

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)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Brunch																
Beef Hash & Hash Browns		507	1130	92	15	1	265	1460	52	7	9	25	40	15	10	30
Eggs Benedict & Hash Browns	Canada	505	1460	125	44	3.5	690	1340	57	5	2	29	70	15	25	30
	US	505	1490	129	46	3.5	700	1600	58	5	2	29	80	20	20	35
Avocado Eggs Benedict & Hash Browns	Canada	569	1580	141	45	3.5	670	1460	64	10	3	23	80	10	25	35
	US	569	1630	144	47	4	680	1720	65	10	3	23	80	10	25	35
Huevos Rancheros		683	1470	93	20	1.5	425	2740	124	21	9	48	70	45	60	50
Breakfast Sandwich & Fries		470	1270	85	16	0.5	435	2290	90	6	13	40	40	30	15	45
Chicken & Waffle	Canada	390	1410	95	38	1.5	225	2200	117	6	48	29	70	10	10	60
	US	390	1430	96	38	2	230	2320	117	6	48	29	70	15	10	60
Brunch Enchiladas		562	1040	70	18	0.5	430	2040	68	11	8	37	50	35	60	30
Shredded Hash Browns		120	280	15	1	0.1	0	800	33	4	0	2	2		2	4
Starters																
Al Pastor Pork Poutine (US)	shared between 2	173	435	24	9	0.25	52.5	935	36	4	3	17.5	12.5	10	15	15
Braised Beef Poutine		351	880	51	17	0.4	105	1800	69	7	3	33	20	15	30	30
Pinche Beef Tacos		262	560	23	3	0.1	10	1070	78	9	3	12	20	15	15	20
Super Nachos	shared between 2	278	760	44	20	1	100	1580	71	8	5	32	35	10	50	15
	Full order	557	1520	88	40	1.5	200	3150	141	17	9	65	70	20	100	25
	Mexi beef shared between 2	321	870	50	23	1	125	1820	72	8	5	42	40	10	50	20
	Mexi beef full order	642	1730	101	45	2	255	3640	145	17	9	84	80	20	100	45
Guacamole		167	350	35	4.5	0	0	870	12	10	1	3	10	10	2	6
Hot Wings & Blue Cheese Dip	Full order no celery	243	1010	70	18	1	355	1880	1	0	0	84	20	40	8	35
	shared between 2	129	510	35	9	0.4	180	950	1	0	0	42	10	20	4	15
	Full order with celery	258	1010	70	18	1	355	1900	2	0	1	84	25	40	10	35
Yam Fries		240	970	67	6	0.2	20	840	86	10	25	6	155	45	10	6
		120	485	34	3	0	10	420	43	5	13	3	78	20	5	3
Hand-pressed Sliders Royale (Med-Hat)	Shared between 2	148	360	16	2	0	20	645	44	2	8	11	15	6	4	20
	One slider	99	240	10	1	0	13	430	29	1	5	7	10	4	3	13
Chips & Salsa	shared between 2	103	200	7	0.3	0	0	350	34	4	2	6	8	6	0	8
Perogies	shared between 2	168	340	21	9	0.4	40	610	31	2	3	9	6	2	10	10
Steamed Edamame	shared between 2	88	80	2.5	0	0	0	1190	5	5	0	9	0	4	6	10
Szechuan Edamame	shared between 2	102	140	7.5	0.5	0.05	0	635	10	5.5	3	10	2	4	10	15
Local Fried Chicken		152	420	17	2.5	0.3	80	710	43	1	11	24	4	2	4	20
		304	830	33	4.5	0.5	160	1430	85	3	22	47	10	4	8	45
Crispy Calamari	shared between 2	170	260	13	2.5	0.1	145	970	22	2	5	13	10	20	6	10
Fully Loaded Crispy Yukon Potatoes		323	910	61	7	0.3	25	1490	77	9	1	19	10	110	25	30
	shared between 2	161	460	31	3.5	0.1	15	740	39	5	0	9	4	50	10	15
