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NUTRITION MENU



The information in this guide is effective as of March 2012 and is based on our standard product formulations. Variations may occur. Nutrition information was obtained through analysis with reliable and verifiable nutrient software and information provided by our suppliers.

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)

MENU ITEMS	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)
SPECIALTY															
Plain	256	307	9	1	0	205	530	44	3	0	13	0	0	15	15
Granola	593	1319	22	5	0.2	215	582	260	12	175	22	0	5	21	141
Trail Mix	486	949	22	6	0.2	215	568	176	6	119	17	0	5	17	23
Vegetarian	462	549	27	13	0.2	258	910	51	5	6	28	5	65	50	21
Hash	669	1116	51	14	0.2	368	2242	95	8	6	40	13	600	36	35
Apple DeBakon & Onion	548	671	26	6	0	228	1460	85	8	17	27	0	12	22	33
Maple Banana Walnut	560	1136	48	5	0	205	547	166	10	96	23	1	18	32	31
Rio Grande	424	512	23	11	0	254	948	52	5	5	22	6	55	37	18
Boer's	770	1652	97	22	0.2	1010	4130	106	6	6	58	53	4	21	63
The Canadian	587	873	25	7	0	658	1444	128	3	74	37	21	9	30	32
DeBratwurst & Born 3 Eggs	509	789	46	15	0.1	719	1628	50	3	4	43	21	9	19	63
Banana Strawberry & Whip	562	752	28	13	0	269	645	113	7	52	17	1	83	25	22
Mixed Fresh Fruit & Whip	594	628	28	13	0	269	648	81	5	14	16	0	8	25	21
The Windmill	449	1102	79	23	0.4	553	2891	62	3	3	40	35	0	46	25
Abby Perogie	635	1063	47	20	0.2	323	1456	89	7	7	36	12	9	40	29
Chocolate Strawberry Whip	497	898	40	21	0	289	683	119	4	30	20	0	66	24	20
Meat Lovers & Edam Cheese	596	1098	74	29	0.4	413	4197	51	3	6	63	5	13	49	51
Meat Lovers Hash	755	1397	74	22	0.2	432	3509	97	8	9	55	13	600	36	53
Apple Cheddar & Stroop	510	781	28	13	0	264	947	109	5	30	27	1	8	53	19
Amsterkoek	611	1275	90	27	0.4	1007	3433	69	3	6	49	60	13	50	35
Peach Melba	462	618	28	13	0	269	645	78	5	29	16	0	9	24	18

PANNEKOEKEN

MENU ITEMS

	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)
SWEET TOPPERS															
Apple Sugar & Cinnamon	334	396	9	1	0	205	531	68	4	21	13	0	5	17	18
Apple Sugar, Cinnamon & Whip	419	615	28	13	0	269	641	78	4	28	16	0	5	24	18
Banana Whip	467	660	28	13	0	269	642	89	6	29	17	1	17	24	18
Blackberry Whip	445	643	28	13	0	269	643	84	6	33	17	0	4	25	20
Blueberry Whip	435	625	28	13	0	269	641	81	4	31	16	0	1	24	18
Brown Sugar	349	655	9	1	0	205	530	136	3	92	13	0	0	15	15
Cranberry & Icing Sugar	350	560	10	1	0	227	587	104	6	53	14	0	0	17	19
Maple Syrup	384	648	9	1	0	205	544	131	3	80	13	0	0	26	16
Ginger	349	655	9	1	0	205	530	128	3	78	15	0	0	15	15
Icing Sugar	264	336	9	1	0	205	530	51	3	7	13	0	0	15	15
Lemon	322	351	9	1	0	205	530	56	5	9	13	0	400	17	15
Peach & Whip	434	592	28	13	0	269	644	71	4	23	16	0	5	24	17
Pear & Maple	439	544	12	2	0	272	708	93	5	30	17	0	4	23	21
Pineapple	432	442	9	1	0	205	545	78	4	32	13	0	300	15	19
Pineapple Whip	517	661	28	13	0	269	655	89	4	38	16	0	300	23	20
Stroop	344	524	9	1	0	205	596	100	3	25	13	0	0	16	16
Raisin & Sugar	344	596	9	1	0	205	550	113	7	65	15	0	0	19	31
Raspberry Whip	445	642	28	13	0	269	643	84	6	33	16	0	14	24	19
Strawberry Whip	444	647	28	13	0	269	643	86	4	37	16	0	66	24	20
3 Berry Whip	434	651	28	13	0	269	665	86	3	19	16	0	5	23	16
SAVOURY INSIDERS															
Cheese	471	614	35	18	0.6	276	1132	49	4	6	34	11	30	59	18
DeBakon (Cottage Roll)	381	442	18	4	0	233	1453	45	3	1	27	3	9	16	22
DeBakon & Cheese	452	633	35	15	0.4	280	1851	46	3	3	41	4	12	44	22
DeBakon & Mushrooms	376	442	18	4	0	233	1453	45	3	1	28	0	1	15	22
DeBakon, Mushroom & Cheese	473	639	35	15	0.4	280	1852	46	3	4	42	3	10	44	23
DeBakon & Stroop	341	435	17	4	0	233	1451	44	3	0	27	0	0	15	21
DeBakon & 2 Eggs	481	582	27	7	0	663	1583	47	3	1	39	21	9	19	32
Ham	381	391	11	1	0	230	1655	48	3	3	24	3	9	16	20
Ham & Cheese	438	580	28	13	0.4	278	2051	48	3	5	37	3	9	44	20
Ham & Mushroom	416	399	11	1	0	230	1656	49	3	3	25	3	10	16	21
Ham, Mushroom & Cheese	501	682	36	18	0.6	301	2252	49	3	6	45	3	10	58	21

