



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)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
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BREAKFAST ITEMS

FAMOUS BIG BREAKFASTS

Chicken Tenders and Waffle	450.1	1372	85.3	28.2	1.0	233.4	1867.1	81.0	6.0	20.0	67.9	26.1%	0.0%	6.0%	26.4%
Steak and Eggs	728.4	1354	81.9	21.0	0.1	2.1	1508.9	77.9	6.6	2.5	73.3	38.0%	65.8%	62.7%	48.7%
Perogy and Egg Platter w/ Chorizo	673.5	1456	88.0	23.2	0.4	95.4	2395.2	111.6	7.6	8.3	58.6	31.6%	15.4%	25.0%	129.7%
Perogy and Egg Platter w/ Bavarian	687.5	1451	82.7	23.0	0.5	98.3	2607.8	115.6	6.6	12.2	64.0	31.4%	15.4%	28.2%	66.1%
Yukon Big Bite w/ Chorizo	823.2	1658	119.5	31.5	0.3	426.0	4021.7	81.1	11.6	11.0	63.9	24.1%	67.0%	60.0%	103.8%
Yukon Big Bite w/ Bavarian	873.1	1910	142.9	36.7	0.8	428.9	4485.1	85.1	10.6	14.9	69.4	23.9%	67.0%	11.8%	40.2%
Big Waffle Breakfast	704.3	1783	146.5	53.0	1.3	491.2	2551.7	75.0	5.7	13.9	46.9	37.0%	24.4%	31.7%	32.8%
Grand Forks	988.4	2024	126.9	37.0	0.7	417.0	3969.1	162.3	19.1	22.1	57.8	34.9%	66.3%	88.5%	59.9%

BENNIES

Classic Benny	474.8	661	39.6	4.3	0.3	263.8	1210.4	51.7	4.2	2.8	23.1	7.5%	23.1%	20.6%	34.5%
Blackstone Benny	531.5	836	60.7	12.5	0.4	283.1	889.8	52.7	4.9	3.4	19.8	8.9%	32.2%	21.4%	34.1%
BC Benny	516.8	989	74.7	21.5	0.8	323.1	1229.8	51.2	4.2	2.9	29.8	25.9%	23.4%	53.9%	34.1%
California Benny	543.5	721	49.1	5.7	0.3	253.8	555.9	57.1	9.5	2.5	15.4	10.5%	41.8%	22.0%	34.8%

PANCAKES & WAFFLES

Strawberry Waffle	311.8	827	40.3	11.8	0.2	69.0	1068.1	109.5	4.3	43.4	11.1	2.0%	79.4%	8.3%	29.5%
Apple Cinnamon Waffle	427.1	1122	50.5	17.8	0.3	90.5	1325.6	161.6	4.4	69.8	10.8	7.2%	4.1%	7.6%	30.4%
French Toast	263.9	642	35.0	18.0	0.6	61.4	849.0	58.5	3.0	14.3	21.5	36.3%	20.0%	15.7%	35.1%
French Toast with Maple Bacon	241.4	722	53.0	24.9	0.7	89.1	971.5	40.5	2.0	10.6	20.1	32.2%	40.0%	10.7%	25.0%
Colada Pancakes	670.8	1200	43.6	27.5	0.0	63.6	1803.3	185.1	20.5	69.0	26.6	1.8%	100.1%	84.5%	44.6%
4-Berry Banana Split Pancakes	741.7	1245	45.8	23.3	0.0	127.2	1828.8	189.0	18.2	68.6	26.4	2.9%	83.1%	86.1%	42.6%
Strawberry Banana Pancakes	585.8	910	23.4	9.6	0.0	63.6	1791.1	156.2	15.5	48.1	24.3	1.5%	76.6%	83.3%	37.3%
Peach Cobbler Pancakes	536.5	990	27.9	2.4	0.1	86.9	1840.2	163.0	12.8	61.8	23.4	6.8%	78.3%	82.0%	35.3%

SIGNATURE BREKKIE-BOWLS

Chorizo Brekkie-Bowl	801.9	1781	133.8	28.6	0.4	795.9	2598.3	81.4	12.8	8.2	59.8	30.9%	79.4%	23.5%	107.1%
Blackstone Brekkie-Bowl	765.9	1763	135.0	30.9	0.6	774.7	2127.4	81.6	11.8	9.9	51.4	31.3%	79.9%	23.9%	38.1%
Meat Lovers Brekkie-Bowl	792.7	1705	123.9	28.7	0.4	799.5	2466.6	87.6	12.0	10.8	59.8	34.9%	79.6%	25.6%	42.6%
Veggie Brekkie-Bowl	790.7	1433	108.5	18.9	0.3	730.9	1403.7	73.2	18.7	5.8	42.3	91.0%	113.4%	26.3%	36.8%

