



Nutrition Information																						
SEAFOOD FEAST																						
Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron	
g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV	
Sandwiches & burgers are served with your choice of side, side is not included.																						
CAJUN GARLIC SHRIMP	291 g	750	57	76	35	1.5	183	35	2	7	1	1	27	470	1200	52	450	10	125	10	2.5	14
GARLIC SHRIMP SKEWERS	114 g	220	19	25	11	0.5	58	3	0	0	0	0	13	225	1640	71	50	1	50	4	0.5	3
SPICY BEER SHRIMP PASTA	701 g	1250	64	85	36	1.5	188	123	7	25	8	8	41	365	2060	90	950	20	450	35	8.5	47
LOBSTER & SHRIMP ROLL	270 g	640	43	57	12	0.5	63	43	2	7	9	9	19	220	1270	55	300	6	125	10	3	17
GRILLED SHRIMP BURGER	366 g	450	16	21	7	0.2	36	56	4	14	8	8	22	110	1150	50	600	13	100	8	3	17
Nutrition Information																						
STARTERS																						
Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron	
g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV	
WARM SPINACH AND ARTICHOKE DIP	347 g	950	65	87	26	1.5	138	75	9	32	7	7	21	115	2130	93	700	15	450	35	2.5	14
SIGNATURE BLARNEY CHIPS	761 g	1270	70	93	22	1.5	118	141	13	46	13	13	20	55	3830	167	1700	36	250	19	2.5	14
CHIP AND DIP DUO	381 g	770	40	53	4.5	0.3	24	89	11	39	3	3	8	0	2990	130	1150	24	50	4	3	17
THICK CUT CALAMARI	419 g	690	13	17	2	0	26	98	4	14	26	26	44	530	2360	103	800	17	175	13	7	39
NACHOS	221 g	680	41	55	18	1	95	55	5	18	3	3	26	70	1460	63	350	7	650	50	1.25	7
ADD CHIPTOLE BEEF	170 g	390	28	37	8	1	45	10	1	4	2	2	22	80	690	30	450	10	30	2	3	17
ADD GRILLED CHICKEN	155 g	240	15	20	1.5	0	8	0	0	0	0	0	27	80	790	34	350	7	10	1	1	6
ADD GUACAMOLE	44 mL	90	6	9	1	0	5	5	3	11	0	0	2	0	200	9	200	4	0	0	0	0
ADD EXTRA CHEESE	57 g	210	17	23	11	0.5	58	0	0	0	0	0	15	50	460	20	40	1	400	31	0	0
MINI YORKIES	230 g	340	14	19	4	0.1	21	39	3	11	5	5	14	80	760	33	400	9	100	8	2.25	13
GARLIC CHEDDIES	163 g	550	40	53	23	1	120	31	1	4	5	5	20	100	930	40	175	4	450	35	2	11
POUTINE	468 g	1060	59	79	24	1.5	128	99	11	39	1	1	39	125	2470	107	1800	38	1000	77	3	17
CRISPY CAULIFLOWER	562 g	880	49	65	2	0.3	12	99	7	25	15	15	8	65	2220	97	500	11	10	1	3	17
CROWD PLEASER with NAKED WINGS	288 g	570	34	45	11	0.5	58	35	5	18	5	5	33	150	1150	50	700	15	150	12	1.5	8
CROWD PLEASER with DUSTED WINGS	283 g	600	37	49	11	0.5	58	44	5	18	5	5	25	110	1070	47	600	13	150	12	2.25	13
CHICKEN WINGS- BUFF 1 LB	416 g	1160	67	89	14	0.4	72	11	4	14	0	0	130	580	1120	49	1250	27	50	4	3	17
CHICKEN WINGS- BUFF 1.5 LB	624 g	1730	100	133	21	0.5	108	16	6	21	0	0	195	865	1680	73	1850	39	75	6	4.5	25
CHICKEN WINGS- BUFF 2 LB	832 g	2310	134	179	28	0.5	143	22	7	25	0	0	260	1155	2250	98	2500	53	100	8	6	33
CHICKEN WINGS- DUSTED 1 LB	390 g	1300	80	107	14	0.5	73	55	4	14	0	0	90	380	700	30	800	17	40	3	6.5	36
CHICKEN WINGS- DUSTED 1.5 LB	586 g	1940	121	161	22	1	115	83	6	21	0	0	136	575	1050	46	1150	24	75	6	10	56
CHICKEN WINGS- DUSTED 2 LB	780 g	2590	161	215	29	1	150	111	9	32	0	0	181	765	1400	61	1550	33	75	6	13.5	75
CHOICE OF: RANCH DRESSING	44 mL	180	19	29	0	0	0	3	0	0	0	0	1	35	380	17	30	1	0	0	0.3	2
CHOICE OF: BLUE CHEESE DRESSING	44 mL	150	15	20	3	0.3	17	3	0	0	0	0	1	15	380	17	30	1	0	0	0	0
-MILD	60 mL	120	2.5	3	0.2	0	1	25	1	4	23	23	1	0	670	29	150	3	10	1	0.3	2
-BUFFALO MEDIUM	60 mL	170	18	24	10	0.4	52	1	1	4	0	0	1	55	1460	63	75	2	0	0	0	0
HOT	60 mL	15	0.3	1	0.1	0	1	2	1	4	0	0	1	0	2420	105	125	3	0	0	0	0
-SALT & PEPPER	5 g	3	0	0	0	0	1	0	0	0	0	0.1	0	0	1520	66	10	1	10	1	0.1	1
-CHILI LIME SEASONING	5 g	20	0.5	1	0.5	0	3	3	0	0	1	1	0.3	0	360	16	30	1	10	1	0.3	2
SRIRANCHA SAUCE	60 mL	180	14	19	1	0.2	6	12	0	0	8	8	1	20	780	34	75	2	0	0	0.75	4
GARLIC PARMESAN- COMBO'S	35 g	210	21	28	5	0.2	26	2	0	0	0	0	2	5	180	8	40	1	50	4	0.1	1
BBQ CHICKEN FLATBREAD	596 g	1170	46	61	20	1	105	132	8	29	22	22	47	120	2570	112	400	9	700	54	9.5	53
SAUSAGE & MUSHROOM FLATBREAD	584 g	1390	73	97	31	1	160	110	6	21	3	3	72	195	3380	147	750	16	650	50	10	56
ARUGULA & GOAT CHEESE FLATBREAD	565 g	1170	65	87	17	0.3	87	114	14	50	4	4	34	60	1780	77	850	18	550	42	11	61
FOUR CHEESE DIP- ESM/PUB COMBO	390 g	910	41	55	19	1	100	102	5	18	8	8	26	75	1650	72	175	4	300	23	7.5	42
BUTTER CHICKEN FRIES- ESM/PUB COMBO	404 g	780	46	61	9	0.3	47	79	11	39	3	3	16	60	510	22	900	19	100	8	3	17
BBQ CHICKEN FLATBREAD- ESM/PUB COMBO	448 g	1030	45	60	10	0.5	53	111	6	21	24	24	30	70	2540	110	350	7	400	31	7	39
MUSHROOM & PEPPERONI FLATBREAD- ESM/PUB COMBO	346 g	760	33	44	11	0.5	58	84	5	18	4	4	32	75	2020	88	300	6	400	31	7.5	42