PANNEKOEKEN

MENU ITEMS

	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)
SAVOURY INSIDERS															
Ham & Pineapple	458	474	11	1	0	230	1663	69	4	23	24	0	200	15	21
Ham & 2 Eggs	481	531	20	4	0	660	1785	50	3	3	36	21	9	19	30
Mushroom	366	330	9	1	0	205	535	47	4	2	15	3	12	16	19
Mushroom & Cheese	423	519	26	13	0.4	252	932	47	4	4	29	3	12	44	19
Ogopogo	355	439	19	7	0	234	717	47	4	1	22	11	56	36	20
Sausage	381	566	30	9	0.1	268	1257	47	3	3	27	3	9	16	44
Sausage & Apple Sauce	433	598	30	9	0.1	268	1257	56	4	11	26	0	15	16	44
Sausage & 2 Eggs	481	706	39	12	0.1	698	1387	49	3	3	39	21	9	19	54
Turkey Bacon	381	513	26	7	0	290	1978	48	3	1	24	3	9	21	28
Turkey Bacon & Cheese	438	702	43	18	0.4	337	2375	48	3	3	38	3	9	50	28
Turkey Bacon & Mushroom	461	641	35	10	0	318	2899	48	3	1	39	0	1	21	34
Turkey Bacon, Mushroom & Cheese	473	710	43	18	0.4	337	2376	49	3	4	39	3	10	50	29
Turkey Bacon & Stroop	421	693	26	7	0	290	2041	96	3	17	24	0	0	21	27
Turkey Bacon & 2 Eggs	481	653	35	10	0	720	2108	50	3	1	36	21	9	25	38
2 Eggs	410	457	18	4	0	635	663	48	3	1	25	23	12	19	27
TOPPINGS															
Maple Syrup	384	648	9	1	0	205	544	131	3	80	13	0	0	26	16
Hollandaise Sauce	85	378	9	0	0	0	3024	38	0	0	0	0	0	0	0

