

milestones
GRILL + BAR

MENU ITEM	Serving Size	Energy	Total Fat	Total Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Cholesterol	Cholesterol	Sodium	Sodium	Carbohydrate	Carbohydrate	Fibre	Fibre	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(% Daily Value)	(g)	(g)	(% Daily Value)	(mg)	(% Daily Value)	(mg)	(% Daily Value)	(g)	(% Daily Value)	(g)	(% Daily Value)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Appetizers:																					
Bocconcini Garlic Bread	360g	1010	58	89	16	0.3	82	55	18	1870	78	98	33	7	28	10	33	10	15	35	50
Spicy Thai Chicken Drumettes	290g	590	35	54	7	0.1	36	165	55	1970	82	9	3	1	4	3	54	6	4	6	20
California Spring Salad(no dressing)	117g	150	12	18	3.5	0	18	10	3	90	4	6	2	3	12	3	5	20	45	10	10
Roasted Garlic Caesar Salad (+dressing) no bread sticks	205g	300	28	43	4.5	0.4	25	25	8	310	13	9	3	3	12	2	6	70	60	15	10
Share Plate- Hot Spinach and Artichoke Dip(+Chips,Salsa & Sour Cream)	410g	1000	64	98	24	0.2	121	105	35	1580	66	89	30	7	28	3	23	80	40	50	35
Share Plate- Goat Cheese & Slow Roasted Garlic(+naan &salsa)	235g	590	28	43	11	0.1	55	40	13	830	35	61	20	4	16	10	20	25	60	20	30
Share Plate- Wicked Kobe Beef Sliders-3per order (+mustard sauce)	270g	610	26	40	7	0	35	125	42	1720	72	64	21	5	20	7	29	6	6	25	45
Share Plate- Yam Fries (+ moroccan,chipotle mayo & apple cider vinegar)	380g	710	44	68	5	0.5	28	0	0	1190	50	76	25	8	32	38	4	250	35	10	15
Crispy Calamari and Andouille Sausage	315 g	450	16	25	3	0	15	470	157	580	24	22	7	1	4	3	34	10	40	8	15
Brunch:																					
Strawberry French Toast	325g	670	29	45	10	0.4	52	190	63	530	22	81	27	3	12	24	13	20	60	8	25
Santa Fe Breakfast Burrito incl. Potatoes	715 g	1330	74	114	27	1.5	143	800	287	2420	101	119	40	10	40	13	45	50	80	50	45
Omelette--Spinach and Feta	380 g	410	29	45	10	0.2	50	740	245	1300	55	10	3	2	8	3	28	50	40	15	25
Omelette Californian	495 g	920	60	92	20	0.5	102	860	287	1390	57	56	19	5	20	2	38	35	50	25	35
Eggs Benedict	245 g	590	41	63	21	1.5	113	525	175	1250	52	31	10	3	12	2	27	40	2	15	25
Grilled Shrimp California Benedict	435 g	900	50	77	22	0	110	675	225	1390	58	80	27	8	32	4	36	40	45	20	60
Eggs Milestone's	485 g	930	56	86	26	0	130	635	212	1270	53	83	28	8	32	6	26	50	60	20	60
Poached Eggs on Grilled Focaccia	455 g	890	50	77	23	0.1	116	625	208	1600	67	86	29	7	28	5	27	70	70	15	50
Steak and Eggs	590 g	1310	76	117	23	0.5	118	760	253	2020	84	83	28	8	32	14	75	40	40	15	90
Joe's Special-Beef, Spinach, Mushrooms, Eggs	815 g	1170	73	112	24	1	125	635	212	2780	116	62	21	8	32	14	60	140	100	35	80
Prime Rib Hash	865 g	1590	105	162	37	0.3	186	720	240	1610	67	105	35	10	40	11	60	70	140	15	60
Sides-Grilled Maple Ham	95 g	130	2	3	0.5	0	3	20	7	770	32	13	4	0	0	6	15	0	0	2	4
Sides-Grilled Cajun Andouille Sausage	75 g	830	15	23	5	0	25	55	18	480	20	1	0	1	4	0	14	10	6	4	6
Sides-2 Strips of Bacon	10 g	50	4	6	1.5	0	8	10	3	140	6	0	0	0	0	0	3	0	0	0	0
Sides-Double Smoked Bacon	100 g	360	40	62	13	0	65	65	22	730	30	0	0	0	0	0	11	0	0	0	4
