Local Nutrition Report

Nutrition Facts table label rounded report

Prepared by: Kathy Romses, Registered Dietitian January 23 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 (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
	Canada	390	1410	95	38	1.5	225	2200	117	6	48	29
Chicken & Waffle	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		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 Beef Tacos		262	560	23	3	0.1	10	1070	78	9	3	12
	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
Nachos	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	WEXT BEET TUIT OTHER	167	350	35	4.5	0	0	870	12	10	1	3
Guddamore	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	Q	0.3	165	1560	2	1	1	38
The Wings & Blue cheese Bressing	Full order with celery	324	940	66	16	0.5	330	3140	1	2	3	77
	ruii order with telery	240	970	67	6	0.2	20	840	86	10	25	6
Yam Fries	shared between 2	120	485	34	2	0.2	10	420	43	5	13	3
	Shared between 2	148	360	16	2	0	20	645	44	2	8	
Hand-pressed Sliders Royale (Med-Hat)	One slider		240		1	0		430		1	5	11 7
Chips & Salsa	shared between 2	99		10 7	<u>-</u>	0	13		29	-	ວ າ	,
Perogies	shared between 2	103 168	200 340	21	0.3	0.4	0 40	350 610	34 31	4 2	3	6 9
Steamed Edamame					J	0.4			51		0	•
Garlic Edamame	shared between 2	88	80	2.5	0		0	1190	5	5	3	9
Gariic Eudiname	shared between 2	102	140	7.5	0.5 7	0.05	0	635	10	5.5		10
Local Fried Chicken	Dragon Fried - shared between 2	180	460	28	,	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
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)
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		380	800	70	12	0.3	100	2060	18	6	4	28
	with chicken	375	610	40	7	0.1	55	1760	38	8	19	26
LDE C	WILLI CHICKELL	3/3		70		0.1	33	1/00	30	0	17	
LPE Greens	with steak	454	740	43	10	0.5	105	1660	38	8	19	51

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		327	840	57	13	0.3	100	2430	42	5	8	34
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	4	57
Wood Fired Pizza (Jasper Ave)	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	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											-	4.5
		533	730	33	8	0.4	295	2250	60	2	25	45
Drunken Chicken		533 757			8 3.5	0.4 0.5	295 145	2250 4100	60 106	3		65
Drunken Chicken Fish Taco Plate			730	33	-						25	
		757	730 990	33 32	3.5	0.5	145	4100	106	3	25 38	65
Fish Taco Plate		757 451	730 990 1020	33 32 59	3.5	0.5 0.1	145 45	4100 2990	106 91	3 9	25 38 5	65 22
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen	5 oz steak, 6 oz fries	757 451 283	730 990 1020 560	33 32 59 32	3.5 7 4	0.5 0.1 0	145 45 80	4100 2990 2310	106 91 34	3 9 4	25 38 5 4	65 22 31
Fish Taco Plate Grilled Chicken Taco Plate	5 oz steak, 6 oz fries 10 oz steak, 8 oz fries	757 451 283 862	730 990 1020 560 1190	33 32 59 32 61	3.5 7 4 11	0.5 0.1 0 0.2	145 45 80 205	4100 2990 2310 3760	106 91 34 111	3 9 4 10	25 38 5 4 35	65 22 31 48
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen		757 451 283 862 280	730 990 1020 560 1190 830	33 32 59 32 61 58	3.5 7 4 11 28	0.5 0.1 0 0.2 2	145 45 80 205 165	4100 2990 2310 3760 2050	106 91 34 111 40	3 9 4 10 5	25 38 5 4 35	65 22 31 48 34
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries	10 oz steak, 8 oz fries	757 451 283 862 280 448	730 990 1020 560 1190 830 1230	33 32 59 32 61 58 76	3.5 7 4 11 28 33	0.5 0.1 0 0.2 2 2.5	145 45 80 205 165 240	4100 2990 2310 3760 2050 2930	106 91 34 111 40 65	3 9 4 10 5 8	25 38 5 4 35 0	65 22 31 48 34 66
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen	10 oz steak, 8 oz fries Vegetarian	757 451 283 862 280 448 448	730 990 1020 560 1190 830 1230 770	33 32 59 32 61 58 76 46	3.5 7 4 11 28 33 14	0.5 0.1 0 0.2 2 2.5	145 45 80 205 165 240	4100 2990 2310 3760 2050 2930 1640	106 91 34 111 40 65 67	3 9 4 10 5 8	25 38 5 4 35 0	65 22 31 48 34 66 25
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries	10 oz steak, 8 oz fries Vegetarian Steak	757 451 283 862 280 448 448 601	730 990 1020 560 1190 830 1230 770 1050	33 32 59 32 61 58 76 46 56	3.5 7 4 11 28 33 14 18	0.5 0.1 0 0.2 2 2.5 0.5 1	145 45 80 205 165 240 65 160	4100 2990 2310 3760 2050 2930 1640 2840	106 91 34 111 40 65 67 71	3 9 4 10 5 8 11 13	25 38 5 4 35 0	65 22 31 48 34 66 25 67
