



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)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
ALL DAY BREAKFAST															
Chorizo Brekkie-Bowl	678	998	54	15	0.35	99	3096	10	2	4	42		8	216	0.28
Classic Double Egger	413	827	50	18	0.15	38	2050	0.51	0	0.47	22		0	6	0
Steak & Eggs	678	726	27	8	0	106	1459	0.51	0	0.47	42		0	6	3
Yukon Big Bite	506	908	52	19	0.15	59	2810	2	0	2	34		0	9	0
BREAKFAST ADD ONS AND SIDES															
Bacon Strip (1)	40	145	14	6	0.05	13	230				5				
Bavarian Sausage	150	397	30	11	0			7	0	4	25				
Breakfast Sausage (1)	55	191	17	7	0.10	29	274	3	0.66	0.62	5				0
Buttermilk Pancake (1)	113	0	3	0.33	0	0	536	30	3	4	0		0	0	0
Chorizo Sausage	120	310	24	9	0.10	80	1260	4			19				
Cinnamon Bun	198	758	19	7	0.23	0.16	439	115	4	56	10				
Ham Slice (1)	30	33	1	0.45		11	354	0.60		0.60	5				
Toast - Multigrain Bread (2pc)	86	220	2	0.60				40	4	4	8			44	2
Toast - Rye Bread (2pc)	58	130	1	0.20				26	2		4			44	1
Toast - Sourdough Bread (2pc)	86	200	1				360	38	2		8			44	3
Toast - White Bread (2pc)	86	210	2	0.30			450	42	3	3	7			44	3
BREAKFAST SIDES															
Add an Egg (1)	50	70	5	1.5	0	215	65	1	0	0	6	300	0	20	1
Bacon (3)	120	435	42	18	0.15	38	690				15				
Breakfast Sausages (3)	165	573	52	20	0.30	87	823	10	2	2	16	0			1
Fruit Bowl	227	102	0				36	32	4	25	2		102	42	1
Fruit Cup	113	51	0				18	16	2	12	1		51	21	0
Hash Browns	189	829	17	1	0	0	1243	155	10	2	19	70	25	121	6
Hollandaise Sauce	113	114	10	2	0	0	115	0.83	0.02	0.20	0		0	2	0
Smoked Ham (2 Slice)	60	66	3	1		21	708	1		1	9				
Stuffed Hash Browns	298	457	34	14	0.31	45	694	24	3	2	15		2	209	0
BREKKIE-BOWLS AND BAKED EGGS															
Baked Eggs Florentine	838	873	45	10	0.32	22	2094	38	6	19	23	14140	99	196	5
Chorizo Baked Eggs	704	872	43	11	0.31	63	2462	26	3	17	25	558	80	234	0.51
Blackstone Brekkie-Bowl	625	1472	71	25	0.41	61	2514	153	11	6	57	66	32	331	6
Chorizo Brekkie-Bowl	625	1347	53	16	0.36	103	3084	157	11	6	61	66	32	331	6
BENNIES															
BC Benny	572	890	59	21	0.48	58	2751	59	4	23	19		51	450	2
Blackstone Benny	620	877	58	17	0.10	456	2113	60	5	15	25		56	242	3
Classic Benny	424	463	21	2	0	11	1898	58	4	14	8		51	188	2
Chorizo Benny	626	787	44	11	0.11	80	3198	66	5	16	28		55	255	2
PANCAKES, WAFFLES, & FRENCH TOAST															
Famous Pancakes	454	459	54	29	1	113	1621	106	10	21	0.57			4	0
Belgian Waffle	134	250	2	2		6	431	52	0	16	3		0	0.02	0
Big Waffle Breakfast	504	1450	126	48	0.50	150	3125	29	2	7	48		0	9	1
French Toast	238	365	4	0.50	0.02	3	167	60	3	10	18		0	121	3
Stuffed French Toast	486	760	44	16	0.01	63	1460	137	8	50	16	163	6	95	3
Breakfast Club	427	638	28	9	0.38	212	3101	54	3	8	34		0.11	372	3

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EGG-CETERA															
Classic Double Egger															
Steak & Eggs	476	820	38	8	0	106	1868	1	0.19	0.49	42	0	6	3	
Two by Five	483	703	69	26	0.3	83	2185	67	8	11	27	0	9	0.71	