BREAKFAST

MENU ITEMS

	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)
PLATTERS															
Boer's	662	1207	53	17	0.7	673	2742	97	9	10	55	18	4	18	66
DeBakon & Eggs with Salad	492	977	50	13	0.6	488	1485	70	8	10	36	38	4	8	40
DeBakon & Eggs with Fruit	595	914	35	12	0.6	488	1478	87	9	25	36	18	107	10	40
DeBratwurst & Eggs with Salad	583	1370	85	26	0.8	590	2064	74	8	14	50	38	4	8	91
DeBratwurst & Eggs with Fruit	685	1306	71	25	0.8	590	2056	91	9	29	50	18	107	10	91
DeHam & Eggs with Salad	492	926	43	10	0.6	485	1686	72	8	12	33	38	4	8	38
DeHam & Eggs with Fruit	595	863	28	9	0.6	485	1679	89	9	27	33	18	107	10	37
DeSausage & Eggs with Salad	492	1101	62	18	0.7	522	1289	72	8	12	35	38	4	8	62
DeSausage & Eggs with Fruit	595	1037	48	17	0.7	522	1281	89	9	27	36	18	107	10	62
DeSteak & Eggs with Salad	577	1127	54	15	1	544	658	70	8	10	60	38	4	9	62
DeSteak & Eggs with Fruit	680	1063	40	14	1	544	651	87	9	25	60	18	107	11	62
DeTurkey Bacon & Eggs with Salad	492	1048	58	15	0.6	545	2010	72	8	10	33	38	4	14	46
DeTurkey Bacon & Eggs with Fruit	595	985	44	15	0.6	545	2002	90	9	25	34	18	107	16	45
DeVeggies & Eggs with Salad	639	1081	58	21	0.8	515	1003	76	10	16	39	49	26	41	40
DeVeggies & Eggs with Fruit	742	1017	43	20	0.8	515	996	94	11	31	40	29	128	44	39
Salmon & Eggs with Salad	435	883	42	10	0.6	466	786	70	8	10	27	38	4	8	36
Salmon & Eggs with Fruit	538	819	28	9	0.6	466	779	87	9	25	28	18	107	11	36
Low Carb (DeBakon)	327	616	42	12	0.4	479	1380	31	5	9	32	38	0	8	32
Low Carb (Ham)	327	565	35	9	0.4	476	1582	33	5	10	29	38	0	8	30
Low Carb (Sausage)	327	740	55	17	0.5	513	1184	33	5	11	32	38	0	8	54
Low Carb (Turkey Bacon)	327	687	51	15	0.4	535	1905	34	5	9	29	38	0	14	38
No Carb	270	519	39	14	0.1	521	1776	4	0	2	40	18	0	4	44
SCRAMBLES															
Original Dutch Scramble	718	1217	68	26	1.1	748	1224	82	11	19	47	55	35	50	43
Original Dutch Scramble with Fresh Fruit	820	1153	53	25	1.1	748	1217	100	12	34	47	35	137	52	42
Chicken with Salad	754	1180	61	19	0.8	782	1542	84	11	18	48	57	35	29	45
Chicken with Fruit	857	1117	46	18	0.8	782	1534	101	12	33	49	37	137	32	45
Cottage Roll with Salad	743	1175	62	20	0.8	775	1560	83	11	18	48	57	35	29	48
DeBakon with Fruit	846	1111	47	19	0.8	775	1552	100	12	33	48	37	137	31	47
Ham with Salad	743	1141	57	18	0.8	773	1694	84	11	19	46	57	35	29	46
Ham with Fruit	846	1077	42	17	0.8	773	1686	102	12	34	46	37	137	31	46
Mushroom with Salad	756	1105	56	18	0.8	756	949	85	11	19	40	57	37	29	46