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken	757 451 283 862 280 448 448 601 517	730 990 1020 560 1190 830 1230 770 1050 930	33 32 59 32 61 58 76 46 56	3.5 7 4 11 28 33 14 18 16	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5	145 45 80 205 165 240 65 160	4100 2990 2310 3760 2050 2930 1640 2840 2440	106 91 34 111 40 65 67 71 70	3 9 4 10 5 8 11	25 38 5 4 35 0 1 7 7	65 22 31 48 34 66 25 67 40
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries Enchiladas Fish & Chips	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553	730 990 1020 560 1190 830 1230 770 1050 930 950	33 32 59 32 61 58 76 46 56 56 56	3.5 7 4 11 28 33 14 18 16 14	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.5	145 45 80 205 165 240 65 160 115 125	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970	106 91 34 111 40 65 67 71 70 69 80	3 9 4 10 5 8 11 13 12	25 38 5 4 35 0 1 7 7 7	65 22 31 48 34 66 25 67 40 40
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries Enchiladas Fish & Chips	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553	730 990 1020 560 1190 830 1230 770 1050 930 950	33 32 59 32 61 58 76 46 56 56	3.5 7 4 11 28 33 14 18 16 14	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.5 0.1	145 45 80 205 165 240 65 160 115	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060	106 91 34 111 40 65 67 71 70 69	3 9 4 10 5 8 11 13 12 11 7	25 38 5 4 35 0 1 7 7 7 7	65 22 31 48 34 66 25 67 40 40
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries Enchiladas Fish & Chips Chicken + Black Bean Quesadilla	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1900	33 32 59 32 61 58 76 46 56 56 56 58 78 102	3.5 7 4 11 28 33 14 18 16 14 8	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.5 0.1 0.5	145 45 80 205 165 240 65 160 115 125 80 100 235	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910	106 91 34 111 40 65 67 71 70 69 80 58	3 9 4 10 5 8 11 13 12 11 7	25 38 5 4 35 0 1 7 7 7 7 7 7	65 22 31 48 34 66 25 67 40 40 39 36
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries Enchiladas Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1900 2330	33 32 59 32 61 58 76 46 56 56 56 58 78 102 137 184	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5	145 45 80 205 165 240 65 160 115 125 80 100 235 615	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650	106 91 34 111 40 65 67 71 70 69 80 58 96 94	3 9 4 10 5 8 11 13 12 11 7 9	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 2 23	65 22 31 48 34 66 25 67 40 40 39 36 72
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries Enchiladas Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1900 2330 840	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39	3.5 7 4 11 28 33 14 18 16 14 8 19	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5 0.2	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87	3 9 4 10 5 8 11 13 12 11 7 9	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 7 7	65 22 31 48 34 66 25 67 40 40 39 36 72 76
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen Steak & Fries Enchiladas Fish & Chips Chicken + Black Bean Quesadilla BBQ Ribs Pulled Pork Baked Pasta Kid's Chicken Strips Kids Grilled Cheese Sandwich	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309 219	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1900 2330 840 640	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39 28	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107 4.5 7	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5 0.2 0.2	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370 1430	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87 81	3 9 4 10 5 8 11 13 12 11 7 9 11 5 5	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 2 23	65 22 31 48 34 66 25 67 40 40 39 36 72 76 30