Egg Muffin with Hash Browns (No Meat)	291	417	20	5	0.19	17	1889	42	2	7	7	0.11	293	1	
Quick Commute	241	483	42	13	0.10	25	1705	13	1	0.53	15	0	3	0	
FAMOUS BIG BREAKFASTS															
Grand Forks Breakfast	913	1883	120	41	0.45	125	4521	255	22	18	60	70	25	134	7
Perogy and Egg Platter (No Sausage)	653	1193	49	9	0	19	1771	152	8	10	33		13	95	7
Yukon Big Bite (No Bavarian/Chorizo)	470	1377	62	20	0.15	59	2798	157	10	4	53	70	28	133	6
OMELETTES															
The Vegetarian Omelette	670	473	28	2	0	0	1787	35	7	12	25	279	434	601	4
The Works Omelette	637	827	59	18	0.56	79	2917	28	4	10	48	279	22	417	0.63
Three Cheese Omelette	355	455	29	11	0.51	47	1936	17	2	3	32			399	0.14
Portobello Mushroom & 3 Cheese Omelette	484	603	43	11	0.51	47	1942	22	4	5	35	0	0.58	406	0.79
Shrimp, Tomato and Goat Cheese Omelette	540	620	37	9	0.69	230	2396	25	3	7	38		5	47	0
BURGERS															
All Star Double Burger	667	1275	105	36	0.55	221	3618	59	2	16	7		0.33	329	2
Atomic Onion Ring Burger	494	1013	65	17	0.17	99	2355	73	3	30	9		8	85	10
Deluxe Classic Burger	475	824	63	17	0.17	99	2272	53	3	8	7		9	85	2
Mighty Mushroom Burger	491	1004	81	25	0.55	450	2748	48	3	4	20	0	1	476	3
Old Style Bacon n' Cheddar Burger	597	1256	102	36	0.65	157	3390	54	3	17	17		9	342	3
Teriyaki Burger	543	878	63	17	0.17	99	2678	65	4	21	7		16	81	2
Add on - Maple Bacon (2pc)	80	290	28	12	0.10	25	460				10				
Add on - Cheddar Cheese	42	143	11	7	0.38	33	658	1	0	9	0	0	0.22	257	0.08
Add on - Swiss Cheese	42	142	11	7	0.38	351	672	0.04	0	0.04	11		0	399	0.38
Add on - Goat Cheese	57	151	11	7	0.38	47	227	2						42	
Add on - Gravy	113	33	0.81	0.49	0	0	490	5	0	0	2		0	2	
Add on - Grilled Mushrooms	57	14	0.13	0.02	0	0	3	3	0.78	1	1.50	0	0.29	4	0.33
Add on - Grilled Onions	57	21						5	1	4	0.52		3	11	0.14
Add on - Peppercorn Gravy	113	49	2	0.59			723	6		2	2		12		
DINER CLASSICS															
Chicken Champignon	725	786	56	23	0.74	97	1791	23	9	41	48	0	10	50	2
Chicken Strips (No Sauce)	798	1793	98	10	1	237	2635	132	7	35	97		42	113	8
Grilled Liver & Onions	763	1134	83	20	0.67	473	1263	55	9	42	9		5	17	0.22
Roasted Turkey	610	491	25	10	0.41	94	1198	15	24	40	37	5	0.85	35	2
Slow Roasted Beef	560	431	21	12	0.17	89	1111	25	8	39	36		0	5	3
Veal Champignon	733	951	64	23	2	50	2669	59	10	50	38	0	7	40	5
FISH															
Cedar Plank Teriyaki Salmon	552	650	40	7	0	105	2476	71	5	25	44	406	6	35	1
Poached Halibut Supreme	870	620	41	10	0.28	188	3212	100	8	8	50	72	32	79	1
Cod & Chips (2 pc)	696	1224	76	10	1	151	1894	82	6	22	54	0	54	82	3
Halibut & Chips (2 pc)	696	1249	78	10	1	147	1879	82	6	22	56	0	52	118	4
Salmon & Chips (2 pc)	696	1301	84	11	1	174	1872	82	6	22	57	0	52	81	4



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PASTA & RICE															
7th Heaven Lasagna	780	1577	84	34	2	129	2448	142	10	15	65	0	37	351	8
Baked Chicken Tetrazzini	561	1208	48	25	1	89	1372	151	9	10	60	932	8	233	7
Butter Chicken	764	965	69	20	0.28	156	2871	119	6	9	57	73	12	81	4
