



MENU ITEMS	Serving Size (g)	Energy (Cal)	Total Fat (g)	Total Fat % Daily Value	Saturated Fat (g)	Trans Fat (g)	Saturated & Trans Fat (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrate (g)	Carbohydrate (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)
Sodium Conscious Menu Items																					
Milestones' California Spring Salad without Dressing	245 g	310	25	38	7	0.3	37	35	12	290	12	16	5	6	24	7	11	40	90	15	15
Milestones' California Spring Salad with Dressing	305 g	620	54	83	9	1	50	35	12	480	20	25	8	7	28	16	12	40	90	15	20
Milestones' California Spring Salad with Dressing & Grilled Salmon	404 g	790	62	95	11	1	60	100	33	530	22	25	8	7	28	16	36	50	90	15	20
Milestones' California Spring Salad with Dressing & Grilled Chicken	392 g	710	57	88	9	1	50	80	27	750	31	26	9	7	28	16	27	45	90	15	20
Grilled Chicken Breast with Steamed Veg & Jasmine Rice	439 g	390	7	11	1.5	0.1	8	90	30	720	30	45	15	3	12	3	37	10	25	8	30
Certified Angus Beef Top Sirloin with Steamed Veg & Jasmine Rice	459 g	610	19	29	8	0.5	43	140	47	750	31	44	15	3	12	2	62	8	15	6	60
Grilled New York Striploin with Steamed Veg & Jasmine Rice	515 g	870	37	57	16	1.5	88	190	63	780	33	44	15	3	12	2	83	8	15	6	70
Tomato Basil Brown Rice Spaghetti	535 g	760	26	40	6	0.2	31	25	8	690	29	118	39	9	36	9	19	70	60	15	30
Grilled Wild Pacific Salmon no Lemon Aioli, Steamed Veg & Jasmine rice	455 g	600	25	38	4.5	0.3	24	100	33	340	14	43	14	3	12	2	48	15	25	10	30
Grilled Wild Pacific Salmon with Lemon Aioli, Steamed Veg & Jasmine rice	485 g	680	32	49	5	0.3	27	100	33	570	24	46	15	3	12	2	48	15	30	10	30
Butternut Squash Ravioli--no breadstick	371 g	760	31	48	7	0.3	37	95	32	780	33	110	37	18	72	13	25	160	50	15	30
Appetizers																					
Mediterranean Bruschetta Flatbread	418 g	820	50	77	10	1.5	57	30	10	2060	86	72	24	6	24	9	23	40	60	35	45
Bocconcini Garlic Bread	202 g	650	54	83	19	1	100	60	20	1220	51	28	9	2	8	3	17	30	6	25	15
Trio of Roasted Mushroom & Goat Cheese Risotto Balls	341 g	930	45	69	11	1	60	40	13	860	36	107	36	6	24	9	24	20	25	25	20
Thai Chicken Drumettes	290 g	590	35	54	7	0.1	36	165	55	1970	82	9	3	1	4	3	54	6	4	6	20
Crispy Asian Chicken Bite (with sweet thai sauce)	312 g	540	29	45	3	0.5	18	140	47	1470	61	39	13	2	8	31	32	2	4	8	15
Crispy Honey Phyllo Shrimp (w/o dipping sauce)	143 g	420	21	32	2	0.5	13	70	23	510	21	34	11	0	0	0	22	0	2	0	0
Dipping Sauce - Honey Chipotle Glaze	45 ml	190	1	2	0	0	0	0	0	50	2	51	17	0	0	49	0.4	8	2	0	4
California Spring Salad(w/o dressing)	126 g	160	12	18	3.5	0.1	18	20	7	140	6	8	3	3	12	4	6	20	45	8	8
Roasted Garlic Caesar Salad (+dressing)	185 g	340	31	48	5	0.4	27	30	10	440	18	12	4	3	12	2	7	100	50	15	15
Milestones' Famous Hot Spinach and Artichoke Dip(+Chips,Salsa & Sour Cream)	410 g	1000	64	98	24	0.2	121	105	35	1580	66	89	30	7	28	3	23	80	40	50	35
Baked Goat Cheese & Slow-Roasted Garlic Flat Bread Plate(+naan,toast,relish&jam)	335 g	1050	46	71	11	0.4	57	40	13	1140	48	128	43	7	28	29	28	10	30	20	50
Kobe Style Classic Beef Sliders-3per order (+mustard sauce)	270 g	610	26	40	7	0	35	125	42	1720	72	64	21	5	20	7	29	6	6	25	45
Yam Frites (w/o Chipotle Aioli)	300 g	540	29	45	3	0.5	18	0	0	670	28	67	22	8	32	32	3	250	25	8	15
Dipping Sauce - Chipotle Aioli	60 ml	140	12	18	1.5	0	8	5	2	670	28	10	3	0	0	7	1	10	10	2	2
Calamari Steak Strips (w/o lemon Aioli)	275 g	550	26	40	3.5	0.3	19	545	182	860	36	16	5	1	4	2	39	15	35	8	15
