



NUTRITIONAL GUIDE

NAT'S FAVOURITES

		*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)
Nat's Hearty Breakfast (no smashbrown potatoes; no protein)	With Toast	210	478	21	7	0.3	387	628	51	0	2	23	14	2	12	32
	With Pancakes	402	890	32	14	0.7	511	1257	128	2	35	24	25	1	39	35
	With Waffle	349	769	28	12	0.6	480	1006	109	1	30	21	22	1	31	29
Choice of protein:	Bacon	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
	Back Bacon	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
	Sausage	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
	Chorizo	120	310	24	9	0.1	80	1260	4	0	0	19	0	0	0	0
Breakfast Quesadilla	Only	450	948	58	19	0.8	939	1845	58	4	7	51	40	25	77	56
	Side Cilantro Sour Cream	28	42	3	2	0.1	178	2	0	0	0	2	2	3	3	0
	Side Strawberry Salsa	38	16	0.4	0	0.0	125	3	1	2	2	0	4	19	1	1
Oatmeal & Quinoa	Served with Fruit	535	679	15	2	0.0	0.0	267	106	15	24	22	2	102	13	42
The BC Sunny Start	Only	243	581	34	10	0.4	234	1072	49	1	13	25	26	18	23	21
	Without Sauce	210	461	23	9	0.3	225	817	44	1	9	24	24	15	22	20
Nat's Pancakes	Fruit Topping & Whipped Cream	561	1182	43	16	1.1	254	2011	176	5	48	24	23	100	69	54
Nat's Waffles	Fruit Topping & Whipped Cream	441	820	23	12	0.6	192	1508	137	4	40	19	17	100	53	41
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
Add Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2

NAT'S SCRAMBLES

Ham & Brie	Only	321	600	47	16	0.9	925	1007	4	1	3	40	39	4	44	29
Candied Salmon & Goat Cheese	Only	301	561	43	13	0.3	925	760	6	0.5	4	36	34	7	19	32
Bacon, Broccoli & Cheese	Only	330	610	44	14	0.4	926	1287	6	1	4	48	34	43	46	29
Tomato & Herb	Only	386	623	46	18	0.5	949	1377	10	1	6	42	34	140	20	25
Add 2 Slices of Toast	Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
Add Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2

WEEKEND BRUNCH

Stacked Blueberry Waffle		634	1352	47	14	0.6	557	2207	193	7	88	41	27	12	59	50
Buttermilk Chicken & Waffle		523	1116	58	21	1.1	563	2601	94	2	32	55	20	5	44	39
Brunch Burger	Only	475	1207	76	25	1.2	312	2309	76	2	16	49	18	15	21	43
	Without Sauce	441	1123	70	24	1.1	307	2022	68	2	10	49	15	11	21	43

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

BENEDICTS & BOWLS

		*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)
Cheesesteak Hash	No Toast	542	1014	71	29	1.8	573	2163	48	3	9	47	34	122	57	26
Southwest Chorizo Hash	No Toast	577	864	60	18	0.8	514	2090	53	3	14	31	47	133	39	23
Classic Benedict	Only	264	471	27	12	0.6	419	1199	32	1	2	25	11	0	23	20
Shrimp Florentine Benedict	Only	367	598	36	19	1.0	498	1295	37	3	6	32	20	21	42	27
Add 2 Slices of Toast	Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
Add Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2

ON THE SIDE

Back Bacon	3 Slices	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
Bacon	4 Slices	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
Sausage	3 Links	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
Chorizo	1 Link	120	310	24	9	0.1	80	1260	4	0	0	19	0	0	0	0
Add Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
Side of Hashbrowns	Shredded	149	191	7	0.2	0	0	324	29	3	0.7	3	0	15	2	2
Side of Fruit		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2
Side of Scrambled Eggs		122	215	17	4	0.2	444	255	1	0	1	14	15	0	7	14
Substitute Egg Whites		113	57	0	0	0	0	181	0	0	0	11	0	0	0	0
English Muffin	Buttered	72	191	7	4	0.2	15	306	28	1	1	5	4	0	15	10
White Toast	2 slices, Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
Sourdough Toast	2 slices, Buttered	114	362	13	8	0.5	31	651	52	0	2	8	7	0	8	24
Multigrain Toast	2 slices, Buttered	124	388	17	8	0.5	31	487	53	7	1	9	7	0	7	18

