



# NUTRITIONAL GUIDE

## BREAKFAST

		*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)
<b>Nat's Hearty Breakfast</b> (no smashbrown potatoes; no protein)	With Toast	210	478	21	7	0.3	387	628	51	0	2	23	14	2	12	32
<b>Choice of protein:</b>	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
<b>The BC Sunny Start</b>	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
<b>Cheesesteak Hash</b>	No Toast	542	1014	71	29	1.8	573	2163	48	3	9	47	34	122	57	26
<b>Classic Benedict</b>	Only	264	471	27	12	0.6	419	1199	32	1	2	25	11	0	23	20

## ON THE SIDE

<b>Back Bacon</b>	3 Slices	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
<b>Bacon</b>	4 Slices	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
<b>Sausage</b>	3 Links	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
<b>Side of Smashbrown Potatoes</b>		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
<b>Side of Fruit</b>		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2
<b>Side of Scrambled Eggs</b>		122	215	17	4	0.2	444	255	1	0	1	14	15	0	7	14
<b>Substitute Egg Whites</b>		113	57	0	0	0	0	181	0	0	0	11	0	0	0	0
<b>English Muffin</b>	Buttered	72	191	7	4	0.2	15	306	28	1	1	5	4	0	15	10
<b>White Toast</b>	2 slices, Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
<b>Sourdough Toast</b>	2 slices, Buttered	114	362	13	8	0.5	31	651	52	0	2	8	7	0	8	24
<b>Multigrain Toast</b>	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)
<b>Chicken Wings</b>	No Sauce	300	609	42	12	0.3	328	1698	0	0	1	58	0	0	5	12
<b>Dippin' Chicken</b>	No Sauce	217	450	18	2	0	67	917	28	7	8	35	2	1	1	13
	Add Half Caesar	136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
<b>Nobashi Prawns</b>	No Sauce	156	400	28	2	0.1	5	595	34	0	0	17	0	0	9	26
<b>The Spot's Poutine</b>		374	585	35	12	0.9	60	1033	48	4	2	20	14	32	46	12
<b>Clam Chowder</b>	Cup (8 fl oz)	276	221	7	0	0	41	579	22	3	6	17	55	55	6	83
	Bowl (10 fl oz)	345	276	9	0	0	52	724	28	3	7	21	69	69	7	103
	1 Pack of Crackers	6	25	0.5	0.2	0.3	0	45	5	0.2	0	1	0	0	0	2
<b>Veggie Beef</b>	Cup (8 fl oz)	245	110	4	1	0	10	780	18	2	2	5	35	15	4	4
	Bowl (10 fl oz)	306	138	4	1	0	13	975	23	3	3	6	44	19	5	5
	1 Pack of Crackers	6	25	0.5	0.2	0.3	0.0	45	5	0.2	0	1	0	0	0	2
<b>The Spot's Zoo Sticks</b>	No Sauce	456	786	28	2	0.1	0	701	102	9	9	29	12	88	15	48
<b>Sweet Potato Fries</b>	No Sauce	304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
<b>Mushroom Gruyere Flatbread</b>		355	790	43	17	0.4	85	1060	62	4	9	32	25	8	70	25
<b>Sauces &amp; Dips 1.5 fl oz portions</b>	Honey Mustard	45	225	20	2	0	26	315	12	0	5	0	0	0	0	0
	Plum Sauce	43	71	0	0	0	0	213	18	0	12	1	3	2	1	0
	BBQ Sauce	45	316	0.1	0	0	0	519	17	0.5	16	0.5	5	4	1	2
	Chipotle Mayo	45	300	33	3	0	15	120	3	0	3	0	0	0	0	30
	Zoo Dip	40	94	9	3	0	19	81	1	0	1	0.4	3	0	2	8
	Sweet Thai Chili	45	90	0	0	0	0	360	18	0	18	0	0	0	0	0
	Tennessee Whiskey	53	364	1	0.1	0	0	748	21	0.7	17	0.6	5	5	2	3
	Frank's Red Hot	45	0	0	0	0	0	1710	0	0	0	0	0	0	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)
<b>Chicken Caesar Wrap</b>	Only	350	681	34	5	0.1	100	1806	57	5	4	40	159	26	32	58
<b>Buttermilk Chicken Caesar Wrap</b>	Only	342	696	33	5	0	71	1927	69	5	4	33	159	25	31	63
<b>Southwest Chicken Quesadilla</b>	Only Side Cilantro Sour Cream Side Fire Roasted Sauce	277 28 50	780 42 20	45 3 0.8	12 2 0.1	0.4 0.1 0	90 8 0	1780 17 184	59 2 3	5 0.1 0.4	6 0.1 2	39 2 0.3	20 2 3	25 3 3	80 3 3	30 0 2
<b>Nat's Original Beef Dip</b>	Only	362	560	14	8	0	20	2790	66	2	0	38	0	0	8	45
<b>Nat's Loaded Beef Dip</b>	Only	393	700	25	14	0	45	3020	70	2	0	44	10	0	30	50
<b>The White Spot Club</b>	Only Without Sauce	372 295	889 555	45 12	6 1	0.3 0	27 0	1953 1339	85 78	3 1	9 5	38 36	11 10	28 20	11 10	41 39
<b>Toasted Shrimp Sandwich</b>	Only Without Sauce	297 252	578 361	26 4	4 1	0.2 0	174 156	1579 1237	54 50	3 2	8 6	32 31	1 0	9 5	15 15	26 25
<b>Add Platter (Fries &amp; Coleslaw)</b>		292	444	26	2	0.1	5	234	49	6	7	6	2	69	2	21
<b>Add Half Caesar</b>		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
<b>Add Half Spot Salad</b>		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)
<b>Bacon Cheddar Bigger Burger</b>	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
