

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>APPETIZERS</b>															
Leroy's Crispy Dry Ribs	225	870	74	27	0	135	1270	1	0	0	48	0	1	2	15
Crispy Chicken Tenders, Fries + Sauce	391	1240	61	8	1	105	3060	123	6	15	51	2	13	6	50
Crispy Chicken Tenders, Fries - No Sauce	355	1160	61	8	1	105	2930	105	5	1	51	2	13	6	45
One Pound Wings + Dip	312	990	69	18	1	360	1570	2	0	1	85	25	30	10	35
One Pound Wings - No Dip	284	870	57	15	0.5	350	1460	1	0	1	83	20	30	6	30
Chicken + Wontons	285	850	32	3	1	120	1890	89	3	49	45	8	5	4	20
Dynamite Roll	312	740	36	4	0.3	70	1750	84	5	18	15	30	18	6	20
Sicilian Calamari	340	890	57	6	1	470	1520	57	5	5	38	15	25	20	20
Warm Three Cheese + Spinach Dip	425	940	49	26	1	130	2090	89	6	7	38	60	13	60	50
Yam Fries + Garlic Aioli	245	940	64	4	1	20	1280	84	10	24	4	240	25	8	2
Tuna Tostadas	225	640	27	2	0.2	25	2920	84	11	3	17	10	15	15	20
Truffle Fries	298	1070	71	10	1	20	2530	101	5	1	10	0	20	6	25
Garlic Fries + Parmesan Dip	256	830	53	9	1	20	1480	83	4	2	8	2	18	4	20
Korean Hot Wings	388	1100	70	21	1	350	2900	28	3	19	91	35	40	15	50
Tuna Poke	233	460	33	5	0	45	1000	21	4	8	23	8	15	4	10
California Roll	284	510	16	2	0	40	1750	75	5	15	13	6	10	4	10
California Roll - Half portion	142	260	8	1	0	20	870	38	2	7	6	4	5	2	6
Sushi Press	214	450	19	1	0	45	1390	54	3	9	13	10	8	2	8
Magic Beans	217	410	34	4	1	25	1430	21	5	7	8	10	13	8	15
Ahi Tuna Tataki	224	250	11	1	0	35	1370	16	3	8	22	30	15	10	20
Dragon Roll	317	520	9	1	0	85	1930	90	5	24	20	30	13	6	15
Green Dragon Roll	289	470	9	2	0	0	1370	90	8	24	8	30	18	4	10
<b>SOUPS + BREADS</b>															
Clam Chowder	327	420	32	19	0.4	120	1010	22	2	5	13	60	8	15	10
Tortilla Soup	294	210	12	3	0	10	710	24	5	5	6	15	18	10	10
Pan Bread	152	400	9	2	0	0	550	67	3	2	12	0	4	2	35
Oil and Vinegar	52	330	36	5	0	0	5	3	0	2	0	0	0	0	2
<b>SALADS</b>															
Caesar Salad	286	570	54	8	1	50	1090	15	5	4	10	60	40	25	20
Caesar Salad - No Dressing	230	180	12	5	0.2	20	380	13	4	3	9	60	40	20	15
Grilled Chicken Caesar	372	690	54	9	1	135	1450	14	5	3	37	180	40	25	25
Grilled Chicken Caesar - No Dressing	315	320	14	6	0	105	870	12	5	3	36	180	40	20	20
Grilled Cajun Chicken Caesar	388	770	62	13	1.5	150	1690	18	7	4	38	210	45	25	35
Grilled Cajun Chicken Caesar - No Dressing	331	390	21	9	0.5	120	1110	16	7	4	36	210	45	25	35
Santa Fe Cajun Chicken Salad	507	1040	63	13	1	110	1940	85	17	23	48	80	20	30	45
Santa Fe Chicken Salad - No Dressing	447	710	28	10	0.5	110	1630	81	16	23	46	80	20	30	40
Field Greens Salad	232	190	15	2.5	0.1	15	610	17	4	10	7	10	25	25	10
Field Greens Salad - No Dressing	187	120	8	2	0.1	15	420	15	4	9	6	10	23	20	10
Warm Kale Salad	345	790	63	18	2	80	470	46	6	13	16	130	115	40	25