Ciabatta toast	35 g	110	4	6	0.5	0	3	0	0	170	7	16	5	1	4	1	3	0	2	0	10
Toasted Naan Bread (1 naan - 3 pieces)	50 g	170	6	9	1	0	5	5	2	230	10	22	7	1	4	1	5	0	0	4	10
Brunch																					
Milestones Fruit Plate	345 g	140	0.5	1	0.1	0	1	0	0	15	1	35	12	6	24	27	2	40	250	6	4
Grilled Shrimp California Benedict incl. potatoes,salsas & sauce	520 g	1310	93	143	37	2	195	830	277	1580	66	87	29	8	32	4	36	60	50	25	45
Eggs Milestones incl. potatoes, salsas & sauce	581 g	1330	94	145	39	2.5	208	710	237	1290	54	91	30	9	36	7	33	70	70	25	45
Eggs Benedict with honey ham incl. potatoes, salsa & sauce	462 g	1210	82	126	36	2	190	705	235	1710	71	83	28	6	24	4	36	60	45	25	40
Spinach and Feta Omelette incl. potatoes, toasts & salsa	588 g	1280	79	122	19	0.5	98	750	250	1750	73	104	35	13	52	11	45	80	60	30	80
Spinach and Feta Omelette with Egg Whites incl. potatoes, toasts & salsa	530 g	1070	61	94	14	0.5	73	30	10	1700	71	103	34	13	52	10	34	60	60	20	50
Californian Omelette incl. bacon, potatoes, toasts & salsas	569 g	1400	90	138	25	1	130	770	257	1460	61	103	34	13	52	10	47	40	60	35	60
Californian Omelette egg white incl. bacon, potatoes, toasts & salsas	511 g	1190	73	112	20	1	105	50	17	1410	59	102	34	13	52	9	36	20	60	30	40
Milestones Traditional Breakfast - Eggs, ham , potatoes, salsa & toasts	513 g	1250	71	109	16	0.5	83	765	255	1870	78	104	35	10	40	12	51	25	30	15	60
Milestones Traditional Breakfast - Eggs, bacon, potatoes, salsa & toasts	437 g	1200	74	114	17	0.5	88	745	248	1030	43	97	32	10	40	8	40	25	30	15	60
Milestones' Signature Breakfast Wrap-- incl. potaotes & salsas	634 g	1520	93	143	25	1	130	745	248	1800	75	122	41	13	52	10	47	35	60	40	60
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
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
Strawberry French Toast	360 g	660	21	32	5	0.3	27	165	55	560	23	109	36	4	16	48	14	20	60	8	25
Pear & Coconut Pancakes	569 g	1170	56	86	35	1	180	220	73	1180	49	172	57	5	20	72	26	40	15	50	40
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
Soups and Salads (No Dressings)																					
Potato & Leek Soup	365 g	330	15	23	7	0.4	37	30	10	1430	60	38	13	6	24	8	10	4	25	20	15
Roasted Tomato & Red Pepper Bisque with Croutons	374 g	350	16	25	9	0.5	48	50	17	2060	86	40	13	5	20	14	12	15	4	25	10
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
Milestones' California Spring Salad	245 g	310	25	38	7	0.3	37	35	12	290	12	16	5	6	24	7	11	40	90	15	15
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
Thai Noodle Salad incl. dressing	437 g	620	42	65	5	1	30	10	3	1370	57	53	18	8	32	17	14	60	70	15	30
Grilled Chicken Salad	370 g	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)	275 g	490	42	65	7	0.5	38	40	13	690	29	20	7	4	16	3	10	150	80	20	20
Add to any salad --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-6 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, rice or veg)																					
Grilled Mediterranean Chicken(+chick peas & garnish)	420 g	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 chips)	410 g	700	48	74	17	0	85	130	43	830	35	22	7	4	16	7	45	50	100	10	35
Kobe Style Classic Meatloaf	420 g	610	32	49	9	0	45	270	90	1300	54	40	13	4	16	6	36	10	15	10	45
Portobello Mushroom Chicken 8oz. (+ceppellini)	620 g	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	202 g	400	18	28	8</																

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Wild Pacific 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