EGG-CETERA

Two by Five	581.1	1449	93.1	35.1	0.9	320.7	2615.6	112.1	14.0	18.4	41.7	30.5%	30.0%	63.6%	49.1%
Egg Muffin	282.7	570	31.7	7.0	0.1	18.7	911.6	49.6	3.0	3.4	21.8	17.2%	10.2%	34.9%	35.2%
Quick Commute	268.1	627	46.5	11.2	0.2	121.7	744.0	38.5	5.0	4.1	14.7	3.4%	10.3%	5.2%	13.6%
Breakfast Club	428.3	839	45.3	11.3	0.3	461.6	1800.9	61.6	4.0	2.6	44.4	19.0%	10.5%	26.2%	34.1%
Double Egger - no meat	312.2	605	35.6	5.3	0.1	185.0	639.2	56.0	8.0	6.0	16.0	6.0%	10.0%	8.0%	22.0%
Double Egger with Bacon	396.2	947	68.8	17.6	0.3	228.8	1148.3	58.2	8.0	7.6	24.6	6.6%	10.5%	8.3%	24.4%
Double Egger with Black Forest Ham	425.6	730	40.7	7.0	0.1	224.7	1977.3	58.3	8.0	8.3	33.0	6.1%	10.8%	8.7%	26.3%
Double Egger with Sausage	402.2	907	63.3	15.2	0.3	231.2	1199.0	58.7	8.8	6.2	26.3	8.1%	10.0%	9.7%	29.6%
Double Egger with Bavarian (Farmer) Sausage	446.2	960	62.3	15.2	0.3	252.8	1831.8	62.0	8.0	9.9	38.4	6.0%	10.0%	11.2%	29.8%
Double Egger with Chorizo Sausage	432.2	965	67.6	15.3	0.1	250.0	1619.2	58.0	9.0	6.0	33.0	6.2%	10.0%	8.0%	93.4%



