

NUTRITIONAL INFORMATION



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)	CHOLESTEROL (mg)	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)
STARTERS (NO SIDES)																				
Asian Chicken Bites	353 g	890	39	60	4	0.3	22	140	1910	80	90	30	4	16	48	46	0	6	6	25
Milestones Chicken Wings + Asian Slaw w. Cilantro Lime Dressing (no wing sauce)	225 g	550	33	50	5	0.4	27	200	1010	43	15	5	2	8	3	40	17	40	6	10
Wing Sauce - Sriracha Buffalo Sauce	45 mL	140	15	23	9	1	50	40	1400	58	3	1	1	4	2	1	15	2	0	0
Wing Sauce - Sesame Ginger Sauce	45 mL	130	0.5	1	0.1	0	1	0	530	22	31	10	0	0	28	0.3	0	2	2	10
Coconut Calamari	295 g	900	61	94	12	0.4	62	315	1080	45	53	18	4	16	3	38	4	2	2	20
Brushetta Flatbread	352 g	510	20	31	5	0.1	26	20	1620	68	70	23	5	20	12	15	20	50	20	35
Crispy Cauliflower Bites	352 g	770	55	85	8	0.3	42	150	990	41	54	18	5	20	5	19	25	110	20	30
Wham Bam Shrimp	352 g	650	22	34	2.5	0	13	345	2360	98	87	29	2	8	13	25	10	8	15	25
Hot Spinach and Artichoke Dip	368 g	990	49	75	16	1	86	75	1930	81	103	35	7	28	4	24	56	16	35	20
Mediterranean Goat Cheese Platter	272 g	680	37	57	15	1	80	80	1350	56	66	22	5	20	13	22	30	30	20	50
Prime Rib Slider (1)	94 g	270	16	25	5	0.5	28	65	350	15	16	5	1	4	2	13	0	6	2	10
Cantina Fish Taco (1)	151 g	280	16	25	3.5	0.2	19	25	600	25	23	8	3	12	2	11	15	30	10	4
French Onion Soup	300 mL	660	47	72	23	2	125	90	2050	85	33	11	3	12	9	25	40	20	80	20
Roasted Mushroom Soup	360mL	420	33	51	13	1	70	60	2010	84	26	9	3	12	7	7	10	2	10	15
Yam Frites - NO SAUCE	222 g	700	40	62	4.5	0.5	25	0	780	33	82	27	5	20	27	5	60	25	10	10
STARTER SIDES																				
Side: Chili Avocado Aioli	30 mL	110	12	18	2	0.2	11	5	350	15	1	1	1	4	0	1	0	6	0	0
Side: Fig Jam	30 mL	100	0.1	1	0	0	0	0	10	1	24	8	1	4	22	0.3	0	0	2	2
Side: Garlic Parmesan Dip	30 mL	110	10	15	3	0.2	16	15	150	6	2	1	0	0	1	2	2	2	6	0
Side: Mango Chili Sauce	30 mL	110	7	11	0.5	0.2	3	0	270	11	11	4	0	0	7	0.1	0	2	0	0
Side: Crispy Tortilla Chips	113 g	580	21	32	1	0.2	6	0	670	28	77	26	2	8	1	11	6	6	0	10
Side: Garlic Parmesan Dip	30 mL	110	10	15	3	0.2	16	15	150	6	2	1	0	0	1	2	2	2	6	0
SALADS - WITH DRESSING																				
Roasted Garlic Caesar Salad w. Signature Caesar Dressing - Starter Size	197 g	460	42	65	9	1	50	50	800	33	15	5	3	12	4	9	130	70	20	20
Roasted Garlic Caesar Salad w. Signature Caesar Dressing - Entrée Size	341 g	920	85	131	19	2	105	100	1590	66	27	9	5	20	6	19	200	130	40	30
Milestones' California Spring Salad w. Honey Mustard Vinaigrette - Starter Size	159 g	330	29	45	4.5	0.5	25	20	240	10	13	4	4	16	8	6	20	45	10	10
Milestones' California Spring Salad w. Honey Mustard Vinaigrette - Entrée Size	311 g	650	57	88	9	1	50	40	490	20	26	9	7	28	16	13	45	90	20	20
