local Burger	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91  Serving Size (g)  525 705 674 533 757 451 283 862 280 448 448 601 536 553 510 420 713 569 309 219 257	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1900 2330 840 640 750	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39 28 36	30 6 8 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5 7 11	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 1 0.5 0.2 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	35 30 Cholesterol (mg) 85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615 55	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370 1430 1020	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87 81 75	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11  13  12  11  7  9  11  5  6  6	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 7 5 5 5	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30 13 29
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST)  Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips Kids Grilled Cheese Sandwich Kids The Lil' Local Burger Sides	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91  Serving Size (g)  525  705 674 533  757 451 283 862 280 448 448 601 536 553 510 420 713 569 309 219 257  Serving Size (g)	370 540 Calories (kcal) 750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1900 2330 840 640 750 Calories (kcal)	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5 7	0 0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 1 0.5 0.5 1 0.5 0.5 1 0.5 0.5 0.5 1 0.5 0.5 0.5 1 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	35 30  Cholesterol (mg)  85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615 55 10 55 Cholesterol (mg)	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	3 1 Carbohydrate (g)  44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87 81	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11 7 9 11 5 6 6 6 Fibre (g)	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 5 5 Sugar (g)	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30 13
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips Kids Grilled Cheese Sandwich Kids The Lil' Local Burger Sides Add Shrooms	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91  Serving Size (g)  525  705 674 533  757 451 283 862 280 448 448 601 536 553 510 420 713 569 309 219 257  Serving Size (g)	370 540  Calories (kcal)  750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1320 1900 2330 840 640 750  Calories (kcal)	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5 7 11 Saturated Fat (g)	0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 0.1 0.5 0.5 0.5 1 0.5 0.5 0.1 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	35 30  Cholesterol (mg)  85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615 55 10 55 Cholesterol (mg)	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87 81 75 Carbohydrate (g)	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11  13  12  11  7  9  11  5  6  6  Fibre (g)	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 5 5 Sugar (g) 1	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30 13 29 Protein (g)
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips Kids Grilled Cheese Sandwich Kids The Lil' Local Burger Sides Add Shrooms Coleslaw	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef 6 oz fries	86 91  Serving Size (g)  525  705 674 533  757 451 283 862 280 448 448 601 536 553 510 420 713 569 309 219 257  Serving Size (g)  99 130	370 540  Calories (kcal)  750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1320 1900 2330 840 640 750  Calories (kcal)	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5 7 11 Saturated Fat (g)	0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.1 0.5 0.5 TransFat (g) 0.3 0	35 30  Cholesterol (mg)  85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615 55 10 55 Cholesterol (mg)  0 10	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87 81 75 Carbohydrate (g)	Fibre (g)  3 9 6 2 3 9 4 10 11 5 8 11 13 12 11 7 9 11 5 5 6 6 Fibre (g) 1	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 5 Sugar (g) 1 6	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30 13 29 Protein (g) 2
Mains  Coconut Curry Rice Bowl NEW The Macro Bowl Ahi Tuna Poke Bowl NEW Korean BBQ Rice Bowl Drunken Chicken Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen LPE Chicken Nuggets on Ramen (NEW TEST) Steak & Fries  Enchiladas  Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips Kids Grilled Cheese Sandwich Kids The Lil' Local Burger Sides Add Shrooms	Truffle Ranch Garlic Aioli and Parmesan  5 oz steak, 6 oz fries 10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	86 91  Serving Size (g)  525  705 674 533  757 451 283 862 280 448 448 601 536 553 510 420 713 569 309 219 257  Serving Size (g)	370 540  Calories (kcal)  750 930 1050 730 990 1020 560 1190 1430 830 1230 770 1050 960 950 1220 1320 1320 1900 2330 840 640 750  Calories (kcal)	36 53 Total Fat (g) 48 49 60 33 32 59 32 61 73 58 76 46 56 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	30 6 8 8 8 3.5 7 4 11 13 28 33 14 18 16 14 8 19 33 107 4.5 7 11 Saturated Fat (g)	0 0 TransFat (g) 0.3 0.1 0.4 0.5 0.1 0 0.2 0.3 2 2.5 0.5 1 0.5 0.5 0.1 0.5 0.5 0.5 1 0.5 0.5 0.1 0.5 0.5 0.5 0.5 0.5 0.5 0.5 0.5	35 30  Cholesterol (mg)  85 0 95 295 145 45 80 205 220 165 240 65 160 130 125 80 100 235 615 55 10 55 Cholesterol (mg)	320 830 Sodium (mg) 2450 2280 2060 2250 4100 2990 2310 3760 3510 2050 2930 1640 2840 2450 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	3 1 Carbohydrate (g) 44 91 77 60 106 91 34 111 134 40 65 67 71 70 69 80 58 96 94 87 81 75 Carbohydrate (g)	Fibre (g)  3  9  6  2  3  9  4  10  11  5  8  11  13  12  11  7  9  11  5  6  6  Fibre (g)	Sugar (g)  10 21 16 25 38 5 4 35 10 0 1 7 7 7 7 7 7 7 5 5 Sugar (g) 1	28 34 47 45 65 22 31 48 58 34 66 25 67 45 40 39 36 72 76 30 13 29 Protein (g)

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 Ice Cream Sandwich US		187 187	430 440	25 28	16 17	0.5 0.4	70 70	170 170	46 46	1 1	37 38	5 6
				25 28 54	16 17 25	0.5 0.4 0.4		170 170 580	46 46 60	1 1 5	37 38 41	5 6 15