Chinatown Shrimp Dumplings		246	680	42	5	0.1	45	1930	55	5	6	17	2	2	8	15
	shared between 2	123	340	21	2.5	0	20	960	28	2	3	8	0	0	4	8
Prawn Cocktail		399	510	25	2.5	0.1	150	1570	48	7	13	25	20	25	10	25
Roti and Curry		367	1140	62	40	0.1	0	2080	121	5	23	5	15	5	6	50
Salads																
House Salad		222	230	19	3	0.1	5	460	11	4	5	5	25	20	8	10
	Side	112	110	9	1.5	0.1	0	280	6	2	2	2	10	10	4	6
Harvest Salad	with chicken	520	760	51	11	0.4	100	1680	42	10	28	37	15	50	30	20
	with tuna	475	600	39	9	0.4	50	1700	42	10	28	25	15	50	30	20
	no protein	424	550	38	8	0.4	25	1490	42	10	28	13	15	50	30	15
Thai Noodle Salad		525	1020	49	8	0.1	85	2340	104	10	55	46	10	40	10	40
Greek Calamari Salad		500	870	62	9	0.3	295	950	45	4	10	29	30	60	15	20
Calabrian Caesar Salad		380	800	70	12	0.3	100	2060	18	6	4	28	190	40	30	25
Crispy Duck Salad		306	510	33	5	0.1	50	3940	30	3	13	18	35	30	10	20
LPE Greens	with chicken	375	610	40	7	0.1	55	1760	38	8	19	26	25	45	15	20
	with steak	454	740	43	10	0.5	105	1660	38	8	19	51	20	45	20	45
Chicken BLT Salad		457	970	66	9	0.1	115	2310	41	8	8	44	110	40	10	35

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)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Brooklyn Impossible Burger	342	1120	75	20	1	35	2030	71	6	14	34	20	15	60	60
Crispy Chicken Sandwich	544	1340	79	8	0.4	80	1640	105	6	11	44	40	45	15	50
Deluxe Impossible Burger	348	940	67	19	0.5	40	1810	44	6	6	35	20	10	45	50
Protein Style Impossible Burger	268	490	38	10	0	10	1150	15	5	3	22	45	10	20	40
Diablo Impossible Burger	339	880	61	17	0.5	35	1950	45	6	6	33	20	20	40	50
Local Burger	350	890	57	16	1	120	2320	47	4	10	45	25	5	20	40
House-made Veggie Burger	410	770	52	7	0.4	20	1340	58	10	8	17	15	15	25	30
Press Burger	364	1010	70	14	1	110	1780	50	4	9	41	8	15	10	50
Press Burger with Cheese	392	1120	79	20	1	135	2000	50	4	9	48	20	15	30	50
Grilled Cheese & Tomato Soup	528	990	64	28	1	130	2610	70	6	14	35	70	10	60	25
Blackened Chicken Sandwich	319	810	57	12	0.5	85	2180	42	5	7	31	25	10	20	25
Truffle Burger	339	970	67	19	1	150	1300	44	1	10	52	20	10	30	50
Roast Pork Stack	342	980	69	15	0.2	145	1970	33	3	4	49	10	15	10	35
Sonoran Hot Dog	322	730	43	15	1.5	120	2040	58	5	15	32	10	40	10	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)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Al Pastor Pork Taco Plate (US)	385	1000	52	7	0.5	75	900	100	12	10	31	10	50	10	30
Malaysian Curry Rice Bowl NEW	500	610	34	19	0.3	60	2700	50	4	14	24	30	25	8	25
The Macro Bowl	705	930	49	6	0.1	0	2280	91	9	21	34	10	15	40	40
Ahi Tuna Poke Bowl NEW	674	1050	60	8	0.1	95	2060	77	6	16	47	10	5	40	40
Ahi Tuna Poke Rice Bowl	670	1230	78	9	0.1	115	1660	84	7	22	51	20	25	50	50
