

NUTRITIONAL & ALLERGEN GUIDE

milestones[®]

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)

The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
START OR SHARE (NO SIDES)																			
Spinach & Artichoke Dip	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Tempura Veggies	309g	730	48	64	3.5	0	18	2950	128	67	/	7	25	17	8	0	0	8	17
Roasted Mushroom Soup	392 g	260	18	28	2.5	0	13	1500	63	21	7	3	12	6	4	6	20	10	15
Wham Bam Shrimp	352 g	650	22	34	2.5	0	13	2360	98	87	29	2	8	13	25	10	8	15	25
Mediterranean Goat Cheese Platter	272 g	990	37	57	15	1	80	1350	56	66	22	5	20	13	22	30	30	20	50
Crispy Brussels Sprouts	400 g	470	36	48	7	0.3	37	1750	76	32	/	14	50	8	11	0	0	12	25
Chicken Drumettes	459 g	1240	84	112	19	1	100	4560	198	70	/	5	18	28	57	0	0	12	31
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Sweet Chili Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
Wonton Nachos	401 g	690	29	39	8	0.3	42	2550	111	83	/	8	29	17	27	0	0	35	39
Wonton Nachos (Add Chicken)	581 g	880	32	43	9	0.3	47	3490	152	90	/	9	32	22	59	0	0	38	44
Wonton Nachos (Add Crispy Tofu)	585 g	940	43	60	10	0.3	52	2850	124	87	/	11	39	19	47	0	0	54	58
Wonton Nachos (Add Tuna Poke)	552 g	920	37	49	9	0.4	47	2690	117	83	/	8	29	17	62	0	0	35	44
SALADS & BOWLS WITH DRESSINGS																			
Entre Roasted Garlic Caesar Salad - With Dressing	341 g	880	85	131	19	2	105	1590	66	27	9	5	20	6	19	##	##	40	30
Starter Roasted Garlic Caesar Salad - With Dressing	198 g	580	42	65	9	1	50	800	33	15	5	3	12	4	9	##	70	20	20
Entre California Spring Salad - With Dressing	306 g	580	50	77	9	0.3	47	510	21	27	9	6	24	17	12	60	90	10	20
Starter California Spring Salad - With Dressing	180 g	360	32	49	5	0.1	26	310	13	17	6	3	12	11	6	30	40	6	10
Roasted Beet & Goat Cheese Salad	374 g	420	23	35	6	0.4	32	440	18	42	14	7	28	21	11	40	70	10	20
Kale Noodle Salad	497 g	970	52	80	5	0	25	2570	107	112	37	15	60	32	21	80	70	20	50
Surfside Salad	439 g	700	57	88	8	1	45	1380	57	31	10	6	24	14	36	70	70	15	20
Sweet Chili Chicken Bowl	828 g	1480	58	89	13	0.5	68	3320	138	188	63	9	36	90	53	60	##	15	60
Sushi Bowl	510 g	720	22	29	3	0.2	16	990	43	87	/	8	29	12	47	0	0	8	19
Add on: Tofu	178 g	220	15	20	1.5	0	8	10	1	0	0	2	7	0	21	0	0	17	19
Add on: Chicken Breast	172 g	210	9	12	4	0.2	21	860	37	3	0	0	0	3	30	0	0	2	6
Add on: Shrimp Skewer	185 g	340	28	43	3.5	0.1	18	1940	81	2	1	0	0	0	22	0	6	6	6
Add on: Grilled Salmon (4 Oz)	107 g	200	13	20	3	0.1	16	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Grilled Cajun Chicken	177 g	220	9	12	4	0.2	21	1380	60	5	0	0	0	3	30	0	0	2	7

