



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)
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
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
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
Cheesesteak Hash	No Toast	542	1014	71	29	1.8	573	2163	48	3	9	47	34	122	57	26
Classic Benedict	Only	264	471	27	12	0.6	419	1199	32	1	2	25	11	0	23	20
Oatmeal & Farro	Mixed Fruit	372	510	5	0.5	0	0	520	103	12	42	12	0	0	0	25

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
Side of Smashbrown Potatoes		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
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)
Chicken Wings	No Sauce	300	609	42	12	0.3	328	1698	0	0	1	58	0	0	5	12
Dippin' Chicken	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
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
The Spot's Calamari	Jalapeno Ranch	377	610	18	2	0.1	595	2290	63	2	4	45	0	25	10	140
Clam Chowder	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
Veggie Beef	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
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
Mushroom Gruyere Flatbread		355	790	43	17	0.4	85	1060	62	4	9	32	25	8	70	25
Sauces & Dips 1.5 fl oz portions	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)
Chicken Caesar Wrap	Only	350	681	34	5	0.1	100	1806	57	5	4	40	159	26	32	58
Buttermilk Chicken Caesar Wrap	Only	342	696	33	5	0	71	1927	69	5	4	33	159	25	31	63
Chicken Farro Power Wrap	Only	314	540	19	5	0	55	1270	71	8	7	25	10	40	30	40
Nat's Original Beef Dip	Only	362	560	14	8	0	20	2790	66	2	0	38	0	0	8	45
Nat's Loaded Beef Dip	Only	393	700	25	14	0	45	3020	70	2	0	44	10	0	30	50
The White Spot Club	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
Toasted Shrimp Sandwich	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
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
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
Gruyere & Mushroom Veggie Burger	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
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
Turkey Jack Burger	Only No Sauce	250 222	780 590	50 28	13 10	0.4 0.1	170 155	810 670	50 49	1 1	10 9	42 41	10 10	20 20	20 20	30 30
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 Impossible™ Burger	Only Vegan - GF Bun & No Ranch	352 313	600 520	31 10	12 0	0.1 0	20 0	970 800	55 54	3 8	11 9	29 23	8 0	25 15	20 20	120 35
Bourbon BBQ Brisket Burger	Only No Sauce	347 319	1000 810	71 49	25 22	2.5 2	180 160	1410 1270	49 48	0 0	11 10	46 45	0 0	6 6	16 20	25 30
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 Smoked Brisket Fries		388	750	43	10	0.5	70	1710	68	3	8	21	0	40	0	10
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 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 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 Spaghetti & Meat Sauce	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 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
The Spot's Salad	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
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
Farro Power Salad	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
Buttermilk Chicken Cobb Salad	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

Chicken & Mushroom Fettuccine Alfredo	No Bread	590	1498	86	47	4	257	1678	121	2	11	56	79	21	39	34
Madras Chicken Curry	No Bread	698	930	29	5	0	110	1990	140	21	18	43	0	60	20	60
Spaghetti Bolognese	No Bread	537	780	37	17	1.5	80	1290	85	6	14	24	35	60	20	30
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
Side of Garlic 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

*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)
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 fl oz portions	Bulleit™ Bourbon BBQ Sauce	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
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
Panko Herb Crusted Halibut & Prawns		773	1170	65	28	0.5	355	3570	74	9	9	66	80	120	25	50
Traditional Turkey Dinner		856	870	28	14	0	160	3310	100	9	31	56	50	130	0	35
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
Add Sauteed Garlic Mushrooms		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

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
Apple Pie	With Ice Cream	417	1040	47	23	0.1	20	440	152	4	87	9	0	10	0	30
Pumpkin Pie		272	820	47	22	0	15	610	96	3	43	10	0	0	10	20

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