Roasted Beet & Goat Cheese Salad w. Fig Balsamic Dressing	374 g	410	23	35	6	0.4	32	25	440	18	42	14	7	28	21	11	40	70	10	20
Seafood Salad w/ Honey Citrus Vinaigrette Dressing	439 g	760	57	88	8	1	45	230	1380	57	31	10	6	24	14	36	70	70	15	20
The Chopped Salad w/ Honey Lime Peanut Vinaigrette + Peanut Sauce Drizzle	519 g	900	65	100	10	1	55	20	1010	42	68	23	14	56	17	18	80	120	20	25
SALAD - DRESSING ONLY																				
Honey Lime Peanut Vinaigrette	60 mL	350	35	54	3	1	20	0	150	6	9	3	0	0	8	1	0	2	0	0
Honey Mustard Vinaigrette	60 mL	310	31	48	2	0.5	13	0	190	8	10	3	0	0	9	0.2	0	0	0	2
Caesar Dressing	90 mL	520	57	88	4.5	1.5	30	40	550	23	3	1	0	0	0	2	2	6	2	2
SALAD - PROTEIN ADD ONS																				
Add on: Grilled Steak (4 oz)	124 g	180	8	12	4	0.4	22	70	380	16	1	1	1	4	0	26	2	0	2	15
Add on: Grilled Chicken Breast	102 g	160	6	9	3	0.2	16	85	530	22	1	1	1	4	0	26	2	0	2	4
Add on: Grilled Salmon (4 oz.)	107 g	200	13	20	3	0.1	16	65	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Shrimp Skewers 2 each/ 6 shrimp	91 g	110	7	11	4.5	0.4	25	180	710	30	1	1	0	0	0	12	4	4	4	2
Add on: Wham Bam Shrimp	220 g	460	18	10	2	0	10	200	1550	65	59	20	1	4	9	15	2	6	8	15
BRUNCH																				
Fruit Plate	187 g	80	0.5	1	0	0	0	0	10	1	21	7	4	15	15	1	15	110	2	4
California Eggs Benedict + Breakfast Potatoes (NO KETCHUP)	515 g	1350	97	150	40	2.3	211	755	1350	57	86	29	11	44	4	38	64	45	19	38
Traditional Eggs Benedict + Breakfast Potatoes (NO KETCHUP)	431 g	1210	82	127	37	2.2	196	630	1590	66	84	28	6	24	5	38	64	36	14	38
Prime Rib Eggs Benedict + Breakfast Potatoes (NO KETCHUP)	550 g	1640	122	188	49	3.7	264	700	1180	49	86	29	7	28	4	57	64	45	19	48
Spinach and Feta Omelette + Breakfast Potatoes (NO TOAST OR KETCHUP)	487 g	960	65	100	18	0.5	93	705	1100	46	60	20	7	28	4	38	94	70	29	43
Steak and Eggs + Breakfast Potatoes (NO TOAST OR KETCHUP)	484 g	1140	69	107	20	0.7	104	805	980	41	55	19	6	24	2	105	39	34	14	58
Candied Bacon & 3 Cheese Omelette + Breakfast Potatoes (NO TOAST OR KETCHUP)	413 g	1120	79	122	26	0.7	134	740	870	37	57	19	5	20	4	48	54	34	54	33
Traditional Breakfast - Scrambled Egg + Breakfast Potatoes (NO MEAT OR TOAST)	316 g	850	57	88	14	0.3	72	690	470	20	54	19	5	20	2	30	34	30	14	33
Big Breakfast ALL SIDES (NO KETCHUP)	806 g	2100	121	186	35	0.5	178	1320	3200	133	165	55	9	36	21	87	60	35	30	90
Banana Nutella French Toast	617 g	1590	60	92	21	0.1	106	600	1150	48	228	76	8	32	99	38	35	15	15	60
Strawberry Cream French Toast	615 g	1400	42	65	14	0.3	72	580	1140	48	220	73	6	24	87	35	30	110	15	50
Prime Rib Hash w. Focaccia Bread (NO HOLLANDAISE)	767 g	2080	135	207	55	3.7	292	720	1980	82	157	52	14	56	26	68	74	140	17	80
