

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)
TO START															
CRISPY PRAWNS	419	1240	76	9	0.5	265	2120	92	5	2	46	15	30	20	60
CRISPY TUNA TACO	189	260	19	2.5	0	25	630	20	4	3	16	6	15	4	15
YUZU CRAB SUSHI ROLL	364	720	34	2	0.1	40	3200	82	4	13	17	10	4	6	15
GRILLED CHICKEN WINGS - THAI RED CURRY AOILI	244	730	54	12	0	160	2710	5	1	1	51	15	10	6	20
PRAWN COCKTAIL	198	240	6	1	0.1	305	1570	11	1	5	34	15	15	15	4
AHI TUNA POKE	396	520	35	4	0.1	50	1530	83	4	12	40	8	15	6	45
PARMESAN FRIES	182	770	59	8	0.3	25	1440	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
COLD SEAFOOD TOWER (4 SERVINGS) 3.0	461	700	36	4	0.1	215	2990	69	5	8	53	20	30	20	120
SALT & PEPPER SQUID	443	770	25	3.0	0.1	555	1720	92	19	4	43	6	50	20	30
SEAFOOD BOIL	1140	2040	109	47	3.5	610	5100	142	12	14	121	100	80	35	170
SEAFOOD PLATTER (4 SERVINGS)	291	370	16	1.5	0.1	150	2360	41	4	6	26	8	15	10	35
SABLEFISH CORN CHOWDER	305	490	35	19	0.4	120	810	28	2	8	16	35	15	20	10
JUMBO LUMP CRAB CAKE	242	670	61	5.0	0.2	100	1300	17	3	2	17	8	30	10	10
BISCUITS AND HONEYCOMB	370	1300	72	44	2	180	1690	146	4	49	20	60	0	35	50
BOWLS															
AHI TUNA POKE BOWL	595	1060	60	4	0.1	70	2490	97	10	9	33	8	20	10	20
BEACH HOUSE SALMON CAESAR SALAD	487	590	40	6	0.2	170	1350	20	8	5	42	160	90	30	25
BEACH HOUSE SALMON CAESAR SALAD (No Dressing)	488	410	14	4.5	0	80	630	38	9	19	40	170	70	25	25
CRAB & SHRIMP LOUIE SALAD	564	830	65	12	0.1	440	2410	18	6	7	45	35	15	20	20
CRAB & SHRIMP LOUIE SALAD (No Dressing)	489	490	29	8	0.1	425	1320	14	5	5	44	30	10	15	15
MOTHER EARTH BOWL	498	1060	61	12	0.4	25	1980	108	18	19	31	60	100	40	60
PASTA															
PRAWN & SCALLOP SPAGHETTINI	548	940	47	15	1	170	2400	73	5	3	39	35	4	30	30
SAFFRON CREAM & PRAWN SPAGHETTINI	540	1150	60	26	1.5	345	2370	92	4	5	45	45	2	30	30
ROASTED TOMATO TAGLIATELLE	668	1010	59	17	1	75	3160	94	9	11	26	35	30	35	35
BURGERS + SANDWICHES (burger/sandwich only, add your choice of sides shown below)															
DOCKSIDE BURGER	278	740	49	16	1	235	1180	32	2	5	43	15	6	15	35
IMPOSSIBLE BURGER	267	570	32	17	0.2	25	1970	40	3	7	34	6	4	8	45
CHICKEN CLUBHOUSE	428	1140	81	29	2	315	1830	47	5	3	52	40	10	15	25
PRAWN CLUBHOUSE	400	1050	76	22	1.5	265	2550	50	5	3	34	35	15	10	25
SIDES FOR BURGERS															
SIDE GREENS SALAD	102	140	13	1.5	0.1	5	180	5	2	2	4	15	20	15	20
SIDE GREENS SALAD (No Dressing)	87	60	4.5	1	0	5	105	4	2	2	4	20	4	8	8
YUKON GOLD FRIES - SIDE 8oz	150	470	23	4	0.3	0	830	59	3	1	6	0	10	2	15
YUKON GOLD FRIES - ENTRÉE 16oz	299	930	47	8	0.5	0	1660	119	5	1	11	0	25	4	30
KETCHUP 1 fl oz	30	35	0	0	0	0	240	8	1	8	0.4	2	0	0	0
STEAK (steak only, add your choice of sides shown below)															
TENDERLOIN - 6oz	111	240	9	4.5	0.3	85	660	0	0	0	35	0	0	0	30
BEEF TENDERLOIN WITH SMOKED POTATO	566	1200	97	49	3.5	265	2630	43	7	7	47	70	80	15	50
GRILLED RIBEYE WITH POTATO PAVE	598	1220	81	26	1.5	230	2430	34	5	4	90	25	45	8	90
STEAK FRITES	390	1100	61	19	1.5	150	2110	92	4	2	48	10	20	6	50
SIDES FOR STEAKS															
HORSERADISH 0.5oz	14	5	0	0	0	0	140	0	0	0	1	0	10	0	0
SAUTÉED PRAWNS	119	310	19	7	0.5	295	1290	4	0	0	30	20	4	10	4
SAUTÉED KING OYSTER MUSHROOMS	159	350	32	8	0.5	25	1050	15	6	3	8	10	0	2	25
LOBSTER TAIL	113	140	4	2	0.2	85	450	2	0	0	22	6	0	6	4
SEAFOOD															
MISO SEA BASS & WOK FRIED VEGETABLES	592	680	39	3.5	0.1	75	2890	33	4	18	49	80	160	35	30
ROASTED SALMON WITH JALAPEÑO PURÉE	476	700	41	5	0.1	125	1410	45	5	6	42	25	70	20	25
JUMBO LUMP CRAB CAKES & SPRING SALAD	664	1330	120	12	0.4	195	3370	36	10	9	41	70	60	35	40
HALIBUT WITH MISO BROTH	417	790	52	16	1	110	1790	32	5	8	43	90	15	15	30
HALIBUT & CHIPS	557	1310	81	9	0.3	70	1500	95	8	5	46	10	70	15	35
DESSERTS															
BAKED ALASKA	277	710	32	13	0.5	55	250	94	3	86	15	15	20	15	10
WARM CHOCOLATE CAKE	238	920	70	43	2	320	280	74	6	55	13	50	0	10	70
BUTTERSCOTCH CRÈME BRULÉE	285	800	64	37	0	695	420	50	1	44	11	80	10	20	15
SUMMER BERRY NAPOLEON	456	1040	62	28	1	145	750	107	5	39	15	15	50	15	35
BRUNCH															
CRAB BENEDICT	464	1140	99	46	2.5	885	1730	33	4	6	33	110	20	15	40
EGGS BENEDICT	434	1010	87	42	1.5	745	1850	33	4	5	31	90	20	10	30
AVOCADO + WHITE CHEDDAR BENEDICT	504	1220	108	54	2.5	865	1580	39	8	6	31	120	25	35	35
BEACH HOUSE BREAKFAST	557	1380	100	40	1	545	3270	78	6	15	44	60	15	25	50
NUTELLA FRENCH TOAST	354	1100	60	32	0.4	305	660	181	3	40	21	50	10	15	30
SMOKED SALMON ROSTI	241	530	45	16	0.5	265	2100	19	2	9	18	30	15	10	10
PRAWN OMELETTE	407	580	40	15	0.5	830	1810	15	3	5	42	70	25	20	40
SIDE SALAD	38	30	3	0.3	0	0	105	2	1	1	2	10	4	2	4
SIDE SALAD (No Dressing)	36	25	2	0.3	0	0	45	2	1	1	1	10	2	2	4