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OMELETTES															
Cheese Lovers Omelette	439.0	983	62.4	19.1	0.7	680.3	1226.6	60.5	8.0	6.1	45.6	18.1%	10.0%	13.2%	32.5%
Cheese Lovers Omelette w/Ham	495.0	1043	63.4	19.1	0.7	690.3	1886.6	62.5	8.0	7.1	54.6	18.1%	10.0%	13.2%	34.5%
Cheese Lovers Omelette w/Bacon	523.0	1324	95.6	31.4	0.8	724.1	1735.6	62.7	8.0	7.7	54.2	18.7%	10.5%	13.6%	34.9%
Works Omelette	700.9	1260	81.1	23.7	0.7	700.3	2073.4	68.1	10.2	11.2	60.5	16.6%	73.3%	14.7%	42.9%
Mediterranean Omelette	517.8	1024	65.8	17.8	0.1	669.1	1469.1	60.1	11.1	6.6	42.7	52.0%	25.8%	27.5%	35.0%
Mega Mushroom & 3 Cheese	552.4	1009	62.4	19.1	0.7	680.3	1232.0	65.3	9.1	7.2	49.3	18.1%	10.0%	13.4%	45.9%
Chicken Avocado Omelette	775.5	1502	103.4	26.5	0.2	757.0	1789.5	75.7	16.1	11.9	70.6	48.8%	86.3%	65.2%	40.9%
HEALTHY CHOICES															
Healthy Start Oatmeal (w/Rye Toast)	212.2	408	15.1	2.9	0.1	0.0	427.9	59.5	8.1	15.0	9.5	30.0%	90.2%	8.2%	16.0%
Good Morning Omelette	667.2	548	17.4	3.1	0.1	0.0	719.7	68.4	12.1	23.6	31.5	73.4%	164.9%	10.6%	37.1%
Avocado Toast	236.8	301	17.2	3.0	0.0	210.0	278.1	29.0	7.0	1.4	12.2	43.2%	33.9%	6.9%	19.1%
BREAKFAST SIDES															
Side Stuffed Hashbrown	281.1	5687	43.4	13.4	0.3	57.0	654.4	33.6	3.9	2.1	14.3	1.7%	24.0%	23.7%	4.2%
Side Fruit Bowl	226.8	102	0.0	0.0	0.0	0.0	35.9	32.1	3.8	24.6	1.9	37.8%	170.1%	3.8%	3.8%
Side Fruit Cup	113.4	51	0.0	0.0	0.0	0.0	18.0	16.1	1.9	12.3	0.9	18.9%	85.1%	1.9%	1.9%
Side Bavarian (Farmers) Sausage	134.0	354	26.8	9.8	0.1	67.8	1192.6	6.0	0.0	3.9	22.4	0.0%	0.0%	3.2%	7.8%
Side Chorizo Sausage	120.0	360	32.0	10.0	0.0	65.0	980.0	2.0	1.0	0.0	17.0	0.2%	0.0%	0.0%	71.4%
Side Maple Bacon	84.0	342	33.2	12.3	0.2	43.8	509.0	2.2	0.0	1.6	8.6	0.6%	0.5%	0.3%	2.4%
Side Breakfast Sausage	90.0	302	27.7	9.9	0.1	46.2	559.8	2.7	0.8	0.2	10.3	2.1%	0.0%	1.7%	7.6%
Side Black Forest Ham	113.4	125	5.1	1.7	0.0	39.7	1338.1	2.3	0.0	2.3	17.0	0.1%	0.8%	0.7%	4.3%
Side White Toast	86.0	210	2.5	0.5	0.0	0.0	450.0	40.0	1.0	2.0	7.0	0.0%	0.0%	4.0%	20.0%
Side Multigrain Toast	86.0	240	6.0	1.0	0.0	0.0	300.0	38.0	6.0	6.0	8.0	0.0%	0.0%	4.0%	16.0%
Side Sourdough Toast	90.0	200	1.0	0.0	0.0	0.0	380.0	40.0	2.0	0.0	8.0	0.0%	0.0%	4.0%	20.0%
Side Rye Toast	61.0	150	1.5	0.2	0.0	0.0	270.0	29.0	2.0	5.0	5.0	0.0%	0.0%	4.0%	15.0%
Side Hollandaise	113.4	150	12.5	5.1	0.1	0.0	354.7	12.5	0.0	2.3	0.0	0.0%	0.0%	0.3%	0.0%
Side Ranchero Hollandaise	56.7	328	35.8	2.9	0.0	78.8	75.1	0.6	0.0	0.3	1.0	0.0%	0.3%	9.3%	0.1%
Side Perogies	259.6	562	22.0	2.2	0.1	0.0	837.3	78.0	11.1	2.9	10.9	0.0%	10.4%	4.1%	26.8%
Side Shredded Hash	126.2	193	13.3	0.7	0.0	0.0	170.0	18.0	2.0	0.0	2.0	0.0%	10.0%	2.0%	2.0%
Side Tomato Slices	141.8	16	0.0	0.0	0.0	0.0	0.0	3.7	1.9	1.2	0.0	2.5%	21.9%	1.2%	0.0%
Side Strawberry Topping	113.4	113	0.0	0.0	0.0	0.0	1.1	29.5	2.3	22.7	1.1	0.0%	79.4%	2.3%	4.5%
Side Four Berry Topping	113.4	91	0.3	0.0	0.0	0.0	1.1	22.1	4.0	15.9	1.1	1.1%	48.2%	2.3%	4.5%
Side Peach Topping	113.4	128	0.0	0.0	0.0	0.0	11.0	31.2	1.1	28.0	0.6	2.3%	78.2%	0.0%	0.0%