Grilled Sweet Soy Salmon (+Rice & veg)	480 g	630	26	40	6	0.2	31	115	38	1790	75	47	16	3	12	2	50	20	20	8	25
Add ons: Sautéed Portobello and Button Mushrooms	310 g	420	36	55	8	0.2	41	20	7	320	13	14	5	3	12	3	7	6	4	2	10
Miso glazed black cod	471 g	730	46	71	27	0.2	136	85	28	930	39	35	12	5	20	7	46	25	40	10	50
Pan Seared Scallops	596 g	760	31	48	7	0.1	36	145	48	1550	65	55	18	5	20	5	60	40	70	40	90
Pasta (no pasta bread)																					
Grilled Chicken Pesto Fettuccini (LG)	725 g	1460	94	145	35	2.5	188	460	153	3290	137	77	26	13	52	4	78	70	30	60	40
Seafood Fettuccini(LG)	606 g	1200	59	91	19	0.1	96	195	65	1450	60	122	41	9	36	9	42	50	40	20	50
Tomato Basil Brown Rice Spaghettini	536 g	760	26	40	6	0.2	31	25	8	890	37	119	40	9	36	9	19	70	60	15	30
Italian Sausage Ravioli	440 g	1150	83	128	25	2	135	175	58	1900	79	62	21	9	36	8	41	90	35	60	35
Butternut Squash Ravioli	371 g	760	31	48	7	0.3	37	95	32	780	33	110	37	18	72	13	25	160	50	15	30
Grilled Chicken Penne Asiago	700 g	1140	60	92	26	0.5	133	360	120	2670	111	88	29	12	48	17	62	45	40	50	45
Shanghai Noodle Stir-fry(LG)(+veg)	740 g	1160	25	38	4	0.2	21	215	72	4380	183	161	54	7	28	14	72	80	150	20	80
Lunch - Sandwich, Soup and Salad Trio																					
Half Chicken Spinach Asiago	165 g	290	12	18	2.5	0.1	13	20	7	1010	42	32	11	3	12	4	16	20	15	10	25
Half Grilled Portobello Mushroom	145 g	350	23	35	6	0.2	31	15	5	630	26	30	10	2	8	3	8	20	50	4	20
Half Smoked Turkey Ciabatta Club	190 g	360	18	28	2.5	0.1	13	35	12	1170	49	32	11	3	12	4	21	15	15	4	25
Side Tomato Soup	120 g	70	5	8	2.5	0.1	13	15	5	400	17	5	2	1	4	3	2	10	10	2	2
Add on California Salad with Honey Mustard vinaigrette (mix greens see sides)	85 g	180	16	25	4	0.2	21	10	3	130	5	7	2	2	8	4	4	15	30	6	6
Wraps, Burgers and Sandwiches (No fries)																					
Prime Rib Beef Dip	300 g	1070	74	114	28	0.4	142	145	48	1280	53	59	20	3	12	3	43	8	4	4	60
Spicy Thai Chicken Roll-up	590 g	1050	48	74	7	2	45	135	45	2790	116	105	35	7	28	14	51	60	15	25	25
Smoked Turkey Ciabatta Club	380 g	730	36	55	5	0.1	26	75	25	2340	98	63	21	6	24	7	41	30	30	6	45
Chicken Spinach Asiago Sandwich	330 g	580	23	35	4.5	0.1	23	45	15	2020	84	63	21	5	20	8	32	35	30	20	50
Grilled Portobello Mushroom Sandwich	285 g	700	47	72	12	0.3	62	35	12	1270	53	60	20	4	16	5	16	40	100	6	20
New - Grilled Vegetable Wrap	342 g	550	24	37	7	0.4	37	10	3	690	29	69	23	6	24	10	17	45	80	15	40
New - Panko Crusted Reggiano Chicken	471 g	980	51	78	17	1.5	93	225	75	1550	65	84	28	5	20	7	52	30	20	40	40
Milestones' Gluten Free Burger with garnish	319 g	640	37	57	14	1.5	78	90	30	1090	45	48	16	5	20	8	29	20	30	8	25
Milestones' Beef Burger with garnish	410 g	690	30	46	7	0	35	330	110	1330	55	58	19	4	16	6	48	25	20	10	60
Milestones' 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
Cheddar	15 g	60	5	8	4	0	18	15	5	90	4	0	0	0	0	0	3	3	0	9	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
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	310	30	46	2	0.5	13	0	0	200	8	10	3	0	0	10	0.2	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
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
Caesar 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	0	2	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
Homemade Worcestershire sauce	45 ml	50	0.1	1	0	0	0	0	0	790	33	11	4	0	0	8	1	0	2	4	15
Peppercorn sauce	60 ml	70	3.5	5	1	0	5	5	2	320	13	7	2	1	4	2	2	6	6	2	6
