

CORE MENU 2016 Prime Pub's Nutrition Guide	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
<b>STARTERS</b> Without side Dips/Sauces															
Blarney Chips	679	1650	99	17	1	50	3330	172	19	0	26	20	10	45	39
Buffalo Chicken Nachos	1026	2860	151	52	3.5	260	8100	251	16	9	100	110	230	110	70
Buffalo Chicken Nachos (small)	407	1340	73	27	1.5	130	2770	101	4	2	55	60	40	80	25
Chicken Wings - One Pound <i>a la carte</i>	190	510	38	15	1	220	1800	5	2	0	40	20	0	2	6
Hot sauce	60	10	0.3	0.1	0	0	2090	2	1	0	0.5	0	0	0	0
Medium sauce	60	180	19	12	1	50	1400	1	1	0.5	0	20	0	0	0
Mild sauce	60	100	0	0	0	0	590	24	0	0	0	2	0	0	0
Sriracha	60	80	6	0.5	0	0	420	8	0	2	1	4	4	4	4
Chicken Tacos (2)	368	730	36	5	0.2	60	1320	77	6	18	26	30	70	10	25
Chicken Tacos (3)	490	970	48	6.65	0.3	80	1750	102	8	24	35	40	90	13	35
Crowd Pleaser Platter	1503	3410	233	66	3.5	505	7770	236	26	17	84	250	70	90	60
Fish Tacos (2)	401	970	61	7	0.3	65	1190	82	5	9	26	20	50	10	30
Fish Tacos (3)	533	1290	80	9	0.4	85	1580	110	7	12	35	27	67	13	40
Pale Ale Beer Bread	248	690	32	20	1.5	80	1740	85	2	8	12	20	0	25	45
Poutine	463	1020	55	21	1	110	2600	98	11	1	35	20	2	80	40
Rover Bites (10 pieces)	374	640	43	12	0.5	165	1160	23	2	4	16	25	45	15	4
Salt and Pepper Calamari	251	650	35	3	0.5	550	1010	43	2	4	42	2	20	15	20
Shepherd's Pie Mini Yorkies	235	330	13	5	0.2	75	800	35	4	5	13	15	6	8	15
Warm Spinach & Artichoke Dip	256	640	61	26	1	135	2060	10	2	6	15	40	8	30	15
Warm Chips & Dips <i>without dips</i>	284	550	33	5	1	0	920	56	6	1	6	0	60	2	15
Tortilla Chips (10 oz). <i>without dips</i>	288	1370	48	5	0.3	0	1860	197	17	4	18	10	10	30	25
<b>SOUPS &amp; SALADS</b> with dressings															
French Onion Soup	419	430	28	13	0.2	65	1960	17	2	5	22	20	10	60	4
Beet Salad	354	420	33	9	0.4	30	630	22	6	14	12	60	30	15	30
Caesar Salad	235	510	42	13	0.5	120	1290	11	3	2	22	150	60	35	15
Cobb Salad	461	670	57	20	0.5	260	1280	19	3	12	25	100	50	25	15
Farmer's Salad	353	600	44	10	0	230	1530	33	4	9	19	60	80	10	30
Fisherman's Chowder <i>without scone</i>	338	280	17	10	0.3	75	860	21	1	2	11	20	25	4	2
Spinach and Arugula Salad	319	680	57	13	0.4	30	730	27	5	19	12	60	120	20	30
<b>ADD PROTEIN</b>															
Atlantic Salmon 4 oz.	121	300	21	3.5	0	65	410	2	0	2	23	2	8	2	4
Atlantic Salmon 6 oz.	191	490	37	6	0	95	780	5	0	4	34	2	15	2	8
Flat Iron Steak	105	280	19	3.5	0	60	1540	6	4	1	24	45	10	4	30
Grilled Chicken Breast	155	330	15	2	0	115	500	2	0	2	44	0	2	0	6
Marinated Grilled Shrimp	79	90	6	0.5	0	135	440	3	0	0	7	0	10	4	2
Panko Crusted Back Bacon	50	140	12	1	0.1	35	640	14	1	1	10	0	10	0	2
<b>PIES</b>															
Chicken Pie	431	1040	58	31	1.5	230	2890	90	6	11	42	70	0	10	45
Guinness Steak & Mushroom Pie	621	1250	71	38	2.5	270	3620	94	6	21	54	45	25	10	70
Lamb Pie	673	1240	71	38	3	295	2350	88	7	8	59	120	30	15	50
Salmon Leek Pie	375	830	62	31	2	170	1890	44	4	6	25	150	70	25	35
Shepherd's Pie <i>without side salad</i>	482	480	25	13	0.5	100	1840	19	3	5	24	40	10	6	15
<b>CURRIES and BOXTIES</b>															
Cauliflower Curry <i>with jasmine rice</i>	936	760	26	4.5	0.2	10	2150	113	16	19	19	130	200	15	25