*portion size ordinarily served to the guest. Updated October 2020

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BURGERS (NO SIDES)																			
1989 Burger	379 g	1050	69	106	24	0.5	123	1320	55	44	15	3	12	5	47	25	15	25	20
Garden Burger	380 g	800	46	71	15	0.3	77	1390	58	70	23	13	52	17	27	15	30	15	40
California Burger	416 g	1210	70	108	22	0.5	113	1320	55	49	16	5	20	8	49	20	20	25	20
Wham-Bam Burger	570 g	1350	81	108	21	3	120	3060	133	103	/	5	18	15	52	0	0	15	53
Gluten Free Burger Bun	100 g	250	6	9	0.5	0.1	3	600	25	50	17	5	20	5	3	0	0	2	30
Caesar Salad	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15
California Spring Salad	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Root Vegetable Fries	360 g	690	54	72	7	0.5	38	800	35	52	/	13	46	13	5	0	0	13	8
MAINS																			
Ginger Glazed Salmon	729 g	1060	54	80	10	0.4	52	2140	89	99	33	5	20	47	59	60	##	25	50
Portobello Mushroom Chicken	857 g	1330	81	125	33	1	170	2300	96	107	36	7	28	11	72	50	50	45	45
BBQ Back Ribs	748 g	1950	99	152	21	1	110	3680	153	175	58	15	60	55	76	70	##	20	45
Wagyu Beef Meatloaf	738 g	1230	66	116	33	2	175	2170	94	66	29	8	9	9	43	25	70	17	39
Stuffed Portobello Mushroom Cap	731g	560	31	41	6	0.1	31	2810	122	53	/	13	46	21	13	0	0	31	33
Mediterranean Chicken	498 g	800	42	65	9	1	50	1480	62	43	14	12	48	12	68	##	##	20	35
Chimichurri Sea Bass	581g	980	49	65	21	0.5	108	2700	117	85	/	8	29	8	51	0	0	50	28
Grilled Sirlion 8oz (no starch, veg or topper)	512 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	##	6	50
Steak Frites* 8oz	519 g	980	68	105	11	1	60	1570	65	59	20	15	60	13	47	##	##	20	45
Seafood Sirloin	370 g	1100	67	103	36	2.5	193	890	37	6	2	1	4	1	47	35	10	8	40
Seafood Topper	226 g	460	39	60	13	0.5	68	1090	45	4	1	0	0	1	20	25	8	6	6
Lettuce Wraps	384 g	540	36	48	6	0.4	32	930	40	48	25	7	18	18	11	0	0	12	28
Lettuce Wrap (Add Chicken)	622 g	1050	47	63	8	0.4	42	2120	92	106	32	9	18	18	50	0	0	13	44
Lettuce Wrap (Add Tofu)	613 g	800	51	68	8	0.4	42	940	41	48	36	10	18	18	39	0	0	35	53
Root Vegetable Fries	360 g	690	54	72	7	0.5	38	800	35	52	/	13	46	13	5	0	0	13	8
Brussels Sprouts	211 g	280	23	31	4	0.2	21	950	41	17	/	7	25	4	5	0	0	6	13
Sautèed Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10
PASTA & NOODLES																			
Pesto Chicken Penne Asiago	704 g	1120	54	83	16	1	85	2120	88	104	35	6	24	11	55	60	##	40	45
Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	1970	82	112	37	7	28	20	48	##	##	15	30
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	1320	55	92	31	9	36	26	28	##	##	50	30
Seafood Spaghettini	660 g	980	53	82	13	0.5	68	2880	120	90	90	7	28	6	37	50	30	15	40
Kale Noodle Stir Fry	712 g	1150	54	72	6	0	30	5000	217	140	54	15	54	12	29	0	0	27	61
Kale Noodle Stir Fry (Add Tofu)	883 g	1330	64	87	8	0	40	5010	218	140	64	18	12	12	49	0	0	42	81
Kale Noodle Stir Fry (Add Chicken)	854 g	1290	57	76	7	0	35	5540	241	142	54	15	15	15	55	0	0	27	64
Kale Noodle Stir Fry (Add Shrimp)	854 g	1280	60	80	7	0	35	6470	281	140	54	15	12	12	48	0	0	27	64