Nutrition Information																						
SANDWICHES & WRAPS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
All sandwiches & wraps are served with your choice of side, side is not included																						
BBQ CHICKEN YORKIE WRAP	449 g	910	43	57	5	0	25	81	7	25	25	25	36	95	2630	114	500	11	175	13	3.5	19
BRAISED BEEF WRAP	740 g	830	37	49	10	0.4	52	97	9	32	13	13	24	75	2820	123	1050	22	225	17	3.5	19
FISH TACOS	331 g	640	29	39	2.5	0.1	13	68	5	18	7	7	26	60	1070	47	450	10	125	10	4.5	25
SOY CUTLET TACOS	390 g	730	31	41	2.5	0.1	13	78	7	25	6	6	34	5	1740	76	850	18	175	13	6	33
CHICKEN BACON SANDWICH	409 g	820	40	53	13	0.4	67	65	4	14	6	6	49	135	2910	127	900	19	300	23	5	28
STACKED COD-WICH	460 g	710	32	43	7	0.3	37	71	6	21	15	15	36	100	1820	79	600	13	175	13	6	33
D'ARCY'S REUBEN	526 g	990	56	75	24	1	125	71	6	21	8	8	48	130	3680	160	550	12	500	38	5.5	31
STEAK SANDWICH	343 g	670	21	28	9	0.5	48	58	3	11	4	4	61	165	1530	67	750	16	30	2	8	44
GRILLED CAESAR WRAP WITH GRILLED CHICKEN- ESM/PUB COMBO	367 g	780	22	29	8	0.5	43	57	4	14	6	6	36	105	1540	67	300	6	175	13	5.5	31
GRILLED CAESAR WRAP WITH CRISPY CHICKEN- ESM/PUB COMBO	396 g	1060	41	55	10	0.5	53	78	4	14	6	6	44	100	2170	94	450	10	175	13	7	39
ADD ONS:																						
- PROVOLONE CHEESE	28 g	100	8	11	5	0	25	1	0	0	0	0	7	20	250	11	40	1	225	17	0.1	1
- MUSHROOMS	69 g	90	9	12	3.5	0.1	18	2	1	4	1	1	2	20	610	27	200	4	0	0	0.3	2
- RED WINE BRAISED ONIONS	28.3 g	25	1.5	2	0.1	0	1	2	0	0	1	1	0.4	0	140	6	40	10	10	1	0.1	1
Nutrition Information																						
SALADS & SOUPS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
BEET SALAD	399 g	690	57	76	14	1	75	29	6	21	15	15	18	85	880	38	750	16	150	12	2	11
STEAK AND ARUGULA SALAD	401 g	540	33	44	9	0.2	46	9	2	7	5	5	53	130	1510	66	1200	26	250	19	5.5	31
COBB SALAD	433 g	540	40	53	14	0.2	71	15	3	11	10	10	34	270	1180	51	550	12	350	27	3	17
FIONN'S POWER BOWL	557 g	800	35	47	5	0	25	85	5	18	12	12	39	80	2710	118	900	19	175	13	7	39
CHICKEN CAESAR SALAD WITH CHICKEN	391 g	710	37	49	12	0.5	63	12	2	7	4	4	49	165	1690	73	500	11	400	31	3.5	19
FRENCH ONION SOUP BOWL	598 g	600	29	39	12	0.1	61	55	5	18	8	8	26	60	2270	99	350	7	700	54	3	17
FRENCH ONION SOUP CUP	312 g	330	14	19	6	0	30	34	3	11	4	4	14	30	1190	52	175	4	350	27	2	11
FISHERMAN'S CHOWDER	402 g	470	30	40	16	1	85	35	2	7	5	5	19	115	1180	51	450	10	200	15	6	33
ADD ONS:																						
GRILLED CHICKEN BREAST	121 g	200	9	12	1	0	5	0	0	0	0	0	29	95	1220	53	450	10	10	1	0.5	3
ATLANTIC SALMON	157 g	370	24	32	3	0	15	0	0	0	0	0	36	100	690	30	900	19	20	2	1.5	8
GRILLED VEGAN CUTLET	111 g	150	5	7	0	0	0	5	2	7	0	0	22	0	1140	50	400	9	50	4	2.25	13
6 OZ GRILLED STEAK	151 g	210	5	7	2	0.2	11	0	0	0	0	0	40	95	330	14	600	13	10	1	4	22
Nutrition Information																						
IRISH FAVES	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
SHEPHERD'S PIE	482 g	540	27	36	11	0.3	57	48	5	18	6	6	24	85	1640	71	1000	21	75	6	3	17
SALMON LEEK PIE	409 g	900	64	85	28	1	145	44	2	7	6	6	39	225	1070	47	1100	23	175	13	3.5	19
CHICKEN POT PIE	380 g	840	62	83	34	1.5	178	59	3	11	3	3	15	225	1420	62	150	3	50	4	3.5	19
GUINNESS STEAK AND MUSHROOM BOWL	375 g	580	18	24	8	0.5	43	42	3	11	3	3	25	85	1320	57	400	9	50	4	2.25	13
ALL DAY IRISH BREAKFAST SKILLET	377 g	1100	82	109	38	1.5	198	58	6	21	7	7	32	425	2970	129	1250	27	125	10	3.5	19
LAMBSHANK ENTRÉE	1281 g	1040	46	61	15	1	80	78	11	39	15	15	62	225	5690	247	2150	46	300	23	7.5	42
Nutrition Information																						
MAINS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
FISH & CHIPS (ONE PIECE)	567 g	910	49	65	6	0.3	32	89	11	39	11	11	33	75	1570	68	950	20	100	8	3.5	19
FISH & CHIPS (TWO PIECE)	774 g	1120	52	69	6	0.3	32	108	12	43	11	11	57	140	2280	99	1350	29	125	10	4.5	25
FISH & CHIPS (ONE PIECE)- ALBERTA	574 g	760	37	49	5	0.3	27	75	8	29	11	11	30	75	3040	132	950	20	75	6	3	17
FISH & CHIPS (TWO PIECE)- ALBERTA	781 g	970	41	55	5	0.3	27	95	9	32	11	11	55	140	3750	163	1350	29	100	8	4	22

