

# Earls.67

Daily Calorie and Sodium Requirements - Healthy adults should aim for 1500 to 2300 milligrams of sodium per day. Children and Seniors need less.  
Healthy adults should aim for 2000 to 2400 calories per day. Individual needs vary depending on age, activity level and gender.

	Serving Size (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (% DV)
<b>APPETIZERS</b>															
Leroy's Dry Ribs	233	870	48	1	1	0	74	27	0	135	3770	0	1	2	15
Sicilian Calamari	187	430	19	29	3	3	26	3	0.5	235	540	10	18	10	10
Jicama	195	200	3	21	9	7	12	2	0	0	330	10	25	2	10
Hot Wings + Dip	411	1090	86	6	2	3	77	19	0.5	375	2800	60	8	15	35
Hot Wings - No Dip	366	890	84	4	2	2	57	16	0.5	350	2630	60	5	8	35
Garlic Fries + Garlic Mayo	250	940	4	84	10	24	64	4	0.5	20	1280	240	25	8	2
Vegetarian Press	193	480	7	75	9	10	16	2	0	10	810	15	18	6	15
Spicy Tuna Press	198	450	14	56	3	8	16	2	0	50	1130	15	8	6	10
Dynamite Prawn Roll	241	590	14	71	5	11	26	3	0.2	65	1170	10	15	6	20
California Crab Roll	209	380	10	63	5	9	8	1	0	35	1600	8	10	6	10
Tuna Tataki	127	200	13	7	1	3	13	3	0	20	710	10	13	2	8
<b>SOUPS + BREADS</b>															
Clam Chowder	327	420	13	22	2	5	32	19	0.4	120	1010	60	8	15	10
Pan Bread	156	410	12	68	3	2	10	2	0	0	830	0	4	2	35
Oil and Vinegar	52	330	0	3	0	2	36	5	0	0	5	0	0	0	2
<b>ROBATA GRILL</b>															
Singapore Pork Shoulder	170	470	28	32	3	22	26	7	0.1	80	700	8	5	4	25
Piri Piri Prawns	135	250	12	4	1	1	21	3	0	100	560	15	10	6	6
Fire Roasted Beef	132	270	19	9	2	5	18	6	0	45	840	10	13	4	20
Lemon Chicken	409	450	29	19	4	9	30	5	0	75	1430	20	35	8	10
Robata Platter	1669	2600	162	132	21	78	161	39	0.4	455	6540	100	130	40	120
<b>SALADS</b>															
Grilled Caesar Salad	286	570	10	15	5	4	54	8	1	50	1090	60	40	25	20
Grilled Caesar - No Dressing	230	180	9	13	4	3	12	5	0	20	380	60	40	20	15
Raw Zucchini Salad	195	140	6	12	1	9	9	4	0.2	20	1070	15	35	10	6
Raw Zucchini Salad - No Dressing	165	120	6	7	1	5	9	4	0.2	20	770	15	30	10	4
Santa Fe 67 Salad	437	980	19	88	16	24	67	8	1	10	1140	70	45	20	30
Santa Fe 67 Salad - No Dressing	377	650	17	84	15	23	32	5	0	10	830	70	40	20	25
Santa Fe 67 Salad + Chicken	525	1160	44	90	17	24	74	12	2	90	1640	80	45	25	40
<b>BOWLS</b>															
Bibimap Bowl	644	1200	20	108	6	19	77	8	1.5	180	3360	90	35	15	50
Bibimap Bowl + Tofu	744	1360	31	112	8	20	88	10	1.5	180	3780	90	35	50	60
Bibimap Bowl + Chicken	737	1400	41	110	7	19	89	11	1.5	250	3820	90	35	15	60