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PASTA & NOODLES SAUCES																			
Roasted Garlic Cream Sauce	90 ml	170	16	25	5	0.2	26	440	18	4	1	0	0	2	2	8	0	4	0
Sweet Thai Chili Sauce	45 ml	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Peanut Sauce	15 ml	60	5	8	1	0.1	6	180	8	3	1	0	0	2	1	0	0	0	0
HANDHELDS																			
Steak Sandwhich	469 g	1180	63	97	13	1.5	73	2400	100	84	28	4	16	20	77	10	10	10	80
Caprese Crispy Chicken Sandwhich	354 g	830	45	60	11	0.5	58	1490	65	64	21	6	9	9	43	10	15	38	33
Rustic Chicen Club	404 g	1200	53	82	11	0.4	57	1350	56	85	28	11	44	16	54	8	15	15	60
Baja Fish Tacos	302 g	560	32	49	7	0.5	38	1200	50	46	15	6	24	5	23	30	60	20	10
BRUNCH																			
Hot Beignets	193 g	570	19	29	9	0	45	310	13	79	26	3	12	28	14	10	2	4	30
Avocado Toast	680 g	1090	53	71	13	0.3	67	3170	138	126	54	15	25	25	36	40	60	15	53
Traditional Breakfast (No Meat or Toast)	316 g	850	57	88	14	0.3	72	470	20	54	19	5	20	2	30	34	30	14	33
Traditional Breakfast (Vegan)	665 g	1210	52	69	7	0.1	36	4360	190	124	61	17	21	21	62	0	0	27	94
Salmon Hash	710 g	1530	99	132	37	1	190	2130	93	99	32	9	7	7	62	0	0	17	53
Ultimate Breakfast Sandwich	783 g	1650	105	162	28	1	145	5030	210	124	41	12	48	25	60	40	60	50	70
Traditional Eggs Benedict (NO BREAKFAST POTATOES)	431 g	1210	82	127	37	2.2	196	1590	66	84	28	6	24	5	38	64	36	14	38
California Eggs Benedict (NO POTATOES & KETCHUP)	515 g	1350	97	150	40	2.3	211	1350	57	86	29	11	44	4	38	64	45	19	38
Feta and Spinach Omelette (NO BREAKFAST POTATOES OR TOAST)	487 g	960	65	100	18	0.5	93	1100	46	60	20	7	28	4	38	94	70	29	43
Strawberry and Cream French Toast	615 g	1400	42	65	14	0.3	72	1140	48	220	73	6	24	87	35	30	##	15	50
Banana Nutella French Toast	617 g	1590	60	92	21	0.1	106	1150	48	228	76	8	32	99	38	35	15	15	60
Nuevos Rancheros	665 g	850	49	65	6	0.1	32	3570	155	72	61	17	20	20	36	0	0	27	44
Side: Brunch Potatoes	210 g	220	7	9	2	0.1	11	1430	62	36	18	5	1	1	4	4	30	3	10
Side: Multigrain toast with butter	93 g	260	10	15	3	0.2	16	330	14	39	13	5	20	5	9	4	0	4	25
Side: White Toast w. Butter	49 g	150	7	11	2.5	0.2	14	170	7	19	6	3	12	3	4	4	0	2	15
Gluten Free English Muffin	80 g	180	1.5	2	1.5	0	1	500	22	37	/	0	0	7	4	0	0	8	6
Side: Breakfast Sausage	66 g	230	20	31	8	0.1	41	470	20	5	2	1	4	1	7	0	0	6	2
Side: Breakfast Sausage (Vegan)	102 g	310	17	23	2	0	10	570	25	15	18	5	6	6	25	0	0	2	39
Side: Smoked Ham	92 g	110	2	3	1	0	5	1020	43	10	3	0	0	5	14	0	0	0	4
Side: Double Smoked Bacon	24 g	90	9	14	3	0	15	180	8	0	0	0	0	0	2	0	0	0	2
Side: Fruit Bowl	201 g	90	0.5	1	0.1	0	1	3	1	23	14	4	17	17	1	0	0	3	4
Side: Ketchup	45 ml	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Side: Cholula Hot Sauce	30 ml	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0
Side: Maple Syrup	120 ml	440	0	0	0	0	0	10	1	110	37	0	0	66	0	0	0	0	0
Side: Hollandaise Sauce	60 ml	380	42	65	26	2	140	135	6	0	0	0	0	0	1	35	2	2	2
Side: Whipped Cream	15 ml	25	2.5	4	1.5	0.1	8	3	1	0	0	0	0	0	0.1	4	0	0	0

