



NUTRITION INFORMATION

DAILY CALORIE AND SODIUM REQUIREMENTS

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

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	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
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BREAKFAST ITEMS

FAMOUS BIG BREAKFASTS

Chicken Tenders and Waffle	450.1	1372	85.3	28.2	1.0	233.4	1867.1	81.0	6.0	20.0	67.9	26.1%	0.0%	6.0%	26.4%
Steak and Eggs	714.2	1261	70.6	18.8	0.0	2.1	1460.1	80.0	6.9	3.7	73.6	38.3%	93.3%	62.9%	48.9%
Perogy and Egg Platter w/ Chorizo	1030.0	2023	54.9	13.1	0.0	66.2	4020.0	300.8	39.0	6.8	73.6	14.2%	24.0%	21.0%	194.4%
Perogy and Egg Platter w/ Bavarian	1044.0	2017	49.7	12.9	0.1	69.1	4232.6	304.8	38.0	10.6	79.0	14.0%	24.0%	24.2%	130.8%
Yukon Big Bite w/ Chorizo	945.7	1968	146.8	37.9	0.8	437.5	5295.6	82.7	11.9	12.4	78.7	26.0%	94.7%	9.0%	107.1%
Yukon Big Bite w/ Bavarian	959.7	1962	141.6	37.7	0.9	440.3	5508.2	86.7	10.9	16.3	2.6	25.8%	94.7%	12.2%	43.4%
Big Waffle Breakfast	914.3	2465	208.2	79.7	1.9	578.3	3423.4	227.8	8.5	14.9	67.2	43.6%	23.8%	32.0%	39.0%
Grand Forks	1184.2	2619	177.9	61.7	1.1	510.4	4808.3	318.0	22.3	24.9	77.9	41.2%	93.3%	89.1%	66.4%

BENNIES

Classic Benny	503.8	489	15.8	5.2	0.1	204.8	1324.4	69.4	4.9	15.5	22.4	25.0%	95.4%	21.4%	35.0%
Blackstone Benny	531.5	584	31.9	12.4	0.3	201.7	944.0	56.0	4.9	3.4	19.7	9.9%	31.9%	20.4%	32.4%
BC Benny	531.5	640	32.4	12.7	0.3	208.4	1489.1	59.4	4.2	5.7	29.2	27.1%	23.3%	49.8%	32.6%
Monterey Benny	484.8	653	38.9	16.1	0.3	201.7	1184.0	57.5	4.1	3.9	20.7	8.9%	23.1%	19.9%	32.4%

PANCAKES & WAFFLES

Buttermilk Stack	351.5	669	19.8	7.8	0.2	49.5	1855.7	101.8	10.7	16.1	21.6	9.1%	0.0%	81.0%	32.2%
Best Belgian Waffle	141.7	540	24.0	2.0	0.2	20.0	1050.0	73.0	2.0	20.0	9.0	2.0%	0.0%	6.0%	25.0%

FRENCH TOAST

Stuffed French Toast	457.5	882	35.0	18.9	0.4	99.9	691.6	113.7	5.0	60.4	20.2	13.4%	111.9%	14.0%	27.4%
French Toast	255.8	440	12.6	4.0	0.1	5.6	656.0	54.6	3.0	15.7	21.6	14.1%	0.2%	17.1%	35.1%

SIDES

Side Strawberry Topping	113.4	113	0.0	0.0	0.0	0.0	1.1	29.5	2.3	22.7	1.1	0.0%	79.4%	2.3%	4.5%
Side Four Berry Topping	113.4	91	0.3	0.0	0.0	0.0	1.1	22.1	4.0	15.9	1.1	1.1%	48.2%	2.3%	4.5%
Side Peach Topping	113.4	128	0.0	0.0	0.0	0.0	11.0	31.2	1.1	28.0	0.6	2.3%	78.2%	0.0%	0.0%
Side Breakfast Sausage	113.4	394	36.0	14.0	0.2	59.9	565.9	59.9	1.4	1.3	10.9	2.5%	0.0%	0.9%	5.4%
Side Maple Bacon	85.1	378	37.8	14.2	0.2	55.1	708.7	1.6	0.0	1.6	9.4	0.0%	0.0%	0.0%	3.2%

