

Nutrition and Allergen Information

	Nutrition Information															Allergen Information											
	Serving Size	Energy	Fat	Fat %	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre %	Sugars	Protein	Sodium	Sodium	Calcium	Iron	Peanuts	Tree Nuts	Milk	Fish	Crustacean/Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Suphites
STARTERS																											
WARM SPINACH AND ARTICHOKE DIP	386 g	978	65	17	26	1.5	138	75	9	32	7	21	2130	93	35	14			x				x		x		
Wagyu Gyoza Appetizer	1280	703	93	15	22	0	138	141	13	46	15	20	3830	167	19	14			x	x		x		x		x	
CRISPY CALAMARI	419 g	690	13	2	0	26	98	4	14	26	44	2360	103	13	39			x	x		x		x		x		
NACHOS	221 g	1530	41	55	18	1	95	55	5	18	3	26	1460	63	50	7			x							x	
ADD TACO BEEF	170 g	239	28	8	37	8	4	2	1	4	2	690	30	1	17							x			x		
ADD CAJUN CHICKEN	155 g	20	15	20	1.5	0	0	0	0	0	27	790	34	1	6							x					
ADD GUACAMOLE	44 mL	200	6	9	1	0	5	5	3	11	0	2	200	9	0	0											
ADD EXTRA CHEESE	57 g	140	23	0	11	0	58	0	0	0	5	14	460	20	31	0			x								
MINI VORLIES	230 g	365	14	19	4	0	21	39	3	11	5	14	760	33	8							x		x		x	
Cauliflower Wings	309 g	780	49	65	2	0.3	12	99	7	25	15	8	2220	97	1	17			x	x		x		x		x	
JAMESON HONEY GARLIC BITES	353 g	880	3	60	4	0.3	22	96	4	16	48	46	1910	80	6	25			x	x		x		x		x	
FRENCH ONION SOUP BOWL	598 g	870	29	39	12	0.1	61	55	5	18	8	26	2270	99	54	17											
FRENCH ONION SOUP CUP	312 g	330	14	19	6	0	30	34	3	11	4	14	1190	52	27	11			x				x		x		
CHICKEN WINGS- BUFF 1.5	416 g	1160	67	89	14	0.4	72	11	4	14	0	130	1120	49	4	17											
CHICKEN WINGS- BUFF 1.5	832 g	2310	134	179	28	0.5	143	22	7	25	0	260	2250	98	8	33											
CHICKEN WINGS- DUSTED 1	390 g	1300	80	107	14	0.5	73	55	4	14	0	90	700	30	3	36											
CHICKEN WINGS- DUSTED 1.5	780 g	2590	161	215	29	1	150	111	9	32	0	181	1400	61	6	75											
CHOICE OF RANCH DRESSING	44 mL	180	19	29	0	13	0	60	0	0	0	1	380	17	0	2			x							x	
CHOICE OF BLUE CHEESE DRESSING	44 mL	150	15	20	3	0.3	17	3	0	0	0	1	380	17	0	0			x								
-MILD	60 mL	120	2.5	3	0.2	0	1	25	1	4	23	1	670	29	1	2							x				
-BUFFALO MEDIUM	60 mL	170	18	24	10	0.4	52	1	1	4	0	1	1460	63	0	0			x								
-HOT	60 mL	15	0.3	1	0.1	0	1	2	1	4	0	1	2400	105	0	0											
-SALT & PEPPER	5 g	3	0	0	0	0	1	0	0	0	0	0	1520	66	1	1											
CAJUN SEASONING	5 g	20	0.5	1	0.5	0	3	3	0	0	1	0.3	360	16	1	2											
HANDHELDS ARE ALL SERVED WITH SIDE CHOICE																											
of side, side is not included	g/mL	Cals	g	% DV	g	g	% DV	g	g	% DV	g	g	mg	% DV	% DV	% DV											
FISH TACOS	365 g	645	29	39	3.5	0.2	19	78	7	25	15	27	1370	60	13	28			x	x			x		x		x
VEGGIE FISH TACOS	390 g	760	31	41	2.5	0.1	13	78	7	25	6	34	1740	76	13	33						x		x		x	
Street Corn Tacos	412 g	720	31	41	2.5	0.1	13	78	7	25	6	34	1740	76	13	33			x			x		x		x	
Tuna Poke Tacos	390 g	760	31	41	2.5	0.1	13	78	7	25	6	34	1740	76	13	33				x			x		x		x
CHICKEN BACON SANDWICH	409 g	1020	40	53	13	0.4	67	65	4	14	6	49	2910	127	23	28			x	x			x		x		x
Butter Chicken Yorkshire Wrap	412 g	1060	40	55	17	0.4	8	60	6	17	26	28	2600	120	12	28			x	x			x		x		x