Butter Chicken Curry <i>with jasmine rice</i>	651	720	28	14	0.5	160	1660	84	6	9	31	45	20	15	25
Butter Chicken Boxty <i>without side salad</i>	487	640	31	16	0.5	205	1140	60	5	7	30	40	15	15	20
Guinness Steak and Mushroom Boxty <i>without side salad</i>	724	940	41	15	0.3	245	3540	71	6	12	70	8	25	10	70
<b>MAINS</b>															
Baked Cod <i>with jasmine rice and minted peas</i>	709	700	14	6	0.5	75	1480	103	8	13	37	50	300	10	25
Bacon-Wrapped Chicken with jasmine rice	425	1210	74	29	0.5	250	1950	72	4	7	63	50	20	30	25
Fish and Chips - One Piece <i>inc fries without slaw and dungloe sauce</i>	402	890	43	3.5	0.2	105	670	90	9	2	39	0	0	4	35
Fish and Chips - Two Piece <i>inc fries without slaw and dungloe sauce</i>	634	1350	69	6	0.4	215	1230	119	11	3	70	0	0	8	50
Lemon Cream Chicken Fettuccine	431	1040	56	26	0.3	200	940	94	5	6	42	50	25	15	40
Maple Glazed Salmon <i>with rice and asparagus</i>	638	1140	75	21	1	155	1550	71	3	7	42	30	40	8	15
Slow Cooked Lamb Shank <i>with potato and grilled veg</i>	671	730	38	11	1	245	2790	17	3	6	65	60	100	10	40
Shrimp Fettuccine	389	810	38	4.5	0	155	1000	95	6	9	26	70	220	10	40
Southern Fish Fry <i>inc fries and sauce</i>	530	860	45	14	0.1	65	2880	93	11	21	27	50	50	8	30
Steak and Fries <i>without side sauce</i>	443	780	34	7	0.2	125	1870	68	9	3	53	8	20	6	45
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	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
<b>BURGERS AND SANDWICHES</b> without sides															
The Big Bacon Burger	413	1110	73	25	0.5	245	2060	62	3	18	44	15	10	8	20
Double Stacked Cod Sandwich	439	720	35	15	0.5	160	1510	68	6	12	35	40	40	20	35
Flying Pig Sandwich	360	800	38	10	0.5	215	2140	75	4	19	44	20	20	8	30
Grilled Chicken Sandwich	355	870	47	16	0.5	160	1660	61	3	5	51	35	25	10	30
Guinness Burger	398	1090	83	27	2.5	235	2370	51	5	8	38	40	120	45	40
Stacked Reuben	483	1150	78	26	1.5	140	3120	65	6	6	43	20	30	35	35
The Straight Up Burger	308	710	42	15	0.5	180	1570	51	3	12	30	10	8	8	20
The Club	423	900	49	13	0.3	90	1510	73	11	18	39	20	25	35	30
Veggie Burger	326	510	16	5	0.4	100	1440	60	10	9	29	45	25	20	40
<b>DESSERTS</b>															
Apple Crumble Pie with ice cream	279	840	44	28	2.5	120	580	109	3	52	7	35	10	10	10
Bread Pudding without dip	235	590	37	5	0.5	160	360	54	2	27	14	20	0	25	15
Brownies and Ice Cream	284	870	39	21	1.5	200	1130	130	4	80	12	35	0	10	10
Shortbread Cheesecake	254	980	63	40	2	195	420	90	2	49	13	60	6	8	20
Ice Cream	180	170	9	3	0.3	30	85	23	0	12	1	10	0	2	0
<b>KIDS</b> without sides															
Burger	128	300	19	9	0.3	60	540	16	1	1	15	10	4	2	8
Chicken Strips	128	320	16	1.5	0.1	60	810	19	1	0	27	0	2	2	10
Pasta with tomato sauce	170	330	6	1	0	0	330	57	3	5	10	10	15	2	6
Pasta with butter	99	480	27	15	1.5	60	210	51	2	2	9	20	0	2	6
Half-Pint Shepherd's Pie	142	140	7	3.5	0.2	30	540	6	1	2	7	10	2	2	4
Naan Pizza	222	650	37	18	1	70	1520	49	3	10	29	45	35	60	25
Fish and Chips with fries but not other sides	201	440	22	2	0.1	55	340	45	4	1	19	0	0	2	15
<b>SIDES</b> without side sauces where appl.															
