

Daily Calorie and Sodium Requirements - Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
APPETIZERS															
Crab + Prawn Gyoza	288	330	16	1	0.3	30	1,460	35	8	3	15	2	6	2	15
Crispy Mahi Mahi	390	1,150	68	8	0.5	205	2,100	96	5	2	40	15	30	15	60
Crispy Tuna Taco	189	260	19	2.5	0	25	630	20	4	3	16	6	15	4	15
Beach House Roll	336	750	32	2	0.2	155	1,810	76	5	7	31	35	15	10	35
Grilled Chicken Wings	248	610	41	12	0	155	2,280	5	2	1	53	20	5	8	25
Grilled Octopus	227	610	54	8	0.1	50	1,100	15	2	4	18	20	30	10	45
Kusshi Oyster Spoons (1 oyster spoon)	20	15	1	0.3	0	15	40	1	0	0	1	2	0	0	6
Lobster + Prawn Roll (3 servings)	92	260	15	5	0.4	95	520	22	1	4	9	10	2	4	10
Lobster Flat Bread	451	970	50	23	1	165	1,690	97	7	2	42	70	40	35	70
Parmesan Fries	182	770	59	8	0.3	25	1,440	52	2	0	7	2	10	8	10
Oysters on the Half Shell (1 oyster)	33	20	1	0.1	0	5	65	3	1	0	1	0	10	2	8
Salmon Poke	236	370	15	1.5	0	95	2,330	29	2	1	27	2	6	10	10
Salmon Collar	181	420	30	5	0	100	1,390	7	1	3	30	20	20	6	10
Seafood Tower (4 servings)	325	520	22	2	0.1	120	2,080	50	5	4	29	15	25	10	40
Sablefish Corn Chowder	305	490	35	19	0.4	120	810	28	2	8	16	35	15	20	10
Duck Confit Salad Rolls															
SALADS															
Grilled Gem Caesar Salad	528	720	53	8	0.2	180	1,260	20	7	8	44	180	140	30	25
Grilled Gem Caesar Salad - No Dressing	488	550	37	5	0.1	130	930	18	7	8	40	170	70	25	25
Skirt Steak Cobb Salad	505	900	73	29	1.5	385	1,680	19	7	7	50	150	40	35	40
Skirt Steak Cobb Salad - No Dressing	445	790	62	22	1	345	1,570	15	7	4	48	130	35	30	40
Farmer's Salad	577	530	23	6	0	115	2,090	49	10	26	41	25	30	30	30
Farmer's Salad - No Dressing	517	400	14	4	0	80	630	38	10	17	39	25	30	25	30

Farmer's Side Salad	82	70	5	1	0	5	330	5	2	3	3	25	6	4	8
Farmer's Side Salad - No Dressing	72	45	4	0.5	0	0	85	3	2	1	3	25	6	4	8
PASTA															
Braised Beef Papardelle	606	1,140	76	18	1.5	100	2,970	84	8	5	31	25	4	20	45
Arctic Char with Celery Root Ravioli	413	980	67	23	1	195	1,920	40	4	8	44	50	15	15	40
Scallop Spaghettini Pasta	548	940	47	15	1	170	2,400	73	5	3	39	35	4	30	30
Primavera Pasta	667	1,020	61	17	1	75	3,260	94	10	11	26	30	30	40	35
BURGERS & SANDWICHES (burger or sandwich only, add your choice of sides shown below)															
King Beyond Burger	407	1,080	83	20	0.5	50	2,110	50	9	7	41	20	30	40	80
Dockside Burger	278	740	49	16	1	235	1,180	32	2	5	43	15	6	15	35
Turducken Club Sandwich	466	1,210	96	35	1	345	2,540	41	3	4	51	80	15	15	30
SIDES FOR BURGERS & SANDWICHES															
Yukon Gold Fries - Side 8 oz	150	470	23	4	0.3	0	830	59	3	1	6	0	10	2	15
Yukon Gold Fries - Entrée 16 oz	299	930	47	8	0.5	0	1,660	119	5	1	11	0	25	4	30
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0	2	0	0	0
STEAKS (steak only, add your choice of sides shown below) & ENTREES															
Tenderloin - 6 oz	111	240	9	4.5	0.3	85	660	0	0	0	35	0	0	0	30
Beef Tenderloin with Parsnip Puree	515	940	70	30	2	300	2,940	39	8	9	48	60	100	15	60
Grilled Ribeye Steak with Potato Pave	598	1,220	81	26	1.5	230	2,430	34	5	4	90	25	45	8	90
Skirt Steak Frites	431	1,230	66	19	1.5	150	2,330	109	5	1	51	10	20	8	60
SIDES FOR STEAKS & ENTREES															
Horseradish 0.5 oz	14	5	0	0	0	0	140	0	0	0	1	0	10	0	0
Sautéed Prawns	119	310	19	7	0.5	295	1,290	4	0	0	30	20	4	10	4
Sautéed King Oyster Mushrooms	159	350	32	8	0.5	25	1,050	15	6	3	8	10	0	2	25
Garlic Snow Crab Claws	57	140	12	6	0.5	45	280	2	0	0	8	10	4	2	8
MARINE															

Monkfish with Smoked Potato + White Wine Mustard Sauce	458	1,090	75	19	0.5	140	2,460	60	6	9	45	30	55	10	40
Roasted Salmon with Jalapeno Corn Sauce	475	750	47	8	0.1	145	1,730	47	6	14	42	25	50	20	40
Sablefish with Truffle Dashi	430	1,030	88	26	1	180	1,980	29	5	3	35	50	35	15	40
Chorizo Mussel Pot	1127	1,830	125	44	1	290	4,570	112	12	14	62	100	75	30	130
DESSERTS															
Salted Caramel Peanut Butter Alaska Cake	277	710	32	13	0.5	55	250	94	3	86	15	15	20	15	10
Apple + Pear Galette	401	810	47	23	1	125	290	93	8	60	9	20	2	8	15
Warm Chocolate Cake	238	920	70	43	2	320	280	74	6	55	13	50	0	10	70
BRUNCH															
Crab Benedict	456	1,000	80	34	1.5	740	1,980	42	4	6	33	90	20	30	45
Eggs Benedict	444	940	74	33	1.5	710	2,180	42	4	6	33	80	20	25	40
English Breakfast	477	1,090	80	28	0.2	490	2,840	55	6	7	40	40	15	6	40
Nutella French Toast	354	1,100	60	32	0.4	305	660	181	3	40	21	50	10	15	30
Smoked Salmon	241	530	45	16	0.5	265	2,100	19	2	9	18	30	15	10	10
Prawn Omelette	407	580	40	15	0.5	830	1,810	15	3	5	42	70	25	20	40
Farmer's Brunch Side Salad	38	30	3	0.3	0	0	105	2	1	1	2	10	4	2	4
Farmer's Brunch Side Salad - No Dressing	36	25	2	0.3	0	0	45	2	1	1	1	10	2	2	4