Steak Yorkshire Pudding Wrap	412 g	1060	40	55	17	0.4	8	60	6	17	26	28	2600	120	12	28			x	x			x		x		x
SOUTHERN FRIED CHICKEN SANDWICH	450 g	1100	60	80	10	0.2	51	110	5	18	18	52	2570	112	8	44		x	x			x		x		x	
JALAPENO POPPER GRILLED CHEESE	470	1200	60	80	13	0.3	45	120	6	17	20	18	3000	150	30	12			x				x		x		x
MONTREAL SMOKED MEAT GRILLED CHEESE	530	1366	56	75	24	1	125	130	6	21	8	48	3680	160	38	31			x				x		x		x
ADD ONS:																											
- PROVOLONE CHEESE	28 g	100	8	11	5	0	25	1	0	0	7	250	11	17	1			x									
- MUSHROOMS	69 g	90	9	12	3.5	0.1	18	2	1	4	1	2	610	27	0	2			x								
Caramelized Onions	28 g	25	1.5	2	0.1	0	7	0	0	0	0	0.4	140	6	1	1							x				
SALADS & POUTINES																											
THE CLASSIC POUTINE	500 g	1080	60	80	30	2	40	99	11	39	4	30	2470	107	100	17			x				x		x		x
- CBBB SALAD	484 g	720	36	46	15	0.6	14	78	46	11	10	28	1140	56	11	19			x				x		x		x
CHICKEN CAESAR SALAD WITH CHICKEN	391 g	875	37	49	7	0.5	63	12	2	87	4	49	1690	73	31	19			x				x		x		x
CELTIC SALAD	330g	560	30	45	4	0	20	40	9	32	17	10	1800	85	20	22						x		x		x	
Ahi Tuna Bowl	450 g	680	40	70	7	0	35	76	7	25	12	34	1800	72	13	22			x	x			x		x		x
CAJUN SALMON BOWL	542 g	923	40	53	7	0.1	36	75	11	4	39	4	2350	102	10	17			x	x			x		x		x
Wagyu Citrus Noodle Salad	620 g	1100	50	40	12	0.6	40	15	30	10	20	1800	79	10	12			x				x		x		x	
ADD ONS:																											
GRILLED CHICKEN BREAST	121 g	200	9	12	1	0	5	0	0	0	29	1220	53	1	3			x									
ATLANTIC SALMON	157 g	370	24	32	3	0	15	0	0	0	0	36	690	30	2	8			x								
GRILLED VEGAN CUTLET	111 g	150	5	7	0	0	0	5	2	7	0	22	1140	50	4	13				x							
5 OZ GRILLED STEAK	196 g	210	5	7	2	0.2	11	0	0	0	40	0	330	14	1	22			x								
IRISH FAVES																											
STEAK AND MUSHROOM PIE	758 g	1250	18	24	8	0.5	43	42	3	11	3	25	1320	57	4	13			x				x		x		x
SHEPHERD'S PIE	510 g	540	27	36	11	0.3	57	48	5	18	6	24	1640	71	6	17			x				x		x		x
GUINNESS STEAK AND MUSHROOM BOWL	375 g	730	18	24	8	0.5	42	43	3	11	3	25	1320	57	4	13			x				x		x		x
MAINS																											
FISH & CHIPS (ONE PIECE)	567 g	1100	49	65	6	0.3	32	89	11	39	11	33	1570	68	8	19			x	x			x		x		x
FISH & CHIPS (TWO PIECE)	774 g	1320	52	69	6	0.3	32	108	12	43	11	57	2280	99	10	25			x	x			x		x		x
SOY CUTLET & CHIPS (ONE PIECE)	567 g	1400	52	71	6	0.3	32	94	13	46	11	33	1830	80	10	28			x	x			x		x		x
SOY CUTLET & CHIPS (TWO PIECE)	774 g	1700	61	81	6	0.3	32	99	15	54	11	55	2360	103	13	42			x	x			x		x		x
Butter Chicken Bowl	640 g	1300	80	75	8	0.5	33	70	30	54	18	36	2500	109	15	42			x	x			x		x		x
CHICKEN SCHWITZEL	760 g	1145	40	33	10	0.2	51	92	7	25	9	40	2850	120	20	36			x	x			x		x		x
Tuscan Chicken Pasta	720 g	1230	45	33	9	0.2	46	97	9	32	8	36	2500	109	15	47			x	x			x		x		x
Lemon Oil Salmon	710 g	1300	38	28	9	0.2	46	60	7	15	15	54	1700	75	15	40			x	x			x		x		x
Sirion Entree	680 g	1510	90	120	15	0.6	138	76	12	43	2	54	1690	73	12	39			x	x			x		x		x
RIBS FULL RACK	740 g	1980	80	140	15	0.4	90	140	10	40	35	56	2800	120	1												