BREAKFAST

MENU ITEMS

	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)
SCRAMBLES															
Mushroom with Fruit	859	1042	42	17	0.8	756	942	102	13	34	41	37	140	32	46
Original with Salad	686	1090	56	18	0.8	756	946	83	11	18	38	57	35	29	44
Original with Fruit	789	1026	41	17	0.8	756	938	100	12	33	39	37	137	31	43
Sausage with Salad	743	1257	70	23	0.9	798	1429	84	11	19	47	57	35	29	62
Sausage with Fruit	846	1194	56	22	0.9	798	1421	101	12	34	48	37	137	31	62
Smoked Salmon with Salad	715	1123	57	18	0.8	762	1168	83	11	18	43	57	35	29	45
Smoked Salmon with Fruit	818	1059	43	17	0.8	762	1160	100	12	33	44	37	137	32	45
Spinach with Salad	715	1101	56	18	0.8	756	991	86	12	18	39	67	41	31	50
Spinach with Fruit	818	1038	41	17	0.8	756	983	103	13	33	39	47	144	33	50
Turkey Bacon with Salad	743	1222	67	21	0.8	812	1909	85	11	18	46	57	35	33	51
Turkey Bacon with Fruit	846	1158	53	21	0.8	812	1902	102	12	33	46	37	137	35	51
BENEDICTS															
Amsterdam with Salad	478	1052	59	14	0.4	576	1743	66	6	9	34	50	4	19	40
Amsterdam with Fruit	581	988	45	13	0.4	576	1736	83	7	23	35	30	106	21	39
BC with Salad	421	940	51	9	0.2	542	1019	65	6	7	25	50	4	5	39
BC with Fruit	524	876	36	8	0.2	542	1011	82	7	21	26	30	106	7	39
Boer's with Salad	549	1189	69	15	0.2	608	2489	68	6	9	43	50	4	4	61
Boer's with Fruit	652	1125	55	14	0.2	608	2481	85	7	24	44	30	106	7	61
Cheese Bene with Salad	450	1095	67	20	0.6	582	1193	65	6	9	33	50	4	33	38
Cheese Bene with Fruit	553	1032	52	19	0.6	582	1186	82	7	23	34	30	106	35	37
Hollandict with Salad	476	959	51	9	0.2	550	1068	67	6	8	29	53	13	5	44
Hollandict with Fruit	539	888	36	8	0.2	550	1059	83	7	21	29	30	106	7	43
Mediterranean with Salad	530	1007	56	13	0.2	561	1162	72	8	10	25	66	29	20	47
Mediterranean with Fruit	633	944	41	12	0.2	561	1154	89	9	25	26	46	131	22	47
Rotterdam with Salad	478	1086	64	16	0.4	578	1609	65	6	8	36	50	4	19	41
Rotterdam with Fruit	581	1022	49	15	0.4	578	1602	82	7	22	37	30	106	21	41
Seafood with Salad	486	1096	59	10	0.2	656	1241	72	6	7	39	50	5	9	45
Seafood with Fruit	589	1032	44	9	0.2	656	1233	89	7	21	40	30	108	11	45
Shrimp with Salad	522	1219	66	11	0.2	763	1240	79	6	7	48	50	7	12	49
Shrimp with Fruit	625	1155	51	10	0.2	763	1233	97	7	21	48	30	110	15	49
Spinach with Salad	450	1013	58	14	0.4	559	1040	68	7	8	27	60	11	20	44
Spinach with Fruit	553	949	44	13	0.4	559	1032	85	8	22	28	40	113	23	44

BREAKFAST

MENU ITEMS

	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)
BENEDICTS															
Spinach & Shrimp with Salad	550	1230	66	11	0.2	763	1285	82	7	7	48	60	14	14	56
Spinach & Shrimp with Fruit	653	1167	51	10	0.2	763	1278	100	9	21	49	40	116	16	55
Spinach Amsterdam with Salad	507	1064	59	14	0.4	576	1788	69	7	9	35	60	11	20	46
Spinach Amsterdam with Fruit	609	1000	45	13	0.4	576	1781	86	8	23	35	40	113	23	46
Volendam with Salad	530	1088	64	14	0.2	577	1284	69	7	10	30	56	22	5	57
Volendam with Fruit	633	1025	49	13	0.2	577	1276	86	8	25	30	36	125	7	57
Bene Avocado, Bacon & Tomato	367	787	27	6	0.2	458	1892	66	4	3	28	18	4	4	36
SIDE ORDERS															
2 Eggs	100	140	9	3	0	430	130	2	0	0	12	18	0	4	10
DeBakon	85	128	9	3	0	28	921	0	0	0	14	0	0	0	6
Edam Cheese	84	280	25	17	0.6	70	588	0	0	3	20	0	0	42	0
Gouda Cheese	84	299	23	15	0	96	688	2	0	2	21	14	0	53	1
Ham	85	77	2	0	0	26	1123	3	0	2	11	0	0	0	3
Sausage	85	251	21	8	0.1	63	725	2	0	2	14	0	0	0	28
Stroop	20	47	0	0	0	0	16	12	0	4	0	0	0	0	0
Turkey Bacon	176	520	44	16	0.2	130	1500	4	0	4	28	0	0	0	57
Honey, Mustard, Mayo	252	746	64	8	0	80	2057	38	0	37	0	0	0	0	1
Fresh Fruit Cup	385	190	1	0	0	0	41	49	5	42	1	0	393	3	3
Fruit Garnish	188	86	0	0	0	0	13	22	3	18	1	0	102	2	3
Granola	252	571	21	5	0.1	11	66	79	8	21	19	0	0	16	215
Hashbrowns	164	361	8	1	0.2	9	105	39	4	2	4	0	4	0	8
UITSMYTER (BOUNCER)															
Cheese with Hashbrowns	576	1287	59	29	1.0	546	2008	125	12	54	57	18	64	82	38
Cheese with Salad	496	1075	66	30	0.9	536	1923	91	9	56	54	38	600	82	34
Ham & Cheese with Hashrowns	633	1338	60	29	1.0	563	2756	126	12	55	65	18	64	82	41
Ham & Cheese with Salad	553	1126	67	30	0.9	553	2671	92	9	57	62	38	600	82	37
Ham with Hashrowns	505	912	22	4	0.2	456	1863	126	12	51	35	18	64	18	41
Ham with Salad	425	701	29	4	0.0	447	1778	92	9	52	32	38	600	18	37
OMELETTES															
Chicken with Salad	809	1119	47	19	0.6	788	1508	98	11	30	49	35	172	35	46
Chicken with Fruit	706	1183	62	20	0.6	788	1516	81	10	16	48	55	69	33	46
Denver with Salad	753	1072	43	17	0.6	779	1658	96	11	30	46	31	161	34	46