Korean BBQ Rice Bowl	533	730	33	8	0.4	295	2250	60	2	25	45	20	20	8	25
Drunken Chicken	757	990	32	3.5	0.5	145	4100	106	3	38	65	4	30	8	30
Fish Taco Plate	475	1050	65	8	0.5	45	2490	91	10	5	23	10	60	10	40
Grilled Chicken Taco Plate	283	560	32	4	0	80	2310	34	4	4	31	15	20	8	30
Wood Fired Pizza (Jasper Ave)	Add Egg	51	70	5	1.5	0	180	270	1	0	6	10	0	2	6
	Brunch Pie	569	1380	75	32	1.5	400	3780	122	6	8	59	50	6	50
	S-O	605	1160	47	18	0.5	110	3500	128	7	11	58	25	35	80
	Shrimp & Pesto	513	1100	46	16	0.5	220	2900	116	6	4	57	35	15	70
	Sweet Heat	522	1200	47	19	1	95	3580	131	6	13	55	25	4	80
	The Carnivore	494	1160	53	19	0.5	100	3470	117	5	3	56	20	4	70
	The Lovely 'Rita	520	1120	51	14	1	65	2800	121	7	6	46	30	15	80
	Mortadella & Pistachio Pizza	493	1180	53	20	0.5	105	3340	131	7	12	43	15	2	40
	Quattro Formaggio Pizza	474	1050	43	20	1	100	3050	118	6	6	50	25	10	80
Fried Chicken Ramen	903	1500	80	9	0.3	205	4920	134	11	43	61	40	40	20	70
Steak & Fries	332	920	60	27	2	185	660	45	5	0	46	30	10	4	45
Enchiladas	Vegetarian	448	770	46	14	0.5	65	1640	67	11	7	25	30	35	60
	Steak	601	1050	56	18	1	160	2840	71	13	7	67	50	35	60
	Blackened Chicken	517	930	56	16	0.5	115	2440	70	12	7	40	45	35	60
	Mole Beef	553	950	58	14	0.5	125	1970	69	11	7	40	35	40	60
Fish & Chips	525	1290	87	9	0.1	80	1410	82	8	5	41	25	45	10	30
Kid's Chicken Strips	309	800	40	5	0.2	55	1400	77	6	16	31	2	10	2	35
Kids Grilled Cheese Sandwich	232	760	43	8	0.5	10	930	81	6	4	13	4	15	10	25
Kids The Lil' Local Burger	272	870	51	12	1	55	1100	75	6	4	29	4	15	10	35
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)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Add Shrooms	99	140	14	1	0.3	0	135	4	1	1	2	0	0	2	2
Coleslaw	130	200	17	2	0	10	360	9	2	6	2	30	15	4	4
Fries	130	410	21	4	0.2	0	1100	49	5	2	5	0	10	0	10
Yam Fries	270	1180	90	8	0.5	40	1020	86	10	25	6	310	20	10	6
Hollandaise	45	260	29	18	1.5	155	80	0	0	0	1	25	0	2	2
Bacon	38	170	15	4.5	0.1	35	440	2	0	1	6	0	0	0	2
Ciabatta Baguette Slices	85	220	8	1	0	0	340	31	2	2	6	0	0	0	15
Tomato Soup - side	280	220	14	6	0.3	25	1250	18	3	11	5	45	5	4	4
Cauliflower Rice	162	150	11	1.5	0	0	610	13	8	3	3	0	5	10	10
LPE Greens	side	94	160	12	2	0	5	460	9	2	3	2	15	6	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)	Vit A (%DV)	*Vit C (%DV)	Calcium (%DV)	Iron (%DV)
Cinnamon Sugar Donuts	121	162	25	13	0	15	280	63	0	23	5	4	0	0	10
Bourbon Sugar Pie	239	920	51	24	0.4	395	610	104	1	62	8	40	0	10	20
Ice Cream Sandwich	187	430	25	16	0.5	70	170	46	1	37	5	20	0	25	4
Ice Cream Sandwich US	187	440	28	17	0.4	70	170	46	1	38	6	6	0	15	4
Chocolate Peanut Butter Mousse	220	760	54	25	0.4	135	580	60	5	41	15	20	0	15	15