Breakfast Tacos + Breakfast Potatoes (NO KETCHUP)	488 g	1180	73	113	21	0.5	83	490	1220	56	82	27	12	48	5	40	44	50	34	33
BRUNCH SIDES																				
Side: Breakfast Potatoes	142 g	490	29	45	8	0.2	41	10	210	9	53	18	5	20	1	7	4	30	4	8
Side: Multigrain Toast w. Butter	93 g	260	10	15	3	0.2	16	10	330	14	39	13	5	20	5	9	4	0	4	25
Side: Focaccia Bread	39 g	120	6	9	2.5	0.2	14	10	290	12	16	5	1	4	0	3	4	0	2	20
Side: Breakfast Sausage	66 g	230	20	31	8	0.1	41	30	470	20	5	2	1	4	1	7	0	0	6	2
Side: Smoked Ham	92 g	110	2	3	1	0	5	30	1020	43	10	3	0	0	5	14	0	0	0	4
Side: Double-Smoked Bacon (3 strips)	24 g	90	9	14	3	0	15	15	180	8	0	0	0	0	0	2	0	0	0	2
Side: Ketchup	45 mL	60	0	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	0	510	21	0	0	0	0	0	0	0	0	0	0
Side: Whipped Cream	15 mL	25	2.5	4	1.5	0.1	8	10	3	1	0	0	0	0	0	0.1	4	0	0	0
MAINS																				
Roma Chicken Parmesan	784 g	1470	66	102	29	0.4	147	365	2890	120	118	39	9	36	11	98	60	60	110	60
Cajun Shrimp Creole	725 g	1020	59	91	15	1	80	460	2820	118	75	25	5	20	7	44	70	150	60	40
Ginger Glazed Salmon	729 g	1120	54	80	10	0.4	52	365	2140	89	99	33	5	20	47	59	60	170	25	50
Miso Glazed Cod	564 g	780	34	52	16	0.3	82	80	2120	88	73	24	4	16	11	41	80	90	15	50
Portobello Mushroom Chicken	857 g	1440	81	125	33	1	170	265	2300	96	107	36	7	28	11	72	50	50	45	45
Mediterranean Chicken	498 g	800	42	65	9	1	50	185	1480	62	43	14	12	48	12	68	150	150	20	35
STEAKS & PRIME RIB																				
Steak Frites - 7oz cut	570 g	1510	96	148	17	1.5	93	110												

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Slow Roasted Prime Rib 10 oz (no starch or veg)	283 g	760	52	80	24	2.5	133	200	200	8	6	2	3	12	0	69	0	0	2	30
Slow Roasted Prime Rib 12 oz (no starch or veg)	340 g	910	62	95	29	3.5	163	240	240	10	7	2	3	12	0	83	0	0	2	40
Slow Roasted Prime Rib 14 oz (no starch or veg)	397 g	1060	72	111	34	4	190	280	280	12	8	3	4	16	0	96	0	0	2	45
STEAKS & PRIME RIB SIDES																				
Side: Roasted Garlic Mashed Potato	255 g	300	10	15	6	0.2	31	30	510	21	50	17	4	16	3	5	10	30	6	6
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	10	150	6	3	1	1	4	1	1	2	20	2	4
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	45	750	31	12	4	2	8	2	8	70	35	15	15
Side: Fries	242 g	670	30	46	2.5	0.2	14	0	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Quinoa Pilaf	170 g	200	9	14	4.5	0.4	25	15	250	10	26	9	3	12	3	6	2	15	2	15
Add on: Beef Gravy	90 mL	80	2.5	4	1	0	5	0	1020	43	13	4	0	0	2	2	0	0	2	4
Add on: Peppercorn Sauce	100 g	160	12	18	6	0.5	33	20	570	24	9	3	1	4	2	1	8	4	4	4
Add on: Wham-Bam Shrimp	220 g	460	18	10	2	0	10	200	1550	65	59	20	1	4	9	15	2	6	8	15