BREAKFAST

MENU ITEMS

	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)
OMELETTES															
Denver with Fruit	650	1135	58	18	0.6	779	1666	79	10	15	45	51	59	32	46
Low Carb	323	501	32	6	2.0	703	525	32	8	6	25	49	0	11	33
Meat Lovers with Salad	798	1343	67	23	0.7	839	3272	92	9	29	64	29	107	15	69
Meat Lovers with Fruit	695	1407	82	24	0.7	839	3280	75	8	14	64	49	4	13	69
Mediterranean with Salad	768	1002	39	15	0.6	758	1099	100	12	31	37	43	130	31	51
Mediterranean with Fruit	665	1065	54	16	0.6	758	1106	83	11	16	37	63	27	28	51
Mexican	714	1057	45	19	0.6	772	1579	95	11	30	40	32	107	39	42
Mexican with Fruit	611	1120	60	20	0.6	772	1587	78	10	15	39	52	4	37	43
No Carb	266	365	24	8	2	731	1227	4	0	1	34	29	0	8	23
Plain	591	883	33	11	0.6	732	732	89	9	26	30	29	107	15	40
Plain with Fruit	488	947	47	12	0.6	732	739	72	8	11	30	49	4	12	41
Rio Grande	798	1045	42	18	0.6	767	1446	101	13	33	36	37	161	27	43
Rio Grande with Fruit	695	1109	57	18	0.6	767	1453	84	11	19	35	57	59	25	43
Shrimp	699	1444	83	21	0.6	1056	2412	108	9	28	38	66	107	18	47
Shrimp with Fruit	596	1507	98	22	0.6	1056	2419	90	8	13	37	86	4	16	47
Smoked Salmon	699	1548	91	23	0.6	1050	2448	108	10	28	45	64	107	17	55
Smoked Salmon with Fruit	596	1612	106	24	0.6	1050	2455	91	9	13	44	84	4	15	56
Southwest Chili	827	1215	51	22	0.6	805	1572	108	10	30	51	40	110	38	61
Southwest Chili with Fruit	724	1279	65	23	0.6	805	1579	91	9	15	50	60	7	35	61
Spinach & Cheese with Salad	647	1009	42	17	0.6	762	952	92	11	26	38	39	113	35	48
Spinach & Cheese with Fruit	545	1073	57	18	0.6	762	960	75	10	12	38	59	11	33	49
Sweet Apple with Salad	643	942	33	11	0.6	732	733	105	11	40	31	30	110	16	43
Sweet Apple with Fruit	540	1006	47	12	0.6	732	740	88	10	26	30	50	8	13	43
Swiss (Dutch Style) with Salad	676	1029	42	17	0.8	773	1679	91	9	28	44	29	107	29	43
Swiss (Dutch Style) with Fruit	573	1093	57	18	0.8	773	1686	73	8	13	44	49	4	27	43
Veggie with Salad	779	945	33	11	0.6	732	824	101	12	32	33	35	174	16	45
Veggie with Fruit	676	1009	48	12	0.6	732	831	84	11	17	33	55	72	14	45
Boer's with Salad	1009	1720	98	36	0.9	976	3665	111	12	36	72	47	173	50	73
Boer's with Fruit	907	1783	112	37	0.9	976	3673	94	11	22	72	67	70	48	73
HASH-N-EGGS															
Bacon	550	1004	51	21	0.9	552	1811	73	9	13	40	21	65	35	42
Chicken	561	962	44	19	0.9	521	1443	73	9	13	43	21	65	31	36