<b>BC Chicken Burger</b>	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
<b>Crispy Halibut Burger</b>	Only Without Sauce	339	650	35	5	.04	60	1030	62	2	15	29	20	50	10	40
<b>Double Double</b>	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
<b>Mediterranean Chicken Burger</b>	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
<b>Monty Mushroom Bigger Burger</b>	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
<b>Gruyere &amp; Mushroom Veggie Burger</b>	Only Without Sauce	431 403	840 640	50 28	11 8	0.5 0.2	65 50	1100 960	76 75	7 7	14 14	28 28	20 20	25 25	35 35	30 30
<b>The Legendary Burger</b>	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
<b>West Coast Salmon Burger</b>	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
<b>Avocado Beyond Burger</b>	Only Vegan - GF Bun & No Ranch	352 313	650 570	39 32	11 9	0.2 0.1	20 0	980 810	52 52	3 8	11 9	30 24	10 8	70 60	8 0	130 45
<b>Add Toppings</b>	Cheese – 1 Slice	21	69	5	3	0	16	357	2	0	0.1	4	4	0	11	0
	Bacon – 2 Slices	13	60	5	2	0	17	199	0	0	0	4	0	0	0	0
	Mushrooms, Sautéed	28	17	1	0.6	0	3	8	1	0.4	0.7	1	1	1	0	1
	Gravy	130	38	0.9	0.6	0	0	608	6	0	0	2	0	0	0	0
<b>Add Fries</b>		217	334	17	1	0.1	0	165	42	4	2	5	0	32	3	12
<b>Add Coleslaw</b>	1 Scoop	76	110	9	0.7	0	5	69	7	2	5	1	2	38	3	9
<b>Add Half Caesar</b>		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
<b>Add Half Spot Salad</b>		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
<b>Add Classic Plate</b>		287	414	28	4	0.1	72	526	31	3	5	11	157	42	14	43
<b>Add Sweet Potato Fries</b>		304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
<b>Add Side of Mashed Potatoes</b>		435	405	15	9	0.3	49	585	69	8	10	12	12	115	13	16
<b>Sauces &amp; Dips 1.5 fl oz portions</b>	Triple O Sauce	50	223	22	3	0.2	18	348	6	0.6	4	0.7	2	3	1	11
	Honey Mustard	45	225	20	2	0	23	315	12	0	5	0	0	0	0	0
	Chipotle Mayo	45	300	33	3	0	15	120	3	0	3	0	0	0	0	30
<b>Gluten Friendly Bun</b>		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)
<b>Pirate Hook Bacon</b>	With Fruit & Toast	195	298	12	4	0.1	194	414	36	2	9	14	8	36	7	17
<b>Pirate Hook Sausage</b>	With Fruit & Toast	246	408	21	8	0.1	224	664	38	2	9	19	8	36	9	21
<b>Pirate Hamburger</b>		242	780	49	13	0.3	104	900	53	2	10	29	2	3	7	32
<b>Pirate Chicken Tenders</b>		130	270	10.9	1	0	40	550	17	4	5	21	0	0	0	6
<b>Pirate Mac &amp; Cheese</b>		184	293	10	5	0.4	21	270	40	1	0.6	11	14	0	11	8
<b>Pirate Grilled Cheese</b>		140	353	17	10	0.4	48	1160	34	0	2	14	4	0	28	1
<b>Pirate Fish</b>		101	106	2	0.2	0	44	238	5	0	0	15	1	0	1	2
<b>Pirate Spaghetti &amp; Meat Sauce</b>	No Bread	285	453	21	6	0.5	57	1124	47	5	7	20	17	26	14	15
<b>Add French Fries</b>	3 oz	93	143	7	0.5	0	0	67	18	2	1	2	0	0.1	1	5
<b>Add Sweet Potato Fries</b>	3 oz	130	307	19	0.7	0.1	0	199	33	4	13	3	156	21	3	3
<b>Add Pirate Caesar Salad</b>		68	122	9	2	0	14	205	7	0.9	0.5	3	75	4	5	17
<b>Add Pirate Tossed Salad</b>		59	63	5	0.4	0	5	49	3	0.7	2	1	51	5	2	8
<b>Add Veggies &amp; Dip</b>	With Zoo Dip	98	81	6	2	0	12	96	5	1	3	0.8	99	5	4	6
<b>Add Grapes</b>	3 oz	85	59	0.1	0	0	0	2	15	0.8	13	0.6	1	15	1	2
<b>Add Apple Slices</b>	3 oz	85	40	0.1	0	0	0	3	10	0	10	0.3	1	9	0	0
<b>Add Steamed Broccoli</b>	3 oz	85	35	1	0.4	0	2	35	6	2	1	2	11	126	4	3
<b>Add Steamed Carrots</b>	3 oz	86	40	0.8	0.4	0	2	65	8	2	1	0.8	285	8	3	1
<b>Add Chocolate Gold Coin</b>		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)
<b>Caesar Salad</b>	No Bread Without Dressing	273	487	37	6	0.1	54	819	28	4	2	12	301	15	21	67
		213	187	5	3	0.1	14	439	26	4	2	10	301	11	17	17
<b>The Spot's Salad</b>	No Bread Without Dressing	155	231	21	2	0	0	308	11	2	6	4	136	16	7	9
		126	83	5	0.4	0	0	21	8	2	4	4	136	14	7	8
<b>Add Chargrilled Chicken</b>		114	134	3	0.7	0	73	170	0.1	0	0	24	1	2	1	2
<b>Add Buttermilk Chicken</b>		113	173	6	1	0	44	660	13	0	0	18	0	2	0	9
<b>Farro Power Salad</b>	No Bread Without Dressing	647	600	28	7	0	25	880	71	13	24	19	60	190	30	100
		586	470	16	4.5	0	20	620	68	13	23	17	50	180	25	35
<b>Buttermilk Chicken Cobb Salad</b>	No Bread Without Dressing	703	770	39	11	0	300	2230	52	5	11	53	25	50	35	150
		660	660	28	10	0	300	2070	50	5	11	53	25	45	35	35