Add on: Shrimp Skewers 2 each/ 6 shrimp	91 g	110	7	11	4.5	0.4	25	180	710	30	1	1	0	0	0	12	4	4	4	2
Add on: Bowl of Sautéed Mushrooms	247 g	230	19	29	3	0.5	18	5	960	40	12	4	3	12	4	7	4	25	6	10
PASTAS & BOWLS																				
Pesto Chicken Penne Asiago	704 g	1120	54	83	16	1	85	110	2120	88	104	35	6	24	11	55	60	100	40	45
Seafood Pasta	644 g	1090	57	88	20	2	110	265	1980	83	97	32	6	24	9	51	45	45	40	40
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	205	1320	55	92	31	9	36	26	28	190	320	50	30
Crispy Chili Chicken Bowl	828 g	1480	58	89	13	0.5	68	135	3320	138	188	63	9	36	90	53	60	150	15	60
Red Curry Chicken Bowl (with chicken)	835 g	1140	61	94	16	0.5	83	105	1670	70	108	36	7	28	14	42	70	220	25	70
Spicy Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	350	1970	82	112	37	7	28	20	48	80	150	15	30
PASTAS & BOWL SAUCES																				
Sweet Thai Chili Sauce	45 mL	100	0	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
SANDWICHES & BURGERS (NO SIDES OR GHERKIN PICKLE)																				
Prime Rib Sandwich	328 g	900	56	86	18	2	100	200	1120	47	53	18	4	16	6	46	0	15	8	35
Naked Burger	333 g	820	54	83	16	0.3	82	200	970	40	44	15	3	12	5	38	15	15	8	20
California Burger	416 g	1020	70	108	22	0.5	113	235	1320	55	49	16	5	20	8	49	20	20	25	20
Old Fashioned Burger	379 g	990	69	106	24	0.5	123	235	1320	55	44	15	3	12	5	47	25	15	25	20
Brie & Mushroom Melt Burger	403 g	920	62	95	20	0.5	102	230	1290	54	47	16	3	12	6	45	20	15	15	20
Garden Burger	380 g	800	46	71	15	0.3	77	90	1390	58	70	23	13	52	17	27	15	30	15	40
Caprese Crispy Chicken Sandwich	440 g	940	45	69	16	0.2	81	265	1620	68	64	21	4	16	7	72	25	20	50	40
Cantina Fish Taco Duo	302 g	560	32	49	7	0.5	38	55	1200	50	46	15	6	24	5	23	30	60	20	10
Rustic Chicken Sandwich	404 g	1020	53	82	11	0.4	57	130	1350	56	85	28	11	44	16	54	8	15	15	60
HANDHELD SIDES & SAUCES																				
Side: Fries	242 g	670	30	46	2.5	0.2	14	0	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Yam Frites	111 g	350	20	31	2	0.3	12	0	390	16	41	14	3	12	14	2	30	10	4	4
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	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	15	140	6	8	3	2	8	5	4	10	30	6	6
Side: French Onion Soup	120 mL	270	19	29	9	0.5	48	35	870	36	15	5	1	4	4	9	15	10	30	10
Side: Roasted Mushroom Soup	120 mL	170	13	20	5	0.3	27	20	760	32	10	3	1	4	2	3	4	0	4	8
Sauce: Chili Avocado Aioli	30 mL	110	12	18	2	0.2	11	5	350	15	1	1	1	4	0	1	0	6	0	0
Sauce: Herbed Au Jus	60 mL	35	2.5	4	1	0.1	6	5	420	18	2	1	0	0	0	0.5	0	0	4	0
Sauce: Garlic Parmesan	45 mL	160	15	23	4	0.3	22	15	120	5	3	1	0	0	1	3	2	2	6	0
Gluten Free Burger Bun	100 g	250	6	9	0.5	0.1	3	0	600	25	50	17	5	20	5	3	0	0	2	30
