

# WHITE SPOT NUTRITIONAL INFORMATION

Updated July 2010



## QUICK START BREAKFASTS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
BC Sunny Start		254	613	33.6	8.8	0.3	240.2	1153.0	52.5	3.1	9.2	24.8	21	11	25	26
	Without Sauce	219	491	22.6	7.2	0.2	231.2	876.1	47.3	2.5	5.4	24.3	19	8	24	26
Breakfast Wrap		415	810	41.0	15.2	0.5	549.4	1591.8	70.3	4.6	4.5	37.6	21	38	43	35
Oatmeal & Mixed Fruit		629	543	4.7	1.4	0.0	5.7	375.9	114.5	7.4	76.7	11.9	30	110	25	18
The Spot Traditional Two	... Bacon	235	597	30.7	8.0	0.3	441.3	1027.5	50.8	0.0	2.8	31.4	14	2	12	32
Eggs and ...	... Back Bacon	295	633	28.4	10.4	0.3	490.6	1943.8	51.9	0.0	2.8	43.3	14	2	12	36
(with 2 slices of Toast)	... Sausage	378	896	54.2	8.0	0.3	441.3	1439.0	59.8	0.0	2.8	43.7	14	2	12	32
Side of Hashbrowns	5 oz	146	183	6.6	2.2	0.1	7.5	337.9	28.7	2.6	0.7	2.9	2	14	2	2
Side of Fruit	6 oz	170	75	0.2	0.0	0.0	0.0	12.3	19.2	2.3	15.8	1.2	26	110	3	2

## LIFESTYLE CHOICES

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Mushrooms, Spinach and Cheese Frittata	With Fruit	450	270	5.0	2.5	0.0	25.0	860.0	28.0	10.0	13.0	29.0	77	212	28	37
Nat's Veggie Sunny Start	With Fruit	380	410	15.0	3.5	0.0	245.0	703.0	53.0	9.0	17.0	18.0	40	138	7	10
Oatmeal & Mixed Fruit topped with Yogurt & Syrup		670	400	10.0	4.5	0.1	20.0	400.0	61.0	9.0	23.0	15.0	33	11	40	18

## NAT BAILEY'S FAVORITES & COUNTRY STYLE OMELETTES

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Big Bowl Breakfast	With Toast	609	1161	67.5	25.3	0.7	590.0	1841.5	97.8	5.5	7.2	46.1	36	73	49	41
Classic Eggs Benedict	With Hashbrowns	422	788	42.4	19.6	0.6	520.1	2102.0	65.0	4.5	2.4	35.4	23	21	10	16
	With Fruit	443	664	37.9	19.7	0.5	504.9	1400.8	56.2	4.1	18.9	25.9	50	116	11	15
Nat's Hearty Breakfast	With Toast	483	1002	54.7	10.3	0.1	448.9	1712.6	86.0	2.7	3.5	44.0	16	17	13	35
(served with hashbrowns)	With Pancakes	666	1236	55.5	10.9	0.1	565.5	2318.7	143.9	4.4	29.1	45.3	18	15	44	41
	With French Toast	634	1257	58.2	11.5	0.1	586.7	1839.4	139.0	2.7	24.5	49.3	20	17	20	38
Giardino Omelette	Hashbrowns & Toast	733	1195	69.9	27.2	0.7	1084.4	1892.8	90.5	5.4	9.7	57.0	50	89	59	56
Classic Denver Omelette	Hashbrowns & Toast	704	1330	83.1	31.8	0.8	1115.4	2263.8	87.9	4.5	8.3	62.7	50	67	56	53
Back Bacon, Cheddar & Mushroom Omelette	Hashbrowns & Toast	626	1147	66.6	23.9	0.5	1079.8	2024.7	85.4	3.6	6.9	56.2	35	19	34	52

## PANCAKES, WAFFLES & FRENCH TOAST

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Buttermilk Stacks	Fruit Topping & Whipped Cream	576	1121	29.8	12.0	0.2	280.8	2080.8	198.0	4.2	55.5	24.3	14	26	77	58
The Spot's Berry Patch Waffle	Fruit Topping & Whipped Cream	412	889	19.4	8.3	0.0	239.1	830.8	161.1	0.8	43.2	24.5	13	29	23	40
Traditional French Toast	Fruit Topping & Whipped Cream	363	799	28.4	16.5	0.0	191.9	1345.9	130.5	2.3	45.2	11.3	18	26	22	20