SIGNATURE BREKKIE-BOWLS

Chorizo Brekkie-Bowl	744.7	1568	119.5	26.0	0.3	795.9	2399.5	64.5	10.1	6.5	56.1	31.2%	106.8%	30.2%	98.5%
Blackstone Brekkie-Bowl	708.7	1498	115.5	28.0	0.6	755.9	1879.4	62.5	9.1	6.5	49.1	33.1%	106.8%	30.2%	29.2%
Meat Lovers Brekkie-Bowl	747.7	1573	119.3	28.8	0.5	786.2	2317.3	69.1	9.1	8.5	56.5	35.7%	106.8%	31.7%	32.1%

EGG-CETERA

Two by Five	596.7	1477	95.1	37.6	1.0	316.9	2586.8	148.8	14.4	18.0	43.1	31.7%	0.0%	62.9%	47.4%
Double Egger - no meat	312.2	492	22.8	4.6	0.1	185.0	639.2	56.0	8.0	6.0	16.0	6.0%	10.0%	8.0%	22.0%
Double Egger with Bacon	396.2	782	50.8	16.6	0.4	210.0	1099.1	56.0	8.0	6.0	26.0	8.1%	10.0%	8.0%	24.2%
Double Egger with Black Forest Ham	425.6	617	27.9	6.3	0.1	224.7	1977.3	58.3	8.0	8.3	33.0	6.1%	10.8%	8.7%	26.3%
Double Egger with Sausage	425.6	886	58.9	18.6	0.3	244.9	1205.1	115.9	9.4	7.3	26.9	8.5%	10.0%	8.9%	27.4%
Double Egger with Bavarian (Farmer) Sausage	446.2	846	49.6	14.4	0.3	252.8	1831.8	62.0	8.0	9.9	38.4	6.0%	10.0%	11.2%	29.8%
Double Egger with Chorizo Sausage	432.2	852	54.8	14.6	0.1	250.0	1619.2	58.0	9.0	6.0	33.0	6.2%	10.0%	8.0%	93.4%
Egg Muffin	296.9	541	28.5	8.3	0.2	12.4	994.5	48.9	3.0	2.8	22.2	17.7%	10.1%	34.8%	35.1%
Quick Commute	275.2	530	36.0	11.4	0.3	109.2	760.8	37.0	5.0	33.0	15.7	4.4%	10.0%	5.0%	13.4%
Breakfast Club	428.3	857	47.5	9.9	0.2	461.6	1701.6	61.6	4.0	2.6	44.4	19.0%	10.5%	26.2%	34.1%



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BREAKFAST SIDES

Side Stuffed Hashbrown	281.1	559	42.8	13.3	0.4	50.7	638.1	32.9	3.9	1.5	14.7	2.2%	23.8%	23.6%	4.1%
Side Fruit Bowl	226.8	102	0.0	0.0	0.0	0.0	35.9	32.1	3.8	24.6	1.9	37.8%	170.1%	3.8%	3.8%
Side Fruit Cup	113.4	51	0.0	0.0	0.0	0.0	18.0	16.1	1.9	12.3	0.9	18.9%	85.1%	1.9%	1.9%
Side Perogies	259.6	562	22.0	2.2	0.1	0.0	837.3	78.0	11.1	2.9	10.9	0.0%	10.4%	4.1%	26.8%
Side Bavarian (Farmers) Sausage	134.0	354	26.8	9.8	0.1	67.8	1192.6	6.0	0.0	3.9	22.4	0.0%	0.0%	3.2%	7.8%
Side Chorizo Sausage	120.0	360	32.0	10.0	0.0	65.0	980.0	2.0	1.0	0.0	17.0	0.2%	0.0%	0.0%	71.4%
Side Maple Bacon	85.1	378	37.8	14.2	0.2	55.1	708.7	1.6	0.0	1.6	9.4	0.0%	0.0%	0.0%	3.2%
Side Breakfast Sausage	113.4	394	36.0	14.0	0.2	59.9	565.9	59.9	1.4	1.3	10.9	2.5%	0.0%	0.9%	5.4%
Side Black Forest Ham	113.4	125	5.1	1.7	0.0	39.7	1338.1	2.3	0.0	2.3	17.0	0.1%	0.8%	0.7%	4.3%
Side Shredded Hash	127.0	200	14.0	0.8	0.0	0.0	170.0	18.0	2.0	0.0	2.0	0.0%	10.0%	2.0%	2.0%
Side White Toast	86.0	210	2.5	0.5	0.0	0.0	450.0	40.0	1.0	2.0	7.0	0.0%	0.0%	4.0%	20.0%
Side Multigrain Toast	86.0	240	6.0	1.0	0.0	0.0	300.0	38.0	6.0	6.0	8.0	0.0%	0.0%	4.0%	16.0%
Side Sourdough Toast	90.0	200	1.0	0.0	0.0	0.0	380.0	40.0	2.0	0.0	8.0	0.0%	0.0%	4.0%	20.0%
Side Rye Toast	61.0	150	1.5	0.2	0.0	0.0	270.0	29.0	2.0	5.0	5.0	0.0%	0.0%	4.0%	15.0%
Side Hollandaise	113.4	150	12.5	5.1	0.1	0.0	354.7	12.5	0.0	2.3	0.0	0.0%	0.0%	0.3%	0.0%
Side Ranchero Hollandaise	56.7	328	35.8	2.9	0.0	78.8	75.1	0.6	0.0	0.3	1.0	0.0%	0.3%	9.3%	0.1%
Side Tomato Slices	141.8	16	0.0	0.0	0.0	0.0	0.0	3.7	1.9	1.2	0.0	2.5%	21.9%	1.2%	0.0%

