

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 or call Dietitian Services (dial **8-1-1** toll-free within BC).

	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)
APPETIZERS															
Leroy's Crispy Dry Ribs	225	870	74	27	0	135	1,270	1	0	0	48	0	1	2	15
Crispy Chicken Tenders, Fries + Sauce	391	1,240	61	8	0.5	105	3,060	123	6	15	51	2	13	6	50
Crispy Chicken Tenders, Fries - No Sauce	355	1,160	61	8	0.5	105	2,930	105	5	1	51	2	13	6	45
One Pound Wings + Dip	312	990	69	18	1	360	1,570	2	0	1	85	25	30	10	35
One Pound Wings - No Dip	284	870	57	15	0.5	350	1,460	1	0	1	83	20	30	6	30
Chicken + Wontons	305	850	32	3	0.2	120	1,890	89	3	49	45	8	7	4	20
Dynamite Roll	312	740	36	4	0.2	70	1,750	84	5	18	15	30	18	6	20
Crispy Calamari	252	830	52	5	1	470	980	56	6	4	37	8	30	15	20
Jerk Chicken Wings	348	1,040	60	17	0.5	350	1,570	37	1	28	84	20	5	10	40
Warm Three Cheese + Spinach Dip + Ciabatta	464	1,030	51	26	1	145	1,890	109	9	5	43	45	14	60	50
Warm Three Cheese + Spinach Dip + Chips	334	940	53	25	1	145	1,490	89	11	6	32	35	13	70	15
Yam Fries + Garlic Aioli	245	940	64	4	0.1	20	1,280	84	10	24	4	240	25	8	2
Tuna Tostadas	225	640	27	2	0	25	2,920	84	11	3	17	10	15	15	20
Truffle Fries	298	1,070	71	10	0.5	20	2,530	101	5	1	10	0	20	6	25
Garlic Fries + Parmesan Dip	256	830	53	9	0.5	20	1,480	83	4	2	8	2	18	4	20
Korean Hot Wings	388	1,100	70	21	0.5	350	2,900	28	3	19	91	35	40	15	50
Maui Ahi Poke	300	700	34	3	0	45	1,050	72	9	7	28	10	15	15	15
Sushi Press	214	450	19	1	0	45	1,390	54	3	9	13	10	8	2	8
Magic Beans	217	410	34	4	0.4	25	1,430	21	5	7	8	10	13	8	15
Ahi Tuna Tataki	224	250	11	1	0.1	35	1,370	16	3	8	22	30	15	10	20
Dragon Roll	317	520	9	1	0	85	1,930	90	5	24	20	30	13	6	15
Green Dragon Roll	276	440	9	2	0	0	1,100	83	8	18	7	30	20	4	10
Queso Fundido	478	1,370	85	34	1.5	165	2,680	102	10	8	49	50	15	100	20
Coconut Prawns + Aioli	466	1,530	132	95	0.1	185	1,780	70	29	6	42	15	15	8	60
SOUPS + BREADS															
Clam Chowder	327	420	32	19	0.4	120	1,010	22	2	5	13	60	8	15	10
Tortilla Soup	294	210	12	3	0.1	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
SALADS															
Caesar Salad	286	570	54	8	0.4	50	1,090	15	5	4	10	60	40	25	20
Caesar Salad - No Dressing	230	180	12	5	0.3	20	380	13	4	3	9	60	40	20	15
Grilled Chicken Caesar	372	690	54	9	0.4	135	1,450	14	5	3	37	180	40	25	25
Grilled Chicken Caesar - No Dressing	315	320	14	6	0.3	105	870	12	5	3	36	180	40	20	20
Grilled Cajun Chicken Caesar	388	770	62	13	1	150	1,690	18	7	4	38	210	45	25	35
Grilled Cajun Chicken Caesar - No Dressing	331	390	21	9.0	0.5	120	1,110	16	7	4	36	210	45	25	35
Santa Fe Cajun Chicken Salad	507	1,040	63	13	0.5	110	1,940	85	17	23	48	80	20	30	45
Santa Fe Chicken Salad - No Dressing	447	710	28	10	0.5	110	1,630	81	16	23	46	80	20	30	40
Field Greens Salad- Apple Feta	201	270	23	4	0.2	15	330	19	4	13	5	50	15	15	15
Field Greens Salad - No Dressing	171	160	13	3	0	15	300	14	4	9	5	50	13	15	10