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SIDES																			
Side: Beef Gravy	90 ml	80	2.5	4	1	0	5	1020	43	13	4	0	0	2	2	0	0	2	4
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	150	6	3	1	1	4	1	1	2	20	2	4
Side: Mushrooms	247 g	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10
Side: Crispy Brussels Sprouts	211 g	280	23	31	4	0.2	21	950	41	17	/	7	25	4	5	0	0	6	13
Side: Roasted Potatoes	142 g	490	29	45	8	0.2	41	210	9	53	18	5	20	1	7	4	30	4	8
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15
Side: Milestones' California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Side: Red Corn Tortilla Chips*	113 g	580	21	32	1	0.2	6	670	28	77	26	2	8	1	11	6	6	0	10
Side: Fries*	242 g	670	30	46	2.5	0.2	14	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Jasmine Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20
Side: Roasted Red Pepper Relish	30 mL	50	0.1	1	0	0	0	180	8	12	4	12	4	11	0.2	0	4	0	0
Side: Stone Fruit Balsamic Dressing	10 mL	25	0	0	0	0	0	0	0	6	2	0	0	5	0	0	0	0	0
Side: Basil Pesto	10 mL	20	1.5	2	0.4	0	2	75	3	1	1	0	0	1	1	2	2	2	2
Side: Wham-Bam Sauce	30 mL	80	5	8	0.5	0	3	390	16	8	3	0	0	6	0.3	2	4	0	0
Fig Balsamic Dressing	60 mL	230	16	25	1	0.4	7	330	14	23	8	1	4	21	0.2	0	2	2	2
HAPPY HOUR BITES																			
Steamed Edamame	324 g	630	45	60%	5	0	25	3780	164	31	/	11	39	11	30	0	0	17	56
Sweet Potato Wedges	287 g	420	24	32	3.5	0.2	19	1790	78	49	/	8	29	10	4	0	0	6	13
Crispy Brussels Sprouts	400 g	470	36	48	7	0.3	37	1750	76	32	/	14	50	8	11	0	0	12	25
Tempura Veggies	309 g	730	48	64	3.5	0	18	2950	128	67	/	7	25	17	8	0	0	8	17
Spinach and Artichoke Dip (NO CHIPS / SALSA)	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Wonton Nachos	401 g	690	29	39	8	0.3	42	2550	111	83	/	8	29	17	27	0	0	35	39
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Sweet Chili Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
Chicken Drumettes	459 g	1240	84	112	19	1	100	4560	198	70	/	5	18	28	57	0	0	12	31
SAUCES																			
Chili Avocado Aioli	30 ml	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Sweet Thai Chilli Sauce	45 ml	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Avocado Cream	30 ml	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Lime Cilantro Vinaigrette	10 ml	40	4.5	7	0.3	0	2	30	1	1	1	0	0	0	0.1	0	2	0	0
Chalula Hot Sauce	30 ml	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0
Mango Chili Sauce	30 ml	110	7	11	0.5	0.2	3	270	11	11	4	0	0	7	0.1	0	2	0	0
Sauce: Red Pepper Relish	30 mL	50	0.1	1	0	0	0	180	8	12	4	12	4	11	0.2	0	4	0	0
Sauce: Roasted Garlic Mustard Mayo	30 mL	180	19	29	2.5	0.2	14	240	10	1	1	0	0	0	1	0	2	0	0
Sauce: Basil Pesto	10 mL	20	1.5	2	0.4	0	2	75	3	1	1	0	0	1	1	2	2	2	2
Sriracha Buffalo Sauce	45 mL	140	15	23	9	1	50	1400	58	3	1	1	4	2	1	15	2	0	0
Horseradish Aioli	30 mL	160	17	26	2.5	0.3	14	190	8	2	1	0	0	0	1	0	10	0	0
Fig Balsamic Dressing	60 mL	230	16	25	1	0.4	7	330	14	23	8	1	4	21	0.2	0	2	2	2