Bibimap Bowl + Beef	736	1450	44	110	7	19	93	13	1.5	240	3820	90	35	15	70
Bibimap Bowl + Prawns	723	1320	34	110	7	19	83	9	1.5	305	3920	90	35	15	70
Hunan Kung Pao	642	960	21	120	8	41	44	5	0.5	0	3490	170	145	35	70
Hunan Kung Pao + Tofu	727	1060	32	122	9	42	50	6	0.5	0	3490	170	145	70	80
Hunan Kung Pao + Chicken	718	1080	46	120	8	41	46	5	0.5	65	3550	180	145	35	70
Hunan Kung Pao + Beef	703	1060	39	120	8	41	48	6	0.5	40	3530	170	145	35	80
Hunan Kung Pao + Prawns	707	1030	36	121	8	41	45	5	0.5	135	4100	180	145	40	70
Jeera Chicken Curry	820	1640	44	175	11	18	83	19	1.5	140	3090	50	25	20	60
Jeera Chicken Curry - No Naan	820	1480	45	162	7	14	72	14	3.5	120	2710	40	20	15	40
Jeera Curry - No Protein	744	1360	20	162	7	14	70	13	4	55	2650	40	20	15	40
Jeera Prawn Curry	809	1440	34	163	7	14	72	14	3.5	190	3260	45	20	20	40
Jeera Beef Curry	806	1470	38	162	7	14	74	15	4	95	2690	40	20	15	50
Jeera Tofu Curry	829	1460	31	164	8	15	76	14	4	55	2650	40	20	50	50
Carbonara	591	1170	39	56	4	3	89	41	2	545	1830	60	8	45	30
Mushroom Bolognese	522	890	26	102	9	12	44	14	1	55	1440	35	18	30	45
<b>BURGERS + SANDWICHES + TACOS (add your choice of sides shown below)</b>															
Bigger Better Burger	289	720	44	51	4	8	36	11	1	155	1740	8	3	6	50
Bigger Better Burger - No Bun	280	780	44	7	2	2	63	22	1.0	155	1730	2	4	6	25
Cheddar Burger	318	830	50	51	4	8	46	18	1	180	1970	15	3	25	50
Mushroom Burger	419	840	47	55	5	10	48	19	1.5	185	2410	15	5	8	50
Bacon + Cheddar Burger	394	1160	59	53	4	8	78	31	2	230	2530	15	3	25	50
Royale with Cheese Burger	408	1090	57	70	5	21	64	27	1.5	225	2630	30	10	40	50
Cajun Chicken Cheddar Sandwich	295	710	40	51	4	1	39	12	0	115	1180	40	8	20	40
Roast Porchetta Sandwich	328	1040	26	52	3	1	81	29	0.5	115	980	15	5	8	45
Philly Cheese Sandwich	339	850	49	56	3	2	49	14	1	125	1330	15	15	8	50
Fish Tacos	389	960	24	149	17	6	30	4	0.1	30	770	10	15	35	20
Chicken Tacos	359	1070	32	142	14	6	42	16	1	110	520	45	23	35	25
<b>SIDES FOR BURGERS + SANDWICHES + TACOS</b>															
Yukon Gold Fries - 7 oz	132	410	5	52	2	0	21	4	0.2	0	1050	0	10	2	10

Yukon Gold Fries - 10 oz	187	580	7	74	3	1	29	5	0.3	0	1260	0	13	2	15	
Yam Fries - 10 oz + Garlic Mayo	250	940	4	84	10	24	64	4	0.5	20	1280	240	25	8	2	
Ketchup 1 fl oz	30	35	0	8	1	8	0	0	0	0	240	2	0	0	0	
<b>FORNO + GRILL</b>																
Italian Flatbread	325	690	44	53	3	4	35	16	0	110	2030	30	13	35	35	
Full Rack BBQ Back Ribs	490	1640	114	35	1	32	110	44	1.0	450	1860	0	1	15	40	