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LUNCH & DINNER ITEMS

START & SHARE

Fresh Cut Kennebec Fries - Au Naturel	313.4	425	25.8	1.4	0.0	0.0	597.0	45.4	8.5	2.8	5.4	0.0%	53.9%	3.1%	11.0%
Fresh Cut Kennebec Fries - Traditional Poutine	454.6	460	18.8	10.9	0.8	62.4	968.7	52.6	8.5	2.8	19.6	16.4%	53.9%	43.6%	12.8%
Fresh Cut Kennebec Fries - Rosemary Parm Truffle	356.0	691	54.0	7.1	0.2	5.1	651.9	46.2	8.6	3.0	7.9	50.0%	54.5%	3.4%	11.3%
Starter Twisted Nachos	538.7	1266	78.0	31.9	1.6	159.6	18513.0	99.7	10.3	7.4	55.0	2.4%	17.5%	24.9%	38.0%
Starter Twisted Nachos w/Chorizo	623.7	1577	107.8	36.3	1.6	200.9	2308.9	101.9	11.0	8.8	63.6	4.3%	18.4%	29.2%	42.1%
Starter Panko Shrimp	198.5	491	28.9	3.1	0.1	108.6	904.6	42.7	1.4	28.3	18.7	2.8%	0.0%	9.3%	30.5%
Starter Potstickers	268.7	550	23.9	4.0	0.2	25.6	2084.7	60.6	4.0	24.0	15.0	11.4%	10.3%	27.4%	22.4%
Sweet Potato Fries	340.2	812	57.3	8.7	0.3	22.7	1549.7	69.4	4.3	23.6	4.5	79.2%	32.1%	8.9%	12.9%
Full Pesto Veggie Flatbread	414.4	793	62.5	18.5	0.5	66.5	1973.8	37.2	13.0	1.9	25.8	17.3%	55.9%	42.5%	15.4%
Starter Pesto Veggie Flatbread	207.2	397	31.3	9.3	0.3	33.2	986.9	18.6	6.5	1.0	12.9	8.7%	28.0%	21.3%	7.7%
Full Carbonara Flatbread	736.5	1828	143.0	85.2	1.0	384.1	3723.3	47.2	1.6	13.1	74.1	50.2%	12.0%	44.8%	17.8%
Starter Carbonara Flatbread	368.2	914	71.5	42.6	0.5	192.1	1861.6	23.6	0.8	6.6	37.0	25.1%	6.0%	22.4%	8.9%
Starter Wings	584.7	1048	77.0	19.8	0.0	400.8	3085.4	9.2	0.5	2.6	83.0	47.5%	10.8%	4.8%	30.7%
Starter Chicken Tenders (4 pc)	266.5	518	20.4	4.1	0.0	140.0	540.8	26.2	4.3	8.5	52.4	0.4%	0.4%	0.5%	3.4%
Cauliflower, Artichoke & Spinach Dip	313.2	692	45.3	15.6	3.1	60.0	1960.2	49.0	4.7	3.9	22.2	47.8%	46.1%	38.6%	21.5%

SOUPS & BREADS

Signature Tomato Basil	266.4	864	89.8	55.1	2.6	327.5	331.4	13.2	0.0	10.6	5.7	70.0%	2.4%	17.3%	0.8%
French Onion Soup	364.0	394	22.0	12.1	0.5	47.0	2014.6	23.9	3.2	6.7	22.0	0.0%	22.7%	6.2%	0.0%
Baked Brocco 4-Cheese Soup	1056.4	1217	71.7	34.9	1.3	123.5	4431.0	80.4	0.0	30.0	41.0	60.0%	150.0%	110.0%	23.6%
Bowl Mushroom Soup	232.8	229	16.4	5.8	0.0	22.7	934.5	16.3	50.0	2.3	5.0	13.6%	0.0%	5.0%	5.1%
Meal Mushroom Soup	475.6	796	54.2	12.7	0.1	34.0	2113.2	64.0	2.0	4.4	15.8	48.8%	0.0%	9.7%	24.7%
Bowl Thai Coconut Soup	232.8	229	14.1	6.9	0.0	0.0	685.0	23.1	52.3	2.3	2.8	6.8%	34.0%	5.0%	12.1%
Meal Thai Coconut Soup	475.6	796	50.8	14.4	0.1	0.0	1739.0	74.2	5.4	4.4	12.4	38.6%	51.0%	9.7%	35.3%
Bowl Chicken Totilla Soup	232.8	184	6.2	2.4	0.0	22.7	730.4	18.6	52.3	4.5	11.8	20.4%	34.0%	5.0%	8.6%
Meal Chicken Totilla Soup	475.6	728	38.9	7.6	0.1	34.0	1807.0	67.4	5.4	7.8	26.0	59.0%	51.0%	9.7%	30.0%
Bowl Chicken Noodle Soup	232.8	161	5.0	0.8	0.0	22.7	821.1	16.3	52.3	2.3	11.8	20.4%	4.5%	5.0%	5.1%
Meal Chicken Noodle Soup	475.6	694	37.2	5.2	0.1	34.0	1943.1	64.0	5.4	4.4	26.0	59.0%	6.8%	9.7%	24.7%
Bowl Borscht Soup	232.8	127	2.8	1.2	0.0	0.0	911.8	23.1	52.3	6.8	2.8	0.0%	22.7%	0.0%	5.1%
Meal Borscht Soup	475.6	643	33.8	5.9	0.1	0.0	2079.2	74.2	5.4	11.2	12.4	28.4%	34.0%	2.2%	24.7%
Bowl Clam Chowder	232.8	229	11.8	4.6	0.0	45.4	1093.3	20.9	50.0	4.5	9.6	13.6%	9.1%	10.0%	36.8%
Meal Clam Chowder	475.6	796	47.4	11.0	0.1	68.0	2351.3	70.8	2.0	7.8	22.6	48.8%	13.6%	17.2%	72.4%
Bowl Sweet Potato Corn Chowder	232.8	229	10.7	4.6	0.0	22.7	843.8	29.9	52.3	2.9	1.2	29.2%	7.8%	2.1%	3.7%
Meal Sweet Potato Corn Chowder	475.6	796	45.7	11.0	0.1	34.0	1977.1	84.4	5.4	11.2	12.4		27.2%	9.7%	30.0%
4-Cheese Piccolo Garlic Bread	248.8	911	66.7	21.7	0.9	74.5	1657.0	47.9	2.0	1.1	33.0	42.5%	0.0%	2.2%	19.4%
Piccolo Garlic Bread	135.4	489	30.4	4.2	0.1	0.0	786.4	47.0	2.0	1.0	9.0	28.4%	0.0%	2.2%	19.4%

