

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)
STARTERS Without side Dips/Sauces															
Baked Buffalo Cauliflower	291	400	22	12	1	135	1640	42	5	7	12	25	140	10	15
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
Calamari	229	640	29	2.5	0.4	380	1650	34	2	2	61	20	30	4	30
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
Chip and Dip Duo <i>without dips</i>	284	550	33	5	1	0	920	56	6	1	6	0	60	2	15
Crowd Pleaser Platter	1323	3250	223	66	4	420	8190	247	24	43	77	240	80	90	70
Crunch Time Dills	358	610	38	3.5	0.5	55	2640	55	4	4	12	4	0	15	20
Drunken Beer Bread	248	690	32	20	1.5	80	1740	85	2	8	12	20	0	25	45
The Great Poutini	463	1020	55	21	1	110	2600	98	11	1	35	20	2	80	40
Mini Forkies	235	330	13	5	0.2	75	800	35	4	5	13	15	6	8	15
Rover Bites (10 pieces)	263	560	32	12.5	1.25	75	1190	58	4	4	12	20	66	16	20
Signature Blarney Chips	679	1650	99	17	1	50	3330	172	19	0	26	20	10	45	39
Warm Spinach & Artichoke Dip	256	640	61	26	1	135	2060	10	2	6	15	40	8	30	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
SOUPS & SALADS with dressings															
Beef Salad	354	420	33	9	0.4	30	630	22	6	14	12	60	30	15	30
Be The North Lentil Bowl	452	620	35	4.5	0.2	10	1360	64	10	21	17	200	110	20	40
Caesar Salad	241	490	40	12	0.5	80	1010	14	4	2	21	150	60	35	15
Cobb Salad	461	670	57	20	0.5	260	1280	19	3	12	25	100	50	25	15
Fisherman's Chowder <i>without scone</i>	338	280	17	10	0.3	75	860	21	1	2	11	20	25	4	2
French Onion Soup	419	430	28	13	0.2	65	1960	17	2	5	22	20	10	60	4
Spinach and Arugula Salad	319	680	57	13	0.4	30	730	27	5	19	12	60	120	20	30
ADD PROTEIN															
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
Grilled Chicken Breast	155	330	15	2	0	115	500	2	0	2	44	0	2	0	6
Steak	89	160	8	3.5	0.2	45	290	0	0	0	19	0	0	0	10
IRISH FAVOURITES															
Butter Chicken Boxty <i>without side salad</i>	485	660	32	16	0.5	205	1200	63	5	7	30	40	25	15	20
Chicken Pie <i>without side salad</i>	431	1040	58	31	1.5	230	2890	90	6	11	42	70	0	10	45
Guinness Steak & Mushroom Boxty <i>without side salad</i>	722	960	41	16	0.4	245	3600	74	6	12	70	8	35	10	70
Guinness Steak & Mushroom Pie	673	1240	71	38	3	295	2350	88	6	8	59	120	40	15	60
Lamb Pie	619	1210	72	38	2.5	265	3540	86	6	11	54	40	40	10	70
Salmon Leek Pie <i>without side salad</i>	324	870	64	32	2	175	1320	51	2	6	23	50	20	15	20
Shepherd's Pie <i>without side salad</i>	482	560	28	13	0.5	80	1880	54	5	7	23	45	45	10	25
Slow Cooked Lamb Shank <i>with potato and grilled veg</i>	662	720	33	12	1	230	2510	42	8	5	65	60	130	10	40
ENTREES															
Bacon-Wrapped Chicken <i>with jasmine rice and asparagus</i>	544	1090	73	27	0.5	220	2500	66	4	7	48	50	25	35	35
Baked Cod <i>with jasmine rice and veg</i>	506	590	16	3.5	0.2	55	1840	85	5	8	29	35	120	10	30
Butter Chicken Curry <i>with jasmine rice</i>	651	720	28	14	0.5	160	1660	84	6	9	31	45	20	15	25
Cauliflower Curry <i>with jasmine rice</i>	936	760	26	4.5	0.2	10	2150	113	16	19	19	130	200	15	25
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
No. 1 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
No. 1 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
Shrimp Fettuccine	506	860	43	5	0	155	1290	96	7	10	26	70	70	15	40
Southern Fish Fry <i>with fries and sauce</i>	530	860	45	14	0.1	65	2880	93	11	21	27	50	50	8	30
Steak and Fries	495	960	47	11	0.5	100	2230	87	11	2	49	6	10	4	70
Waffl'd Up Chicken Fingers <i>without side Honey</i>	448	1340	72	22	0.5	175	2400	112	6	40	63	35	8	10	60
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-This Guide reflects the nutrition information for the listed products as of Nov 2015.															

