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NUTRITION MENU



The information in this guide is effective as of April 20, 2016 and is based on our standard product formulations, variations may occur. The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government 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.

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)

MAIN MENU	*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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Snack On This

Crowded Seafood Chowder (cup)	235	290	17	2.5	1.5	25	650	24	2	4	9	15	15	8	20
Crowded Seafood Chowder (bowl)	356	450	26	4	2	40	1010	39	3	6	14	20	25	15	30
Tomato Soup (cup)	242	200	15	8	0.5	45	620	15	2	1	4	20	20	6	10
Tomato Soup (bowl)	371	320	23	13	1	70	960	26	4	1	7	35	30	10	20
Steak Bites	263	490	37	10	0.2	115	1600	5	1	2	34	10	15	8	35
Panang Curry Mussels	439	680	38	10	0.3	65	2110	46	3	7	35	15	35	4	80
Asian Lettuce Wraps	556	1090	29	4.5	0.3	75	1470	153	8	40	46	60	120	10	90
Warm Baked Brie	306	910	36	20	1	105	2670	108	4	47	37	30	4	60	25
Double Dip Yam Fries (with Garlic Aioli & Honey Mustard)	480	1140	93	11	0.5	30	1290	97	5	40	5	45	0	10	15
Blackjack Strips	225	770	60	7	1	125	2210	12	4	1	46	30	10	6	30
Panko Chicken Strips (with 1oz Honey mustard)	332	1050	54	6	1	255	1400	109	4	6	56	10	2	4	30
Panko Chicken Strips (with 1oz Plum sauce)	332	1080	41	5	0.5	245	1280	115	4	12	56	8	2	4	30
Hummus & Naan	511	590	24	5	0	10	1140	76	12	11	17	80	140	15	45
Potato Cheddar Perogies	321	630	28	3.5	0.3	30	1120	74	4	5	18	4	15	8	30
Italian Meatballs	584	960	50	14	1.5	130	1400	70	6	19	53	30	35	40	60
Wings & Drummettes (Traditional):															
- Hot Sauce	241	550	36	8	0.5	130	2220	15	0	12	38	8	2	2	15
- Extra Hot Sauce	218	520	37	9	1	120	1750	9	0	6	35	8	2	2	10
- Mango Habanero	211	480	34	8	0.2	120	1720	41	0	2	35	4	0	2	10
- Cajun Spice	175	480	34	8	0.2	120	460	5	0	2	35	4	0	2	10
- Teriyaki	237	560	34	8	0.2	130	1860	20	0	16	38	4	0	2	15
- Salt and Pepper	175	480	34	8	0.2	120	470	5	0	2	35	4	0	2	10
- BBQ	220	600	34	8	0.2	120	920	32	0	27	35	4	0	2	15

*Portion size ordinarily served to the guest

NUTRITION INFORMATION

	*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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Snack On This *...continued*

Cajun Chicken Quesadillas	345	790	46	22	1	145	1370	42	5	5	49	8	50	8	25
Panko Shrimp	255	420	26	0.5	0.1	135	1400	61	2	22	24	40	6	8	25
Calamari	309	450	21	5	0.5	445	1120	33	2	2	34	35	25	10	20
Cabo Wabo Tacos	250	540	30	13	0.4	100	520	28	6	5	32	6	30	4	20
Dry Garlic Ribs (hoisin dip, side salad)	177	610	50	11	1	100	1000	7	1	4	30	6	0	6	10
Maui Tuna Poke	150	300	19	1.5	0	35	670	11	2	8	18	2	8	6	15