Field Greens Salad	223	310	28	4.5	0.2	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	1.5	80	470	46	6	13	16	130	115	40	25
Warm Kale Salad - No Dressing	285	430	23	5	0.2	30	340	44	6	13	15	120	110	40	25
Quinoa +Avocado Power Bowl	428	790	54	6	0.1	10	1,120	68	16	12	17	110	30	15	40
Quinoa +Avocado Power Bowl - No Dressing	368	510	25	3	0	0	850	64	16	10	16	100	25	15	40
West Coast Ahi Tuna Salad	483	620	44	5	0.1	40	1,070	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
PIZZAS															
Italia Pizza	494	1,100	52	25	0.2	160	3,170	94	5	3	68	35	8	70	70
Margherita Pizza	353	700	24	13	0.5	60	1,680	89	5	0	36	25	5	45	60
BURGERS (burger only, add your choice of sides shown below)															
Bigger Better Burger	313	760	42	14	1	225	920	44	3	8	51	6	3	4	50
Cheddar Burger	341	870	52	20	1	255	1,090	44	3	9	58	15	3	25	50
Mushroom Burger	442	890	54	21	1.5	255	1,590	48	4	11	54	15	5	4	50
Bacon + Cheddar Burger	417	1,210	84	33	1	300	1,660	46	3	9	67	15	3	25	50
Bronx Burger	425	1,060	62	21	1	255	2,760	66	7	10	58	35	15	25	50
Southwest Veggie Burger	383	990	60	18	0.5	90	1,580	91	11	10	27	20	8	35	35
Southwest Veggie Burger US	358	950	64	16	0.5	80	1,330	80	10	10	24	20	13	25	35
SIDES FOR BURGERS & SANDWICHES															
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	0.5	0	1,660	119	5	1	11	0	23	4	30
Yam Fries - Side 7 oz	144	450	23	1	0.1	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
NOODLES + WOKS															
Jeera Chicken Curry	820	1,370	58	10	0.4	100	2,480	165	8	14	45	340	27	150	6
Jeera Chicken Curry - No Naan	690	1,060	53	10	0.2	65	1,880	109	6	12	38	30	23	10	35
Fettuccini Alfredo	600	1,330	85	45	1	385	940	109	5	15	34	70	10	45	15
Mediterranean Linguini	597	840	39	11	0.1	35	1,620	98	8	7	26	30	65	35	45
Mediterranean Linguini with Chicken	698	1,090	54	12	0.4	110	2,260	98	8	7	54	35	65	40	50
Mediterranean Linguini with Prawns	737	1,170	64	18	1	255	2,550	99	8	7	51	50	70	45	60
Hunan Kung Pao	642	960	45	4.5	0.1	0	3,570	121	8	41	21	170	145	35	70
Hunan Kung Pao with Tofu	756	1,160	57	6	0.1	0	4,040	129	9	47	32	170	145	70	80
Hunan Kung Pao with Chicken	747	1,180	53	6	0.1	65	4,100	127	8	46	46	180	145	35	70
Hunan Kung Pao with Prawns	735	1,140	53	6	0.1	135	4,650	128	8	46	36	180	145	40	70
Bibimbap Bowl	644	1,200	77	8	0.2	180	3,360	108	6	19	20	90	35	15	50
Bibimbap Bowl + Tofu	744	1,360	88	10	0.2	180	3,780	112	8	20	31	90	35	50	60
Bibimbap Bowl + Chicken	737	1,400	89	11	0.2	250	3,820	110	7	19	41	90	35	15	60
Bibimbap Bowl + Beef	736	1,450	93	13	0.5	240	3,820	110	7	19	44	90	35	15	70
Bibimbap Bowl + Prawns	723	1,320	83	9	0.2	305	3,920	110	7	19	34	90	35	15	70
Scallop + Prawn Tomato Linguine	683	1,080	60	12	0.4	190	2,290	88	7	11	48	60	25	50	45
Bacon Mac + Cheese	327	800	50	27	1	125	2,000	53	3	4	34	30	0	60	15

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.