Soups and Salads (No Dressings):																					
Roasted Corn and Potato Chowder incl. tortilla strips, sour cream and cheddar cheese	430 g	610	39	60	15	0.5	78	75	25	1420	59	49	16	4	16	6	17	30	70	25	15
Milestone's Garden Greens	370 g	430	36	55	5	0.5	28	15	5	350	15	22	7	7	28	12	8	70	90	20	25
California Spring Salad	240g	340	29	45	10	0	50	35	12	250	10	13	4	6	24	6	14	50	90	25	20
Grilled Seafood Salad	490 g	550	26	40	5	0.2	26	230	77	470	20	32	11	9	36	5	54	50	110	15	50
Vegetarian Thai Noodle Salad incl.Drsg.	445g	710	31	48	4.5	0.5	25	30	10	920	38	95	32	10	40	15	16	60	100	15	45
Grilled Chicken Salad	370g	520	27	42	4.5	0.3	24	110	37	1110	46	37	12	6	24	4	35	50	50	15	30
Roasted Garlic Caesar Salad--Entrée (+dressing) no bread sticks	290g	440	40	62	7	0.5	38	40	13	510	21	14	5	4	16	3	10	100	80	25	15
Add ons: Grilled Chicken Breast	100 g	135	3	2	0.5	0.09	3	92	30	650	25	0.8	0	0	0	0	24	0	2	0	3
Garlic Prawn Skewer-16 shrimp	110 g	160	8	12	2	0.2	16	170	56	1580	66	0	0	0	0	0	18	12	4	4	20
Grilled Salmon-4 ounces	110 g	205	11	17	1.8	0.1	9	55	19	60	3	0	0	0	0	0	24	5	4	4	5
Mains--Meat and Chicken (no potatoes & veg)																					
Goat Cheese Chicken(+chick peas &garnish)	420g	680	31	48	10	0.2	51	210	70	1900	79	39	13	6	24	10	64	20	20	15	35
Red Curry Chicken Bowl (no rice & chips)	410g	700	48	74	17	0	85	130	43	830	35	22	7	4	16	7	45	50	100	10	35
Kobe Meatloaf	420g	610	32	49	9	0	45	270	90	1300	54	40	13	4	16	6	36	10	15	10	45
Portabella Mushroom Chicken 8oz. (+cepellini)	620g	1270	71	109	28	0	140	365	122	1370	57	69	23	13	52	2	88	40	2	25	45
Certified Angus Beef 8oz. Top Sirloin	200g	360	13	20	5	0.3	27	175	58	690	29	2	1	1	4	0	56	4	2	2	40
Certified Angus Beef 8oz. Top Sirloin (+dipping sauce trio)	265g	450	16	25	6	0.3	32	175	58	1630	68	18	6	3	12	11	58	4	10	10	50
Certified Angus Beef 8oz. Top Sirloin (+ peppercorn & Cognac Sauce)	295g	480	19	29	7	0.3	37	185	62	1140	48	12	4	3	12	3	58	10	10	6	50
Canada AAA New York Striploin 10oz.	260g	560	23	35	10	1	55	185	62	360	15	0	0	0	0	0	82	2	0	2	50
Canada AAA New York Striploin 10oz.(+dipping sauce trio)	325g	660	25	38	10	1	55	185	62	1300	54	17	6	1	4	11	85	2	8	10	70
Canada AAA New York Striploin 10 oz. (+ peppercorn & Cognac Sauce)	355g	670	28	43	12	1	65	195	65	820	34	11	4	2	8	3	85	10	8	4	60
Slow Raosted AAA Prime Rib (10 ozs.)	345 g	1250	103	158	43	0	215	245	82	3780	158	7	2	1	4	3	67	6	25	10	50
Napa Style Pork Chop (+goggi berry sauce)	260g	540	28	43	7	0.2	36	180	60	560	23	10	3	1	4	4	57	2	4	6	20
Wine Country Lamb (+ garnish)	240g	670	48	74	11	0.1	55	160	53	660	28	7	2	0	0	3	51	35	50	4	35
Mains--Fish and Seafood																					
Mexican Corvina Sea Bass(+ Rice & veg)	520g	770	39	60	5	0.4	27	75	25	740	31	61	20	3	12	6	41	90	110	15	35
Fire Grilled Wild Coho Salmon	220 g	410	23	35	3.5	0.2	19	110	37	120	5	0	0	0	0	0	48	10	8	8	10
Seafood Mixed Grill (+ potatoes,veg & trio sauces)	605g	700	28	43	7	0.2	36	175	58	950	40	55	18	8	32	12	58	90	120	25	70