BREAKFAST

MENU ITEMS

	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)
HASH-N-EGGS															
Ham	550	923	40	17	0.9	512	1595	73	9	14	40	21	65	31	37
Meat Lovers	664	1280	71	28	0.9	587	3035	74	9	15	61	21	65	31	58
Mushroom	564	887	39	17	0.9	495	850	74	10	14	35	21	67	31	37
Sausage	550	1039	53	23	1.0	537	1330	73	9	14	42	21	65	31	53
Shrimp	558	1028	47	19	0.9	609	1068	79	9	13	47	21	66	35	40
Smoked Salmon	550	938	42	18	0.9	508	1291	72	9	13	43	21	65	32	38
Turkey Bacon	550	1004	51	21	0.9	552	1811	73	9	13	40	21	65	35	42
FRENCH TOAST															
Canuck	586	1205	36	11	1.0	898	2996	154	9	1	64	36	0	28	79
Chocolate Strawberry	577	1517	43	21	1.0	502	2071	239	9	24	44	18	13	30	64
Cinnamon Raisin	265	523	24	12	1.0	482	505	63	12	27	20	18	0	16	23
Dutch	517	1088	24	9	0.3	455	1987	180	11	25	38	19	8	26	66
French Vanilla	665	1422	33	7	1.0	445	2013	236	16	41	50	23	11	45	77
Fruit Topping	437	980	18	5	1.0	439	1947	163	9	11	38	18	16	25	63
Hawaiian	700	1328	36	17	1.0	499	2786	200	11	42	48	18	30	30	71
Maple	584	1539	30	13	1.0	459	1999	275	9	76	42	18	0	36	64
Pear Maple	559	1152	20	15	0.6	485	2066	200	11	34	41	19	5	31	68
OTHER BREAKFAST STUFF															
Stormy Fruit with Bagel	561	717	9	2	0	13	704	137	10	57	26	10	16	29	82
Stormy Fruit with Muffin	497	566	14	3	0	35	410	97	7	49	18	10	16	37	66
Stormy Fruit with Toast	498	596	17	7	0.4	33	453	98	9	55	20	10	16	31	69
Toast (2 Pieces)	57	198	10	5	0.4	20	309	24	3	5	5	0	0	5	13
Power Breakfast with Bagel	524	929	16	3	0	13	711	169	12	67	32	11	9	29	165
Power Breakfast with Muffin	448	742	19	4	0	30	361	123	9	59	23	11	9	35	147
Power Breakfast with Toast	460	807	24	9	0.4	33	460	129	11	64	25	11	9	32	152
Cinnamon Apples	76	94	4	2	0.2	10	28	17	2	14	0	0	5	1	3
DeSnack	262	504	14	3	0.2	23	474	51	5	3	6	0	5	3	11
Oatmeal	283	606	6	3	0.1	11	58	130	7	94	13	0	0	18	17
Breakfast Hashboat & Fruit	604	846	29	9	0.2	67	2229	81	8	27	27	2	206	21	19
Breakfast Hashboat & Fruit (Veggie)	766	838	21	7	0.2	39	1847	101	11	36	16	4	235	26	21