ALL MENU SIDES																				
Side: Beef Gravy	90 mL	80	2.5	4	1	0	5	0	1020	43	13	4	0	0	2	2	0	0	2	4
Side: Quinoa Pilaf	170 g	200	9	14	4.5	0.4	25	15	250	10	26	9	3	12	3	6	2	15	2	15
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	10	150	6	3	1	1	4	1	1	2	20	2	4
Side: Sautéed Mushrooms	247 g	230	19	29	3	0.5	18	5	960	40	12	4	3	12	4	7	4	25	6	10
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	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	15	140	6	8	3	2	8	5	4	10	30	6	6
Side: Crispy Tortilla Chips	113 g	580	21	32	1	0.2	6	0	670	28	77	26	2	8	1	11	6	6	0	10
Side: Roasted Garlic Mashed Potatos	255 g	300	10	15	6	0.2	31	30	510	21	50	17	4	16	3	5	10	30	6	6
Side: Fries	242 g	670	30	46	2.5	0.2	14	0	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Peppercorn Sauce	100 g	160	12	18	6	0.5	33	20	570	24	9	3	1	4	2	1	8	4	4	4
Side: Creamed Horseradish	30 mL	45	3.5	5	1.5	0.1	8	10	40	2	3	1	0	0	1	1	0	6	0	0
Side: Herbed Au Jus	60 mL	35	2.5	4	1	0.1	6	5	420	18	2	1	0	0	0	0.5	0	0	4	0
Side: Jasmine Rice	198 g	250	0.4	1	0.1	0	1	0	290	12	54	18	1	4	1	5	0	0	2	20
Side: French Onion Soup	120 mL	270	19	29	9	0.5	48	35	870	36	15	5	1	4	4	9	15	10	30	10
Side: Roasted Garlic Caesar Salad w. Signature Caesar Dressing	134 g	400	37	57	7	1	40	40	630	26	12	4	2	8	2	7	70	35	15	8
Side: California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	15	140	6	8	3	2	8	5	4	10	30	6	6
Side: Yam Frites	111 g	350	20	31	2	0.3	12	0	390	16	41	14	3	12	14	2	30	10	4	4
Side: French Onion Soup	120 mL	270	19	29	9	0.5	48	35	870	36	15	5	1	4	4	9	15	10	30	10
PROTEIN ADD ONS																				
Add on: Grilled Steak (4 oz)	124 g	180	8	12	4	0.4	22	70	380	16	1	1	1	4	0	26	2	0	2	15
Add on: Grilled Chicken Breast	102 g	160	6	9	3	0.2	16	85	530	22	1	1	1	4	0	26	2	0	2	4
Add on: Grilled Salmon (4 oz.)	107 g	200	13	20	3	0.1	16	65	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Wham-Bam Shrimp	220 g	460	18	10	2	0	10	200	1550	65	59	20	1	4	9	15	2	6	8	15
Add on: Shrimp Skewers 2 each/ 6 shrimps	91 g	110	7	11	4.5	0.4	25	180	710	30	1	1	0	0	0	12	4	4	4	2
ALL MENU SAUCES																				
Chili Avocado Sauce	30 mL	110	12	18	2	0.2	11	5	350	15	1	1	1	4	0	1	0	6	0	0
Mango Chili Sauce	30 mL	110	7	11	0.5	0.2	3	0	270	11	11	4	0	0	7	0.1	0	2	0	0
Pineapple Aioli	30 mL	220	23	35	3.5	0.3	19	10	200	8	4	1	0	0	3	0.4	0	10	0	0
Plum Sauce	45 mL	110	0	0	0	0	0	0	170	7	26	9	0	0	20	0.1				

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milestones®



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Sweet Thai Chili Sauce	45 mL	100	0	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Herbed Au Jus	60 mL	35	2.5	4	1	0.1	6	5	420	18	2	1	0	0	0	0.5	0	0	4	0