SIGNATURE SALADS

Califresco Salad	756.3	1230	75.3	12.3	0.3	129.5	2614.0	88.8	12.1	8.7	56.0	97.4%	48.5%	16.0%	38.4%
BLTC Salad	773.1	1487	102.7	23.2	0.6	190.9	2078.1	77.5	9.3	16.3	69.0	87.5%	44.3%	20.8%	42.9%
Blackened Chicken Spinach Salad	744.3	1292	66.1	21.2	0.4	109.4	6556.6	77.9	10.6	18.1	60.4	514.5%	106.2%	34.4%	66.6%
Meal Caesar	558.6	1473	105.6	14.0	0.3	72.9	2429.9	105.2	6.1	2.0	33.4	152.8%	81.0%	14.7%	49.5%
Starter Signature Tossed Salad	241.0	249	14.3	1.0	0.1	0.0	179.2	34.3	5.5	25.3	2.6	128.5%	54.9%	14.6%	5.8%
Starter Caesar	267.2	752	55.7	7.0	0.2	52.2	1279.5	50.3	2.0	0.7	18.5	62.9%	40.5%	7.2%	23.6%
Starter Spinach Salad	240.6	414	24.1	10.8	0.2	33.5	844.7	17.1	4.8	10.7	13.2	217.5%	53.1%	19.8%	24.5%