Chicken & Pasta No Sauce	170	187	3	0.64	0	97	87	0	0	0	38	0	2	19	2
Pesto Alfredo (No Meat)	560	2033	104	26	2	30	2352	225	13	9	56	0	13	21	0.68
Ribs & Pasta (Full) No Sauce	816	2138	81	30	0.43	267	2249	217	10	8	134	0	3	3	0.12
Ribs & Pasta (Half) No Sauce	566	1661	48	18	0.36	144	1481	216	10	8	90	0	3	3	0.12
Salmon & Pasta No Sauce															
Steak & Pasta (6oz) No Sauce	493	1564	40	14	0.28	127	857	214	10	7	81	0	3	3	3
Steak & Pasta (8oz) No Sauce	548	1675	47	16	0.28	162	889	214	10	7	93	0	0.42	0.44	4
Teriyaki Stirfry (No Meat)	805	1380	11	2	0	19	3171	275	15	79	43	3627	148	94	3
The Amazing Ginger Chicken Bowl	795	1194	65	5	0	84	3887	192	9	50	50	907	13	171	4
Add On - Chicken Breast	142	156	2	0.53	0	81	72	0	0	0	32	0	2	16	1
Add Alfredo Sauce (6oz)	170	323	29	17	0.85	0	850	10	0	2	9	0	0	0	0
Add Meat Sauce (6oz)	170	110	5	2	0.14	21	0	11	1	5	5	0	12	0	1
PIZZA															
Carnivore	663	1537	93	44	1	213	4862	27	3	9	65	11	5	49	1
Chicken Margherita	733	1572	94	52	2	201	4381	22	4	6	78	58	19	29	1
Classic Pepperoni	494	1092	55	29	1	148	3462	25	2	8	41	11	6	67	2
Supreme Commander	633	1190	64	33	0.87	146	3513	24	4	9	46	116	31	36	1
The Hawaiian	567	1025	45	25	0.76	126	3495	29	3	18	43	11	12	14	0.46
SALADS AND SALAD ADD ONS															
BLTC Salad	762	1485	87	21	0.80	169	2389	117	7	45	61	1801	27	513	6
Calamari and Shrimp Salad	742	1111	37	6	0.15	481	3281	144	9	69	50	2956	87	107	3
Cobb Salad	983	1261	64	26	0.76	145	3522	112	11	31	62	4939	41	520	7
Garden Greens (No Dressing)	538	931	54	10	0.43	21	1388	99	9	24	15	3603	25	107	7
Starter Garden Greens (No Dressing)	231	337	23	4	0.14	0	456	29	4	4	6	1801	12	40	3
Spinach Supreme Salad	532	763	28	6	0.19	24	1113	111	14	17	17	8118	141	265	11
Starter Spinach Supreme Salad	228	301	19	5	0.19	24	312	28	7	9	4	4059	71	104	4
Supreme Caesar	668	1688	117	23	0.88	64	1996	123	11	11	38		76	169	10
Add On - Blackened Chicken Breast	185	232	4	0.76		97	1484	7	3	0.86	40		2	19	2
Add On - Blackened Salmon	399	690	34	6		238	1578	7	3	0.86	83		0	23	2
Add On - Grilled Chicken Breast	170	187	3	0.64		97	87	0	0	0	38		2	19	2
Add On - Lemon Herb Salmon	384	645	33	6		238	181	0	0	0	82		0	23	2
Add On - Shrimp	120	113	1			254	480	0	0	0	25				
Caeser Dressing (1oz)	28	147	16	2	0.06	11		1	0.06	0.74	0.91				
Guacamole Ranch Dressing (1oz)	28	34	2	0.31		0.71	65	3	0.47	0.47	0.50		3		
Orange Citrus Dressing (1oz)	28	67	5	0.71		0		6	0	3	0.13		4	0.62	
Ranch Dressing (1oz)	28	20	2	0.14		1	26	0.28			0.06				
Tangerine Balsamic Dressing (1oz)	28	85	7	0.94		0		7	0	4	0.09		2		



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SANDWICHES & WRAPS															
Big Beef Dipper	440	648	20	7	0.01	94	1946	67	2	4	40		0	80	6
Buffalo Chicken Wrap	467	775	31	2	0.07	60	1329	87	9	14	34		22	269	3
Ciabatta Chicken Alfredo	545	1214	82	34	0.76	169	2227	54	3	3	74	0	4	24	5
Classic Chicken Club	588	1417	95	29	0.65	166	2465	67	3	14	58		13	370	6
Classic Clubhouse (Multigrain)	549	1380	100	31	0.43	96	2212	68	8	12	46	666	15	92	5