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DRESSINGS																			
Honey Lime Peanut Vinaigrette	60 ml	350	35	54	3	1	20	150	6	9	3	0	0	8	1	0	2	0	0
Maple Miso Vinaigrette	60 g	240	19	29	1.5	0	8	830	35	16	5	0	0	13	1	0	2	2	2
Honey Mustard Vinaigrette	60 ml	310	31	48	2	0.5	13	190	8	10	3	0	0	9	0.2	0	0	0	2
Honey Citrus Vinaigrette/dressing	60 ml	280	28	43	2	0.5	13	650	27	9	3	0	0	8	0.3	0	8	0	0
Caesar Dressing	90 ml	520	57	88	4.5	1.5	30	550	23	3	1	0	0	0	2	2	6	2	2
KIDS																			
Kid: Mini Burgers + Fries	157 g	1270-1620	27	42	10	1	55	760	32	34	11	2	8	4	16	4	0	15	20
Kid: Grilled Cheese Sandwich	276 g	1360-1710	46	71	24	1	126	1520	64	86	28	5	20	3	24	30	2	47	26
Kid: Grilled Chicken	102 g	500-850	6	9	3	0.2	16	530	22	1	1	1	4	0	26	2	0	2	4
Kid: Grilled Salmon	104 g	570-920	18	28	7	0.4	37	510	21	0	0	0	0	0	18	8	6	2	2
Kid: Pasta - Noodles with Creamy Cheddar Sauce	315 g	890	32	49	21	0.3	107	490	20	89	30	4	16	1	15	30	0	25	6
Kid: Pasta - Noodles with Tomato Sauce	345 g	670	8	12	3.5	0.1	18	600	25	95	32	5	20	7	12	25	40	15	10
Kid: Chicken Fingers*	249 g	650	31	48	2.5	0.2	14	1550	65	65	21	4	16	0	31	0	4	4	16
Side: Plum Sauce	45 ml	110	0	0	0	0	0	170	7	26	9	0	0	20	0.1	0	0	0	2
Side: Ketchup	45 ml	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Kid: Fries*	121 g	330	15	23	1	0.1	6	740	31	46	15	3	12	0	4	0	2	2	6
Kid: Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20
Kid: Roasted Garlic Mashed Potatos	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6
Kid: Green Beans	28 g	10	0.1	1	0	0	0	125	5	2	1	1	4	1	1	2	6	0	2
Kid: Dessert - Vanilla Ice Cream (NO SAUCE OR CREAM)	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Kid: Dessert - Add on: Caramel Sauce	30 ml	120	8	12	5	0.3	27	40	2	11	4	0	0	11	0.3	8	0	0	0
Kid: Dessert - Add on: Chocolate Sauce	74 g	320	12	18	12	0	60	170	7	52	17	0	0	45	2	0	0	6	60
Kid: Dessert - Chapman's Li'l Sammich	60 ml	90	2	3	1	0.1	6	45	2	15	5	0	0	7	1	2	0	0	0
DESSERTS																			
The Cookie	239 g	810	33	51	22	0.1	111	530	22	123	41	2	8	83	8	20	2	10	50
White Chocolate Cheesecake	296 g	1030	69	106	39	0.5	198	480	20	90	30	2	8	74	10	35	10	10	45
Hot Beignets	193 g	570	19	29	9	0	45	310	13	79	26	3	12	28	14	10	2	4	30
Ganache Torte (Vegan)	203 g	880	56	75	20	0.2	101	45	2	77	/	11	39	57	14	0	0	15	31
Apple Rhubarb Cobbler	276 g	580	15	23	9	0.5	48	140	6	100	33	6	24	66	7	10	15	15	15
Key Lime Pie	225	960	30	46	20	0.5	103	200	8	75	25	3	12	55	9	2	40	25	10
Ice-Cream: French Vanilla	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Side Sauce:Chocolate Sauce	30 ml	120	9	14	5	0.2	26	40	2	11	4	1	4	7	1	6	0	0	6
Side Sauce: Caramel	30 ml	210	14	22	9	0.5	48	65	3	19	6	0	0	18	0.4	15	0	2	0