NUTRITION INFORMATION

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SANDWICHES															
Classic Clubhouse (Multi)	510.3	1307	99.0	21.8	0.2	128.2	1759.5	64.5	10.1	11.9	36.9	88.7%	30.3%	9.6%	61.8%
Tennessee Chicken Crunch	479.8	1044	58.1	14.7	0.5	134.0	1705.1	80.5	5.7	24.2	48.3	22.9%	61.5%	46.3%	44.1%
California Chicken Sandwich	500.0	1054	74.0	19.7	0.3	198.1	1344.1	40.4	8.4	1.7	59.2	62.6%	21.8%	24.2%	39.1%
Chicken Cheddar BLT	455.2	1074	79.4	20.8	0.5	158.8	2798.9	40.8	6.8	1.8	53.3	26.5%	9.8%	34.9%	36.9%
Cheesy Grilled Cheese	251.9	949	72.7	28.4	1.1	106.9	1480.8	40.9	2.0	0.1	36.7	27.0%	0.0%	42.5%	20.0%
Meatloaf Sandwich	548.7	1394	99.2	25.7	0.9	198.0	2489.3	68.5	5.2	10.9	58.3	27.0%	17.3%	41.6%	32.5%
Steak Sandwich	151.2	407	26.6	7.6	0.0	0.0	432.3	16.1	1.0	3.1	23.0	0.0%	0.0%	27.0%	9.4%
Beef Dip with Angus Ribeye	302.1	790	39.2	9.5	0.8	122.0	1286.3	56.3	0.0	6.3	50.6	20.0%	15.0%	7.6%	39.4%
Beef Dip with Angus Ribeye - Philly Style	493.2	1203	73.9	19.0	1.3	182.0	2001.9	67.4	1.7	12.4	63.4	5.3%	123.9%	16.7%	55.2%
Beef Dip with Angus Ribeye - Mushroom Swiss Style	528.9	1141	69.8	17.9	1.2	148.1	1384.3	63.8	1.7	8.3	64.7	20.0%	15.0%	7.9%	59.4%
Zorba The Greek	500.3	877	52.6	6.1	0.2	129.5	1664.3	56.3	3.2	11.1	49.4	7.3%	10.6%	25.1%	16.2%
Pulled Pork Sandwich	439.9	838	40.8	10.1	0.0	97.0	1918.1	72.5	2.9	21.0	31.7	28.5%	12.5%	7.5%	27.7%
Chicken Caesar Wrap	347.9	950	45.8	6.4	0.2	87.6	2243.0	95.2	4.0	1.5	42.1	36.4%	34.3%	8.6%	47.9%
Buffalo Chicken Wrap	354.6	687	30.7	3.9	0.0	79.1	2514.3	63.1	5.9	3.7	35.7	4.5%	17.8%	6.8%	36.2%
BURGERS															
Radical Bacon Burger	578.5	1606	115.6	40.8	0.7	240.2	1490.7	64.1	2.8	11.5	67.4	59.0%	17.3%	78.3%	41.2%
Mighty Mushroom Burger	496.1	1397	106.0	24.9	0.1	174.8	858.8	53.7	2.4	10.3	51.5	0.3%	0.1%	39.6%	57.1%
Old Style Bacon n' Cheddar Burger	570.8	1575	118.4	38.5	0.5	242.2	1478.9	58.8	1.7	14.8	63.4	61.9%	17.3%	73.5%	48.6%
Original Deluxe	487.0	1095	70.9	20.3	0.0	163.5	767.6	59.9	2.3	14.9	48.0	43.5%	20.4%	40.8%	40.2%
Veggie Burger	378.5	766	48.8	12.6	0.0	18.9	1231.0	69.7	15.0	6.1	29.8	8.4%	20.0%	15.0%	42.5%
SIDES & ADD-ONS															
Sub Fresh Cut Fries	235.4	319	19.3	1.1	0.0	0.0	592.8	34.0	6.4	2.1	4.0	0.0%	40.4%	2.3%	8.3%
Sub Signature Tossed Salad	212.6	186	5.6	0.6	0.1	0.2	45.5	36.3	5.2	27.6	2.4	107.6%	44.8%	13.5%	3.8%
Sub Spinach Salad	127.6	178	12.6	3.0	0.1	9.5	284.1	12.6	3.0	8.4	5.7	109.0%	52.0%	10.2%	12.5%
Sub Caesar	171.0	542	37.0	4.8	0.1	33.7	947.6	43.3	1.0	0.4	14.6	31.7%	20.3%	3.9%	19.1%
Sliced Swiss Cheese	21.0	78	5.9	3.8	0.2	19.3	49.8	0.0	0.0	0.0	6.3	0.0%	0.0%	0.0%	0.0%
Sliced Pepper Jack	21.0	70	6.0	3.5	0.0	20.0	120.0	0.0	0.0	0.0	5.0	4.0%	0.0%	15.0%	0.0%
Sliced American	20.0	60	4.0	2.5	0.2	15.0	380.0	2.0	0.0	1.0	3.0	4.0%	0.0%	8.0%	0.0%
Sliced Cheddar Cheese	21.0	80	7.0	4.5	0.2	20.0	170.0	0.0	0.0	0.0	5.0	6.0%	0.0%	15.0%	0.0%
MAINS															
7oz Sirloin Steak and Frites	602.4	926	62.3	13.4	0.0	9.1	248.5	46.1	9.0	10.3	44.9	2.7%	101.9%	57.2%	24.5%
8oz NY Striploin - In-house Marinade	792.8	1469	81.2	17.1	1.8	173.1	1141.1	91.8	9.9	9.4	90.8	46.1%	212.1%	33.6%	35.0%
8oz NY Striploin - Bourbon BBQ	820.4	1584	81.3	13.2	0.1	170.1	1525.7	121.0	11.0	35.3	89.4	31.0%	101.9%	29.6%	46.5%
8oz NY Striploin - Blackened	629.8	1816	73.4	26.6	0.2	222.2	6901.7	168.4	7.7	13.5	110.4	61.2%	13.0%	34.5%	58.3%
Meatloaf Dinner with Marinara Sauce	671.7	1193	68.5	24.7	0.9	221.0	2762.4	75.1	6.4	17.7	63.6	14.7%	28.6%	60.5%	30.7%
Meatloaf Dinner with Hunter Sauce	759.3	1320	93.4	34.2	1.0	249.3	3081.6	73.2	5.1	14.9	66.7	14.3%	15.1%	59.7%	26.3%
Southern Style Chicken Tender Dinner	562.8	946	45.2	7.0	0.0	219.1	907.6	48.4	9.0	19.5	79.8	3.2%	62.0%	6.0%	17.8%
1 Piece Fish & Chips	609.5	1069	80.2	5.4	0.0	78.4	1322.0	48.7	9.6	10.8	18.4	2.8%	101.9%	8.9%	50.7%
2 Piece Fish & Chips	765.5	1342	93.8	6.2	0.0	118.4	2223.0	49.4	10.1	11.3	31.5	2.9%	101.9%	10.3%	57.0%