Warm Kale Salad - No Dressing	285	430	23	5	0.4	30	340	44	6	13	15	120	110	40	25
Field Greens Salad	223	310	28	4.5	0.5	10	530	12	4	5	10	60	15	15	20
Field Greens Salad - No Dressing	193	160	12	4	0.1	10	390	9	4	4	10	50	15	15	20
Warm Kale Salad	345	790	63	18	2	80	470	46	6	13	16	130	115	40	25
Warm Kale Salad - No Dressing	285	430	23	5	0.4	30	340	44	6	13	15	120	110	40	25
Quinoa +Avocado Power Bowl	428	790	54	6	0.4	10	1120	68	16	12	17	110	30	15	40
Quinoa +Avocado Power Bowl - No Dressing	368	510	25	3	0.1	0	850	64	16	10	16	100	25	15	40
West Coast Ahi Tuna Salad	483	620	44	5	0.4	40	1070	36	11	15	27	60	65	20	35
West Coast Ahi Tuna Salad - No Dressing	445	440	25	3	0	40	230	33	11	13	26	60	65	20	30
<b>PIZZAS</b>															
Italia Pizza	494	1100	52	25	0.2	160	3170	94	5	3	68	35	8	70	70
Margherita Pizza	353	700	24	13	1	60	1680	89	5	0	36	25	5	45	60
<b>BURGERS (burger only, add your choice of sides shown below)</b>															
Bigger Better Burger	317	780	40	13	1	180	1030	52	3	8	50	6	3	6	50
Cheddar Burger	345	900	49	19	1	210	1210	53	3	8	57	15	3	25	50
Mushroom Burger	447	910	52	20	2	210	1710	57	5	10	54	20	5	6	60
Bacon + Cheddar Burger	368	1020	59	22	1	235	1600	53	3	8	66	15	3	25	50
Bronx Burger	448	1130	68	29	2	245	2760	62	4	14	65	30	10	35	60
Veggie Burger	276	730	41	14	1	90	1810	72	5	8	23	20	2	30	30
Forager Burger	375	980	64	17	1	175	2190	76	7	12	26	25	10	35	40
<b>SIDES FOR BURGERS &amp; SANDWICHES</b>															
Yukon Gold Fries - Side 8 oz	150	470	23	4	0.3	0	830	59	3	1	6	0	10	2	15
Yukon Gold Fries - Entrée 16 oz	299	930	47	8	1	0	1660	119	5	1	11	0	23	4	30
Yam Fries - Side 7 oz	144	450	23	1	0.3	0	890	57	7	17	2	170	18	4	0
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0.4	2	0	0	0
<b>SANDWICHES (sandwich only, add your choice of sides shown above)</b>															
Cajun Chicken Cheddar	316	740	40	12	1	120	1610	53	5	2	45	40	8	25	40
Chicken, Brie + Fig	364	750	33	11	0.1	130	1310	70	6	18	44	40	8	10	35
Chipotle Chicken Tacos	320	480	18	5	0.1	60	1460	58	8	7	24	15	45	25	20
Chicken Pibil Tacos	390	640	27	6	0.3	90	1550	60	9	9	39	20	35	20	15
Baja Fish Tacos	309	600	29	2	0.2	45	1350	63	8	5	21	6	45	15	10
<b>NOODLES + WOKS</b>															
Jeera Chicken Curry	820	1370	58	8	3	100	2480	165	8	14	45	35	23	15	40
Jeera Chicken Curry - No Naan	690	1060	53	8	3	65	1880	109	6	12	38	30	23	10	25
Fettuccini Alfredo	600	1330	85	45	1	385	940	109	5	15	34	70	10	45	15
Mediterranean Linguini	597	840	39	11	0	35	1620	98	8	7	26	30	65	35	45
Mediterranean Linguini with Chicken	698	1090	54	12	0	110	2260	98	8	7	54	35	65	40	50
Mediterranean Linguini with Prawns	737	1170	64	18	1	255	2550	99	8	7	51	50	70	45	60
