

Nutrition Information

RB Menu

Allergens

	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		*		*	*			*		
Chili Dusted Calamari	1 plate	663	44	41	0.9	0.1	38.6	6	0.0	591	450	6	10	13	29	*	*	*		*				*	
Potato & Cheddar Perogies	1 plate	1121	30	93	5	4.6	66.4	15	0.5	77	2546	9	16	6	14	*	*			*					
Three Little Yorkies	1 plate	530	42	40	4.4	1.5	20.5	8.3	0.4	148	1403	1	12.5	11	40	*	*		*	*			*		
Fish Tacos	1 plate	733	28	63.5	4.6	3.2	48	7.5	0	61	1040	9	79	15	23		*	*	*	*					
Bombay Chicken Tacos	1 plate	637	33.6	62.6	7.6	10.2	36	8.6	0	90.6	446	16	47	26	38	*	*		*	*					
Bucket of Rings & Things	1 plate	2302	28	294	19.5	39	113	15.2	0.6	18	5970	97.5	76	41	48		*			*					
Hummus Platter	1 plate	1212	32	125	20.5	20	72.5	12	0.15	46	2782	28	205	50	59		*			*	*				
Nachos	1 plate	1377	898	139	2.7	3	88	64	0	368	2008	96	52	262	37		*			*					
Nachos For A King	1 plate	3468	143	418	4.8	19	178	204	1	444	5886	150	70	347	98		*			*					
Spuds & Sauce	1 plate	1159	30.5	90	6	2.4	74	21	1.3	93	3120	22	45	71	12		*		*	*					
Three Cheese Artichoke Dip	1 plate	1267	29.5	164	5.5	4.7	47	24.3	0.9	113	1914	39	46.5	46	38.5		*		*	*					
Crispy Dry Ribs	1 plate	1331	76	52	0	44	92	26	0.8	240	1675	8	8	16	43										
Nibbles																									
Fried Pickles	1 plate	271	4	29	2.7	4	15	1	0	0	1237	5	5	2.5	5		*			*					
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										
Fries	12 oz	897	7.5	81	6	2.4	60	5.7	0.0	0	1929	0	42	3.75	12.75										
Crispy Cauliflower	1 plate	1079	12	75	6	6	82	49	0.3	1	1861	0	106	9	21		*			*					
Jalapeno Corn Bites	1 plate	745	14	70	4	8	46	10	0	30	1460	16	8	30	8		*			*					
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				*	*				
Pineapple Jerk	2 fl oz	94	0.2	23.5	0	21.5	0	0	0	0	625	0	3	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 Chorizo	2 oz	162	7.4	22.6	0.7	0.5	13.2	4	0	34	394	2	1	0	0									
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	*	*			*				
Eggs Benedict	1 plate	1090	37	81.3	6	8	67	20	0.2	360	2786	18.5	47	26	34	*	*		*	*			*	
Chicken & Waffles Benedict	1 plate	1367	56	91	5.6	14	84.4	23	0.2	465	2509	27	45	20	45	*	*		*	*				
Breakfast Totcho	1 plate	1242	47	120	9	2	92	30	0.3	343.5	2894	42	23	69	15	*	*							
Chocolate Cherry French Toast	1 plate	1169	21.5	159	9	86	45	9	3	223	675	13	2	21	73	*	*			*				
Wafflewich B.E.L.T	1serv	1179	33	104	11	23	67	9	0.6	279	2314	23	88	14.5	32.5	*	*		*	*				*
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					*				
Fish & Chips	1 plate	365	15	19	1	1	35	2.5	0	40	550	2	0	2	6					*				
Brunch	1 plate	534	13.6	29	2.8	0	40.4	8.2	0.2	211	1125	15	4.5	5.5	11	*	*							

** The information is to be used as a guideline only. Figures are estimates based on our manufacturers ingredient and nutrient declarations, the Canadian Nutrient Database and standare recipes. Preparation, ingredients and and figures may change withouth notice and vary from location to location.