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen 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	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309 219 257	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1900 2330 840 640 750	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39 28 36	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107 4.5 7	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5 0.2 0.2	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370 1430	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87 81 75	3 9 4 10 5 8 11 13 12 11 7 9 11 5 6 6	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 5 5	65 22 31 48 34 66 25 67 40 40 39 36 72 76 30 13
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen 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	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309 219 257 Serving Size (g)	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1900 2330 840 640 750 Calories (kcal)	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107 4.5 7	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5 0.2 0.2 0.5 TransFat (g)	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55 10 55 Cholesterol (mg)	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87 81	3 9 4 10 5 8 11 13 12 11 7 9 11 5 6 6 6 Fibre (g)	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 5 5 Sugar (g)	65 22 31 48 34 66 25 67 40 40 39 36 72 76 30 13 29 Protein (§
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen 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	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309 219 257 Serving Size (g)	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1320 1900 2330 840 640 750 Calories (kcal)	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107 4.5 7 11 Saturated Fat (g)	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5 0.2 0.2 0.5 TransFat (g)	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55 10 55 Cholesterol (mg)	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87 81 75 Carbohydrate (g)	3 9 4 10 5 8 11 13 12 11 7 9 11 5 6 6 Fibre (g)	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 5 5 Sugar (g)	65 22 31 48 34 66 25 67 40 40 39 36 72 76 30 13 29 Protein (§
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen 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	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef 6 oz fries	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309 219 257 Serving Size (g) 99	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1320 1900 2330 840 640 750 Calories (kcal)	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107 4.5 7 11 Saturated Fat (g)	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.5 0.1 0.5 0.1 0.5 TransFat (g) 0.3 0	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55 10 55 Cholesterol (mg)	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg) 135 360	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87 81 75 Carbohydrate (g) 4	3 9 4 10 5 8 11 13 12 11 7 9 11 5 6 6 Fibre (g)	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 7 5 5 Sugar (g)	65 22 31 48 34 66 25 67 40 40 39 36 72 76 30 13 29 Protein (g
Fish Taco Plate Grilled Chicken Taco Plate Fried Chicken Ramen 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	10 oz steak, 8 oz fries Vegetarian Steak Blackened Chicken Mole Beef	757 451 283 862 280 448 448 601 517 553 510 420 713 569 309 219 257 Serving Size (g)	730 990 1020 560 1190 830 1230 770 1050 930 950 1220 1320 1320 1900 2330 840 640 750 Calories (kcal)	33 32 59 32 61 58 76 46 56 56 58 78 102 137 184 39 28 36 Total Fat (g)	3.5 7 4 11 28 33 14 18 16 14 8 19 33 107 4.5 7 11 Saturated Fat (g)	0.5 0.1 0 0.2 2 2.5 0.5 1 0.5 0.1 0.5 1 3.5 0.2 0.2 0.5 TransFat (g)	145 45 80 205 165 240 65 160 115 125 80 100 235 615 55 10 55 Cholesterol (mg)	4100 2990 2310 3760 2050 2930 1640 2840 2440 1970 2060 2910 2190 4650 1370 1430 1020 Sodium (mg)	106 91 34 111 40 65 67 71 70 69 80 58 96 94 87 81 75 Carbohydrate (g)	3 9 4 10 5 8 11 13 12 11 7 9 11 5 6 6 Fibre (g)	25 38 5 4 35 0 1 7 7 7 7 7 7 7 7 7 7 5 5 Sugar (g)	65 22 31 48 34 66 25 67 40 40 39 36 72 76 30 13 29 Protein (g

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