OMELETTES

Chicken Avocado Omelette	773.0	1540	108.3	26.3	0.3	757.8	1891.7	74.8	15.7	12.2	71.0	46.9%	87.2%	71.0%	38.1%
Cheese Lover Omelette	439.0	869	49.6	18.4	0.7	680.3	1226.6	60.5	8.0	6.1	45.6	18.1%	10.0%	13.2%	32.5%
Works Omelette	815.4	1588	116.8	30.2	1.1	703.7	2308.6	71.5	10.9	14.4	61.1	18.5%	202.5%	14.9%	42.9%
Very Veggie Omelette	778.8	1303	94.1	15.8	0.5	628.6	1139.4	75.4	12.5	14.9	38.0	44.3%	216.2%	16.6%	49.7%
Very Veggie Omelette W/Cheese	807.1	1400	101.7	20.7	0.8	652.1	1350.4	75.8	12.5	14.9	45.0	44.3%	216.2%	16.6%	49.7%
Mega Mushroom & 3 Cheese	552.4	895	49.6	18.4	0.7	680.3	1232.0	65.3	9.1	7.2	49.3	18.1%	10.0%	13.4%	45.9%

HEALTHY CHOICES

Healthy Start Oatmeal	226.4	510	26.4	5.0	0.3	0.0	527.2	59.5	8.1	15.0	9.5	30.0%	90.2%	8.2%	16.0%
Good Morning Omelette	653.0	545	17.4	3.1	0.1	0.0	708.3	68.0	11.7	23.6	31.0	46.9%	158.2%	9.1%	34.8%