NUTRITION INFORMATION

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PASTAS															
Blackened Chicken Fettuccine Alfredo	845.2	2234	83.1	35.2	0.4	233.0	7764.9	267.0	13.3	14.6	101.6	162.2%	3.4%	27.1%	66.9%
Prawn Pesto Fettuccine	760.1	2471	117.5	29.5	0.7	245.2	3568.4	265.9	15.2	11.5	83.6	33.5%	29.4%	65.4%	73.6%
Traditional Lasagna	927.8	2024	114.8	31.6	3.1	177.8	4989.6	170.5	11.1	17.9	80.3	69.9%	36.6%	59.0%	81.2%
Rigatoni Rose	561.7	1747	60.4	16.3	0.4	47.7	2392.8	251.9	10.3	27.9	47.4	33.2%	1.9%	13.7%	53.8%
Rigatoni Rose with Chorizo	621.7	1927	76.4	21.3	0.4	80.2	2882.8	252.9	10.8	27.9	55.9	33.3%	1.9%	13.7%	89.5%
Baked Rigatoni Bolognese	646.7	1861	69.8	22.3	4.0	88.2	2413.9	235.5	11.8	16.0	72.5	56.9%	29.6%	46.4%	59.8%
Mac N' Cheese	660.6	1699	102.5	29.0	0.9	116.8	3252.9	138.0	6.4	8.2	54.3	63.0%	20.3%	72.2%	49.1%
Mac N' Cheese with Chorizo	745.7	2010	132.3	33.5	0.9	158.1	3710.5	140.2	7.2	9.6	62.9	64.9%	21.1%	76.5%	53.1%
GLOBAL BOWLS															
Central City Butter Chicken	808.8	1699	73.5	20.0	0.5	130.1	3312.2	199.9	4.7	14.3	53.2	16.9%	12.3%	20.6%	30.8%
Teriyaki Stirfry	1294.0	1703	69.2	8.4	0.4	12.8	3579.1	246.7	11.8	117.6	25.4	74.0%	215.4%	69.5%	45.0%
Teriyaki Chicken Stirfry	1069.0	1559	68.9	8.6	0.3	115.3	3006.5	177.9	7.1	77.0	57.0	45.4%	120.8%	44.8%	40.2%
Teriyaki Shrimp Stirfry	1012.3	1229	43.7	4.1	0.1	166.2	3235.2	175.8	7.1	76.5	33.8	58.0%	112.8%	55.9%	32.6%
The Amazing Ginger Bowl	849.2	1833	65.7	8.7	0.3	115.0	1558.5	244.9	9.1	49.8	61.3	192.4%	12.8%	11.5%	25.4%

LEGACY CLASSICS

Veal Champignon	967.2	2164	160.4	47.6	4.1	172.9	4811.7	155.3	13.7	28.8	51.9	84.0%	300.8%	34.1%	47.2%
Lighter Portion Veal Champignon	854.2	1944	151.4	44.1	3.1	147.9	4071.7	135.3	12.7	23.8	36.9	82.6%	300.8%	32.7%	32.2%
Grilled Liver & Onions	807.9	1602	92.0	14.9	3.7	877.4	2885.6	119.0	11.7	13.2	76.4	46.3%	296.2%	9.7%	12.8%
Lighter Portion Liver & Onions	694.9	1404	86.7	13.4	3.0	446.4	2798.6	113.2	11.7	13.2	46.4	46.3%	296.2%	9.7%	12.8%
Homestyle Slow Roasted Turkey	767.5	1187	53.4	7.8	2.4	64.2	3652.3	137.8	13.3	37.4	41.8	47.1%	302.2%	24.1%	18.3%
Lighter Portion Homestyle Slow Roasted Turkey	696.6	1130	53.0	7.6	2.4	32.3	3170.3	137.8	13.3	37.4	28.4	45.7%	302.2%	24.1%	15.5%