## EXTRAS, EXTRAS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Back Bacon	3 slices	85	157	7.2	2.4	0.0	49.3	1314.9	1.1	0.0	0.0	20.6	0	0	1	4
Bacon	4 slices	121	219	9.5	3.4	0.0	27.5	398.5	0.0	0.0	0.0	8.8	0	0	0	2
Sausage	3 links	168	420	33	11.0	0.0	142.9	810.0	9.0	0.0	0.0	21.0	1	2	2	13
Side of Hashbrowns	5 oz	146	183	6.6	2.2	0.1	7.5	337.9	28.7	2.6	0.7	2.9	2	14	2	2
Side of Fruit	6 oz	170	75	0.2	0.0	0.0	0.0	12.3	19.2	2.3	15.8	1.2	26	110	3	2
Side of Scrambled Eggs		135	229	18.1	5.8	0.1	509	312.8	1.5	0.0	1.4	15.3	14	0	8	12
Substitute Egg Creations		126	60	0.0	0.0	0.0	0.0	200.0	2.0	2.0	0.0	14.0	16	0	8	20
English Muffin	Buttered	57	208	6.9	3.9	0.3	15.2	313.8	31.0	1.6	0.0	5.7	4	0	0	0
White Toast	2 slices, buttered	107	311	8.7	4.0	0.3	15.2	480.8	50.0	0.0	0.2	10.1	4	2	6	22
Sourdough Toast	2 slices, buttered	107	311	6.7	3.8	0.3	15.2	600.8	52.0	0.0	2.0	8.1	4	0	8	24
Multigrain Toast	2 slices, buttered	117	337	11.2	4.3	0.3	15.2	436.8	52.8	6.6	1.1	8.9	4	0	7	18
Bagel, Multigrain		120	318	1.6	0.0	0.0	0.0	450.0	78.0	9.0	7.0	14.0	0	0	2	19
	1 package Cream Cheese	18	63	6.3	3.8	0.0	19.0	57.1	57.1	0.0	0.6	1.3	4	0	0	0

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Updated July 2010

## STARTERS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chipotle Chicken Quesadilla	No Sauce	411	982	59.3	19.5	0.1	132.7	1469.1	74.6	7.3	10.3	41.3	14	34	66	33
	Add sour cream & salsa	79	92	7.5	4.7	0.0	15.8	364.1	4.5	0.0	3.1	1.1	8	1	4	0
	Add Half Caesar	129	276	25.7	5.3	0.4	26.9	347.1	8.5	2.1	1.3	4.3	99	36	9	6
Dippin' Chicken	No Sauce	217	450	18.2	1.7	0.0	66.7	916.7	28.3	6.7	8.3	35.0	2	1	1	13
	Add Half Caesar	129	278	25.1	5.1	0.3	25.9	395.6	9.2	2.1	1.0	5.8	99	36	14	6
Five Cheese Onion Dip	With Tortilla Chips	301	793	47.0	17.7	0.3	85.3	1299.8	74.1	7.2	6.9	22.4	18	19	46	32
Nobashi Prawns	No Sauce	158	440	28.9	2.0	0.2	5.1	503.9	31.9	0.0	3.9	12.8	4	0	3	7
Sliders	Legendary	296	821	52.6	14.3	0.2	116.1	1143.9	53.8	4.0	9.1	31.8	4	11	8	32
	Bacon Cheddar	318	913	60.0	17.5	0.3	131.8	1341.7	54.0	4.0	9.1	38.0	9	11	19	32
	Monty Mushroom	340	923	61.5	18.6	0.2	134.7	1158.9	55.1	4.4	9.7	36.7	6	12	20	33
Spot's Zoo Sticks	No Sauce	380	443	25.2	2.7	0.1	125.4	309.3	41.1	4.8	7.1	12.5	14	80	12	20
Sweet Potato Fries	No Sauce	305	674	38.4	1.2	0.1	8.0	678.9	78.6	10.6	30.4	7.0	374	51	8	8
The Spot's Calamari	No Sauce	399	715	26.4	6.6	0.0	884.5	1907.2	50.4	1.6	2.1	64.6	2	27	22	28
Sauces & Dips 1.5 fl oz portions	Honey Mustard	43	288	30.8	4.5	0.2	25.5	214.6	2.1	0.1	1.8	0.7	1	0	0	1
	Plum Sauce	43	71	0.0	0.0	0.0	0.0	212.6	17.7	0.0	11.8	1.2	3	2	1	0
	BBQ Sauce	45	26	0.4	0.0	0.0	0.0	142.5	5.3	0.0	3.8	0.0	1	1	0	1
	Arrabbiata Sauce	44	33	2.4	0.5	0.0	0.9	154.2	2.3	0.4	1.2	0.9	6	10	3	2
	Chipotle Mayo	42	270	30.0	4.5	0.2	30.0	255.0	3.0	0.0	0.7	0.7	1	0	0	1
	Lemon Basil Aioli	43	225	24.0	3.5	0.2	19.6	155.2	2.0	0.2	0.7	0.7	5	7	1	1
	Zoo Dip	46	128	12.0	3.9	0.1	16.9	161.3	3.2	0.0	2.3	1.4	3	0	4	0
	Sweet Thai Chili	45	90	0.0	0.0	0.0	0.0	360.0	18.0	0.0	18.0	0.0	0	0	0	0
	Tzatziki	55	31	0.8	0.5	0.0	3.4	24.2	3.9	0.2	3.1	2.1	1	3	7	1