LUNCH & DINNER ITEMS

START & SHARE

Fresh Cut Kennebec Fries – Au Naturel	313.4	425	25.8	1.4	0.0	0.0	597.0	45.4	8.5	2.8	5.4	0.0%	53.9%	3.1%	11.0%
Fresh Cut Kennebec Fries – Traditional Poutine	385.4	565	26.5	13.2	1.0	65.2	834.6	59.0	5.1	0.4	19.8	17.0%	24.4%	45.3%	11.6%
Fresh Cut Kennebec Fries – Rosemary Parm Truffle	356.0	691	54.0	7.1	0.2	5.1	651.9	46.2	8.6	3.0	7.9	50.0%	54.5%	3.4%	11.3%
Starter Twisted Nachos	538.7	1293	81.0	32.5	1.9	164.0	1968.3	98.3	10.3	7.6	54.2	2.4%	17.5%	20.9%	16.7%
Starter Panko Shrimp	198.5	463	19.4	4.3	0.1	101.6	1096.2	51.5	1.4	36.9	18.0	6.6%	15.1%	5.7%	15.1%
Starter Potstickers	282.9	823	62.0	6.2	0.2	25.5	1479.9	49.8	3.7	14.9	14.3	10.8%	9.4%	27.3%	21.6%
Sweet Potato Fries	340.2	812	57.3	8.7	0.3	22.7	1549.7	69.4	4.3	23.6	4.5	79.2%	32.1%	8.9%	12.9%
Full Pesto Veggie Flatbread	391.9	748	58.3	18.0	0.5	66.5	1970.8	35.7	11.7	2.6	25.4	14.5%	55.3%	54.4%	11.5%
Starter Pesto Veggie Flatbread	195.9	374	29.1	9.0	0.3	33.2	985.4	17.8	5.8	1.3	12.7	7.2%	27.6%	27.2%	5.7%
Full Carbonara Flatbread	736.5	1828	143.0	85.2	1.0	384.1	3723.3	47.2	1.6	13.1	74.1	50.2%	12.0%	44.8%	17.8%
Starter Carbonara Flatbread	368.2	914	71.5	42.6	0.5	192.1	1861.6	23.6	0.8	6.6	37.0	25.1%	6.0%	22.4%	8.9%
Starter Wings	663.7	978	68.7	21.0	0.2	393.6	2937.3	10.1	2.6	6.0	82.5	241.6%	17.9%	5.3%	11.3%
Starter Chicken Tenders (4 pc)	266.5	518	20.4	4.1	0.0	140.0	540.8	26.2	4.3	8.5	52.4	0.4%	0.4%	0.5%	3.4%