Grazing Greens

Caesar (Starter)	155	340	23	5	0	20	470	26	26	1	8	80	40	10	15
Caesar (Full)	222	510	31	9	0	40	970	39	39	2	19	110	50	40	25
Tuscan Greens (Starter)	179	160	11	1	0.2	0	290	14	14	9	3	120	20	8	15
Tuscan Greens (Full)	295	240	17	1.5	0.3	0	450	19	19	12	5	220	40	15	25
Wicked Tuna	496	720	35	3.5	0	40	1330	66	66	15	29	140	50	15	45
Quinoa Salad	561	1050	78	11	1	90	890	51	51	16	42	130	60	20	45
Strawberry Fields	551	1330	73	13	1	195	1330	115	115	26	50	140	50	15	40
The Ranchero	585	940	63	16	1	125	1250	48	48	8	47	130	80	20	35
Salad Add Ons:															
- Chicken Breast	551	190	4	1	0	95	260	1	1	0	34	4	0	2	10
- Garlic Prawns	602	90	2	0.4	0	135	620	1	1	0	15	6	0	6	2
- Tuna	0	80	1.5	0.3	0	35	220	1	1	0	17	2	2	2	8
- Steak	67	250	16	6	0	80	1310	2	2	1	23	2	0	2	25
- Halibut	77	100	4	0.4	0.1	25	340	1	1	0	16	4	0	4	6

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NUTRITION INFORMATION

	*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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Boss Plates

Tequila Habanero Meatloaf	690	1500	92	30	1.5	230	3870	104	8	30	62	45	80	20	60
Pan Seared Alaskan Halibut	477	720	48	29	1	150	2630	48	6	4	24	50	40	15	35
7 oz. Certified Angus Beef® Sirloin	790	1240	53	20	1	225	2860	90	10	16	91	60	320	15	60
New Orleans Combo Skillet	745	1230	76	32	1	380	2920	61	7	12	81	110	40	30	60
Fajitas Grande (Chicken)	800	1270	56	20	1	225	2810	89	10	16	91	60	320	15	60
Fajitas Grande (Beef)	826	1350	66	24	1.5	240	2940	88	10	16	93	60	320	15	100
Short Rib Shepherd's Pie	403	720	49	13	0.1	120	1240	22	3	8	5	80	10	2	6
Smothered Chicken	640	1250	74	29	0.5	270	2610	64	6	21	81	70	40	10	50

Big Bowls

Kung Pao (Chicken)	593	1110	29	7	0	55	1500	172	14	44	54	45	190	20	110
Kung Pao (Prawn)	550	1030	27	6	0	45	1670	172	14	44	39	45	190	20	100
Thai Curry Bowl (Chicken)	1064	1090	48	12	0.5	105	1470	116	12	27	51	170	170	15	45
Thai Curry Bowl (Prawn)	972	930	45	11	0.5	55	1590	117	12	27	21	170	170	15	40
Samurai Bowl	657	770	33	4.5	0.3	60	2090	86	9	31	34	60	200	15	30
Creole Jambalaya	534	970	61	14	0.4	125	1450	72	5	4	32	10	40	8	120

Gourmet Pastas

Blackened Four Cheese Penne	587	1320	68	28	0.2	200	1210	118	5	14	62	30	8	45	35
Cajun Chicken Linguini	430	790	50	17	2	160	1260	45	2	9	41	70	35	20	40
Fettuccini Alfredo	460	1030	48	21	0	75	1290	113	6	8	42	25	2	50	25
Italian Meatball Linguini	441	930	42	16	0.5	105	2010	94	6	11	36	35	35	30	80
Seafood Fettuccini	508	1250	58	21	1.5	140	2320	122	5	40	57	40	15	10	60

Thin Crust Pizza

Sammy's House	441	930	42	16	0.5	105	2010	94	6	11	36	20	35	30	80
Blackened BBQ Chicken	508	1180	49	20	1	150	2330	122	5	40	60	10	15	10	60
Margarita	538	690	19	9	0.3	40	850	100	8	16	22	30	50	30	50