SOY CUTLET & CHIPS (ONE PIECE)	567 g	970	53	71	6	0.3	32	94	13	46	11	11	33	10	1830	80	600	13	125	10	5	28
SOY CUTLET & CHIPS (TWO PIECE)	774 g	1150	61	81	6	0.3	32	99	15	54	11	11	55	10	2360	103	600	13	175	13	7.5	42
SOY CUTLET & CHIPS (ONE PIECE)- ALBERTA	567 g	820	42	56	5	0.3	27	80	10	36	11	11	30	10	3300	143	600	13	125	10	5	28
SOY CUTLET & CHIPS (TWO PIECE)- ALBERTA	774 g	990	49	65	5	0.3	27	85	12	43	11	11	52	10	3840	167	600	13	150	12	7	39
BUTTER CHICKEN CURRY	569 g	700	25	33	10	0.2	51	92	7	25	9	9	23	95	2100	91	500	11	150	12	6.5	36
SOY CUTLET CURRY	565 g	790	28	37	9	0.2	46	97	9	32	8	8	36	55	2500	109	300	6	200	15	8.5	47
STEAK AND FRIES	596 g	1300	90	120	26	1.5	138	76	12	43	2	2	54	205	1690	73	1850	39	150	12	7	39
STEAK AND FRIES- ALBERTA	595 g	1070	74	99	25	1.5	133	56	7	25	2	2	50	205	3570	155	1800	38	125	10	6.5	36
WAFFLE'D UP CHICKEN FINGERS	463 g	730	13	17	2.5	0	13	89	5	18	6	6	65	165	3000	130	950	20	125	10	9.5	53
WAFFLE'D UP SOY CUTLET FINGERS	398 g	780	19	25	1.5	0	8	99	9	32	6	6	55	5	3080	134	1000	21	200	15	11.5	64
CHOICE OF:																						
WARM WAFFLES WITH HONEY	185 g	780	34	45	18	0.2	91	115	4	14	71	71	8	20	620	27	300	6	50	4	4.5	25
WAFFLE CUT FRIES WITH PLUM SAUCE	332 g	700	32	43	7	0.5	38	94	7	25	17	17	7	0	1620	70	750	16	30	2	1.25	7
MAPLE GLAZED SALMON	691 g	1320	82	109	17	0.5	88	74	3	11	10	10	65	220	1930	84	1850	39	75	6	7	39
FETTUCINE ALFREDO	491 g	790	31	41	10	0.5	53	102	7	25	5	5	23	50	1000	43	300	6	225	17	5	28
CHOICE OF:																						
GRILLED CHICKEN	150 g	180	8	11	1	0	5	0	0	0	0	0	27	80	1100	48	350	7	10	1	1	6
SAUTEED SHRIMP	72 g	100	7	9	0.5	0	3	0	0	0	0	0	8	155	970	42	10	1	40	3	0.3	2
SOY CUTLET	111 g	150	5	7	0	0	0	5	2	7	0	0	22	0	1140	50	10	1	50	4	2.25	13
CHICKEN FINGERS- ESM/PUB COMBO	111 g	1440	70	93	6	0.5	33	149	9	32	33	33	53	85	2110	92	1350	29	75	6	4.5	25