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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)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SANDWICHES (sandwich only, add your choice of sides shown above)															
Cajun Chicken Cheddar	316	740	40	12	0.5	120	1,610	53	5	2	45	40	8	25	40
Chicken, Brie + Fig	364	750	33	11	0.1	130	1,310	70	6	18	44	40	8	10	35
Baja Fish Tacos	275	400	13	2	0	35	1,380	47	6	6	22	8	30	8	20
Yucatan Chicken Tacos	369	700	39	9	0.2	105	1,830	41	7	7	45	30	40	25	30
Blackened Swordfish Tacos	287	510	27	8	0.2	60	1,000	33	4	4	31	25	30	20	25
STEAKS (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	4	2	0	49	6	4	4	35
6 oz Steak Frites	397	1,030	48	10	0.5	95	2,810	102	6	1	49	6	23	8	60
Chimichurri Skirt Steak	506	720	42	9	0.5	115	2,400	47	7	12	42	20	120	10	45
6 oz Steak + Sushi: Dynamite Roll	529	1,210	60	10	1	185	4,500	109	6	32	54	35	23	8	45
8 oz Steak + Sushi: Dynamite Roll	574	1,240	54	8	0.3	205	4,710	114	7	34	65	35	25	10	50
Steak + Coconut Prawns + Rice	781	2,190	157	102	0.5	295	3,640	135	32	16	84	20	20	15	90
SAUCES FOR STEAKS															
Cabernet Steak Jus	90	160	9	5	0.3	25	360	6	1	1	2	8	1	2	4
Cajun Blackened (spice and butter)	21	100	10	6	0.5	25	650	3	2	0	1	25	3	2	10
Peppercorn	90	170	12	5	0.3	30	820	9	1	1	4	10	3	4	10
SIDES FOR STEAKS & MAINS															
Yukon Gold Mashed Potatoes	229	410	30	18	1.5	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	0.5	275	360	1	0	0	27	20	3	6	30
Sauteed Button Mushrooms	158	140	12	7	0.5	30	670	6	2	2	4	10	3	2	10
Warm Potato Salad	217	470	34	7	0.2	50	680	31	3	3	9	4	15	4	10
Coleslaw	162	290	28	3	1	20	540	9	2	5	2	4	35	6	6
Seasoned Jasmine Rice	159	300	9	2	0.1	0	620	50	2	4	4	0	2	4	4
Organic Summer Vegetable Medley	180	130	9	3	0.3	10	410	13	3	8	2	100	13	4	6
Magic Beans - 4.5 oz	109	200	17	2	0.3	10	720	10	3	3	4	6	8	4	8
MAINS (main only, add your choice of sides shown above)															
Roast Chicken	182	290	4	1	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	1,300	83	31	0.8	330	1,680	47	1	43	85	0	1	15	30
BBQ Back Ribs + Cajun Chicken (half)	329	980	60	24	0.5	285	1,370	25	2	22	78	15	2	10	30
BBQ Back Ribs + Cajun Chicken (full)	659	1,970	121	49	1.5	570	2,730	51	4	43	155	30	4	20	60
Lois Lake Steelhead Salmon	162	390	25	8	0.1	140	710	0	0	0	40	25	5	4	10
Fish + Chips	568	1,340	86	9	0.5	95	2,810	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
Motoyaki Salmon + Sushi	566	1,380	85	10	0.1	205	3,290	97	6	26	51	30	25	20	25
Jerk Chicken + Rice	684	1,210	61	15	0.5	205	3,840	92	8	23	74	20	45	20	45
SIDES															
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	0.5	0	1,660	119	5	1	11	0	23	4	30
Side Caesar Salad	106	230	21	4	0.1	20	450	6	2	1	5	20	15	10	8
Warm Potato Salad - Side	217	470	34	7	0.2	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	0.3	130	310	36	2	5	11	25	3	15	6
DESSERTS															
Warm Chocolate Sticky Toffee Pudding	370	1,130	51	31	2	230	790	163	8	107	14	45	1	15	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	970	41	25	2	145	580	145	3	94	10	40	3	25	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	142	320	24	15	0.1	100	80	25	1	19	3	25	30	8	4
Coconut Cream Pie	254	1,060	85	54	1	320	430	67	4	38	11	60	2	15	20
BRUNCH															
Fried Brunch Potatoes	299	470	24	12	1	45	570	58	5	3	6	15	30	4	20
Eggs Benedict	527	1,350	101	53	1.5	935	2,990	74	5	5	42	90	18	10	50
Croque Madame	387	1,180	88	51	1	505	2,480	46	2	4	47	90	5	60	35
Chorizo Hash	576	1,330	115	50	1.5	795	1,720	43	7	6	39	80	25	15	45
Blueberry French Toast	595	1,290	33	16	1	205	1,680	204	9	47	36	30	8	10	100
The Cure Breakfast Sandwich	673	1,630	116	45	1.5	620	2,720	107	7	13	42	50	30	30	50
Steak and Eggs	502	1,190	81	33	2.5	530	2,940	74	8	12	44	60	30	15	60
Golden Waffles + Cream	500	1,090	58	35	1.5	280	640	125	3	67	18	30	50	30	35
Avocado Supertoast	608	680	52	7	0	0	630	48	16	12	12	35	55	6	30
Brunch Avocado Supertoast	708	820	62	10	0.1	365	900	49	16	13	24	50	55	10	40
2 Egg Breakfast	578	1,040	76	31	1.5	470	2,060	65	6	6	28	45	40	10	30
3 Egg Breakfast	666	1,280	97	38	1.5	680	2,480	67	6	6	38	60	40	10	35
BEVERAGES															
		mL													
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