

Local Nutrition Report

Nutrition Facts table label rounded report

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*Vitamin C values have been decreased by 50% from reports because this vitamin is lost easily with cooking and exposure to air

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		470	1270	85	16	0.5	435	2290	90	6	13	40
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
Super 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 Dip	Full order no celery	243	1010	70	18	1	355	1880	1	0	0	84
	shared between 2	129	510	35	9	0.4	180	950	1	0	0	42
	Full order with celery	258	1010	70	18	1	355	1900	2	0	1	84
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
Szechuan 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
Crispy Calamari	shared between 2	170	260	13	2.5	0.1	145	970	22	2	5	13
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
Chinatown Shrimp Dumplings		246	680	42	5	0.1	45	1920	55	5	6	17
	shared between 2	123	340	21	2.5	0	20	960	28	2	3	8
Roti and Curry		367	1140	62	40	0.1	0	2080	121	5	23	5
Buffalo Chicken		279	610	46	15	0.4	110	1820	25	3	4	26
	shared between 2	139	310	23	7	0.2	55	910	12	2	2	13
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
Smash Burger		246	550	32	10	0.5	75	1500	34	3	4	29
Biang Biang Noodles		277	790	33	4.5	0.1	195	2140	94	5	44	24
Red Hot Cracking		56	340	31	5	0.1	25	620	1	0	0	11
Hot Mess Fries		239	760	51	14	0.3	55	2000	53	6	3	20
Spicy Garlic Edamame		213	510	32	1.5	0.4	0	760	35	11	18	24
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
		458	900	43	7	0.1	75	1930	90	9	47	41
Calabrian Caesar Salad		380	800	70	12	0.3	100	2060	18	6	4	28
LPE Greens	with chicken	375	610	40	7	0.1	55	1760	38	8	19	26
	with steak	454	740	43	10	0.5	105	1660	38	8	19	51
Chicken BLT Salad		457	970	66	9	0.1	115	2310	41	8	8	44
Grilled Chicken Market Salad		426	760	54	6	0	80	1740	33	9	10	32

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		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		350	890	57	16	1	120	2320	47	4	10	45
House-made Veggie Burger		410	770	52	7	0.4	20	1340	58	10	8	17
Press Burger		364	1010	70	14	1	110	1780	50	4	9	41
Press Burger with Cheese		392	1120	79	20	1	135	2000	50	4	9	48
Grilled Cheese & Tomato Soup		528	990	64	28	1	130	2610	70	6	14	35
Blackened Chicken Sandwich		319	810	57	12	0.5	85	2180	42	5	7	31
Truffle Burger		339	970	67	19	1	150	1300	44	1	10	52
Sonoran Hot Dog		322	730	43	15	1.5	120	2040	58	5	15	32
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
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)
Al Pastor Pork Taco Plate (US)		385	1000	52	7	0.5	75	900	100	12	10	31
Malaysian 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
Ahi Tuna Poke Rice Bowl		670	1230	78	9	0.1	115	1660	84	7	22	51
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		475	1030	60	7	0.1	45	2710	92	10	6	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		332	920	60	27	2	185	660	45	5	0	46
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	517	930	56	16	0.5	115	2440	70	12	7	40
	Mole Beef	553	950	58	14	0.5	125	1970	69	11	7	40
Fish & Chips		525	1270	81	9	0.1	80	1870	86	8	7	40
Kid's Chicken Strips		309	840	39	4.5	0.2	55	1370	87	5	27	30
Kids Grilled Cheese Sandwich		232	760	43	8	0.5	10	930	81	6	4	13
Kids The Lil' Local Burger		272	870	51	12	1	55	1100	75	6	4	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		130	410	21	4	0.2	0	1100	49	5	2	5
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
Tomato Soup - side		280	220	14	6	0.3	25	1250	18	3	11	5
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