Nutrition Information

BURGERS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
All burgers served with your choice of side, side is not included																						
THE FLAGSHIP BACON BURGER	563 g	1310	78	104	28	2	150	72	6	21	12	12	78	245	3610	157	1250	27	125	10	9	50
AVOCADO BACON BURGER	683 g	1220	79	105	26	1.5	138	60	12	43	7	7	73	230	3610	157	1650	35	150	12	8.5	47
LAMB BURGER	422 g	930	61	81	25	1.5	133	49	4	14	7	7	43	185	3000	130	700	15	125	10	5.5	31
STRAIGHT UP BURGER	432 g	900	49	65	19	1.5	103	52	4	14	10	10	65	210	2250	98	900	19	100	8	8	44
HOLD THE MEAT BURGER	345 g	590	29	39	6	0.2	31	62	8	29	11	11	28	40	2640	115	700	15	125	10	7.5	42
ADD ONS:																						
CHEDDAR CHEESE	28.3 g	100	8	11	6	0.3	32	0	0	0	0	0	8	25	230	10	20	1	200	15	0	0
RED WINE BRAISED ONIONS	28.3 g	25	1.5	2	0.1	0	1	2	0	0	1	1	0.4	0	140	6	40	10	10	1	0.1	1
DOUBLE SMOKED BACON	45 g	240	21	32	8	0.1	41	2	0	0	1	1	12	40	810	35	225	5	10	1	0.4	2
HALF AVOCADO	101 g	160	15	20	2	0	10	9	7	25	1	1	2	0	5	1	500	11	10	1	0.5	3
GUACAMOLE	44 mL	90	6	8	1	0	5	5	3	11	0	0	2	0	200	9	200	4	0	0	0	0