## SOUPS & SALADS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Caesar Salad		258	555	50.1	10.1	0.6	51.8	791.2	18.4	4.3	2.0	11.7	198	72	27	12
	Without Dressing	198	155	6.1	3.1	0.0	11.8	391.2	16.4	4.3	2.0	10.9	198	68	27	12
The Spot's Salad		215	296	21.3	1.8	0.0	0.0	611.2	25.1	3.5	9.7	6.0	90	50	7	14
	Without Dressing	190	149	5.3	0.6	0.0	0.0	344.5	22.9	3.4	7.7	5.9	91	48	7	13
Spot Clam Chowder	Cup (10 fl oz)	283	204	4.8	3.2	0.0	12.8	1682.7	32.3	1.5	6.5	8.0	100	9	5	13
	Bowl (12 fl oz)	340	245	5.7	3.8	0.0	15.3	2019.2	38.8	1.8	7.8	9.6	85	11	7	15
	1 pack of crackers	6	25	0.5	0.2	0.3	0.0	45.0	5.0	0.2	0.0	1.0	0	0	0	2

## BIG BOWL SALADS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chicken Veronica Salad		392	557	35.0	6.4	0.1	75.1	295.1	30.4	4.3	14.7	33.5	110	117	14	24
	Without Dressing	340	306	9.0	1.9	0.0	63.8	114.4	27.2	4.2	12.3	32.1	106	112	10	22
Fajita Salad	Without Tortilla	675	1131	64.7	27.2	0.2	158.1	1458.1	85.4	9.8	11.8	52.4	232	174	49	30
	Without Sauces	547	691	50.6	24.0	0.2	158.1	800.0	17.8	5.4	8.7	42.4	232	174	47	27
Mediterranean Chicken Salad		615	923	43.8	20.5	0.1	130.6	1296.0	82.9	9.8	10.7	49.8	226	173	41	30
	Without Dressing	496	618	42.7	9.1	0.0	89.9	827.5	26.2	5.4	9.4	35.8	118	158	27	26
Hot Chargrilled Chicken Caesar Salad		439	324	11.8	5.0	0.0	89.9	665.2	21.8	5.3	5.8	35.6	114	150	26	23
	Without Dressing	365	682	50.1	9.3	0.6	131.4	623.0	18.2	4.3	2.0	40.6	198	72	18	19
Hot Salmon Caesar Salad		305	288	6.1	2.3	0.0	90.9	309.7	16.2	4.3	2.0	41.3	198	68	14	19
	Without Dressing	381	808	69.3	17.0	0.6	146.4	1283.4	18.6	4.4	2.0	30.8	209	72	18	15
Santorini Chicken Salad		321	414	25.3	10.0	0.0	106.4	970.1	16.6	4.4	2.0	31.5	209	68	13	15
	Without Dressing	561	579	35.4	8.0	0.1	83.6	843.1	35.9	3.7	13.7	32.8	123	246	25	20
Side of Garlic'd Panini Bread		503	338	11.8	4.8	0.1	83.6	617.7	27.6	3.5	8.5	32.2	1149	240	24	17
	With Garlic Butter	65	186	6.2	3.8	0.0	15.2	365.8	28.5	1.0	0.5	4.6	4	0	1	13
Side of Naan Bread	With Butter	54	185	6.4	2.1	0.0	7.6	225.4	26.0	1.0	1.0	4.5	2	0	1	13