Classic Clubhouse (Rye)	507	1245	99	31	0.43	96	2212	47	5	6	40	666	15	92	4
Classic Clubhouse (Sourdough)	549	1350	99	31	0.43	96	2752	65	5	6	46	666	15	92	6
Classic Clubhouse (White Bread)	549	1365	100	31	0.43	96	2887	71	6	10	45	666	15	92	6
Deluxe Turkey Melt	406	830	53	22	0.48	407	2567	44	3	4	41		8	456	4
Halibut Sandwich	565	1062	62	7	0.28	60	1782	91	6	17	30		32	155	5
Hawaiian Chicken Burger	435	825	56	8	0.17	108	1097	35	2	19	42		18	50	3
Philly Cheese Steak	660	1206	72	21	0.51	293	4562	79	5	15	47	162	80	429	7
Pulled Pork Sandwich	417	875	38	10		100	2136	82	4	18	46	156	20	108	4
Steak Sandwich	337	757	45	12	0	106	3315	41	3	3	41		2	48	5
Supreme Steak Ciabatta	585	1237	81	29	0.77	177	3638	58	5	4	68	0	9	608	7
Turkey Club Wrap	431	1021	74	18	0.33	70	2166	55	7	8	30		11	246	2
West Coast Shrimp Wrap	456	898	60	8	0.49	272	1713	54	7	6	35		11	246	1
Add On - Peppercorn Sauce	113	49	2	0.59			723	6		2	2		12		
Add On - Sautéed Mushrooms	128	120	10	2	0	0	96	5	2	2	3	0	1	9	0.69
Add On - Sautéed Peppers & Onions	113	34	0.11	0.03	0	0	1	8	2	5	1	162	78	17	0.37
Add On - Swiss Cheese	42	142	11	7	0.38	351	672	0.04		0.04	11			399	0.38
BURGER & SANDWICH SIDES															
Sides - Caesar Salad	147	373	26	9	0.39	20	625	22	2	2	13		14	19	2
Sides - Fries	238	562	29	3	0.91	79	778	42	2	9	33		6	29	3
Sides - Garden Salad (No Dressing)	159	263	18	3	0.11	0	350	22	3	2.5	4	901	8	22	2
Sides - Onion Rings	177	309	9	2		6	719	49	3	8	7	68	0.4	36	0.49
Sides - Potato Wedges	238	451	18	0.57			1256								
Sides - Sweet Potato Fries (No Dip)	238	491	26	3			454	59	8	19	3		26	59	0.75
BREADS & SOUPS															
Four-Cheese Piccolo Garlic Bread	269	982	67	25	0.79	82	1799	65	3	4	33		3	478	4
Piccolo Garlic Bread	170	647	39	7		0	938	63	2	3	9		3	80	4
Chicken Wild Rice (Bowl)	317	600	36	7	0.17	28	1440	41	5	5	18	676	2	58	3
Chicken Wild Rice (Meal)	630	1485	88	17	0.23	42	3017	120	10	11	36	1014	5	167	7
Clam Chowder (Bowl)	227	157	3	2		23	981	26	2	5	6	83	4	130	0.46
Clam Chowder (Meal)	510	883	43	10		35	2410	101	5	10	19	125	8	274	4
Cream of Potato (Bowl)	227	176	8	2		3	796	22	3	3	5	472	0.93	104	0.28
Cream of Potato (Meal)	510	911	51	11		4	2132	96	6	8	16	708	4	235	4
Forno French Onion	354	669	27	16	0.52	57	3164	69	2	14	18				
Roasted Veg Radiatori (Bowl)	227	83	1				704	16	3	6	3	5101	0.93	13	0.93
Roasted Veg Radiatori (Meal)	510	772	41	7		0	1994	86	6	12	13	7651	4	99	5
Split Pea with Ham (Bowl)	227	120	1			5	1009	19	6	0.93	7	3166	0.93	22	2
Split Pea with Ham (Meal)	510	827	41	7		7	2452	92	10	5	20	4749	4	113	6
Tomato Basil (Bowl)	331	392	29	6	0.17	5	498	28	2	2	6				2
Tomato Basil (Meal)	649	1194	80	16	0.23	5	1631	100	4	6	17		3	80	7

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STARTERS															
Atomic Onion Tree	354	619	18	4		13	1438	98	6	17	14	135	0.79	73	0.97
Bruschetta	631	1532	59	18	0.65	63	2551	196	8	14	35		16	297	11
Classic Chicken Wings (No Sauce)	552	1040	71	15	0.41	474	1456	12	6	4	90	2506	15	181	4