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SOUPS & BREADS															
Bowl Mushroom Soup	232.8	229	16.4	5.8	0.0	22.7	934.5	16.3	50.0	2.3	5.0	13.6%	0.0%	5.0%	5.1%
Meal Mushroom Soup	475.6	796	54.2	12.7	0.1	34.0	2113.2	64.0	2.0	4.4	15.8	48.8%	0.0%	9.7%	24.7%
Bowl Thai Coconut Soup	232.8	229	14.1	6.9	0.0	0.0	685.0	23.1	52.3	2.3	2.8	6.8%	34.0%	5.0%	12.1%
Meal Thai Coconut Soup	475.6	796	50.8	14.4	0.1	0.0	1739.0	74.2	5.4	4.4	12.4	38.6%	51.0%	9.7%	35.3%
Bowl Chicken Tortilla Soup	232.8	184	6.2	2.4	0.0	22.7	730.4	18.6	52.3	4.5	11.8	20.4%	34.0%	5.0%	8.6%
Meal Chicken Tortilla Soup	475.6	728	38.9	7.6	0.1	34.0	1807.0	67.4	5.4	7.8	26.0	59.0%	51.0%	9.7%	30.0%
Bowl Chicken Noodle Soup	232.8	161	5.0	0.8	0.0	22.7	821.1	16.3	52.3	2.3	11.8	20.4%	4.5%	5.0%	5.1%
Meal Chicken Noodle Soup	475.6	694	37.2	5.2	0.1	34.0	1943.1	64.0	5.4	4.4	26.0	59.0%	6.8%	9.7%	24.7%
Bowl Borscht Soup	232.8	127	2.8	1.2	0.0	0.0	911.8	23.1	52.3	6.8	2.8	0.0%	22.7%	0.0%	5.1%
Meal Borscht Soup	475.6	643	33.8	5.9	0.1	0.0	2079.2	74.2	5.4	11.2	12.4	28.4%	34.0%	2.2%	24.7%
Bowl Clam Chowder	232.8	229	11.8	4.6	0.0	45.4	1093.3	20.9	50.0	4.5	9.6	13.6%	9.1%	10.0%	36.8%
Meal Clam Chowder	475.6	796	47.4	11.0	0.1	68.0	2351.3	70.8	2.0	7.8	22.6	48.8%	13.6%	17.2%	72.4%
Bowl Sweet Potato Corn Chowder	232.8	229	10.7	4.6	0.0	22.7	843.8	29.9	52.3	2.9	1.2	29.2%	7.8%	2.1%	3.7%
Meal Sweet Potato Corn Chowder	475.6	796	45.7	11.0	0.1	34.0	1977.1	84.4	5.4	11.2	12.4	130.4%	27.2%	9.7%	30.0%
Signature Tomato Basil	266.4	864	89.8	55.1	2.6	327.5	331.4	13.2	0.0	10.6	5.7	70.0%	2.4%	17.3%	0.8%
French Onion Soup	385.4	485	22.8	12.8	0.5	47.0	2037.6	41.0	3.8	8.7	24.8	0.0%	22.7%	6.2%	2.0%
Baked Brocco 4-Cheese Soup	1084.7	1313	79.4	39.8	1.5	146.9	4642.1	80.9	0.0	30.1	47.9	60.0%	150.0%	110.0%	23.6%
4-Cheese Piccolo Garlic Bread	248.8	911	66.7	21.7	0.9	74.5	1657.0	47.9	2.0	1.1	33.0	42.5%	0.0%	2.2%	19.4%
Piccolo Garlic Bread	135.4	489	30.4	4.2	0.1	0.0	786.4	47.0	2.0	1.0	9.0	28.4%	0.0%	2.2%	19.4%
