

## FALL PROMOTION 2021 NUTRITIONAL INFORMATION

Menu Item	Modifications	Grams/Serving	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)	Potassium (%)	Calcium (%)	Iron (%)
Maple Wood Smoked Salmon Salad		529	460	35	5	0.4	22	7	23	23	35	840	28	11	18
Braised Short Rib Pappardelle	No bread	834	1640	62	19	0.5	198	9	26	66	105	2550	11	14	48
Braised Short Rib Burger	Only	421	970	68	23	2	52	1	11	41	170	1190	7	9	36
Caramel Beignet Sundae		229	630	35	17	0.2	78	1	47	10	70	290	4	8	13