## FLATBREADS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Rustica		329	673	32.4	13.7	0.4	64.8	1593.5	70.2	5.3	8.6	23.7	30	105	38	25
Smokey BBQ Chicken		267	762	24.4	10.5	0.4	51.9	1317.9	64.1	2.5	7.6	37.2	15	4	36	20
Spicy Italian Sausage		288	725	35.9	11.4	0.4	67.7	1947.6	62.2	3.0	2.3	34.1	8	11	46	19

## CELEBRATE BC

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Smokey BBQ Bigger Burger		394	1119	67.4	21.6	0.3	147.4	1446.8	63.0	4.0	15.7	44.3	16	20	24	41
	Without Sauce	344	906	46.4	18.5	0.2	128.3	1084.9	56.8	3.4	11.9	43.8	14	17	24	38
Celebrate BC Chicken Salad		375	676	51.0	7.9	0.6	84.4	676.2	25.0	5.7	13.4	33.8	101	42	16	19
Spinach and Ricotta Ravioli	With Garlic'd Panini	621	1350	80.6	47.1	0.0	490.8	1688.2	96.1	5.2	8.2	60.3	80	55	58	67
Fresh Blueberry Pie		258	386	15.9	5.6	0.1	16.4	143.4	61.0	4.2	20.3	3.9	6	23	3	7

# WHITE SPOT NUTRITIONAL INFORMATION

Updated July 2010

## OUR FAMOUS BURGER PLATTERS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
BC Chicken Burger		334	785	41.6	9.0	0.4	104.7	1192.7	55.5	3.7	10.3	45.3	15	19	24	26
	Without Sauce	285	562	19.6	5.8	0.2	86.7	844.9	50.0	3.0	6.3	44.6	13	16	24	25
Chargrilled Spot Veggie Burger		322	624	24.2	6.7	0.2	10.5	1295.9	80.5	5.9	11.7	19.8	9	14	9	22
	Without Sauce	268	493	14.2	5.2	0.1	0.5	889.9	72.5	5.3	5.1	18.6	7	12	7	21
Mediterranean Chicken Burger		355	580	24	10.7	0.1	104.9	1009.0	54.5	3.2	10.3	36.1	22	52	18	27
	Without Sauce	299	458	12.2	3.7	0.1	70.6	868.9	52.2	3.0	8.5	33.8	15	49	16	26
Double Double		419	1198	81.1	28.2	0.6	221.9	1810.4	57.6	3.4	9.1	56.2	10	15	31	44
	Without Sauce	369	974	59.1	25.0	0.4	203.9	1462.6	52.0	2.8	5.1	55.4	7	12	30	43
The Legendary Burger		237	761	48.6	13.0	0.2	103.6	940.3	50.8	2.7	8.0	28.2	3	3	7	32
	Without Sauce	188	538	26.6	9.8	0.0	85.6	592.4	45.2	2.1	4.0	27.4	0	0	7	31
Add Toppings	Cheese – 1 slice	21	69	4.8	3.2	0.0	16.2	357.0	2.3	0.0	0.1	4.0	4	0	11	0
	Bacon – 2 slices	13	60	4.8	2.2	0.0	16.6	199.3	0.0	0.0	0.0	4.4	0	0	0	0
	Mushrooms, sautéed	28	17	1.0	0.6	0.0	2.5	8.4	1.4	0.4	0.7	1.3	1	1	0	1
	Gravy	130	38	0.9	0.6	0.0	0.0	608.0	5.7	0.0	0.0	1.9	0	0	0	0
Add Half Caesar		129	276	25.7	5.3	0.4	26.9	347.1	8.5	2.1	1.3	4.3	99	36	9	6
Add Platter (Fries & Slaw)		292	437	24.7	2.3	0.1	0.9	304.2	49.5	6.2	7.1	6.4	2	69	6	14
Add Spot Salad		107	148	10.7	0.9	0.0	0.0	305.6	12.6	1.7	4.9	3.0	45	25	3	7
Add Classic Plate		281	450	35.8	6.4	0.4	77.0	470.8	24.9	4.1	4.1	9.3	105	68	14	14
Add Western Plate		221	511	40.3	6.5	0.4	26.9	565.4	32.4	3.4	7.0	7.0	99	36	11	13
Add Sweet Potato Fries		305	674	38.4	1.2	0.1	0.0	678.9	78.6	10.6	30.4	7.0	374	51	8	8
Sauces & Dips 1.5 fl oz portions	Triple O Sauce	50	223	22.0	3.2	0.2	18.0	347.8	5.6	0.6	4.0	0.7	2	3	1	11
	Honey Mustard	43	288	30.8	4.5	0.2	25.2	214.6	2.1	0.1	1.8	0.7	1	0	0	1
	Chipotle Mayo	43	273	30.4	4.6	0.0	30.4	258.2	3.0	0.0	0.5	0.7	1	0	0	1
	Lemon Basil Aioli	43	225	24.0	3.5	0.2	19.6	155.2	2.0	0.2	0.7	0.7	5	7	1	1
	Zoo dip	43	118	11.1	3.6	0.1	15.6	149.0	2.9	0.0	2.1	1.3	3	0	4	0
	Parmesan dip	43	186	18.8	4.3	0.1	20.1	177.8	0.8	0.0	1.2	2.3	2	1	7	1