LUNCH

MENU ITEMS

	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)
TOSTIES															
Brie, Red Onion & Blueberry on Sour Dough	202	522	26	16	0.5	78	1206	52	3	6	20	10	2	10	29
Brie, Red Onion & Blueberry on Whole Wheat	188	492	26	16	0.5	78	1156	46	5	8	20	10	2	16	23
Brie, Sliced Apple & Walnut on Sour Dough	241	715	44	17	0.5	78	1206	55	5	7	28	10	4	12	35
Brie, Sliced Apple & Walnut on Whole Grain	227	685	45	17	0.5	78	1156	49	7	9	28	10	4	17	29
Ham, Edam & Pineapple on Sour Dough	309	587	24	12	0.5	96	2615	58	3	10	32	7	17	21	35
Ham, Edam & Pineapple on Whole Wheat	295	557	25	13	0.5	96	2565	52	5	12	32	7	17	27	28
Ham, Edam & Sliced Tomato on Sour Dough	266	497	21	11	0.5	67	1914	52	3	6	23	12	14	20	31
Ham, Edam & Sliced Tomato on Whole Grain	252	467	22	12	0.5	67	1864	46	5	8	23	12	14	26	24
Smoked Salmon, Red Onion & Brie on Sour Dough	224	561	28	16	0.5	87	1431	51	4	4	26	10	6	11	36
Smoked Salmon, Red Onion & Brie Whole Grain	210	531	29	17	0.5	87	1381	45	6	6	26	10	6	17	30
Spinach, Mushroom & Feta on Sour Dough	240	513	26	15	0.5	71	1579	55	4	5	17	12	10	23	36
Spinach, Mushroom & Feta on Whole Grain	226	483	26	15	0.5	71	1529	49	6	7	17	12	10	29	29
WRAPS															
Breakfast with Fruit (Meat Option)	788	1289	52	23	0.1	456	2001	139	11	8	49	20	355	58	54
Breakfast with Fruit (Mushroom Option)	766	1212	47	21	0.1	437	1388	140	12	8	40	20	356	58	51
Chicken Caesar	624	978	59	15	9.0	94	3280	76	10	8	39	38	61	29	45
Chicken Salad	534	784	38	13	0	84	2587	79	8	13	34	41	17	35	33
Clubhouse	572	684	25	6	0	78	2485	77	8	11	37	44	25	17	38
Clubhouse DeBakon	559	793	38	14	0	76	2619	79	8	9	36	45	25	35	37
Clubhouse Turkey Bacon	559	852	45	16	0	123	3056	82	8	9	34	45	25	40	42
Crispy BLT Chicken	595	1068	54	16	0	109	3185	96	9	11	52	44	22	38	47
Quesadilla (Cheese)	517	936	58	26	0.2	113	1907	75	10	16	28	36	59	53	32
Quesadilla (Chicken)	584	1026	63	28	0.2	140	2503	77	10	16	38	36	59	53	34
Veggie	476	675	32	8	0	30	1652	78	9	9	21	60	35	25	34
SANDWICHES															
Sandwich Pear, Chicken, Brie & Spinach on Sourdough	342	620	26	12	0.5	126	1223	56	5	6	36	15	10	8	36
BLT	529	797	39	10	0	58	1971	96	11	57	33	28	82	34	32
Grilled 3 Cheese & Tomato	330	594	37	14	0.1	67	996	52	6	32	24	28	61	49	19
SOUPS & SALADS															
Soup (Pea) with Crackers	233	82	1	0	3.0	11	384	11	2	2	5	0	38	1	35
Soup of the Day with Crackers	233	136	3	1	3.0	23	797	17	2	2	8	46	0	2	5
Souper Deal – Pea Soup	451	616	32	13	3.0	21	1065	63	8	16	14	30	42	4	59