Hunan Kung Pao	642	960	45	4.5	0.5	0	3570	121	8	41	21	170	145	35	70
Hunan Kung Pao with Tofu	756	1160	57	6	1	0	4040	129	9	47	32	170	145	70	80
Hunan Kung Pao with Chicken	747	1180	53	6	0.5	65	4100	127	8	46	46	180	145	35	70
Hunan Kung Pao with Prawns	735	1140	53	6	1	135	4650	128	8	46	36	180	145	40	70
Bibimbap Bowl	644	1200	77	8	1.5	180	3360	108	6	19	20	90	35	15	50
Bibimbap Bowl + Tofu	744	1360	88	10	1.5	180	3780	112	8	20	31	90	35	50	60
Bibimbap Bowl + Chicken	737	1400	89	11	1.5	250	3820	110	7	19	41	90	35	15	60
Bibimbap Bowl + Beef	736	1450	93	13	1.5	240	3820	110	7	19	44	90	35	15	70
Bibimbap Bowl + Prawns	723	1320	83	9	1.5	305	3920	110	7	19	34	90	35	15	70

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>STEAKS</b> (steak only, add your choice of sides shown below)															
Signature Top Sirloin - 6 oz	131	230	6	3	0	80	510	4	2	0	34	6	4	4	35
Signature Top Sirloin - 8 oz	167	260	7	3	0	95	520	4	2	0	39	6	4	4	45
New York Striploin - 10 oz	196	470	25	10	0	115	530		2	0	49	6	4	4	35
6 oz Steak Frites	397	1020	46	10	0.4	95	2810	102	6	1	49	6	23	8	60
Chimichurri Skirt Steak	506	720	42	9	1	115	2400	47	7	12	42	20	120	10	45
6 oz Steak + Sushi: Dynamite Roll	529	1210	60	10	1	185	4500	109	6	32	54	35	23	8	45
8 oz Steak + Sushi: Dynamite Roll	574	1240	54	8	0	205	4710	114	7	34	65	35	25	10	50
<b>SAUCES FOR STEAKS</b>															
Cabernet Steak Jus	90	160	9	5	0	25	360	6	1	1	2	8	1	2	4
Cajun Blackened (spice and butter)	21	100	10	6	1	25	650	3	2	0	1	25	3	2	10
Peppercorn	90	170	12	5	0	30	820	9	1	1	4	10	3	4	10
<b>SIDES FOR STEAKS &amp; MAINS</b>															
Yukon Gold Mashed Potatoes	229	410	30	18	2	85	590	34	3	2	5	30	18	6	10
Horseradish 1 oz	28	15	0	0	0	0	70	3	1	1	0	0	10	2	2
Sauteed Prawns	172	240	12	7	1	275	360	1	0	0	27	20	3	6	30
Sauteed Button Mushrooms	158	140	12	7	1	30	670	6	2	2	4	10	3	2	10
Warm Potato Salad	217	670	60	17	1	85	1080	25	2	2	9	20	13	6	10
Coleslaw	162	290	28	3	1	20	540	9	2	5	2	4	35	6	6
Seasoned Jasmine Rice	159	300	9	2	0	0	620	50	2	4	4	0	2	4	4
Organic Summer Vegetable Medley	180	130	9	3	0	10	410	13	3	8	2	100	13	4	6
Magic Beans - 4.5 oz	109	200	17	2	0	10	720	10	3	3	4	6	8	4	8
<b>MAINS</b> (main only, add your choice of sides shown above)															
Roast Chicken	182	290	4	1	0.0	155	720	0	0	0	59	2	0	2	8
Cajun Chicken	140	270	10	5	0.3	120	910	4	2	0	41	30	3	4	20
Rack of BBQ Back Ribs	416	1300	83	31	1	330	1680	47	1	43	85	0	1	15	30
BBQ Back Ribs + Cajun Chicken (half)	329	980	60	24	0.5	285	1370	25	2	22	78	15	2	10	30
BBQ Back Ribs + Cajun Chicken (full)	659	1970	121	49	2	570	2730	51	4	43	155	30	4	20	60
Lois Lake Steelhead Salmon	162	390	25	8	0.2	140	710	0	0	0	40	25	5	4	10
Fish + Chips	568	1340	86	9	2	95	2810	96	5	5	41	2	35	8	30