Add ons: Sauteed Portabella and Button Mushrooms	310g	420	36	55	8	0.2	41	20	7	320	13	14	5	3	12	3	7	6	4	2	10
Pasta (no pasta bread)																					
Grilled Chicken Pesto Fettucini (LG)	725g	1460	94	145	35	2.5	188	460	153	3290	137	77	26	13	52	4	78	70	30	60	40
Seafood Fettucini(LG)	660g	1220	71	109	24	0.3	122	280	93	2080	87	92	31	16	64	15	49	60	120	30	50
Italian Sausage Ravioli	545g	1220	83	128	27	2	145	245	82	2640	110	83	28	8	32	13	42	35	40	50	60
Butternut Squash Ravioli	380g	770	41	63	17	0.2	86	140	47	1300	54	69	23	7	28	4	31	110	25	50	35
Chicken Penne Asiago	700g	1140	60	92	26	0.5	133	360	120	2670	111	88	29	12	48	17	62	45	40	50	45
Shanghai Noodle Stirry(LG)(+veg)	740g	1160	25	38	4	0.2	21	215	72	4380	183	161	54	7	28	14	72	80	150	20	80

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	(g)	(Cal)	(g)	(% Daily Value)	(g)	(g)	(% Daily Value)	(mg)	(% Daily Value)	(mg)	(% Daily Value)	(g)	(% Daily Value)	(g)	(% Daily Value)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Wraps, Burgers and Sandwiches																					
Prime Rib Dip(no fries)	300g	1000	70	108	27	0.3	137	145	48	2300	96	52	17	3	12	1	42	8	0	8	45
Spicy Thai Roll-ups	590g	1050	48	74	7	2	45	135	45	2790	116	105	35	7	28	14	51	60	15	25	25
Smoked Turkey Club	380g	660	32	49	5	0	25	75	25	3360	140	56	19	6	24	5	40	20	30	10	35
Chicken Spinach Asiago Sandwich	330g	510	20	31	4	0	20	45	15	3040	127	56	19	5	20	6	31	35	25	25	40
Portabello Sandwich	285g	1000	87	134	25	0.5	127	75	25	2740	114	50	17	3	12	3	13	50	90	10	30
Milestone's Beef Burger with garnish (no fries)	410g	690	30	46	7	0	35	330	110	1330	55	58	19	4	16	6	48	25	20	10	60
Milestone's Veggie Burger	345 g	590	26	40	5	0	25	5	2	1610	67	71	24	10	40	9	28	15	15	15	45
Burger Toppings--Californian																					
Avocado Salsa	60 g	80	7	11	1	0	5	0	0	50	2	4	1	3	12	1	1	0	15	0	0
Double Smoked Bacon	100 g	222	17	25	5	0	26	50	17	1310	55	1	0	0	0	0	16	0	0	1	5
Burger Toppings--Four Cheese																					
Cheddar	15 g	60	5	8	4	0	18	15	5	90	4	0	0	0	0	0	3	3	0	9	0
Mozzarella	15 g	43	3	4	2	0	8	9	3	86	4	0	0	0	0	0	5	2	0	10	0
Feta Cheese	15 g	46	4	6	3	0.1	13	13	4	148	6	0	0	0	0	0	3	4	0	4	0
Goat Cheese	15 g	55	5	7	3	0	15	12	4	77	3	0	0	0	0	0	3	6	0	4	2
Burger Toppings--American																					
Double Smoked Bacon	100 g	222	17	25	5	0	26	50	17	1310	55	1	0	0	0	0	16	0	0	1	5
Double Breast Dinner																					
Sharp Cheddar	28 g	120	10	15	7	0	35	30	10	180	8	0	0	0	0	0	6	6	0	18	0
Salsas, Vinaigrettes and Sauces																					
Avocado Salsa	60 g	80	7	11	1	0	5	0	0	50	2	4	1	3	12	1	1	0	15	0	0
Roasted Corn and Onion Salsa	60 g	60	2.5	4	0.2	0	1	0	0	180	8	9	3	1	4	2	1	4	15	0	2
Papaya and Roasted Red Pepper Salsa	60 g	50	3.5	5	0.3	0.1	2	0	0	130	5	5	2	1	4	3	1	6	70	2	2
Cranberry Corn Relish	60 g	80	2.5	4	0.3	0	2	0	0	15	1	16	5	1	4	8	0.4	4	25	0	2
Honey Lime Peanut Vinaigrette	60 ml	200	19	29	1.5	0.4	10	0	0	20	1	8	3	0	0	7	1	0	8	0	0