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

SNACK & SHARE

		*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)
Arugula & Goat Cheese Flatbread		284	614	25	9	0.2	51	1104	69	4	11	20	15	22	26	23
Chicken Wings	No Sauce	300	609	42	12	0.3	328	1698	0	0	1	58	0	0	5	12
Spinach & Artichoke Dip	With Fire Roasted Tomato Sauce	521	1063	53	26	2	118	2045	100	7	15	37	35	63	76	51
Dippin' Chicken	No Sauce Add Half Caesar	217 136	450 243	18 18	2 3	0 0	67 27	917 409	28 14	7 2	8 1	35 6	2 151	1 8	1 11	13 34
Nat's Crispy Dry Ribs	Rosemary Salt	424	788	61	15	0.5	210	933	1	0.5	0	58	0	1	4	16
Nobashi Prawns	No Sauce	156	400	28	2	0.1	5	595	34	0	0	17	0	0	9	26
The Spot's Poutine		374	585	35	12	0.9	60	1033	48	4	2	20	14	32	46	12
Shrimp Gyoza		210	464	23	4	0.2	35	1221	53	5	11	13	4	6	6	9
Clam Chowder	Cup (8 fl oz) Bowl (10 fl oz) 1 Pack of Crackers	276 345 6	221 276 25	7 9 0.5	0 0 0.2	0 0 0.3	41 52 0	579 724 45	22 28 5	3 3 0.2	6 7 0	17 21 1	55 69 0	55 69 0	6 7 0	83 103 2
Veggie Beef	Cup (8 fl oz) Bowl (10 fl oz) 1 Pack of Crackers	245 306 6	110 138 25	4 4 0.5	1 1 0.2	0 0 0.3	10 13 0.0	780 975 45	18 23 5	2 3 0.2	2 3 0	5 6 1	35 44 0	15 19 0	4 5 0	4 5 2
The Spot's Zoo Sticks	No Sauce	456	786	28	2	0.1	0	701	102	9	9	29	12	88	15	48
Sweet Potato Fries	No Sauce	304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
The Spot's Calamari	No Sauce	252	485	18	4	0	590	1145	33	1	1	44	2	17	10	18
Crispy Cauliflower Bites		346	707	34	6	0.2	36	1210	85	3	44	19	49	198	24	25
Prawn & Avocado Flatbread	With Jalapeño Ranch	416	910	56	13	0.4	60	2760	62	4	12	28	20	30	35	110
Sauces & Dips 1.5 fl oz portions	Honey Mustard Plum Sauce BBQ Sauce Chipotle Mayo Zoo Dip Sweet Thai Chili Tennessee Whiskey Frank's Red Hot	45 43 45 45 40 45 53 45	225 71 316 300 94 90 364 0	20 0 0.1 33 9 0 1 0	2 0 0 3 3 0 0 0	0 0 0 0 0 0 0 0	26 0 0 15 19 0 0 0	315 213 519 120 81 360 748 1710	12 18 17 3 1 18 21 0	0 0 0.5 0 0 0 0.7 0	5 12 16 3 0 18 17 0	0 1 0.5 0 1 0 0.6 0	0 3 5 0 0 0 5 0	0 2 4 0 0 0 5 0	0 1 1 0 0 0 2 0	0 0 2 0 2 3 0 0

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

SANDWICHES & MORE

		*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)
Hot Chargrilled Chicken Caesar Wrap	Only	350	681	34	5	0.1	100	1806	57	5	4	40	159	26	32	58
Hot Buttermilk Chicken Caesar Wrap	Only	342	696	33	5	0	71	1927	69	5	4	33	159	25	31	63
Spinach & Artichoke Quesadilla	Only	311	612	29	14	0.6	67	1905	65	6	7	26	18	45	67	35
	Side Cilantro Sour Cream	28	42	3	2	0.1	8	17	2	0.1	0.1	2	2	3	3	0
	Side Fire Roasted Sauce	50	20	0.8	0.1	0	0	184	3	0.4	2	0.3	3	3	3	2
Mexicali Tacos	One Fish Taco	132	209	9	1	0	25	693	22	2	3	11	7	23	7	13
	One Prawn Taco	101	194	9	1	0	3	564	24	2	3	6	6	23	8	17
	Side Cilantro Sour Cream	28	42	3	2	0	8	17	2	0.1	0.1	2	2	3	3	0
	Side Strawberry Salsa	38	16	0	0	0	0	125	3	0.6	2	0.3	4	19	1	1
Nat's Original Beef Dip	Only	402	544	11	7	0.2	82	3005	68	2	1	39	3	0	9	47
Nat's Loaded Beef Dip	Only	529	672	20	7	0.4	82	3135	77	4	6	44	3	11	11	51
The White Spot Club	Only	372	889	45	6	0.3	27	1953	85	3	9	38	11	28	11	41
	Without Sauce	295	555	12	1	0	0	1339	78	1	5	36	10	20	10	39
Toasted Shrimp Sandwich	Only	297	578	26	4	0.2	174	1579	54	3	8	32	1	9	15	26
	Without Sauce	252	361	4	1	0	156	1237	50	2	6	31	0	5	15	25
Add Platter (Fries & Coleslaw)		292	444	26	2	0.1	5	234	49	6	7	6	2	69	2	21
Add Half Caesar		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
Add Half Spot Salad		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