## THE SPOT'S BIGGER BURGERS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bacon Cheddar Bigger Burger		362	1056	71.4	21.6	0.4	167.4	1308.1	52.9	3.3	9.1	48.0	15	15	24	38
	Without Sauce	313	833	49.5	18.4	0.2	149.3	960.3	47.4	2.7	5.1	47.3	13	12	23	37
The Deluxe Bigger Burger		329	913	60.0	17.4	0.2	146.4	977.8	52.6	3.3	9.1	38.3	9	15	9	38
	Without Sauce	279	690	38.0	14.2	0.0	128.3	630.0	47.1	2.7	5.1	37.6	7	12	8	37
Grill & Greens	Complete Platter	852	1802	121.8	26.1	0.7	218.4	1744.6	125.2	13.0	19.3	53.4	159	140	28	65
	Without Sauce	803	1578	99.8	22.8	0.5	200.4	1396.8	119.7	12.3	15.3	52.6	157	137	27	64
Monty Mushroom Bigger Burger		378	1034	70.5	22.7	0.2	169.5	992.9	54.0	3.7	9.8	44.5	11	16	24	39
	Without Sauce	329	811	48.5	19.5	0.1	151.5	645.1	48.4	3.0	5.7	43.8	8	13	24	38
Wild Pacific Salmon Fillet Burger		328	663	35.9	8.0	0.1	98.4	1236.6	51.3	3.3	6.8	33.3	18	19	9	25
	Without Sauce	306	514	19.9	5.7	0.0	85.3	1210.0	50.3	3.2	6.3	32.9	15	15	8	24
Chuck Currie's Favourite Burger		403	1145	81.3	25.7	0.4	185.1	1549.8	57.4	3.9	12.8	45.8	11	17	16	41
	Without Sauce	353	922	59.3	22.4	0.2	167.1	1202.0	51.9	3.2	8.7	45.0	9	14	15	40

## SPOT CLASSICS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chicken Broccoli & Cheese	With Rice & Salad	685	1094	61.5	19.2	0.2	131.5	1850.0	96.2	4.8	6.0	40.8	68	158	36	36
	With Salad	479	842	46.7	15.1	0.2	125.9	1223.3	90.8	5.6	8.7	14.0	57	25	9	34
Roast Turkey Dinner	Regular Size	688	635	18.6	6.0	0.2	90.8	1992.6	70.8	3.1	16.0	46.8	63	13	9	31
	Regular Size	413	723	28.6	14.0	0.0	130.3	1296.3	59.2	2.0	1.1	55.4	7	0	3	41
The Original Beef Dipper	Add Platter	292	437	24.7	2.3	0.1	0.9	304.2	49.5	6.2	7.1	6.4	2	69	6	14
	2 piece with Tartar	258	533	40.2	6.2	0.4	116.8	928.6	10.8	0.0	0.0	30.4	2	0	2	3
The Spot's Fish & Chips	Add Platter	292	437	24.7	2.3	0.1	0.9	304.2	49.5	6.2	7.1	6.4	2	69	6	14
	1 piece of fish only	101	106	2.1	0.2	0.0	44.2	237.5	4.5	0.0	0.0	15.0	1	0	1	2