SIGNATURE SALADS															
Califresco Salad	745.0	1207	73.2	12.0	0.3	129.5	2612.5	88.0	11.5	9.1	55.8	96.0%	48.1%	21.9%	36.5%
BLTC Salad	773.1	1517	105.3	24.6	1.0	184.1	2292.7	79.2	9.4	18.5	68.8	88.0%	44.2%	17.7%	25.4%
Blackened Chicken Spinach Salad	744.3	1147	70.5	18.3	0.5	97.3	6278.1	75.6	11.1	15.2	61.5	515.5%	105.8%	34.2%	66.5%
Meal Caesar	558.6	1457	103.0	14.3	0.9	58.6	2273.2	107.2	6.1	3.2	34.1	149.8%	81.0%	10.3%	48.0%
Starter Signature Tossed Salad	241.0	192	6.0	0.6	0.1	0.2	51.6	37.5	5.8	28.3	2.9	128.5%	54.3%	14.6%	4.9%
Starter Caesar	267.2	740	53.8	7.3	0.6	42.0	1167.6	51.7	2.0	1.5	19.0	60.7%	40.5%	4.0%	22.5%
Starter Spinach Salad	240.6	342	26.2	9.4	0.3	27.5	705.5	15.9	5.0	9.3	13.7	218.0%	52.9%	19.7%	24.4%
Signature Dressing	567.0	1171	78.0	11.3	0.9	4.8	0.0	104.8	5.0	95.0	5.4	0.0%	0.0%	0.0%	0.0%
SANDWICHES															
Classic Clubhouse (Multi)	521.3	1188	86.2	23.7	0.9	80.0	1838.6	62.9	9.7	9.8	39.1	149.2%	36.7%	10.5%	33.7%
Zorba The Greek	500.3	877	52.6	6.1	0.2	129.5	1664.3	56.3	3.2	11.1	49.4	7.3%	10.6%	25.1%	16.2%
Philly Cheesesteak	493.2	1167	71.0	19.6	1.4	170.5	2272.6	67.3	1.7	12.3	63.6	33.7%	123.9%	16.7%	40.5%
Chicken Cheddar BLT	475.5	1156	90.2	25.8	0.8	135.8	3284.4	37.5	2.3	0.9	51.8	22.1%	9.5%	32.6%	7.1%
"Not So Traditional" Braised Beef Dip	331.0	652	34.2	6.3	0.1	25.0	1980.2	66.3	0.3	7.0	15.6	30.0%	18.9%	7.4%	24.7%
Cheesy Grilled Cheese	251.9	949	72.7	27.4	0.9	116.9	1420.8	40.9	2.0	0.1	36.7	10.8%	0.0%	58.0%	20.0%
Pulled Pork Sandwich	439.9	838	40.8	10.1	0.0	97.0	1918.1	72.5	2.9	21.0	31.7	28.5%	12.5%	7.5%	27.7%
Chicken Pesto Artichoke on Focaccia	460.4	1087	71.1	17.7	0.3	128.1	1984.0	48.1	5.3	3.9	63.8	23.7%	92.1%	43.2%	19.0%
Braised Beef Short Rib on Garlic French Loaf	408.1	695	31.4	13.1	0.4	55.7	2251.5	69.6	0.8	8.2	29.8	10.4%	22.1%	49.9%	26.5%
Uptown Modern Turkey BLT on Ciabatta	487.5	1082	66.3	23.2	1.5	141.0	2445.1	66.4	3.6	16.8	53.4	26.0%	23.7%	48.7%	29.5%