EXPRESS LUNCH

1/2 Classic Clubhouse (no side)	274.8	657	49.5	10.9	0.1	64.1	885.5	33.1	5.1	6.0	18.4	73.8%	20.9%	5.6%	31.7%
1/2 Traditional Lasagna w/Caesar Salad	442.2	985	57.1	14.7	1.0	96.3	2365.7	82.6	5.0	7.2	39.6	32.4%	24.6%	39.1%	37.3%
1/4lb Deluxe Burger (no side)	378.2	817	62.1	20.4	0.4	100.1	1032.3	29.9	1.8	6.9	33.5	83.5%	22.8%	36.0%	13.2%
1/2 Cheezy Grilled Cheese (no side)	126.4	477	36.5	13.8	0.5	58.9	714.5	20.5	1.0	0.1	18.5	5.5%	0.0%	29.4%	10.0%
1/2 Beer Battered Fish Sandwich (no side)	293.9	534	26.5	3.2	0.1	42.9	1289.6	33.2	1.9	7.1	16.6	1.4%	38.2%	7.2%	22.6%
1/2 Pesto Veggie Flatbread (no side)	195.9	374	29.1	9.0	0.3	33.2	985.4	17.8	5.8	1.3	12.7	7.2%	27.6%	27.2%	5.7%

SENIORS MENU

Note: does not include starter or dessert

Grilled Liver & Onions	694.9	1404	86.7	13.4	3.0	446.4	2798.6	113.2	11.7	13.2	46.4	46.3%	296.2%	9.7%	12.8%
Homestyle Slow Roasted Turkey	696.6	1130	53.0	7.6	2.4	32.3	3170.3	137.8	13.3	27.4	28.4	45.7%	302.2%	24.1%	15.5%
Hand-Battered Fish & Chips (1 piece)	609.5	1069	80.2	5.4	0.0	78.4	1322.0	48.7	9.6	10.8	18.4	2.8%	101.9%	8.9%	50.7%
Traditional Lasagna w/Piccolo Garlic Loaf	374.0	956	56.5	17.3	2.4	65.5	1796.4	80.7	4.6	7.7	34.6	44.7%	19.0%	19.3%	29.2%



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KIDS MENU

Super Smart Start w/bacon, toast & hashbrowns	225.9	542	38.8	12.5	0.3	226.2	720.9	28.0	4.0	3.0	19.1	6.3%	5.0%	5.5%	15.4%
Super Smart Start w/sausage, toast & hashbrowns	254.9	637	44.3	12.3	0.8	281.0	1051.4	28.0	4.0	3.0	28.9	5.6%	6.0%	6.6%	20.4%
Super Smart Start w/bacon & 4 mini pancakes	186.0	484	37.4	12.3	0.3	230.9	794.8	17.7	1.9	2.8	17.8	6.3%	0.0%	16.5%	12.0%
Super Smart Start w/sausage & 4 mini pancakes	215.1	579	42.9	12.1	2.8	285.6	1125.2	17.7	1.9	2.8	27.6	5.6%	1.0%	17.6%	16.9%
Wonderful Whipped Waffle	141.8	370	16.1	3.5	0.1	22.3	529.8	53.0	2.1	21.5	5.3	1.0%	39.7%	4.1%	14.8%
Panko's Pancakes w/syrup	220.0	490	17.1	8.3	0.3	45.0	1023.2	73.4	5.6	12.0	11.3	7.1%	0.0%	42.6%	16.9%
Mac and Cheese	227.3	527	29.9	11.8	0.4	41.5	940.8	40.0	2.7	6.5	18.4	1.5%	0.0%	35.1%	13.3%

DESSERTS

Sticky Toffee Pudding	111.4	347	19.2	11.9	0.1	74.5	178.5	41.5	1.0	24.4	3.5	8.0%	0.0%	4.0%	25.0%
Mini Cheesecake Parfait - Apple	106.3	290	18.7	9.2	0.1	43.7	118.0	30.2	0.7	17.0	1.5	20.0%	1.0%	80.0%	2.5%
Mini Cheesecake Parfait - Lemon	134.7	401	20.7	11.3	0.2	54.6	277.9	52.7	0.1	31.2	2.7	2.5%	50.0%	20.0%	2.6%
Mini Cheesecake Parfait - Four Berry	134.7	337	19.6	10.7	0.2	54.6	207.8	38.9	2.0	20.5	3.3	3.1%	24.2%	1.3%	4.8%
Deep Dish Apple Extravaganza	268.4	641	24.6	4.6	0.3	0.0	297.6	104.2	3.2	61.1	0.2	90.0%	4.9%	3.9%	12.0%