



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
Turkey & Avocado Breakfast Wrap	Only	427	1010	66	18	0.5	440	1920	59	6	5	43	30	40	45	45

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

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COLOURS 4C
PROOF # v02
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COLOUR SPACE
 CMYK
 B&W
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 Spot(s)



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SNACK & SHARE

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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
Crispy Dry Ribs		354	730	46	16	0.3	225	3650	1	0	0	77	0	0	0	10
Crispy Humboldt Squid	Tzatziki	348	510	15	8	0.1	455	2450	46	2	6	36	0	20	10	20
The Spot's Poutine		374	585	35	12	0.9	60	1033	48	4	2	20	14	32	46	12
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
Szechuan Green Beans		347	370	19	3	0.1	0	1260	48	7	31	6	40	220	6	20
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	

SANDWICHES & MORE

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
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	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

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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	1076	72	22	0.5	167	1218	55	2	11	49	15	15	24	38
		314	853	50	18	0.3	149	870	49	2	7	48	13	12	23	37
BC Chicken Burger	Only Without Sauce	375	791	41	9	0.5	112	1214	58	3	12	44	16	20	24	25
		326	567	20	6	0.3	94	866	52	2	8	44	13	17	23	24
Crispy Halibut Burger	Only Without Sauce	339	650	35	5	0.4	60	1030	62	2	15	29	20	50	10	40
		362	590	29	4.5	0.4	55	960	61	2	15	29	8	50	10	30
Double Double	Only Without Sauce	420	1218	82	28	0.7	222	1720	60	2	11	57	10	16	31	44
		370	994	60	25	0.5	204	1373	54	2	7	56	7	13	30	43
Monty Mushroom Bigger Burger	Only Without Sauce	379	1040	69	22	0.3	165	890	56	3	12	46	9	17	24	39
		330	817	47	18	0.2	147	542	51	2	8	45	7	14	24	38
Gruyere & Mushroom Veggie Burger	Only Without Sauce	431	840	50	11	0.5	65	1100	76	7	14	28	20	25	35	30
		403	640	28	8	0.2	50	960	75	7	14	28	20	25	35	30
The Legendary Burger	Only Without Sauce	238	781	49	13	0.3	104	850	53	2	10	29	3	3	8	32
		189	558	27	10	0.1	86	502	47	1	6	28	0	0	7	31
West Coast Salmon Burger	Only Without Sauce	315	689	38	5	0.3	84	711	52	2	9	35	24	17	9	32
		286	518	19	2	2	70	560	51	2	8	34	11	15	9	24
Avocado Impossible™ Burger	Only Vegan - GF Bun & No Ranch	352	600	31	12	0.1	20	970	55	3	11	29	8	25	20	120
		313	520	10	0	0	0	800	54	8	9	23	0	15	20	35
Add Toppings	Cheese – 1 Slice Bacon – 2 Slices Mushrooms, Sautéed Gravy	21	69	5	3	0	16	357	2	0	0.1	4	4	0	11	0
		13	60	5	2	0	17	199	0	0	0	4	0	0	0	0
		28	17	1	0.6	0	3	8	1	0.4	0.7	1	1	1	0	1
		130	38	0.9	0.6	0	0	608	6	0	0	2	0	0	0	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	223	22	3	0.2	18	348	6	0.6	4	0.7	2	3	1	11
		45	225	20	2	0	23	315	12	0	5	0	0	0	0	0
		45	300	33	3	0	15	120	3	0	3	0	0	0	0	30
Gluten Friendly Bun		80	210	5	0.5	0	0	310	42	3	6	1	0	0	4	4

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NUTRITIONAL GUIDE

PIRATE PAKS

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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

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NUTRITIONAL GUIDE

GREENS

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Caesar Salad	No Bread Without Dressing	273 213	487 187	37 5	6 3	0.1 0.1	54 14	819 439	28 26	4 4	2 2	12 10	301 301	15 11	21 17	67 17
The Spot's Salad	No Bread Without Dressing	155 126	231 83	21 5	2 0.4	0 0	0 0	308 21	11 8	2 2	6 4	4 4	136 136	16 14	7 7	9 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	647 586	600 470	28 16	7 4.5	0 0	25 20	880 620	71 68	13 13	24 23	19 17	60 50	190 180	30 25	100 35
Buttermilk Chicken Cobb Salad	No Bread Without Dressing	703 660	770 660	39 28	11 10	0 0	300 300	2230 2070	52 50	5 5	11 11	53 53	25 25	50 45	35 35	150 35

PASTA & BOWLS

Chicken & Mushroom Fettuccine Alfredo	No Bread	590	1498	86	47	4	257	1678	121	2	11	56	79	21	39	34
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

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NUTRITIONAL GUIDE

SPOT CLASSICS

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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	Fries & Coleslaw 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 Sautéed 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

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