*portion size ordinarily served to the guest. Updated October 2020

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
START OR SHARE											
Spinach and Artichoke Dip (NO CHIPS / SALSA)					✓					✓	
Tempura Veggies									✓	✓	✓
Roasted Mushroom Soup (Vegan)											✓
Wham-Bam Shrimp			✓	✓	✓	✓		✓	✓	✓	✓
Mediterranean Goat Cheese Platter		✓			✓	✓			✓	✓	✓
Crispy Brussels Sprouts					✓				✓		✓
Chicken Drumettes	✓		✓	✓		✓	✓		✓	✓	✓
Coconut Calamari	✓	✓					✓	✓	✓	✓	✓
Sweet Chili Chicken Bites			✓			✓			✓	✓	
Wonton Nachos	✓		✓		✓	✓			✓	✓	✓
Wonton Nachos (Add Chicken)	✓		✓		✓	✓	✓		✓	✓	✓
Wonton Nachos (Add Crispy Tofu)	✓		✓		✓	✓	✓		✓	✓	✓
Wonton Nachos (Add Tuna Poke)	✓		✓	✓	✓	✓	✓		✓	✓	✓
SALADS & BOWLS WITH DRESSINGS											
Roasted Garlic Caesar Salad - With Dressing		✓		✓	✓	✓	✓	✓	✓	✓	✓
California Spring Salad - With Dressing	✓	✓		✓	✓				✓		✓
Roasted Beet & Goat Cheese Salad	✓	✓			✓				✓	✓	✓
Kale Noodle Salad	✓	✓	✓						✓	✓	✓
Surfside Salad			✓	✓	✓		✓		✓	✓	✓
Sweet Chili Chicken Bowl			✓			✓	✓		✓	✓	✓
Sushi Bowl			✓	✓		✓	✓		✓	✓	✓
Add on: Tofu					✓				✓		✓
Add on: Chicken Breast					✓						✓
Add on: Shrimp Skewer					✓			✓			✓
Add on: Grilled Salmon (4 Oz)					✓		✓				✓
Add on: Grilled Cajun Chicken					✓						✓
BURGERS (NO SIDES)											
1989 Burger		✓	✓	✓	✓	✓			✓	✓	✓
Garden Burger		✓	✓	✓	✓	✓			✓	✓	✓
California Burger		✓	✓	✓	✓	✓			✓	✓	✓
Wham-Bam Burger			✓	✓	✓	✓		✓	✓	✓	✓
Gluten Free Burger Bun			✓			✓			✓		✓
Caesar Salad		✓		✓	✓	✓	✓	✓	✓	✓	✓
California Spring Salad	✓	✓		✓	✓				✓		✓
Root Vegetable Fries				✓		✓			✓		✓
MAINS											
Ginger Glazed Salmon			✓	✓	✓	✓	✓	✓	✓	✓	✓
Portobello Mushroom Chicken				✓	✓	✓			✓	✓	✓
BBQ Back Ribs				✓		✓			✓		✓
Wagyu Beef Meatloaf					✓	✓	✓		✓	✓	✓
Stuffed Portobello Mushroom Cap			✓						✓		✓
Mediterranean Chicken					✓				✓		✓
Chimichurri Sea Bass					✓		✓				✓
Grilled Sirloin 8oz (no starch, veg or topper)				✓	✓						✓
Steak Frites* 8oz				✓	✓	✓			✓		✓
Seafood Sirloin				✓	✓		✓	✓	✓		✓
Seafood Topper					✓		✓	✓	✓		✓
Lettuce Wraps	✓		✓	✓	✓	✓			✓	✓	✓
Lettuce Wrap (Add Chicken)	✓		✓	✓	✓	✓			✓	✓	✓
Lettuce Wrap (Add Tofu)	✓		✓	✓	✓	✓			✓	✓	✓
Root Vegetable Fries				✓		✓			✓		✓
Brussels Sprouts					✓				✓		✓
Sautéed Mushrooms				✓					✓	✓	✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
PASTA & NOODLES											
Pesto Chicken Penne Asiago				✓	✓	✓			✓	✓	✓
Thai Basil Noodles	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Butternut Squash Ravioli	✓	✓		✓	✓	✓			✓	✓	✓
Seafood Spaghettini					✓		✓	✓	✓	✓	✓
Kale Noodle Stir Fry			✓						✓	✓	✓
Kale Noodle Stir Fry (Add Tofu)			✓						✓	✓	✓
Kale Noodle Stir Fry (Add Chicken)			✓						✓	✓	✓
Kale Noodle Stir Fry (Add Shrimp)			✓					✓	✓	✓	✓
HANDHELD											
Steak Sandwich			✓	✓	✓	✓			✓	✓	✓
Caprese Crispy Chicken Sandwich				✓	✓	✓			✓	✓	✓
Rustic Chicen Club		✓		✓	✓	✓			✓	✓	✓
Baja Fish Tacos				✓	✓	✓	✓		✓	✓	✓
BRUNCH											
Hot Beignets					✓	✓			✓	✓	
Avocado Toast					✓	✓			✓	✓	✓
Traditional Breakfast		✓	✓		✓	✓			✓	✓	
Traditional Breakfast (Vegan)									✓	✓	✓
Salmon Hash					✓	✓	✓		✓	✓	✓
Ultimate Breakfast Sandwich				✓	✓	✓			✓	✓	✓
Traditional Eggs Benedict (NO BREAKFAST POTATOES)			✓		✓	✓			✓	✓	✓
California Eggs Benedict (NO POTATOES & KETCHUP)			✓		✓	✓		✓	✓	✓	✓
Feta and Spinach Omelette (NO BREAKFAST POTATOES OR TOAST)					✓	✓			✓	✓	✓
Strawberry and Cream French Toast		✓			✓	✓			✓	✓	✓
Banana Nutella French Toast		✓			✓	✓			✓	✓	✓
Nuevos Rancheros									✓	✓	✓
Scrambled eggs - For Traditional Breakfast						✓			✓		
Side: Brunch Potatoes					✓						
Side: Multigrain toast with butter		✓	✓		✓				✓	✓	
Gluten Free English Muffin					✓	✓					
Side: Breakfast Sausage					✓					✓	
Side: Breakfast Sausage (Vegan)										✓	
Side: Smoked Ham											✓
Side: Double Smoked Bacon											
Side: Fruit Bowl											
SIDES											
Side: Beef Gravy					✓				✓	✓	✓
Side: Seasonal Vegetables					✓						
Side: Mushrooms				✓					✓	✓	✓
Side: Roasted Potatoes											
Side: Roasted Garlic Caesar Salad (WITH DRESSING)		✓		✓	✓	✓	✓	✓	✓	✓	✓
Side: Milestones' California Spring Salad (WITH DRESSING)	✓	✓		✓	✓				✓		✓
Side: Red Corn Tortilla Chips*											
Side: Yukon Gold Mashed Potatos					✓						
Side: Fries*											
Side: Jasmine Rice									✓	✓	
HAPPY HOUR BITES											
Steamed Edamame			✓						✓	✓	✓
Sweet Potato Wedges									✓		✓
Crispy Brussels Sprouts					✓				✓		✓
Tempura Veggies									✓	✓	✓
Spinach and Artichoke Dip (NO CHIPS / SALSA)					✓					✓	
Wonton Nachos	✓		✓		✓	✓			✓	✓	✓
Coconut Calamari	✓	✓					✓	✓	✓	✓	✓

