

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)
STEAKS (steak only, add your choice of sides shown below)															
Signature Top Sirloin - 6 oz	124	240	10	4	0.3	85	650	0	0	0	34	0	0	2	25
Signature Top Sirloin - 8 oz	165	320	13	6	0.4	110	680	0	0	0	46	0	0	2	35
New York Striploin - 10 oz	195	490	26	11	1	140	690	0	0	0	58	0	0	2	40
Ribeye - 14 oz	283	700	38	16	1	195	610	0	0	0	84	0	0	2	70
Ribeye - 16 oz	324	800	44	18.0	1.5	220	630	0	0	0	95	0	0	4	80
6 oz Steak Frites	474	1,340	67	20	1.5	115	2,950	132	7	2	51	10	20	8	70
8 oz Steak Frites	515	1,420	71	21	1.5	145	2,970	132	7	2	62	10	20	8	70
Chimichurri Skirt Steak	470	860	58	11	0.5	115	2,110	49	7	10	42	20	40	20	50
6 oz Steak + Sushi: Dynamite Roll	529	1,210	60	10.0	1	185	4,500	109	6	32	54	35	25	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	60	100	6	3	0.2	15	220	4	0	1	1	4	2	2	4
Cajun Blackened (spice and butter)	21	100	10	6	0.5	25	590	3	2	0	1	25	4	2	10
Peppercorn	90	170	11	5	0.3	30	940	10	2	1	4	8	4	4	20
King Blue Cheese Sauce	45	170	11	6	0.3	25	1,010	15	0	0	4	8	4	2	0
SIDES FOR STEAKS + MAINS															
Yukon Gold Mashed Potatoes	227	370	23	15	0	55	910	39	3	2	3	4	10	4	4
Horseradish 0.5 oz	14	5	0	0	0	0	140	0	0	0	1	0	10	0	0
Sauteed Prawns	178	320	18	8	0.5	305	1,230	2	0	0	30	20	0	10	4
Lobster Tail	113	140	4	2	0.2	85	450	2	0	0	22	6	0	6	4
Sauteed Button Mushrooms	157	130	12	7	0.5	30	300	5	1	3	5	10	4	0	6
Warm Potato Salad	217	420	30	6	0.2	35	470	33	3	3	6	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	380	13	3	8	2	100	15	4	6
Asparagus	129	160	12	7	0.5	30	300	11	6	0	3	15	15	4	8
MAINS															
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	870	4	2	0	41	30	4	4	20
Rack of BBQ Back Ribs	416	1,300	83	31	0.8	330	1,680	47	1	43	85	0	2	15	30
BBQ Back Ribs + Cajun Chicken (half)	329	980	60	24	0.5	285	1,340	25	2	22	78	15	2	10	30
BBQ Back Ribs + Cajun Chicken (full)	659	1,970	121	49	1.5	570	2,690	51	4	43	155	30	4	20	60
Plain Oven Roasted Salmon	135	240	11	4	0.2	135	680	0	0	0	34	4	4	10	4
Cajun Oven Roasted Salmon	157	340	19	7	0.5	150	1,620	6	3	1	36	40	8	15	15
Mustard Glazed Salmon	152	280	11	4	0.2	135	680	6	0	6	34	4	4	10	4
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	330	19	3	0	135	940	2	0	1	35	2	6	15	6
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	25	4	30
Side Caesar Salad	155	350	34	5	0.2	40	510	8	2	2	5	90	25	10	10
Warm Potato Salad - Side	217	470	34	7	0.2	50	660	31	3	3	9	4	15	4	10
Broccolini	123	120	8	1	0	0	125	8	1	3	4	20	90	8	8
Half Chicken Breast (skin off)	111	180	3	1	0	95	670	0	0	0	36	0	0	0	6
Fettuccini Alfredo - Side	186	480	34	19	1	105	410	35	2	2	11	30	4	15	10
DESSERTS															
Warm Chocolate Sticky Toffee Pudding	370	1,130	51	31	2	230	790	163	8	107	14	45	2	15	45
Gold Digger Sundae	311	800	56	31	1	150	170	69	2	62	11	50	0	20	8
Gingerbread Cake	395	990	41	25	2	150	390	148	3	98	10	40	4	25	35
Pumpkin Pie	320	820	57	30	0.1	265	460	72	3	46	10	120	8	10	15
Chocolate Banana Cake	276	740	37	22	1	295	450	92	3	66	10	40	6	15	15
New York Cheesecake	142	320	25	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
Banana Cream Pie	127	230	12	5	0.2	35	80	32	2	17	3	8	6	4	6
Key Lime Pie	252	870	67	38	2	270	170	64	1	46	8	60	10	6	10
Smores Chocolate Cheesecake	237	820	35	18	0.5	110	390	98	3	82	11	25	2	8	25
BRUNCH															
Fried Brunch Potatoes	299	470	24	12	1	45	440	58	5	3	6	15	30	4	20
Eggs Benedict	469	1,110	76	39	3	745	1,830	70	5	2	36	70	20	10	50
Blueberry French Toast	595	1,290	33	16	1	205	1,670	204	9	47	36	30	8	10	100
Breakfast Sandwich	447	1,400	110	42	2	550	1,990	56	3	2	39	60	5	30	45
Steak and Eggs	719	1,470	93	36	3	535	3,170	117	13	8	48	60	45	15	70
The Cure Breakfast Sandwich	673	1,630	117	45	1.5	620	2,520	107	7	13	42	50	30	30	50
Golden Waffles + Cream	392	1,150	57	21	1	130	1,260	148	4	78	13	35	30	20	45
Avocado Supertoast	608	680	52	7	0	0	630	48	16	12	12	35	60	6	30
Brunch Avocado Supertoast	708	820	62	10	0.1	365	900	49	16	13	24	50	60	10	40
2 Egg Breakfast	565	1,260	101	40	2	505	1,980	66	10	3	28	50	35	10	35
3 Egg Breakfast	653	1,500	122	48	2	710	2,400	68	10	4	39	60	35	10	40
3 Egg Breakfast US	710	1,590	127	51	2.5	720	2,480	79	11	4	40	60	40	15	45
Country Breakfast US	859	1,700	120	51	2.5	560	2,670	116	10	9	43	70	50	15	60
Country Breakfast	775	1,680	122	48	2	540	2,830	108	13	7	42	60	40	15	60
Smoothie Bowl	306	280	11	1	0	0	210	42	4	29	7	2	70	15	8
BEVERAGES															
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

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