Sides																					
Pasta Bread- 3 pieces	122 g	330	8	12	1.5	0	8	0	0	540	23	54	18	2	8	2	11	0	2	2	25
Red Tortilla Chips																					
Jasmine Rice	142 g	180	0.3	0	0.1	0	0	0	0	180	8	39	13	1	4	0	3	0	0	2	15
Garlic Mashed Potatoes 9oz.	255 g	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.	170 g	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

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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
Kids Mini Burgers																					
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
Kids Grilled Chicken																					
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)																					
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
Desserts																					
Ganache Torte	180 g	910	68	105	28	1	145	100	33	25	1	69	23	3	12	49	6	20	0	2	6
Ibarra Chocolate Cake	100 g	334	18	28	9	0	49	155	52	450	19	42	14	0	0	30	4	59	0	2	5
Caramel Ginger Apple Crisp (+ gelato & sauce)	345 g	800	31	48	14	0.4	72	30	10	300	13	128	43	5	20	89	7	10	8	15	15
White Chocolate Cheesecake (+cream,sauce, choc shavings & strawberry)	296 g	1030	69	106	39	0.5	198	370	123	480	20	90	30	2	8	74	10	35	10	10	45
Pecan Pie Cheesecake (+sauces, choc shavings & fig jam)	190 g	710	38	58	20	0.5	102	220	73	220	9	85	28	2	8	71	9	30	0	10	10
The Decadent Duo (+cream,sauce, choc shavings,fig jam & strawberry)	423 g	1490	91	140	51	1	260	390	130	660	28	158	53	4	16	129	14	50	30	15	50
The Cookie (+ gelato & sauces)	325 g	1300	69	106	36	1	185	120	40	810	34	157	52	5	20	113	14	60	0	10	40
Milestone's Moment (Double white chunk - 3 pc)	50 g	240	12	18	5	0.1	26	15	5	210	9	32	11	1	4	21	3	10	0	0	10
Milestone's Moment (Vanilla Gelato)	90 ml	140	8	12	5	0.1	26	25	8	35	1	17	6	0	0	17	2	10	0	6	2
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
Milestones' "Break-Up" tub	290 g	600	31	48	18	1	95	85	28	250	10	77	26	1	4	56	4	30	2	6	10
Milestones' Dessert Shots																					
Mini--Break Up Tub	61 g	110	6	9	3.5	0.2	19	15	5	45	2	15	5	0	0	11	1	6	0	2	2
Mini--Ganache Torte	67 g	350	27	42	9	0.3	47	25	8	10	1	24	8	1	4	14	3	2	0	0	4
Mini --Caramel Ginger Apple Crisp	57 g	130	4.5	7	1.5	0	8	0	0	60	3	22	7	1	4	14	1	0	2	2	2
Mini --White Chocolate Cheesecake	63 g	240	15	23	9	0	45	50	17	140	6	24	8	0	0	19	2	4	0	0	15
Mini Dessert--Key Lime Pie	61 g	210	13	20	6	0.2	31	50	17	110	5	22	7	1	4	12	3	15	8	2	4
Seasonal Inspirations -- Spring/Summer 2011																					
Roasted Red Pepper and Tomato Bisque Soup with Smoked gouda Croutons	366 g	350	16	25	9	0.5	48	50	17	2060	86	40	13	5	20	14	12	15	4	25	10
Pork Croquettes with aioli	329 g	1490	112	172	21	1.5	113	175	58	2050	85	84	28	4	16	7	38	8	2	10	40
Asian Lettuce Wraps	321 g	540	32	49	4	0.2	21	75	25	1170	49	33	11	2	8	12	35	0	15	8	20
Watermelon & Roasted Beet Salad	305 g	290	20	31	3.5	0.1	18	10	3	470	20	26	9	4	16	18	6	35	45	6	15
Milestones' Seafood Risotto	589 g	920	52	80	19	0.5	98	235	78	1780	74	73	24	5	20	1	41	50	35	35	30
Steak & Frites	605 g	1360	75	115	17	1	90	120	40	3370	140	115	38	12	48	1	51	10	20	15	50
Roasted Sablefish with Seaweed Gnocchi	589 g	660	19	29	6	0.5	33	145	48	1120	47	77	26	7	28	11	47	10	35	6	30
Key Lime Pie	231 g	720	46	71	21	0.5	108	175	58	340	14	75	25	2	8	45	8	45	35	4	10
Strawberry Shortcake with Vanilla Whipped Cream	255 g	710	40	62	23	1.5	123	325	108	610	25	76	25	2	8	40	12	40	50	20	25