Nutrition Information

SIDES	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
FRIES	170 g	460	26	35	2.5	0.2	14	53	6	21	0	0	6	0	35	2	500	11	30	2	1.25	7
FRIES- ALBERTA	177 g	310	15	20	1	0.2	6	39	3	11	0	0	3	0	1520	66	500	11	10	1	0.75	4
TORTILLA CHIPS WITH GUACAMOLE	101 g	370	18	24	2	0.1	11	44	6	21	1	1	5	0	290	13	300	6	50	4	0.75	4
HOUSE SALAD	150 g	150	13	17	1	0.1	6	7	2	7	3	3	2	0	240	10	300	6	75	6	1.5	8
CAESAR SALAD	133 g	370	16	21	8	0.5	43	6	1	4	2	2	15	70	660	29	125	3	350	27	1.5	8
MASHED POTATOES WITH GRAVY	279 g	270	13	17	7	0.3	37	37	3	11	3	3	4	35	1130	49	600	13	50	4	0.75	4
BROCCOLINI	71 g	25	0.4	1	0	0	0	2	2	7	0	0	3	0	40	2	250	5	75	6	1	6
CHIPPERS WITH CHIPOTLE MAYO DIP	336 g	680	35	47	3.5	0.3	19	84	8	29	3	3	7	0	2560	111	950	20	50	4	3	17
POUTINE	291 g	710	44	59	13	1	70	61	8	29	0	0	21	60	1580	69	600	13	500	38	1.5	8
FISHERMAN'S CHOWDER CUP	201 g	160	10	13	6	0.3	32	12	1	4	1	1	7	50	490	21	200	4	40	3	3	17
SWEET POTATO FRIES	219 g	480	24	32	3.5	0.2	19	63	5	18	18	18	3	0	2100	91	700	15	75	6	1.75	10

Nutrition Information

KIDS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
Includes Fries																						
KRAFT DINNER	311 g	520	22	29	3.5	0.3	19	68	5	18	8	8	13	15	520	23	300	6	175	13	2.25	13
KRAFT DINNER- ALBERTA	311 g	430	16	21	3	0.3	17	60	4	14	8	8	12	15	1240	54	300	6	150	12	2	11
HAMBURGER	329 g	750	39	52	11	1	60	69	6	21	3	3	35	110	820	36	750	16	50	4	5.5	31

HAMBURGER- ALBERTA	329 g	660	33	44	11	1	60	61	4	14	3	3	33	110	1530	67	750	16	50	4	5.5	31
CHICKEN FINGERS	371 g	650	17	23	2	0.1	11	89	5	18	18	18	36	85	1510	66	750	16	75	6	5.5	31
CHICKEN FINGERS- ALBERTA	371 g	570	11	15	1.5	0.1	8	81	4	14	18	18	34	85	2230	97	750	16	75	6	5	28
SHEPHERD'S PIE	227 g	390	21	28	4.5	0.2	24	40	5	18	2	2	10	25	500	22	550	12	40	3	1.5	8
SHEPHERD'S PIE- ALBERTA	227 g	310	15	20	4	0.2	21	33	3	11	2	2	9	25	1210	53	550	12	30	2	1.25	7

Nutrition Information

DESSERTS	Serving Size	Energy	Fat	Fat	Saturated	Trans	Saturated &	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholestrol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
STICKY TOFFEE PUDDING	161 g	440	23	31	14	0.2	71	57	1	4	36	36	5	80	220	10	125	3	100	8	3.5	19
BROWNIES AND ICE CREAM	362 g	1070	37	49	14	0.4	72	166	3	11	119	119	11	110	470	20	550	12	75	6	4.5	25
FRENCH VANILLA ICE CREAM	70 g	170	11	15	6	0.1	31	18	0	0	11	11	1	30	45	2	125	3	50	4	0	0
WHITE CHOCOLATE CHEESECAKE WITH CHOCOLATE SAUCE	239 g	850	59	79	29	1	150	100	2	7	70	70	11	135	520	23	450	10	250	19	3	17
WHITE CHOCOLATE CHEESECAKE WITH BUTTERSCOTCH SAUCE	240 g	850	45	60	27	1	140	103	1	4	78	78	10	135	510	22	350	7	225	17	2.25	13

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS. GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY OCCUR IN OUR KITCHEN DURING PREPARATION. PLEASE ASK YOUR SERVER FOR DETAILS.