## PASTA & BOWLS

<b>Chicken &amp; Mushroom Fettuccine Alfredo</b>	No Bread	590	1498	86	47	4	257	1678	121	2	11	56	79	21	39	34
<b>Madras Chicken Curry</b>	No Bread	698	930	29	5	0	110	1990	140	21	18	43	0	60	20	60
<b>Spaghetti Bolognese</b>	No Bread	537	780	37	17	1.5	80	1290	85	6	14	24	35	60	20	30
<b>Seafood Fettuccine</b>	No Bread	677	1352	64	33	2.8	261	2445	126	2	10	63	62	54	46	48
<b>Teriyaki Chicken Donburi Bowl</b>		609	708	11	1.2	0.1	73	2513	116	3	43	38	89	146	7	26
<b>Ancient Grain Power Bowl</b>	No Protein	596	610	29	3	0	5	750	72	14	9	16	0	50	0	60
<b>Add Beyond Patty</b>		113	280	21	7	0.1	0	390	7	2	0	21	4	45	0	40
<b>Add Chargrilled Chicken</b>		114	134	3	0.7	0	73	170	0.1	0	0	24	1	2	1	2
<b>Add Salmon</b>		119	230	14	2	0.1	70	300	0	0	0	24	0	0	0	4
<b>Side of Garlic Bread</b>	With Garlic Butter	70	196	6	4	0.2	15	381	29	1	0.5	6	4	0	1	15
<b>Side of Naan Bread</b>	With Butter	63	215	8	3	0.1	13	283	27	1	2	5	2	0	4	10

\*Portion size ordinarily served to the guest



# NUTRITIONAL GUIDE

## SPOT CLASSICS

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

†Half 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

<b>Salted Caramel Brownie</b>		191	540	26	10	.04	60	320	73	2	56	4	10	0	6	15
<b>White Spot Berry Cheesecake</b>	With Strawberry Topping & Whipped Cream	213	409	20	11	0.4	117	511	48	2	38	11	22	61	13	8
<b>Apple Pie</b>	With Ice Cream	417	1040	47	23	0.1	20	440	152	4	87	9	0	10	0	30

## BEVERAGES

<b>Nat's Best Shakes in Town</b>	Small	194	288	14	9	0.4	51	102	35	0	29	3	17	0	19	0
	Large	411	648	28	17	0.8	100	204	90	0	75	6	33	0	38	0
<b>Coca-Cola, Coke, Soda</b>	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