OUR FAMOUS BURGERS

		*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)
Bacon Cheddar Bigger Burger	Only Without Sauce	363 314	1076 853	72 50	22 18	0.5 0.3	167 149	1218 870	55 49	2 2	11 7	49 48	15 13	15 12	24 23	38 37
BC Chicken Burger	Only Without Sauce	375 326	791 567	41 20	9 6	0.5 0.3	112 94	1214 866	58 52	3 2	12 8	44 44	16 13	20 17	24 23	25 24
Crispy Halibut Burger	Only Without Sauce	339	650	35	5	.04	60	1030	62	2	15	29	20	50	10	40
Double Double	Only Without Sauce	420 370	1218 994	82 60	28 25	0.7 0.5	222 204	1720 1373	60 54	2 2	11 7	57 56	10 7	16 13	31 30	44 43
Mediterranean Chicken Burger	Only Without Sauce	351 324	520 460	22 16	5 3	0.4 0.4	102 95	1440 1390	47 46	1 1	11 11	37 36	20 15	50 50	10 8	60 20
Monty Mushroom Bigger Burger	Only Without Sauce	379 330	1040 817	69 47	22 18	0.3 0.2	165 147	890 542	56 51	3 2	12 8	46 45	9 7	17 14	24 24	39 38
Brie & Mushroom Veggie Burger	Only Without Sauce	475 432	994 733	58 36	15 12	1 0.8	62 44	1523 1377	96 79	8 8	25 15	30 29	23 22	29 29	38 38	34 32
The Legendary Burger	Only Without Sauce	238 189	781 558	49 27	13 10	0.3 0.1	104 86	850 502	53 47	2 1	10 6	29 28	3 0	3 0	8 7	32 31
West Coast Salmon Burger	Only Without Sauce	315 286	689 518	38 19	5 2	0.3 2	84 70	711 560	52 51	2 2	9 8	35 34	24 11	17 15	9 9	32 24
Avocado Beyond Burger	Only Vegan - GF Bun & No Ranch	396 372	710 660	43 39	12 9	0.2 0.1	20 0	1070 940	59 59	5 10	14 2	33 27	35 30	80 70	10 10	100 50
Add Toppings	Cheese – 1 Slice Bacon – 2 Slices Mushrooms, Sautéed Gravy	21 13 28 130	69 60 17 38	5 5 1 0.9	3 2 0.6 0.6	0 0 0 0	16 17 3 0	357 199 8 608	2 0 1 6	0 0 0.4 0	0.1 0 0.7 0	4 4 1 2	4 0 1 0	0 0 1 0	11 0 0 0	0 0 1 0
Add Fries		217	334	17	1	0.1	0	165	42	4	2	5	0	32	3	12
Add Coleslaw	1 Scoop	76	110	9	0.7	0	5	69	7	2	5	1	2	38	3	9
Add Half Caesar		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
Add Half Spot Salad		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
Add Classic Plate		287	414	28	4	0.1	72	526	31	3	5	11	157	42	14	43
Add Sweet Potato Fries		304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
Add Side of Mashed Potatoes		435	405	15	9	0.3	49	585	69	8	10	12	12	115	13	16
Sauces & Dips 1.5 fl oz portions	Triple O Sauce Honey Mustard Chipotle Mayo	50 45 45	223 225 300	22 20 33	3 2 3	0.2 0 0	18 23 15	348 315 120	6 12 3	0.6 0 0	4 5 3	0.7 0 0	2 0 0	3 0 0	1 0 0	11 0 30
Gluten Friendly Bun		80	210	5	0.5	0	0	310	42	3	6	1	0	0	4	4