NUTRITION INFORMATION

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	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
BURGERS															
Radical Bacon Burger	676.1	1575	109.2	41.7	1.1	216.1	2172.4	70.4	3.4	14.8	69.2	90.7%	22.7%	81.1%	28.3%
Original Deluxe	549.2	1156	77.8	22.9	0.4	155.7	1426.8	59.6	2.3	14.0	48.5	74.1%	22.7%	43.3%	26.9%
Mighty Mushroom Burger	538.6	1256	90.3	24.7	0.4	157.6	1575.4	54.8	2.9	10.2	52.4	15.5%	0.4%	41.8%	36.1%
Old Style Bacon n' Cheddar Burger	607.2	1357	97.2	31.3	0.6	174.3	1749.6	59.6	2.3	14.0	55.6	76.1%	22.7%	44.8%	28.3%
California Chicken Burger	519.7	1155	82.3	30.3	0.6	178.3	2035.3	46.3	6.7	3.6	62.8	79.2%	22.7%	41.5%	16.8%
Veggie Burger	318.6	662	39.5	5.5	0.0	30.0	662.6	60.7	10.1	14.4	14.2	1.0%	10.8%	3.1%	18.0%
SIDES & ADD-ONS															
Sub Fresh Cut Fries	235.4	319	19.3	1.1	0.0	0.0	592.8	34.0	6.4	2.1	4.0	0.0%	40.4%	2.3%	8.3%
Sub Signature Tossed Salad	212.6	186	5.6	0.6	0.1	0.2	45.5	36.3	5.2	27.6	2.4	107.6%	44.8%	13.5%	3.8%
Sub Spinach Salad	127.6	178	12.6	3.0	0.1	9.5	284.1	12.6	3.0	8.4	5.7	109.0%	52.0%	10.2%	12.5%
Sub Caesar	171.0	535	35.9	5.0	0.4	27.6	880.5	44.2	1.0	0.9	14.9	30.4%	20.3%	2.0%	18.4%
Sliced Swiss Cheese	21.0	78	5.9	3.8	0.2	19.3	49.8	0.0	0.0	0.0	6.3	0.0%	0.0%	0.0%	0.0%
Sliced Havarti Cheese	21.0	88	7.8	5.1	0.3	24.2	158.6	0.1	0.0	0.1	4.6	0.0%	0.0%	0.0%	0.0%
Sliced Pepper Jack	21.0	70	6.0	3.5	0.0	20.0	120.0	0.0	0.0	0.0	5.0	4.0%	0.0%	15.0%	0.0%
Sliced American	20.0	60	4.0	2.5	0.2	15.0	380.0	2.0	0.0	1.0	3.0	4.0%	0.0%	8.0%	0.0%
Sliced Cheddar Cheese	21.0	80	7.0	4.5	0.2	20.0	170.0	0.0	0.0	0.0	5.0	6.0%	0.0%	15.0%	0.0%
MAINS															
7oz Sirloin Steak and Frites	574.1	912	61.0	15.2	0.0	17.7	452.7	46.8	9.0	10.1	44.9	2.6%	99.7%	57.2%	13.8%
8oz NY Striploin - In-house Marinade	869.1	1592	90.8	23.1	1.7	197.9	1336.5	96.3	10.2	10.8	92.5	60.0%	214.2%	38.0%	35.5%
8oz NY Striploin - Bourbon BBQ	792.1	1571	80.0	14.9	0.1	178.7	1729.9	121.8	11.0	35.1	89.4	31.0%	9.7%	29.6%	35.8%
8oz NY Striploin - Blackened	629.8	1816	73.4	26.6	0.2	222.2	6901.7	168.4	7.7	13.5	110.4	61.2%	13.0%	34.5%	58.3%
Wine Braised Beef Short Ribs	521.1	698	39.2	10.6	0.1	30.9	2556.1	66.4	0.8	9.0	19.0	39.3%	3.4%	25.4%	12.1%
1 Piece Halibut & Chips	510.3	693	39.7	4.2	0.0	51.0	1209.5	47.5	9.6	10.6	16.3	2.7%	99.7%	8.8%	17.1%
2 Piece Halibut & Chips	652.1	957	53.2	5.0	0.0	84.3	2067.6	48.1	10.1	11.1	27.2	2.8%	99.7%	10.0%	23.3%
Southern Style Chicken Tender Dinner	336.0	660	30.0	6.0	0.0	210.0	468.0	12.0	6.0	6.0	78.0	0.0%	0.0%	0.0%	0.0%
Add 2 Chicken Tenders	112.0	220	10.0	2.0	0.0	70.0	156.0	4.0	2.0	0.0	26.0	0.0%	0.0%	0.0%	0.0%
PASTAS															
Blackened Chicken Fettuccine Alfredo	845.2	2234	83.1	35.2	0.4	233.0	7764.9	267.0	13.3	14.6	101.6	162.2%	3.4%	27.1%	66.9%
Prawn Pesto Fettuccine	731.8	2298	98.2	28.8	0.4	257.9	3418.2	265.6	15.2	12.1	83.6	38.6%	29.4%	67.2%	70.9%
7th Heaven Lasagna	762.3	1924	116.5	34.1	5.1	153.5	3608.8	156.3	7.9	14.9	72.6	90.8%	53.9%	28.2%	57.2%
Rigatoni Rose	561.7	1747	60.4	16.3	0.4	47.7	2392.8	251.9	10.3	27.9	47.4	33.2%	1.9%	13.7%	53.8%
Rigatoni Rose with Chorizo	621.7	1927	76.4	21.3	0.4	80.2	2882.8	252.9	10.8	27.9	55.9	33.3%	1.9%	13.7%	89.5%
Baked Rigatoni Bolognese	646.7	1861	69.8	22.3	4.0	88.2	2413.9	235.5	11.8	16.0	72.5	56.9%	29.6%	46.4%	59.8%
GLOBAL BOWLS															
Central City Butter Chicken	710.4	1484	6.5	19.9	0.7	120.1	2925.4	168.0	4.2	10.9	47.7	16.9%	11.9%	15.1%	19.1%
Teriyaki Stirfry	1212.8	1755	41.5	3.3	0.1	46.9	3350.9	314.0	15.4	116.8	41.6	88.2%	215.1%	62.9%	22.3%
Teriyaki Chicken Stirfry	1027.7	1730	44.8	4.3	0.1	153.3	3130.3	264.0	11.6	77.8	76.3	59.6%	120.5%	40.8%	23.7%
Teriyaki Shrimp Stirfry	999.4	1612	42.3	3.3	0.1	204.2	3279.7	262.4	11.6	77.7	53.1	58.0%	112.4%	51.9%	16.1%
The Amazing Ginger Bowl	722.5	1371	30.3	5.6	0.1	105.0	995.9	213.2	8.6	46.6	55.8	192.4%	12.5%	6.0%	13.7%
Curried Braised Beef Bowl	665.7	1347	61.1	28.7	0.4	36.9	2268.7	169.3	3.9	5.7	23.6	33.4%	2.8%	3.0%	21.7%