KIDS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Protein	Sodium	Sodium	Calcium	Iron	Peanuts	Tree Nuts	Milk	Fish	Crustacean/Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Sulphites
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	g	mg	% DV	% DV	% DV											
	KIDS PASTA	315 g	890	32	49	21	0.3	49	89	4	16	1	15	490	20	25	6										
	PINT SIZED BURGER	329 g	750	39	52	11	1	60	69	6	21	3	35	820	36	4	31			x			x	x		x	
	CHICKEN FINGERS	371 g	650	17	23	2	0.1	11	89	5	18	18	36	1510	66	6	31			x			x	x		x	
	PINT SIZED FISH & CHIPS	567 g	1100	49	65	6	0.3	32	89	11	39	11	33	1570	68	8	19				x		x	x		x	x
SHEPHERD'S PIE- ALBERTA	227 g	310	15	20	4	0.2	21	33	3	11	2	9	1210	53	2	7			x				x		x	x	
Nutrition Information																											
DESSERTS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Protein	Sodium	Sodium	Calcium	Iron	Peanuts	Tree Nuts	Milk	Fish	Crustacean/Shellfish	Egg	Soy	Sesame	Wheat (gluten)	Mustard	Sulphites
	Allergen Information																										

STICKY TOFFEE PUDDING	239 g	836	33	51	22	0.2	51	123	2	8	83	8	530	22	10	50		x	x			x	x		x		x
DONUTS RASPBERRY & BAILEYS	362g	980	37	49	14	0.4	72	166	3	11	119	11	470	20	6	25			x			x	x		x	x	
DONUTS CHOCOLATE & CARAMEL	362 g	980	37	49	14	0.4	72	166	3	11	119	11	470	20	6	25			x				x		x	x	
FRENCH VANILLA ICE CREAM	70 g	170	11	15	6	0.1	31	18	0	0	11	1	45	2	4	0			x								
WHITE CHOCOLATE CHEESECAKE	239 g	850	59	79	29	1	150	100	2	7	70	11	520	23	19	17			x			x	x		under 30ppm	x	

OUR HIGHEST PRIORITY OF CONTAMINATION RISK IS TAKEN TO MANAGE THE RISK OF ALLEGENEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLEGENENS. GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY

OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS. GLUTEN FRIENDLY ITEMS ARE MADE WITH GLUTEN FREE INGREDIENTS, HOWEVER, PLEASE BE ADVISED THAT CROSS CONTAMINATION WITH GLUTEN CONTAINING PRODUCTS MAY