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

PIRATE PAKS

		*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)
Pirate Cakes	With Fruit	332	686	27	11	0.8	139	1067	102	4	29	12	15	36	35	26
Pirate Hook Bacon	With Fruit & Toast	195	298	12	4	0.1	194	414	36	2	9	14	8	36	7	17
Pirate Hook Sausage	With Fruit & Toast	246	408	21	8	0.1	224	664	38	2	9	19	8	36	9	21
Pirate Waffle	With Fruit	307	458	12	6	0.3	97	755	80	4	30	10	9	80	28	21
Pirate Hamburger		242	780	49	13	0.3	104	900	53	2	10	29	2	3	7	32
Pirate Chicken Tenders		130	270	10.9	1	0	40	550	17	4	5	21	0	0	0	6
Pirate Mac & Cheese		184	293	10	5	0.4	21	270	40	1	0.6	11	14	0	11	8
Pirate Grilled Cheese		140	353	17	10	0.4	48	1160	34	0	2	14	4	0	28	1
Pirate Fish		101	106	2	0.2	0	44	238	5	0	0	15	1	0	1	2
Pirate Pizza		108	263	11	4	0.2	19	540	29	2	3	10	3	5	16	11
Pirate Spaghetti & Meatball	No Bread	285	453	21	6	0.5	57	1124	47	5	7	20	17	26	14	15
Add French Fries	3 oz	93	143	7	0.5	0	0	67	18	2	1	2	0	0.1	1	5
Add Sweet Potato Fries	3 oz	130	307	19	0.7	0.1	0	199	33	4	13	3	156	21	3	3
Add Pirate Caesar Salad		68	122	9	2	0	14	205	7	0.9	0.5	3	75	4	5	17
Add Pirate Tossed Salad		59	63	5	0.4	0	5	49	3	0.7	2	1	51	5	2	8
Add Veggies & Dip	With Zoo Dip	98	81	6	2	0	12	96	5	1	3	0.8	99	5	4	6
Add Grapes	3 oz	85	59	0.1	0	0	0	2	15	0.8	13	0.6	1	15	1	2
Add Apple Slices	3 oz	85	40	0.1	0	0	0	3	10	0	10	0.3	1	9	0	0
Add Steamed Broccoli	3 oz	85	35	1	0.4	0	2	35	6	2	1	2	11	126	4	3
Add Steamed Carrots	3 oz	86	40	0.8	0.4	0	2	65	8	2	1	0.8	285	8	3	1
Add Chocolate Gold Coin		5	26	1	0.9	0	0.9	6	3	0.1	3	0.4	0	0	0	0

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

GREENS

		*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)
Caesar Salad	No Bread	273	487	37	6	0.1	54	819	28	4	2	12	301	15	21	67
	Without Dressing	213	187	5	3	0.1	14	439	26	4	2	10	301	11	17	17
The Spot's Salad	No Bread	155	231	21	2	0	0	308	11	2	6	4	136	16	7	9
	Without Dressing	126	83	5	0.4	0	0	21	8	2	4	4	136	14	7	8
Add Chargrilled Chicken		114	134	3	0.7	0	73	170	0.1	0	0	24	1	2	1	2
Add Buttermilk Chicken		113	173	6	1	0	44	660	13	0	0	18	0	2	0	9
Candied Salmon & Spinach Salad	No Bread	337	739	57	10	0.1	63	893	34	6	24	27	5	58	18	32
	Without Dressing	298	511	32	9	0.1	63	684	31	6	21	27	5	58	18	31
Citrus Ginger Chicken Salad	No Bread	437	297	7	1	0	73	866	29	6	19	30	229	126	12	19
	Without Dressing	398	225	5	0.8	0	73	209	17	6	8	29	228	124	11	18
Quinoa & Cauliflower Power Salad	No Bread	473	873	48	8	0.2	30	598	76	10	17	30	116	135	20	46
	Without Dressing	433	659	24	6	0.1	28	412	73	10	15	29	116	130	20	44
Buttermilk Chicken Cobb Salad	No Bread	703	770	39	11	0	300	2230	52	5	11	53	25	50	35	150
	Without Dressing	660	660	28	10	0	300	2070	50	5	11	53	25	45	35	35