Sesame Ginger Soy Sauce	45 mL	130	0.5	1	0.1	0	1	0	530	22	31	10	0	0	28	0.3	0	2	2	10
Chocolate Sauce	30 mL	120	9	14	5	0.2	26	20	40	2	11	4	1	4	7	1	6	0	0	6
Salted Rum Caramel	30 mL	210	14	22	9	0.5	48	45	65	3	19	6	0	0	18	0.4	15	0	2	0
ALL MENU DRESSINGS																				
Honey Lime Peanut Vinaigrette	60 mL	350	35	54	3	1	20	0	150	6	9	3	0	0	8	1	0	2	0	0
Honey Mustard Vinaigrette	60 mL	310	31	48	2	0.5	13	0	190	8	10	3	0	0	9	0.2	0	0	0	2
Caesar Dressing	90 mL	520	57	88	4.5	1.5	30	40	550	23	3	1	0	0	0	2	2	6	2	2
KID'S MENU																				
Mini Burgers + Fries	157 g	450	27	42	10	1	55	55	760	32	34	11	2	8	4	16	4	0	15	20
Grilled Cheese Sandwich + Fries	276 g	870	46	71	24	1	126	80	1520	64	86	28	5	20	3	24	30	2	47	26
Grilled Chicken	102 g	160	6	9	3	0.2	16	85	530	22	1	1	1	4	0	26	2	0	2	4
Grilled Salmon	104 g	230	18	28	7	0.4	37	75	510	21	0	0	0	0	18	8	6	2	2	2
Pasta - Noodles with Creamy Cheddar Sauce	315 g	710	32	49	21	0.3	107	100	490	20	89	30	4	16	1	15	30	0	25	6
Pasta - Noodles with Tomato Sauce	345 g	490	8	12	3.5	0.1	18	10	600	25	95	32	5	20	7	12	25	40	15	10
Chicken Fingers + Fries	249 g	650	31	48	2.5	0.2	14	60	1550	65	65	21	4	16	0	31	0	4	4	16
Side: Plum Sauce	45 mL	110	0	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	0	420	18	15	5	0	0	12	1	2	2	0	2
KID SIDES																				
Fries	121 g	330	15	23	1	0.1	6	0	740	31	46	15	3	12	0	4	0	2	2	6
Rice	198 g	250	0.4	1	0.1	0	1	0	290	12	54	18	1	4	1	5	0	0	2	20
Roasted Garlic Mashed Potatos	255 g	300	10	15	6	0.2	31	30	510	21	50	17	4	16	3	5	10	30	6	6
KID DESSERTS																				
Add on: Salted Caramel Sauce	30 mL	120	8	12	5	0.3	27	25	40	2	11	4	0	0	11	0.3	8	0	0	0
Add on: Chocolate Sauce	30 mL	120	9	14	5	0.2	26	20	40	2	11	4	1	4	7	1	6	0	0	6
Chapman's Li'l Sammich	60 mL	90	2	3	1	0.1	6	5	45	2	15	5	0	0	7	1	2	0	0	0
DESSERTS																				
Ganache Torte	141 g	700	57	88	21	1	110	90	60	3	51	17	6	24	38	6	8	0	4	35
White Chocolate Cheesecake	296 g	1030	69	106	39	0.5	198	370	480	20	90	30	2	8	74	10	35	10	10	45
The Decadent Duo- White Chocolate Cheesecake & Ganache Torte	458 g	1710	124	191	59	1	300	455	540	23	143	48	8	32	113	16	30	30	15	80
The Show Stopper	234 g	840	60	92	40	1	205	115	230	10	74	25	7	28	62	6	8	10	2	2
Apple Rhubarb Cobbler	276 g	580	15	23	9	0.5	48	40	140	6	100	33	6	24	66	7	10	15	15	15
Churros	166 g	690	41	63	15	0.3	77	0	690	29	73	24	3	12	6	6	0	0	0	15
Side Sauce: Chocolate Sauce	30 mL	120	9	14	5	0.2	26	20	40	2	11	4	1	4	7	1	6	0	0	6
Side Sauce: Salted Rum Caramel	30 mL	210	14	22	9	0.5	48	45	65	3	19	6	0	0	18	0.4	15	0	2	0

*portion size ordinarily served to the guest. Updated April 2016