Honey Mustard Vinaigrette	60 ml	240	23	35	1.5	0.5	10	0	0	150	6	9	3	0	0	7	0	0	0	0	2
Lemon Chardonnay Vinaigrette	60 ml	240	25	38	3.5	0	18	0	0	880	37	3	1	0	0	0	0.1	0	8	0	2
Mango Vinaigrette	60 ml	35	1	2	0.1	0	1	0	0	580	24	8	3	1	4	6	0.3	15	30	0	2
Sesame Cucumber Mayonnaise	60 ml	220	22	34	3	0	15	0	0	320	13	5	2	1	4	2	1	0	0	4	6
Kobe Mustard	20 g	45	3	5	0.4	0	2	0	0	540	23	4	1	1	4	2	2	0	2	4	6
Garlic Mayonnaise	60 ml	220	22	34	3	0	15	0	0	590	25	6	2	0	0	2	1	0	4	2	2
Cesear Dressing	60 ml	380	42	65	3	1	20	35	12	310	13	3	1	0	0	0	2	2	4	2	2
Peanut Sauce	60 ml	220	20	31	3.5	0.3	19	10	3	280	12	6	2	1	4	3	4	4	0	2	2
Lemon Aioli	60 ml	180	17	26	2	0	10	0	0	350	15	5	2	0	2	2	1	0	4	0	2
Gaucha Sauce	60 ml	90	0.5	1	0	0	0	0	0	70	3	21	7	0	0	17	1	0	15	2	2
Homemade worcestershire sauce	45ml	50	0.1	1	0	0	0	0	0	790	33	11	4	0	0	8	1	0	2	4	15
Peppercorn sauce	60ml	70	3.5	5	1	0	5	5	2	320	13	7	2	1	4	2	2	6	6	2	6
Sides																					
Red Tortilla Chips	100 g	345	10	15	2	1.2	16	0	0	690	29	57	19	3	12	7	9	2	0	18	5
Jasmine Rice	145 g	180	0.3	0	0.1	0	0	0	0	180	8	39	13	1	4	0	3	0	0	2	15
Seasonal Vegetables	270 g	150	6	9	3.5	0.3	19	15	5	480	20	22	7	7	28	8	4	120	110	8	15
Garlic Mashed Potatoes 9oz.	255g	320	11	17	6	0.4	32	30	10	820	34	48	16	4	16	3	6	10	50	8	6
Lavender Roast Mini Potatoes 6oz.	170g	220	6	9	1	0	5	0	0	110	5	38	13	5	20	2	5	6	35	8	40
Curly Fries	150 g	300	16	24	2.4	0.4	14	0	0	690	28	35	12	2.9	12	0.6	3.3	0	5	0	8
Steamed Greens	300g	170	15	23	2	0	10	0	0	190	8	8	3	4	16	3	5	140	180	30	25
Kids Menu																					
Kids Breakfast-Eggs-Bacon-Potatoes	260 g	610	38	58	11	0.4	57	405	135	930	39	50	17	4	16	9	20	15	20	6	25
Grilled Cheese Sandwich	165 g	550	36	55	13	0.3	67	60	20	970	40	36	12	8	32	13	21	15	8	60	10
Chicken Tenders with Fries and Ranch Dressing	365 g	810	48	74	7	0.7	64	40	13	2200	92	73	24	5	20	17	24	4	15	4	20
Noodles and Cheddar (corn chip garnish)	415 g																				
Noodles and Tomato Sauce (corn chip garnish)																					
Kids Dessert Vanilla Ice Cream with Sauces	150 g	460	34	52	21	0.4	107	100	33	170	7	34	11	0	0	24	7	15	8	10	10
Dessert:																					
Chocolate Ganache Torte	100 g	525	40	62	14	0.7	75	37	12	13	1	35	11	3	14	26	6	7	0	5	22
Mexican Chocolate Pudding Cake	100 g	334	18	28	9	0	49	155	52	450	19	42	14	0	0	30	4	59	0	2	5
White Chocolate Cheese Cake	100 g	490	35	54	21	0.5	108	125	42	280	12	40	13	1	4	32	6	15	2	6	4
Vanilla Gelato	125 ml	200	11	17	7	0.2	36	35	12	50	2	24	8	0	0	23	3	15	0	8	2
Premium Vanilla Gelato and Seasonal Berries	285g	300	6	9	3.5	0	18	15	5	45	2	59	20	3	12	39	4	10	45	10	6
Butterscotch Pot de Crème	280 g	940	74	114	49	0.1	246	400	133	170	7	56	19	1	4	21	11	70	2	15	6
Sauces:																					
Caramel	60 ml	260	18	28	12	0.5	63	55	18	85	4	25	8	0	0	25	1	20	0	2	0
Chocolate	60 ml	260	22	34	14	1	75	65	22	260	11	17	6	0	0	6	1	20	0	2	0
Crème Anglaise	60 ml	110	6	9	3	0	15	125	42	20	1	9	3	0	0	9	3	10	0	4	2