MENU ITEM / PRODUCT	PEANUT	TREE NUTS	SESAME	MUSTARD	MILK	EGG	FISH	SHELLFISH/ CRUSTACEAN	SOY	WHEAT/ GLUTEN	SULPHITES
Sweet Chili Chicken Bites			✓			✓			✓	✓	
Chicken Drumettes	✓		✓	✓		✓	✓		✓	✓	✓
SAUCES											
Chili Avocado Aioli				✓		✓			✓		✓
Dill Avocado Aioli				✓		✓			✓		✓
Coconut Sambal	✓	✓									✓
Sweet Thai Chilli Sauce									✓	✓	✓
Avocado Cream					✓						
Lime Cilantro Vinaigrette											✓
Chalula Hot Sauce											
NONE											
Asian Slaw w/ Cilantro Lime Dressing											✓
Mango Chili Sauce							✓	✓	✓	✓	✓
DRESSINGS											
Honey Lime Peanut Vinaigrette	✓							✓	✓	✓	✓
Maple Miso Vinaigrette			✓						✓	✓	
Honey Mustard Vinaigrette				✓							✓
Honey Citrus Vinaigrette/dressing				✓					✓	✓	✓
Caesar Dressing				✓	✓	✓	✓	✓	✓	✓	✓
Lemon Vinaigrette dressing									✓	✓	✓
KIDS (NO SIDES)											
Kid: Mini Burgers			✓		✓				✓		
Kid: Grilled Cheese Sandwich			✓		✓				✓	✓	✓
Kid: Grilled Chicken					✓						✓
Kid: Grilled Salmon					✓		✓				
Kid: Pasta - Noodles with Creamy Cheddar Sauce Or Tomato Sauce					✓	✓				✓	
Kid: Chicken Fingers*					✓				✓	✓	
Side: Plum Sauce											✓
Side: Ketchup											
NONE											
Kid: Fries*											
NONE											
Kid: Dessert - Vanilla Ice Cream (NO SAUCE OR CREAM)					✓						
Kid: Dessert - Add on: Caramel Sauce					✓						
Kid: Dessert - Add on: Chocolate Sauce					✓						
Kid: Dessert - Chapman's Li'l Sammich					✓				✓	✓	✓
DESSERTS											
The Cookie					✓	✓			✓	✓	
White Chocolate Cheesecake		✓			✓	✓			✓	✓	✓
Hot Beignets					✓	✓			✓	✓	
Ganache Torte (Vegan)	✓	✓							✓		
Apple Rhubarb Cobbler					✓				✓	✓	
Key Lime Pie	✓	✓			✓	✓				✓	✓
Ice-Cream: French Vanilla											
NONE											

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS. GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY OCCUR IN OUR KITCHEN DURING PREPARATION. PLEASE ASK YOUR SERVER FOR DETAILS.