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	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	
Mar-17	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)	
HANDHELDS without sides																
Cauliflower Tacos (3)	398	810	32	5	0.3	60	1090	126	6	49	18	140	140	20	35	
Chicken Tacos (3)	444	730	36	7	0.2	95	1340	72	5	22	36	45	90	15	30	
Double Stacked Cod-wich	439	720	35	15	0.5	160	1510	68	6	12	35	40	40	20	35	
Fish Tacos (3)	438	990	67	9	0.3	75	1260	74	5	10	28	30	60	20	35	
The Flagship Bacon Burger	423	1190	77	23	1	215	2560	80	5	14	37	15	15	8	25	
The Flying Pig XL	616 g	1320	71	17	1	270	2930	109	9	27	54	45	40	35	35	
The Great Canadian Club	359	900	49	14	0.5	100	1140	69	10	16	43	15	15	35	30	
Grilled Chicken Sandwich	345	800	45	16	1	135	1830	60	3	4	41	20	20	15	30	
Guinness Burger	377	980	69	25	0.5	225	2050	48	4	8	41	40	120	45	25	
Stacked Reuben	483	1150	78	26	1.5	140	3120	65	6	6	43	20	30	35	35	
The Straight Up Burger	292	650	37	14	0.4	175	1390	49	3	11	29	10	8	8	20	
Veggie Burger	340	590	19	6	0.4	100	1580	70	12	10	29	50	35	20	45	
DESSERTS																
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	
KIDS without sides																
Burger	128	300	19	9	0.3	60	540	16	1	1	15	10	4	2	8	
Chicken Strips	138	330	19	2	0.2	75	760	14	1	1	27	0	4	2	15	
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	
Shepherd's Pie - Mini	142	160	8	4	0.2	25	550	16	2	2	7	15	15	2	8	
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	
SIDES 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	123	340	29	7	0.4	50	600	9	2	1	11	60	25	20	8	
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	
Dill Dip	45 mL	140	14	3.5	0.2	15	200	3	0	2	1	6	6	4	2	
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	
Gravy	120 mL	60	2	0.5	0	0	530	8	0	1	1	0	2	2	2	
Guacamole	113	200	11	1.5	0	0	420	23	4	5	0	8	40	0	0	
Guacamole	43	80	4.5	0.5	0	0	160	9	1	2	0	2	15	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	45 mL	190	0	0	0	0	3	53	0	52	0.2	0	0	0	2	
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	90	170	16	2	0	0	70	6	2	3	3	60	30	4	10	
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	
Sweet Thai Chili Sauce	45 mL	110	0	0	0	0	650	27	1	24	0.3	0	0	0	0	
Thick Cut Bacon (2 slices)	99	420	40	13	0.2	65	810	4	0	2	11	0	0	0	4	

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Mar-17																
GLUTEN FREE MENU not including sides or sauces unless specified																
Cesar Salad(regular) with dressing - No croutons	230	450	39	12	0.5	80	930	7	3	2	19	150	60	35	10	
Cesar Salad (side) with dressing - No croutons	115	300	28	7	0.4	50	540	3	1	1	10	60	25	20	6	
Be The North Lentil Bowl	452	620	35	4.5	0.2	10	1360	64	10	21	17	200	110	20	40	
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	506	860	43	5	0	155	1280	101	8	6	18	70	70	15	25	
Steak and Mashed Potatoes with mushrooms and grilled tomato	411	610	33	15	1	125	1610	33	4	5	44	15	40	6	40	
Glazed Salmon with rice and asparagus	567	1050	68	17	1	135	1390	65	3	3	42	25	30	8	15	
Grilled Chicken Sandwich with gluten free bun	320	790	54	21	1	135	1820	42	3	7	37	20	25	15	10	
The Straight Up Burger with gluten free bun	297	680	41	18	0.5	95	1540	49	3	13	28	10	15	6	6	
The Club with gluten free bun	309	800	52	18	0.5	100	1230	49	3	12	33	15	20	25	10	
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BRUNCH																
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	