Feta Caper Dill Salmon	160	320	19	3	0	135	920	2	0	1	35	2	5	15	6
Jerk Chicken	543	1030	44	16	2	210	3080	88	6	23	71	35	15	20	40
Salmon + Sushi: Dynamite Roll	619	1230	66	7	1	195	4390	102	7	29	52	60	35	20	30
<b>SIDES</b>															
Yukon Gold Fries - Side 8 oz	150	470	23	4	0.3	0	830	59	3	1	6	0	10	2	15
Yukon Gold Fries - Entrée 16 oz	299	930	47	8	1	0	1660	119	5	1	11	0	23	4	30
Side Caesar Salad	106	230	21	4	0.4	20	450	6	2	1	5	20	15	10	8
Warm Potato Salad - Side	217	470	34	7	0	50	680	31	3	3	9	4	15	4	10
Half Chicken Breast (skin off)	111	180	3	1	0	95	670	0	0	0	36	0	0	0	6
Fettuccini Alfredo	200	440	28	15	0.4	130	310	36	2	5	11	25	3	15	6
<b>DESSERTS</b>															
Warm Chocolate Sticky Toffee Pudding	453	1450	68	40	2.5	275	980	203	11	131	18	50	1	20	45
Gold Digger Sundae	311	800	56	31	1	150	190	69	2	62	11	50	0	20	8
Peanut Butter Skillet Cookie	217	830	48	19	1	130	610	88	4	66	17	25	0	10	30
Smores Skillet Cookie	205	740	33	19	1	135	480	106	3	76	9	20	0	15	30
Gingerbread Cake	395	1020	39	20	1.5	125	520	159	3	104	12	30	3	15	35
Pumpkin Pie	320	820	57	30	0.1	265	460	72	3	46	10	120	8	10	15
Chocolate Banana Cake	296	810	35	21	1	270	640	108	3	79	11	35	3	15	20
New York Cheese Cake	305	780	49	29	1	290	670	73	2	61	15	15	18	30	8
Coconut Cream Pie	254	1060	85	54	1	320	430	67	4	38	11	60	2	15	20
<b>BRUNCH</b>															
Fried Smashed Potatoes	155	330	22	12	1	45	560	30	3	1	3	15	15	2	10
Eggs Benedict	527	1350	101	53	1.5	935	2990	74	5	5	42	90	18	10	50
Croque Madame	387	1180	88	51	1	505	2480	46	2	4	47	90	5	60	35
Chorizo Hash	576	1330	115	50	1.5	795	1720	43	7	6	39	80	25	15	45
Blueberry French Toast	595	1290	33	16	1	205	1680	204	9	47	36	30	8	10	100
Breakfast Sandwich	447	1380	109	42	2	555	2150	56	3	2	39	60	5	30	45
Steak and Eggs	502	1190	81	33	2.5	530	2940	74	8	12	44	60	30	15	60
Lemon Blueberry Pancakes	352	830	39	20	2	265	1040	108	4	67	15	35	15	25	25
Avocado Supertoast	608	680	52	7	0	0	630	48	16	12	12	35	55	6	30
Brunch Avocado Supertoast	708	820	62	10	0	365	900	49	16	13	24	50	55	10	40
Filipino Breakfast Bowl	493	970	50	10	1	240	2050	94	6	13	37	15	23	10	30
<b>BEVERAGES</b>															
		<b>mL</b>													
Coke	240	100	0	0	0	0	30	26	0	26	0	0	0	0	0
Diet Coke	240	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Sprite	240	100	0	0	0	0	45	26	0	26	0	0	0	0	0
Ginger Ale	240	90	0	0	0	0	25	24	0	24	0	0	0	0	0



The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Province of British Columbia. The Province of British Columbia assumes no responsibility or liability arising from any errors or omission or information, or from the use of any information contained with the nutrition information supplied by the restaurant.