LUNCH

MENU ITEMS

	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)
SOUPS & SALADS															
Souper Deal – Soup of the Day	451	670	34	14	3.0	33	1478	69	8	16	17	76	5	6	29
Chili Deal	459	801	42	19	0	55	1619	75	13	25	27	32	8	13	92
Chili with Garlic Toast	354	648	27	18	0	55	1598	70	12	21	26	10	3	13	88
Amsterdam	390	414	25	7	9.0	56	1527	25	5	7	28	41	30	11	29
Caesar	334	785	62	24	0.3	83	1589	36	6	10	24	9	57	49	27
Caesar Salad – Chicken Strips	447	1169	88	29	0.3	83	2365	49	6	10	45	10	57	50	38
Caesar Salad – Grilled Chicken	484	986	73	27	0.3	141	2914	39	6	10	46	9	57	50	30
Chef	455	846	31	8	0.2	41	2154	111	8	8	33	20	19	28	43
Fruit	586	335	7	3	0.2	16	230	66	8	22	9	5	129	18	16
Lettuce Wedge	345	298	25	7	0	30	216	12	4	8	10	33	19	22	11
Side with Dressing	85	150	15	1	0	0	20	5	1	3	1	20	0	0	3
Spinach & Mushrooms	320	668	44	12	0	19	883	62	9	30	7	29	43	8	30
Spinach with Sliced Strawberries	412	783	44	12	0	19	885	94	11	60	7	29	130	9	34
Van Gogh	390	568	25	6	0	94	1463	49	7	28	41	38	21	17	28
Zomer	397	691	43	12	0	31	1404	69	8	37	14	29	110	21	47
Avocado, Pear, Walnut & Feta	543	992	89	13	0	46	605	39	13	22	21	47	39	29	24
Spinach, Mushroom, Bacon & Egg	330	786	61	12	0	240	1024	39	6	12	21	29	18	9	34
Pear, Walnut & Feta	407	886	78	18	0.6	46	612	34	8	21	19	45	22	28	22
BURGERS															
Canadian	323	712	53	16	0.2	91	2349	30	3	10	32	22	0	22	29
Canadian (Chicken)	351	594	36	9	0.2	113	2508	29	2	10	38	20	0	20	19
Gentle John	373	782	58	18	0.2	306	2414	31	3	10	38	31	0	24	35
Gentle John (Chicken)	401	664	40	10	0.2	328	2573	30	2	10	44	29	0	22	24
Halibut	458	642	34	4	0	70	629	36	5	12	45	36	28	11	30
Meek Myrtle	389	762	54	16	0	97	2207	37	4	12	33	22	10	27	32
Meek Myrtle (Chicken)	417	644	37	9	0	119	2366	36	4	12	39	20	10	26	21
Plain Jane	268	680	48	19	0.2	117	2052	26	2	6	37	3	0	23	33
Plain Jane (Chicken)	231	391	17	7	0.2	101	2111	24	1	6	32	0	0	20	13
Simple Simon	344	718	53	16	0.2	91	2228	30	3	10	33	22	1	21	30
Simple Simon (Chicken)	372	600	36	9	0.2	113	2387	30	3	10	39	20	1	20	19
Chicken Club	401	663	37	10	0.2	137	1023	31	3	11	53	25	14	22	26

LUNCH

MENU ITEMS

	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)
BURGERS															
Humble Helen	429	894	68	22	0.2	129	2466	37	4	13	37	22	12	41	48
Humble Helen (Chicken)	458	776	50	14	0.2	151	2625	36	4	13	43	20	12	40	37
BEVERAGES															
	(ml)														
100% Orange Juice	240	110	0	0	0	0	0	26	<1	26	2	0	210	2	2
Strawberry Lemonade	236	120	0	0	0	0	0	32	<1	30	0	0	11	0	1
Heinz Tomato Juice	284	60	0.1	0	0	0	540	12	3	7	0	8	10	2	15
Pepsi	355	150	0	0	0	0	15	41	0	41	0	0	0	0	0
Diet Pepsi	355	0	0	0	0	0	30	0	0	0	0	0	0	0	0
7-Up	355	160	0	0	0	0	60	42	0	42	0	0	0	0	0
Mug Root Beer	355	160	0	0	0	0	45	43	0	43	0	0	0	0	0
Crush Orange	355	130	0	0	0	0	45	34	0	34	0	0	0	0	0
Crush Grape	355	190	0	0	0	0	55	47	0	47	0	0	0	0	0
Schweppes Ginger Ale	355	130	0	0	0	0	45	34	0	34	0	0	0	0	0
Dr. Pepper	355	140	0	0	0	0	55	38	0	38	0	0	0	0	0
Mountain Dew	355	170	0	0	0	0	45	47	0	46	0	0	0	0	0
Aquafina	591	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dairyland 2% Partly Skimmed Milk	250	130	5	3	0.1	20	120	12	0	12	9	10	0	30	0
Dairyland 1% M.F. Chocolate Milk Beverage	250	160	2.5	1.5	0	10	260	26	0	25	8	15	0	25	4
Tea	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee	250	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lemon Flavored Tea	250	110	0	0	0	0	10	27	0	27	0	0	0	0	0