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Between Bread

The Backyard Burger	351	810	42	12	1.5	140	2200	58	3	13	45	25	30	6	60
Canadian Burger	372	940	54	18	1.5	175	2330	52	3	9	55	30	30	20	60
Spicy Sriracha Chicken Wrap	472	1460	74	15	0.5	235	2010	136	7	5	58	15	50	25	60
Cajun BBQ Chicken Club	311	870	44	12	0.2	105	1170	71	3	20	41	25	15	15	35
Steak Sandwich	273	630	29	7	0.5	120	1080	41	3	4	49	10	10	6	60
Ahi Tuna Tacos	289	660	33	8	0	50	1090	59	4	6	27	8	40	8	35
Apple Mango Chicken	339	630	32	10	0	135	1140	37	6	7	49	100	60	30	45
7 Grain BLTA	271	830	56	11	0	65	1350	59	8	6	23	20	40	6	40
Short Rib Beef Dip	432	1080	59	19	0	195	1430	51	2	2	43	0	0	4	50
Pitmaster Pulled Pork	289	760	47	11	0.2	80	1300	59	3	21	22	25	80	8	40
West Coast Fish Tacos	344	550	37	7	0.1	65	980	32	6	7	21	15	70	10	10
Sides & Toppings:															
- French Fries	93	350	23	6	0.2	0	530	34	3	0	3	0	8	0	10
- Yam Fries (with Garlic Aioli)	145	450	37	5	0.2	20	370	26	1	11	2	15	0	2	4
- Tomato Soup	180	160	11	6	0.4	35	470	12	2	1	3	15	15	6	10
- Chowder Soup	180	220	13	2	1	20	500	18	2	3	7	10	15	6	15
- Salad	50	45	3	0.3	0	0	75	4	1	2	1	35	6	2	4
- Veggie Patty	120	230	8	1	0	0	550	20	4	3	19	0	0	0	0
- Beef Patty	170	420	23	9	1.5	130	1050	13	1	1	39	4	2	4	30
- Sauteed Mushrooms	32	10	0.2	0	0	0	75	2	1	1	1	0	2	0	4
- Bacon	20	110	8	3	0	20	340	0	0	0	7	0	0	0	2
- Cheese	24	90	8	5	0.3	25	170	0	0	0	6	0	0	0	0

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Non-Alcoholic Beverages

Pepsi	373	150	0	0	0	0	30	42	0	42	0	0	0	0	0
Diet Pepsi	359	0	0	0	0	0	40	0	0	0	0	0	0	0	0
7-Up	370	150	0	0	0	0	75	39	0	39	0	0	0	0	0
Iced Tea	381	140	0	0	0	0	25	33	0	33	0	0	150	0	0
Lemonade	355	180	0	0	0	0	30	44	0	42	0	0	150	0	0
Ginger Ale	366	140	0	0	0	0	40	36	0	36	0	0	0	0	0
Dad's Old Fashioned Root Beer	355	150	0	0	0	0	50	41	0	41	0	0	0	0	0
Boylan's Creme Soda	355	160	0	0	0	0	35	40	0	40	0	0	0	0	0
Sparkling or Still Pellegrino	500	0	0	0	0	0	0	0	0	0	0	0	0	20	0
Red Bull Energy Drink, Regular	260	120	0	0	0	0	220	28	0	26	1	0	0	4	0
Red Bull Energy Drink, Sugar Free	255	15	0	0	0	0	210	2	0	0	1	0	0	4	0
Juice, Apple, 12 oz	355	140	0	0	0	0	20	37	0	34	0	0	140	2	4
Juice, Grapefruit, 12 oz	355	140	0	0	0	0	20	34	0	31	1	0	200	6	4
Juice, Pineapple, 12 oz	355	160	0	0	0	0	20	38	0	35	0	0	140	2	0
Juice, Orange, 12 oz	355	160	0	0	0	0	0	38	0	33	3	0	170	2	0
Juice, Tomato (1 can)	284	60	0	0	0	0	550	12	3	7	2	8	30	2	20
Non Alcoholic Beer, O'Doul's (341 mL)	341	60	0	0	0	0	0	15	0	0	1	0	0	2	0
Non Alcoholic Beer, Fentiman's Ginger Beer (275 mL)	275	130	0	0	0	0	25	31	0	29	0	0	0	0	0
Tea	284	0	0	0	0	0	10	1	0	0	0	0	0	0	0
Coffee	284	0	0.1	0	0	0	5	0	0	0	0.3	0	0	0	0

Desserts

Chocolate Peanut Butter Pie with Whipped Cream	167	710	55	20	0.2	60	10	48	0	30	10	20	35	8	10
NY Cheesecake with Whipped Cream	225	690	41	23	0.5	190	490	70	1	53	12	45	0	15	10

*Portion size ordinarily served to the guest