

Nutrition Information																	Allergens								
2018	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard	
		kcal	g	g	g	g	g	g	g	mg	mg	%DV	%DV	%DV	%DV										
Starters & Shareables																									
French Onion Soup	8 fl oz	270	13	20	1.0	5	14	8	0	36	1130	8	17	31	7		*		*	*				*	
Crispy Calamari and Shrimp	1 plate	825	58	40.7	3	3	47	7	0	730	994	12	3	17.5	40			*		*					
Hummus Platter	1 plate	786	26	80	15.4	12	46.7	9.2	0	46	2082	20	102	45.5	47					*					
Spicy Tuna Poke	1 plate	459	22	50	4.6	3.5	13	2.2	0	37.5	373	1	13	9.5	13.5			*		*	*				
Fish Tacos	1 plate	733	28	63.5	4.6	3.2	48	7.5	0	61	1040	9	79	15	23		*	*	*	*					
Nachos	1 plate	1377	898	139	2.7	3	88	64	0	368	2008	96	52	262	37		*			*					
Big Effin Nachos	1 plate	3468	143	418	4.8	19	178	204	1	444	5886	150	70	347	98		*			*					
Crispy Dry Ribs	1 plate	1331	76	52	0	44	92	26	0.8	240	1675	8	8	16	43										
Wings (Plain)	1lb	746	130.5	0	0	0	25	17	0	165	1586	0	0	11.5	39				*						
Nibbles																									
Chips and Dip	1 bag	923	6	41	3.2	2	84	14.6	0	30	1520	0	4	6	0		*	*							*
Sweet Potato Fries	14 oz	841.75	5.6	96.25	6.125	32.2	48.13	5.25	0.0	40.25	925.75	108.5	42	10.5	10.5										
Spicy Pickle Fries	7 oz	650	6	35	4.6	8	50	5.7	0	15	2590	0	0	6	4		*		*	*					
Fries	12 oz	897	7.5	81	6	2.4	60	5.7	0.0	0	1929	0	42	3.75	12.75										
Onion Rings	12 oz	1118	11.2	116	4	12	70	6.8	0	0	2760	0	8	8	32					*					

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Frank's Hot Sauce	2 fl oz	0	0	0	0	0	0	0	0	0	2280	24	0	0	0									
Honey Garlic	2 fl oz	120	0.2	30	0	28	0	0	0	0	190	0	0	0	0				*	*				
Cajun Rub	2 Tbsp	0	0.8	8	0	0	0	0	0	0	520	0	0	0	0									
Nacho Add Ons																								
Spicy Beef	4oz	395	33	5	1	3	26.5	8.5	0.0	102	706	37	14	7.5	28.5									
Chicken Breast	4oz	112	25	0	0	0	1.4	0.14	0.3	119	532	3	0	3	3									
Guacamole	2fl oz	80	1	6	4	1	8	1	0.0	0	170	0	12	0	0									
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Brunch																								
English fry up	1 plate	1318	35	80	8	5.4	97	20	0.5	455	2572	32	38	14	56	*	*			*				
On The Dole	1 plate	1180	41.4	73.5	7.25	3	80	21	0.4	459	2599	27	25	13	38.5	*	*			*				
Breakfast Taco	1 plate	775	48.4	60	3.3	1.7	59	26.5	0.0	489	1765	52	11	72	22	*	*			*				
Breakfast Flatbread	1 plate	877	38	52.7	2	2	56	23	1.3	318	1662	48.5	8	73	26	*	*		*	*		*		
Eggs Benedict	1 plate	1090	37	81.3	6	8	67	20	0.2	360	2786	18.5	47	26	34	*	*		*	*			*	
Queen's Plate	1 plate	2074	43.6	241	11	93	105	26	1	95	927	20	43	61	97	*	*			*				
Peameal Sandwich	1 plate	1179	49	96	7	11	61	18.4	1	135	3186	25	28	28	31		*			*				
Breakfast Totcho	1 plate	1242	47	120	9	2	92	30	0.3	343.5	2894	42	23	69	15	*	*							
Brunch Add Ons																								
Bacon	2 pc	130	9	0	0	0	10	3.3	0.0	26	554	0	0	0	2									
Bangers	1 pc	295	26.5	8.5	0.14	61	555	5	0.0	1.4	9	1	0	1	20					*				
Toast	1 pc	160	6	26	3	1	3	0	0.0	0	230	0	0	2	10					*				
Tater Tots	12 oz	833	5.6	100	10	0	46	3.6	0.4	0	2000	0	15	11.5	14									
Kids Menu																								
Grilled Cheese	1 plate	575	38	27	3	2	56	39	1	188	1085	50	17	88	15		*			*				
Mac & Cheese	1 plate	465	32.4	51.6	2.2	1.4	26.6	19.7	0	1102	659	24.5	0	64	18		*			*				
Grilled Chicken	1 plate	116	20.5	1.6	0.6	0.6	1	0.1	0.2	97	457	10	5	3	2									
Chicken Fingers	1 plate	231	7.6	10	0.6	2.4	28	1	0	12	252	0	0	0	4					*				
Kids Pancakes	1 plate	985	23	115	4	43	48.6	10	0.25	36	536	4.5	2.5	29.5	47	*	*			*				
Brunch	1 plate	534	13.6	29	2.8	0	40.4	8.2	0.2	211	1125	15	4.5	5.5	11	*	*							