Ale Cheese Sauce	90 mL	170	14	5	0.4	25	550	4	0	2	7	2	0	15	2
Basket of Fries	173	420	18	1.5	0.1	0	1190	62	7	0	7	0	0	2	30
Basket of Sweet Potato Fries	235	500	35	3	0.5	0	610	41	7	13	4	380	60	6	20
Beer Braised Onions	28	25	1	0.5	0.1	5	180	4	0	2	1	0	2	0	0
Blue Cheese Dressing	45	210	24	3	0.3	15	480	0	0	0	1	0	0	0	0
Caesar Dressing	45	210	21	1.5	0.3	30	190	3	0	0	3	0	6	0	0
Caesar Salad with dressing	121	320	27	7	0.4	70	720	7	1	1	13	60	25	20	6
Cheese Scone	77	200	8	3	0.1	5	530	27	1	5	6	2	0	8	10
Chipotle Mayonnaise	45 mL	280	30	4.5	0.4	15	310	2	0	1	0.5	2	2	0	2
Coleslaw	143	190	16	10	0	0	190	11	3	5	2	30	60	6	2
Cucumber, sliced	28	4	0	0	0	0	1	1	0	0	0.2	0	2	0	0
Dungloe Sauce	45 mL	260	28	4.5	0.4	15	370	1	0	1	1	2	2	2	0
Extra bacon (2 slices)	57	290	23	8	0	55	660	2	0	2	18	4	0	0	2
Extra cheddar cheese	57	230	19	11	0.5	45	450	0	0	0	13	20	0	40	0
Fisherman's Chowder Cup	203	170	10	6	0.2	45	520	12	1	1	7	10	15	2	2
Guacamole	113	200	11	1.5	0	0	420	23	4	5	0	8	40	0	0
Gluten Free Bun	100	300	10	6	0.1	0	680	47	2	9	5	0	8	2	2
Grilled Vegetables	133	70	6	0.5	0	0	170	4	1	3	1	20	90	2	4
Honey BBQ Sauce	45 mL	170	0.2	0	0	0	600	28	1	20	1	10	0	2	4
Honey Citrus Vinaigrette	46	220	21	2.5	0	0	320	7	0	5	0.1	0	6	0	0
Honey Mustard Vinaigrette	45	200	17	2	0	0	270	12	0	10	0	0	0	0	0
Jalapenos	28	4	0	0	0	0	510	1	1	0	0	2	6	2	0
Jasmine Rice	255	300	4	2	0.2	10	900	59	1	1	6	4	6	4	4
Kids Fries	85	210	9	0.5	0	0	55	31	3	0	3	0	0	0	8
Market Green Salad	98	200	19	2.5	0	0	80	7	2	4	3	50	15	4	8
Mashed Potatoes	146	210	10	6	0.5	25	610	28	2	2	3	8	15	4	4
Plum Sauce	45	100	0	0	0	0	350	24	0	20	0	0	0	0	0
Rainbow Slaw	143	200	17	1	0.2	0	220	12	4	7	2	30	45	4	4
Red Pepper Jelly (Airport Only)	45	60	0.4	0.2	0	0	3	17	0	17	0.2	8	45	0	0
Roasted Red Pepper Mayo	45	300	32	4.5	0	25	350	1	0	1	0.5	0	15	0	0
Roasted Red Pepper	57	50	3.5	0.4	0	0	160	3	1	2	1	20	120	0	2
Roasted Red Pepper Sauce	45	45	2.5	0.3	0	0	135	5	1	3	1	15	140	2	4
Salsa	45	15	1	0	0	0	310	3	1	1	1	0	30	0	8
Sauteed Mushrooms	57	80	7	2.5	0.2	10	160	4	2	2	2	2	4	0	8
Smashed Mint peas	78	90	4	2.5	0.2	10	180	10	4	3	4	20	15	2	8
Sour Cream with Chives	45	70	6	4	0	20	20	2	0	0	1	6	0	4	0
Strongbow Cider-citrus Vinaigrette	56	240	24	2.5	0	0	85	5	0	3	0.1	0	2	0	0
Thick Cut Bacon (2 slices)	99	420	40	13	0.2	65	810	4	0	2	11	0	0	0	4
<b>Test Menu</b> not including sides or dips or sauces															
Baked Buffalo Cauliflower	304	450	33	15	1	60	1840	34	5	5	8	20	100	6	15
California Flatbread	718	1070	34	10	0.4	55	2190	155	11	22	40	60	420	10	50
Cheese Burger Flatbread	707	1730	95	32	2.5	205	3590	141	8	13	81	35	30	60	60
Crunchy Dills	270	460	29	2.5	0.4	40	1980	41	3	3	9	4	0	10	15
