

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												
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												
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
	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
Nachos	Half order	398	810	54	20	1	95	2720	56	7	11	30
	Full order	796	1610	109	40	2	190	5280	111	14	22	59
	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												
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												
Hand-pressed Sliders Royale (Med-Hat)	shared between 2	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
	One slider	148	360	16	2	0	20	645	44	2	8	11
Chips & Salsa	shared between 2	99	240	10	1	0	13	430	29	1	5	7
Perogies	shared between 2	103	160	9	0.5	0	0	640	19	2	4	2
Steamed Edamame	shared between 2	168	340	21	9	0.4	40	610	31	2	3	9
Spicy Garlic Edamame	shared between 2	88	80	2.5	0	0	0	1190	5	5	0	9
Local Fried Chicken	shared between 2	103	210	14	0.5	0.2	0	20	13	5	3	12
	Dragon Fried - shared between 2	180	470	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 Potato Pave TEST		238	690	46	7	0.3	25	2380	59	5	3	12
	shared between 2	119	350	23	3.5	0.1	15	1190	30	2	1	6
Shrimp Dumplings												
Roti and Curry	shared between 2	229	630	38	5	0.1	45	1470	52	5	4	16
		115	320	19	2.5	0	20	740	26	2	2	8
		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
		424	1270	64	9	0	0	2220	136	15	2	35
Hummus Test	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
	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
		169	570	44	14	0.3	100	770	26	3	2	16
Smoked Trout Dip		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

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	Side	222	230	19	3	0.1	5	460	11	4	5	5
		112	110	9	1.5	0.1	0	280	6	2	2	2
Peanut Noodle Satay Salad		458	900	44	7	0.1	75	1510	88	9	20	43
Calabrian Caesar Salad		311	610	53	10	0.3	50	1230	15	5	4	12
LPE Greens		306	440	30	5	0.1	5	950	36	7	19	10
LPE Greens 2.0 FIELD TEST		347	480	28	6	0.1	10	1040	48	7	27	10
Pearl Couscous Salad FIELD TEST		676	890	58	6	0	0	1120	78	13	11	23
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)
Fresno Crispy Chicken Sandwich		340	850	45	8	0.2	75	1360	80	3	22	30
Deluxe Impossible Burger		348	940	67	19	0.5	40	1940	44	6	6	35
Protein Style Impossible Burger		268	490	38	10	0	10	1260	15	5	3	22
Diablo Impossible Burger		369	730	45	15	0.3	30	2480	47	7	7	32
Local Burger		294	730	42	15	1	120	1720	40	2	9	44
House-made Veggie Burger		405	1020	74	9	0.4	30	1770	62	11	7	20
Deluxe Burger		374	1060	76	18	1	135	1930	37	4	6	46
Diablo Burger		366	820	52	15	1	120	2190	38	4	6	45
Brooklyn Burger		338	940	54	17	0.5	120	1550	59	2	13	49
Truffle Burger		309	770	45	16	1	115	1260	39	2	9	47
Trophy Burger - Gastown TEST		343	940	62	19	1	140	2280	44	4	11	47
Blackened Chicken Sandwich		346	870	59	14	0.3	115	2440	42	5	8	39
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
	Gluten Free Pizza Crust	248	640	8	1	0	0	1080	136	8	4	8
	Brunch 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
	5-0	605	1160	47	18	0.5	110	3500	128	7	11	58
	Sweet Heat	522	1200	45	18	1	95	3660	130	7	14	55
	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	46
	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
	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	55
	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
	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
	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		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
		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	
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 (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		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		94	160	12	2	0	5	460	9	2	3	4	
LPE Greens 2.0		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 (g)	
Peanut Butter and Chocolate Cup		196	650	45	23	0.4	125	320	53	3	40	11	
Apple Cobbler		289	750	32	16	1	135	710	110	4	60	9	