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LEGACY CLASSICS

Veal Champignon	967.2	2164	160.4	47.6	4.1	172.9	4811.7	155.3	13.7	28.8	51.9	84.0%	300.8%	34.1%	47.2%
Lighter Portion Veal Champignon	854.2	1944	151.4	44.1	3.1	147.9	4071.7	135.3	12.7	23.8	36.9	82.6%	300.8%	32.7%	32.2%
Grilled Liver & Onions	807.9	1602	92.0	14.9	3.7	877.4	2885.6	119.0	11.7	13.2	76.4	46.3%	296.2%	9.7%	12.8%
Lighter Portion Liver & Onions	694.9	1404	86.7	13.4	3.0	446.4	2798.6	113.2	11.7	13.2	46.4	46.3%	296.2%	9.7%	12.8%
Homestyle Slow Roasted Turkey	767.5	1187	53.4	7.8	2.4	64.2	3652.3	137.8	13.3	37.4	41.8	47.1%	302.2%	24.1%	18.3%
Lighter Portion Homestyle Slow Roasted Turkey	696.6	1130	53.0	7.6	2.4	32.3	3170.3	137.8	13.3	37.4	28.4	45.7%	302.2%	24.1%	15.5%

EXPRESS LUNCH

Classic Clubhouse	260.6	594	43.1	11.8	0.4	40.0	919.3	31.4	4.9	4.9	19.6	74.6%	18.4%	5.2%	16.9%
Traditional Lasagna w/Caesar Salad	409.5	1001	62.1	18.1	2.7	93.1	1890.5	77.9	3.7	7.6	40.5	46.7%	39.3%	19.1%	28.2%
1/4lb Deluxe Burger (no side)	378.2	817	62.1	20.4	0.4	100.1	1032.3	29.9	1.8	6.9	33.5	83.5%	22.8%	36.0%	13.2%
Cheezy Grilled Cheese (no side)	126.4	477	36.5	13.8	0.5	58.9	714.5	20.5	1.0	0.1	18.5	5.5%	0.0%	29.4%	10.0%
Beer Battered Fish Sandwich (no side)	279.7	528	25.8	4.0	0.1	47.2	1391.6	33.5	1.9	7.0	16.6	1.4%	37.2%	7.1%	17.2%
Pesto Veggie Flatbread (no side)	195.9	374	29.1	9.0	0.3	33.2	985.4	17.8	5.8	1.3	12.7	7.2%	27.6%	27.2%	5.7%

SENIORS MENU

Note: does not include starter or dessert

Grilled Liver & Onions	694.9	1404	86.7	13.4	3.0	446.4	2798.6	113.2	11.7	13.2	46.4	46.3%	296.2%	9.7%	12.8%
Homestyle Slow Roasted Turkey	696.6	1130	53.0	7.6	2.4	32.3	3170.3	137.8	13.3	27.4	28.4	45.7%	302.2%	24.1%	15.5%
Hand-Battered Fish & Chips (1 piece)	510.3	693	39.7	4.2	0.0	51.0	1209.5	47.5	9.6	10.6	16.3	2.7%	99.7%	8.8%	17.1%
Traditional Lasagna w/ Piccolo Garlic Loaf	374.0	956	56.5	17.3	2.4	65.5	1796.4	80.7	4.6	7.7	34.6	44.7%	19.0%	19.3%	29.2%

KIDS MENU

Super Smart Start w/bacon, toast & hashbrowns	225.9	542	38.8	12.5	0.3	226.2	720.9	28.0	4.0	3.0	19.1	6.3%	5.0%	5.5%	15.4%
Super Smart Start w/sausage, toast & hashbrowns	254.9	637	44.3	12.3	0.8	281.0	1051.4	28.0	4.0	3.0	28.9	5.6%	6.0%	6.6%	20.4%
Super Smart Start w/bacon & 4 mini pancakes	186.0	484	37.4	12.3	0.3	230.9	794.8	17.7	1.9	2.8	17.8	6.3%	0.0%	16.5%	12.0%
Super Smart Start w/sausage & 4 mini pancakes	215.1	579	42.9	12.1	2.8	285.6	1125.2	17.7	1.9	2.8	27.6	5.6%	1.0%	17.6%	16.9%
Wonderful Whipped Waffle	141.8	370	16.1	3.5	0.1	22.3	529.8	53.0	2.1	21.5	5.3	1.0%	39.7%	4.1%	14.8%
Panko's Pancakes w/syrup	220.0	490	17.1	8.3	0.3	45.0	1023.2	73.4	5.6	12.0	11.3	7.1%	0.0%	42.6%	16.9%

DESSERTS

Sticky Toffee Pudding	111.4	347	19.2	11.9	0.1	74.5	178.5	41.5	1.0	24.4	3.5	8.0%	0.0%	4.0%	25.0%
Mini Cheesecake Parfait - Apple	106.3	290	18.7	9.2	0.1	43.7	118.0	30.2	0.7	17.0	1.5	20.0%	1.0%	80.0%	2.5%
Mini Cheesecake Parfait - Lemon	134.7	401	20.7	11.3	0.2	54.6	277.9	52.7	0.1	31.2	2.7	2.5%	50.0%	20.0%	2.6%
Mini Cheesecake Parfait - Four Berry	134.7	337	19.6	10.7	0.2	54.6	207.8	38.9	2.0	20.5	3.3	3.1%	24.2%	1.3%	4.8%
Deep Dish Apple Extravaganza	268.4	641	24.6	4.6	0.3	0.0	297.6	104.2	3.2	61.1	0.2	90.0%	4.9%	3.9%	12.0%