Lunch BBQ Back Ribs	261	850	57	24	1	21	55	22	0.5	225	1350	0	1	8	20	
Cajun Chicken	537	1040	63	45	8	8	68	14	0.5	210	2090	40	55	15	40	
Chimichurri Skirt Steak, Potatoes + Tomatoes	470	780	42	50	6	11	47	10	0.5	115	2050	10	35	8	40	
12 oz Striploin	250	830	70	0	0	0	58	15	2	170	135	0	0	2	45	
Duck Breast + Vegetables	359	590	27	41	4	23	39	11	0.5	170	900	110	40	6	40	
Jerk Chicken	543	1030	71	88	6	23	44	16	2.0	210	2760	35	15	20	40	
<b>SAUCES FOR STEAKS</b>																
Bourbon Mushroom + Butter	95	190	4	7	1	2	15	8	0.5	35	410	15	3	2	4	
Peppercorn	90	170	4	9	1	1	12	5	0	30	820	10	3	4	10	
Cajun Blackened (spice + garlic butter)	25	110	1	5	3	1	11	6	1	25	1020	35	4	4	15	
<b>SIDES</b>																
Yukon Gold Mashed Potatoes	229	410	5	34	3	2	30	18	2	85	590	30	18	6	10	
Horseradish 0.5 oz	14	3	0	0	0	0	0	0	0	0	70	0	5	0	0	
Sauteed Prawns	196	300	30	5	1	0	15	8	0.5	305	1310	20	13	15	4	
Sauteed Button Mushrooms	158	140	4	6	2	2	12	7	0.5	30	670	10	3	2	10	
Warm Potato Salad	217	670	9	25	2	2	60	17	1	85	1080	20	13	6	10	
Coleslaw	149	210	2	8	2	5	19	2	0	15	420	4	40	4	4	
Seasoned Jasmine Rice	159	300	4	50	2	4	9	2	0.1	0	620	0	2	4	4	
Organic Summer Vegetable Medley	180	150	2	14	3	9	10	3	0.3	10	530	100	15	4	8	
Side Caesar Salad	106	230	5	6	2	1	21	4	0.4	20	450	20	15	10	8	
Side House Greens	89	80	3	6	1	4	6	2	0.1	15	330	40	5	8	6	
Warm Potato Salad	217	510	10	33	3	3	38	7	0.3	50	700	4	13	4	15	
Cauliflower + Brussel Sprout	159	120	6	11	4	3	7	2	0.2	10	660	8	80	10	10	
Green Beans	154	150	3	11	5	2	12	7	0.5	30	380	20	13	6	8	
Asparagus	121	130	3	5	2	1	12	7	0.5	30	390	20	8	2	8	
Beets + Butternut Squash	197	210	3	20	4	11	14	3	0.2	10	480	60	18	8	8	
Fresh Baked Naan	107	340	11	59	2	3	7	3	0.2	45	300	4	0	6	30	
Half Chicken Breast (skin on, brined, confit garlic butter)	117	220	22	2	0	0	14	6	0.3	85	660	8	1	2	6	
Sautéed Onions	42	110	0	3	0	1	12	7	0.5	30	85	10	2	0	0	
Garlic Bread	213	770	14	69	4	1	48	23	2.0	90	1320	30	8	6	40	
Tater Tots	124	290	2	28	3	0	19	2	0.3	0	860	0	2	4	4	
<b>GOOD JUNK FOOD</b>																
Cookies + Cream	115	390	4	28	2	21	29	17	0	90	160	25	2	10	6	
Trio of Ice Cream Bars	105	140	2	24	1	21	2	2	0	10	20	6	5	8	6	
Sticky Toffee Chocolate Pudding	370	1130	14	163	8	107	51	31	2	230	790	45	1	15	45	
<b>BEVERAGES (ml)</b>																
Coke	240	100	0	26	0	26	0	0	0	0	30	0	0	0	0	
Diet Coke	240	0	0	0	0	0	0	0	0	0	30	0	0	0	0	
Sprite	240	100	0	26	0	26	0	0	0	0	45	0	0	0	0	
Ginger Ale	240	90	0	24	0	24	0	0	0	0	25	0	0	0	0	