## PIRATE PAKS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Pirate Cakes		221	344	14.1	6.2	0.1	81.2	574.0	51.3	2.0	17.4	6.3	19	55	20	15
Pirate Hook Bacon		198	317	14.4	4.4	0.0	222.2	424.4	35.0	1.2	9.3	14.1	20	56	7	17
Pirate Hook Sausage		245	405	20.5	3.6	0.0	219.1	586.6	38.0	1.2	9.3	18.9	19	56	7	17
Pirate Hamburger		237	761	48.6	13.0	0.2	103.6	940.3	50.8	2.7	8.0	28.2	3	3	7	32
	Pirate Pals	110	253	12.0	0.8	0.0	34.0	580.0	27.5	3.4	4.3	11.5	0	0	0	7
	Pirate Mac & Cheese	227	281	12.7	5.4	0.0	27.2	1007.0	29.0	1.85	4.5	11.8	9	0	23	9
	Pirate Grilled Cheese	140	353	17.3	10.2	0.4	48.0	1159.7	34.4	0.0	1.8	14.4	4	0	28	1
	Pirate Fish	101	106	2.1	0.2	0.0	44.2	237.5	4.5	0.0	0.0	15.0	1	0	1	2
Pirate Garden Salad with Chicken		156	223	10.1	1.1	0.0	63.8	204.9	5.9	1.1	1.5	27.3	44	21	4	10
	Pirate Chicken Caesar	177	341	21.4	4.3	0.2	82.1	247.5	7.6	1.5	0.7	29.1	66	24	3	9
	Add French Fries	3 oz	93	143	7.2	0.5	0.0	66.7	18.0	1.9	1.0	2.1	0	01	1	5

# WHITE SPOT NUTRITIONAL INFORMATION

Updated July 2010

## FAVOURITE SANDWICHES & WRAPS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chicken Caesar Wrap		321	727	37.3	6.2	0.3	88.9	1256.3	52.0	3.8	2.0	41.5	149	40	15	30
	Without Dressing	291	527	15.3	2.7	0.0	68.9	1056.3	51.0	3.8	2.0	41.1	149	38	15	30
Chipotle Chicken Wrap		414	778	39.1	4.6	0.0	84.0	1336.6	59.9	4.7	5.6	44.1	109	45	7	34
	Without Dressing	386	596	18.9	1.5	0.0	63.8	1164.5	57.9	4.7	5.6	44.1	109	45	7	30
Hot Turkey Sandwich		302	394	7.7	2.4	0.1	54.9	1059.2	55.6	0.5	17.5	26.2	28	4	8	18
The White Spot Club		368	879	45.5	5.4	0.3	27.0	1845.2	84.5	2.7	9.4	35.0	15	27	11	36
	Without Sauce	295	545	12.5	0.6	0.0	0.0	1231.2	77.6	0.9	4.7	33.6	10	19	10	34
Toasted Shrimp Sandwich		253	554	25.9	3.8	0.2	196.6	1436.7	56.8	1.9	6.5	25.8	5	13	14	26
	Without Sauce	195	321	3.9	0.6	0.0	178.6	893.6	50.3	0.1	2.1	24.6	0	5	13	24
Add Platter (Fries & Slaw)		292	437	24.7	2.3	0.1	0.9	304.2	49.5	6.2	7.1	6.4	2	69	6	14
Add Half Caesar		129	276	25.7	5.3	0.4	26.9	347.1	8.5	2.1	1.3	4.3	99	36	9	6
Add Spot Salad		107	148	10.7	0.9	0.0	0.0	305.6	12.6	1.7	4.9	3.0	45	25	3	7