PASTA & BOWLS

Cauliflower & Chickpea Curry	No Bread	541	526	13	1.3	0.1	0	1630	89	4	18	16	46	181	10	33
Chicken & Mushroom Fettuccine Alfredo	No Bread	590	1498	86	47	4	257	1678	121	2	11	56	79	21	39	34
Chicken Chickpea Curry	No Bread	698	930	29	5	0	110	1990	140	21	18	43	0	60	20	60
Hunter Chicken		592	730	45	21	0.2	175	1900	61	9	9	31	60	130	0	30
Pan-Seared Halibut & Prawns		639	820	45	23	0.2	315	1800	54	7	8	45	70	120	20	40
Spaghetti & Meatballs	No Bread	795	1018	46	16	1	156	2619	108	9	25	44	38	34	45	47
Seafood Fettuccine	No Bread	677	1352	64	33	2.8	261	2445	126	2	10	63	62	54	46	48
Teriyaki Chicken Donburi Bowl		609	708	11	1.2	0.1	73	2513	116	3	43	38	89	146	7	26
Oven-Baked Lasagna	No Bread	406	527	32	12.8	0.8	93.1	1395	35.5	3.4	10.2	25	16	15	48	20
Add Shrimp Gyoza		125	312	18	3	0.2	21	835	32	3	7	7	1	2	3	5
Side of Garlic Panini Bread	With Garlic Butter	70	196	6	4	0.2	15	381	29	1	0.5	6	4	0	1	15
Side of Naan Bread	With Butter	63	215	8	3	0.1	13	283	27	1	2	5	2	0	4	10
Southwest Power Bowl	No Protein With Jalapeño Ranch	568	570	42	4	0	0	1200	43	10	10	13	50	80	15	100
Add Beyond Patty		113	280	21	7	0.1	0	390	7	2	0	21	4	45	0	40
Add Blackened Chicken		125	190	8	1	0	65	470	1	0	1	26	4	2	0	4

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

PASTA & BOWLS

		*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)
Add Salmon		119	230	14	2	0.1	70	300	0	0	0	24	0	0	0	4
Add Garlic Prawns		72	130	10	3.5	0.1	130	430	0	0	0	11	4	0	4	6

SPOT CLASSICS

Baby Back Ribs – Half Rack	Only, No Sauce	270	999	81	30	0	323	394	0.5	0.1	0.3	65	0	0	11	27
Baby Back Ribs – Full Rack	Only, No Sauce	541	1997	162	59	0	646	788	1	0.2	0.7	129	1	0	22	54
Add Platter (Fries & Coleslaw)		292	418	23	2	0.1	4	289	48	6	6	6	2	68	6	14
Sauces ¹ 1 fl oz portions	Tennessee Whiskey BBQ	36	243	0.7	0.1	0	0	499	14	0.4	12	0.4	4	3	1	2
Chicken, Broccoli & Cheese	With Rice & Spot Salad	673	1323	81	21	1	95	1876	100	3	5	49	88	97	33	34
Chicken Pot Pie	With Spot Salad	475	980	75	33	0.2	164	1430	66	4	6	20	145	10	14	27
The Spot's Fish & Chips	1 Piece of Fish Add Platter	101 292	106 444	2 26	0.2 2	0 0.1	44 5	238 234	5 49	0 6	0 7	15 6	1 2	0 69	1 6	2 21
Halibut & Chips	Add Platter Side Tartar	477 38	1140 190	62 20	15 1.5	0.3 0	85 15	770 210	100 3	2 0	7 0	47 1	0 35	40 6	10 0	50 20
New York Steak Dinner		590	944	54	21	1.0	185	1611	44	6	4	66	16	142	8	46
New York Steak Frites		518	909	53	11	1.0	142	688	43	5	3	64	5	36	11	44
Chargrilled Salmon & Seafood Trio		678	1018	56	22	1.8	217	1563	75	3	6	54	41	66	28	32
Add Sauteed Garlic Mushrooms		119	86	6	3	0.2	14	296	6	2	3	5	3	5	1	5
Add Sauteed Garlic Prawns		72	130	10	3.5	0.1	130	430	0	0	0	11	4	0	4	6

¹Half rack of ribs is cooked with 1 fl oz of sauce and comes with sauce on the side (1 fl oz). Full rack of ribs is cooked with 2 fl oz of sauce and comes with sauce on the side (1 fl oz).

DESSERTS

Salted Caramel Brownie		191	540	26	10	.04	60	320	73	2	56	4	10	0	6	15
White Spot Berry Cheesecake	With Strawberry Topping & Whipped Cream	213	409	20	11	0.4	117	511	48	2	38	11	22	61	13	8
Smashed Apple Pie		286	730	38	17	0.1	35	280	94	3	59	7	10	6	6	15
Lemon Strawberry Biscotti Crumble		174	390	21	9	0.3	95	170	48	2	27	6	10	45	8	8

BEVERAGES

Nat's Best Shakes in Town	Small Large	194 411	288 648	14 28	9 17	0.4 0.8	51 100	102 204	35 90	0 0	29 75	3 6	17 33	0 0	19 38	0 0
Coca-Cola, Coke, Soda	12 fl oz	360	210	0	0	0	0	68	59	0	59	0	0	0	1	0

*Portion size ordinarily served to the guest