Rover Bites 7 (7 pieces)	262	460	30	10	1	115	810	16	1	3	11	20	30	10	4
The Topsy Potato	465	980	70	7	0.4	0	840	82	8	6	10	2	70	10	30
Three Handed Beef Sandwich	403	1040	61	25	2.5	300	1400	57	3	11	63	15	4	30	30
Wee-Bit Trio Plating	927	1360	82	30	2.5	270	4980	98	9	12	33	50	140	30	35
Crowd Pleaser Platter	1319	2810	195	57	3.5	510	7570	159	13	19	78	240	70	60	60
Dill dip	45	140	14	3.5	0.2	15	190	3	0	2	1	6	6	4	2

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<b>GLUTEN FREE MENU</b> not including sides or sauces unless specified															
Cesar Salad( regular)- Gluten Free, with dressing	228	480	41	13	0.5	120	1200	7	3	2	21	150	60	35	10
Cesar Salad (side)- Gluten Free, with dressing	116	300	26	7	0.4	70	660	4	1	1	12	60	25	20	6
Lemon Cream Chicken with Corn and Rice Pasta	431	1030	56	26	0.3	200	940	98	6	3	34	50	25	15	20
Shrimp with Corn and Rice Pasta	389	800	38	4.5	0	155	990	99	6	6	18	70	220	10	25
Glazed Salmon with rice and asparagus	567	1050	68	17	1	135	1390	65	3	3	42	25	30	8	15
Steak and Mashed Potatoes	419	570	26	12	0.5	155	2370	34	5	6	50	15	35	8	35
The Big Bacon Burger with gluten free bun	418	1140	78	29	0.5	165	2210	62	4	20	42	15	20	8	8
Morning Burger with gluten free bun	355	910	62	31	1	330	2270	42	3	7	44	35	15	25	25
Avocado and Bacon Burger with gluten free bun	506	1060	67	27	0.5	115	2240	46	5	8	65	20	25	20	50
Grilled Chicken Sandwich with gluten free bun	330	860	55	21	1	160	1640	43	3	8	47	35	35	15	10
Guinness Burger with gluten free bun	403	1120	87	31	2.5	155	2530	51	5	10	36	40	130	45	25
Stacked Reuben with gluten free bun	456	1120	84	31	2	140	3130	48	4	9	38	20	20	35	20
The Straight Up Burger with gluten free bun	313	740	47	19	0.5	100	1730	50	3	14	28	10	15	6	6
The Club with gluten free bun	368	820	53	18	0.5	100	1180	51	4	14	34	25	35	25	10
Three Handed Beef Sandwich with Gluten Free bun	408	1070	65	30	2.5	220	1550	57	4	13	61	15	10	25	40
Veggie Burger with gluten free bun	331	540	21	10	0.5	20	1600	59	11	11	27	45	30	20	25
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<b>BRUNCH</b>															
Back Bacon Crunch Sandwich a la carte	238	570	34	11	1	330	1380	59	3	7	23	20	15	8	25
French Toast without bacon	251	810	41	21	1	240	500	100	3	53	13	35	0	10	25
Morning Burger a la carte	350	880	57	26	1	410	2110	43	2	5	46	35	4	25	40
Omelette of the Day without salad	372	850	53	23	1	645	1590	47	7	10	42	40	2	40	35
Pub Breakfast without side butter & jam	463	970	43	12	0.5	485	1530	105	14	15	41	30	70	20	60
Home Fries	168	330	13	1	0.2	0	610	50	5	4	6	4	70	4	20
Yogurt Granola Parfait	370	530	12	3.5	0	10	115	96	11	41	19	10	50	35	30