## FROM THE GRILL

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Blackened Cajun Chicken	Served with mashed potatoes, vegetables & sour cream	565	974	59.7	26.0	0.3	233.9	2455.7	50.3	5.7	3.7	60.6	59	14	15	43
Canada AAA New York Steak	8 oz	179	368	16.4	4.7	0.1	107.9	515.1	0.0	0.0	0.0	51.9	0	0	2	22
	Add Mashed & Vegetable	359	390	22.1	10.2	0.0	38.8	782.9	42.9	2.4	2.2	8.1	30	11	3	25
	Add Sautéed Prawns (6)	129	256	13.9	7.7	0.0	237.3	494.9	2.5	0.1	0.1	28.0	12	5	8	17
	Add Sautéed Mushrooms & Panini	121	220	15.0	9.2	0.0	38.1	511.4	18.2	1.7	2.1	5.9	9	3	1	10

## PASTAS, RICE BOWLS & STIR-FRYS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Bishop's Curry	With Rice & Naan	744	1033	36.7	22.5	0.0	141.8	873.6	125.6	5.2	23.0	43.6	49	152	23	54
Butter Chicken	With Rice & Naan	787	1715	100.1	46.9	0.0	280.2	1743.1	149.1	6.8	16.5	55.0	58	25	22	67
Fettuccini Alfredo		472	1468	77.3	48.2	0.1	257.6	1288.1	153.2	0.5	8.3	37.4	61	16	32	36
	With Chicken	543	1597	78.8	48.6	0.1	322.8	1433.8	153.2	0.5	8.3	65.1	61	17	37	40
Orange Beef Stir-fry		596	1008	24.4	3.4	0.2	116.8	687.1	142.9	7.7	11.2	50.6	28	146	6	321
Teriyaki Chicken Rice Bowl		760	898	22.7	13.5	0.0	120.3	3886.9	126.2	5.1	39.5	46.1	49	224	22	38
Tuscan Chicken Pasta		599	1097	61.0	35.8	0.0	238.3	1518.2	87.2	5.8	12.6	50.1	69	135	35	30
Side of Garlic'd Panini Bread	With Garlic Butter	65	186	6.2	3.8	0.0	15.2	365.8	28.5	1.0	0.5	4.6	4	0	1	13

## LIFESTYLE CHOICES

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chargrilled Chicken Burger		400	500	12.0	2.0	0.0	70.0	840.0	63.0	9.0	20.0	34.0	67	44	7	11
Asian Chicken Salad		410	290	7	1.5	0.0	65.0	500.0	25.0	9.0	15.0	32.0	133	177	15	25
Creamy Chicken Curry		620	610	9.0	3.0	0.0	90.0	890.0	90.0	12.0	28.0	43.0	67	308	24	33
Seafood Fusilli		640	590	8.0	2.0	0.0	60.0	900.0	94.0	15.0	15.0	34.0	38	138	18	33
Primavera Fusilli		700	570	10.0	3.0	0.0	5.0	920.0	99.0	16.0	25.0	20.0	55	176	20	27

## DESSERTS

Menu Item	Modifications	Grams/Serving	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 (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Apple Cinnamon Crumble		359	893	47.0	22.2	0.3	94.2	189.6	113.6	11.0	33.1	11.7	25	13	22	23
The Spot Dessert Sampler		275	898	32.7	10.4	0.3	67.1	322.6	110.7	5.1	49.3	7.3	12	15	10	15
Chocolate Passion Cake		429	1299	79.0	27.5	0.8	83.2	644.2	159.2	6.1	107.7	10.1	36	0	8	52
Hot Fudge Brownie		223	710	35.0	10.0	0.3	38.2	334.2	94.9	3.1	63.7	7.5	11	0	10	22
Sticky Toffee Pudding		397	864	49.9	29.5	0.3	374.4	504.0	93.3	3.3	51.1	15.2	43	5	22	12
White Spot Cheesecake		215	490	25.0	14.0	0.5	125.0	210.0	62.0	0.0	35.0	7.0	6	0	6	2
	Add Fruit Topping	85	216	0.0	0.0	0.0	0.0	17.8	56.4	0.6	23.3	0.2	0	19	1	1
Nat's Best Shakes in Town	Small	210	275	12.5	8.3	0.3	38.5	126.6	36.4	1.1	33.0	6.2	14	0	21	7
	Large	432	673	32.8	21.8	1.0	96.1	284.6	87.8	3.3	88.0	12.5	34	0	41	20