Prime Rib Sliders	459	1160	63	25	0.34	188	1073	93	8	24	45		0.17	201	0.22
Mozza Sticks	64	42	0.30	0.17	0	1	431	8	1	4	2	119	3	11	0.38
Nacho Grande	682	1165	88	50	2	230	2580	31	7	5	68		15	1684	1
Pot Stickers	277	746	62	7	0.28	30	4762	42	3	2	14	2506	5	157	3
Poutine	480	1050	65	23	1	199	3746	53	2	9	63		6	32	3
Salt and Pepper Calamari	280	424	21	2	0.57	319	4767	41	5	4	29	2506	3	27	1
Sizzling Sonic Shrimp (Cajun Cream)	590	1376	39	10		209	3770	201	10	12	50		25	259	11
Sizzling Sonic Shrimp (Garlic & Tequila)	549	1296	32	5	0	191	2313	196	6	18	49	0	4	242	11
South of the Border Quesadilla	529	1138	79	27	0.77	89	3291	77	13	15	34	558	53	937	2
Spinach & Artichoke Dip (No Chips)	170	112	19	8	0.21	9	866	69	2	19	11	449	4	11	0.78
Spud Skins	408	783	53	23	0.58	84	799	55	6	3	28		10	419	0.56
Tapas Trio	737	1607	112	28	1	173	1965	99	7	15	68		26	261	5
Wing Sauce - Guinness BBQ	57	113					28	9		25	0.57		8		8
Wing Sauce - Hot Sauce	57	58	4	0.24		0		3	2	0.95	3				
Wing Sauce - Smokey BBQ	57	12	0.10				1576	2	1		0.35				
Wing Sauce - Teriyaki Sauce	57	76					1134	19		19	0.76				
STEAK & RIBS															
Angus Beef Sirloin Steak (6oz)	177	380	25	9		106	143	0.10	0.01	0.08	35		0.42	0.44	3
Angus Beef Sirloin Steak (8oz)	234	491	31	11		142	176	0.10	0.01	0.08	47		0.42	0.44	4
Big Bronco Ribs (Full) No Sauce	585	1214	75	26	0.30	268	2011	43	0.77	19	92		3	31	1
Big Bronco Ribs (Half) No Sauce	335	737	42	14	0.22	144	1244	42	0.77	18	48		3	31	1
Chicken & Ribs (Full) No Sauce	729	1454	96	27	0.15	343	4264	17	6	3	129		5	21	2
Chicken & Ribs (Half) No Sauce	479	977	63	15	0.07	220	3496	15	6	3	85		5	21	2
Steak and Ribs (6oz+Full) No Sauce	679	1338	91	33	0.15	353	2088	4	0.20	2	123		0.42	0.44	3
Steak and Ribs (6oz+Half) No Sauce	429	861	58	21	0.08	230	1320	2	0.20	0.97	79		0.42	0.44	3
Steak and Ribs (8oz+Full) No Sauce	736	1450	97	36	0.15	388	2121	4	0.20	2	135		0.42	0.44	4
Steak and Ribs (8oz+Half) No Sauce	486	973	64	23	0.08	265	1353	2	0.2	0.97	91		0.42	0.44	4
Sauce - Forty Creek BBQ (1oz)	28	57					14	5		12	0.28		4		4
Sauce - Blackened Seasoning	57	312	28	2			2641	14	6	2	3				
Sauce - Smokey BBQ (1 oz)	28	6	0.05				788	1	0.56		0.18				
Sauce - Sweet Bayou BBQ (1oz)	28	14	0.06				321	3	0.11	3	0.14				
ENTRÉE SIDE DISHES															
Sides - Caesar Salad	147	373	26	9	0.39	20	625	22	2	2	13		14	19	2
Sides - Chef Rice	142	221	2	0.16			472	44	2		5				
Sides - Coleslaw	113	177	13	2		11	399	13	2	10	2		25	28	0.33
Sides - Fries	227	471	19	2	0.91	79	778	42	2	9	33		6	29	3
Sides - Garden Salad (No Dressing)	159	263	18	3	0.11	0	350	22	3	2.5	4	901	8	22	2
Sides - Garlic Mashed Potatoes	142	6	3	5	0.17	0	405	0.56	4	34	0.07		0	2	0
Sides - Onion Rings	177	309	9	2		6	719	49	3	8	7	68	0.40	36	0.49
Sides - Potato Wedges	227	361	8				1256								
Sides - Seasoned Vegetables	142	55	0.22				45	9	4	4	2				
Sides - Sweet Potato Fries (No Dip)	227	400	16	3			454	59	8	19	3		26	59	0.75