

nutritional

VD: Recommended Daily Value
g: gram mg: milligram

Menu	Portion	calories	Fat (g)	% VD Fat	saturated fat (g)	Trans fat (g)	% VD Saturated fat	Cholesterol (mg)	Sodium (mg)	% VD Sodium	Carbohydrates (g)	% VD Carbohydrate	Fiber (g)	% VD Fiber	Sugars (g)	Protein (g)	% VD Vitamin A	% VD vitamin C	% VD Calcium	% VD Iron
Starters not included sauces																				
Chicken wings (6) and vegetables	108g	210	13	20	3	0	15	115	580	24	3	1	1	4	1	21	25	2	4	8
Chicken wings (12) and vegetables	216g	420	25	38	6	0,1	31	230	1160	48	5	2	1	4	3	42	50	4	6	15
Cheese Sticks (4) and vegetables	162g	390	18	28	8	0,3	42	40	1730	72	36	12	2	8	2	21	40	2	45	15
Cheese Sticks (8) and vegetables	324g	790	36	55	16	0,5	83	80	3460	144	73	24	4	16	4	42	80	6	90	25
Combo scores	448g	1350	79	122	23	1,5	123	210	2990	125	88	29	3	12	12	70	25	2	60	50
Classic Combo	289g	820	46	71	9	0,3	47	105	1910	80	63	21	2	8	3	38	8	2	25	25
Kapow shrimp	150g	500	27	42	2	0	10	130	1650	69	45	15	1	4	4	18	0	0	10	10
Onion Rings (About 16)	165g	540	32	49	3,5	0,1	18	5	920	38	58	19	2	8	4	7	0	4	6	15
Soups																				
Cream of Broccoli	250ml	140	10	15	3	0,2	16	10	430	18	12	4	1	4	1	2	15	20	2	4
Cream of Celery	250ml	140	10	15	3	0,2	16	10	440	18	11	4	1	4	1	2	10	2	2	4
Cream of mushroom	250ml	140	10	15	3,5	0,2	19	10	480	20	11	4	1	4	1	2	10	2	2	4
Cream of cauliflower	250ml	140	10	15	3	0,2	16	10	430	18	11	4	1	4	1	2	10	10	2	4
Spinach Cream	250ml	140	10	15	3,5	0,2	19	10	440	18	11	4	1	4	1	2	30	8	4	6
Leeks cream	250ml	140	10	15	3	0,2	16	10	430	18	13	4	1	4	2	2	15	4	2	6
Royal Cream of Chicken	250ml	160	10	15	3	0,2	16	20	430	18	13	4	1	4	1	5	15	4	2	4
Lentil soup	250ml	170	7	11	1	0,1	6	5	390	16	20	7	8	32	2	7	4	10	2	15
Minestrone soup	250ml	70	2	3	0,5	0	3	5	610	25	11	4	1	4	3	2	15	25	2	4
Pea soup	250ml	120	2	3	0,3	0	2	0	380	16	20	7	5	20	4	6	8	4	4	15
Chicken soup and noodles	250ml	80	1,5	2	0,5	0	3	20	580	24	8	3	1	4	1	8	8	0	2	4
Sauces																				
Sweet and sour	42ml	60	0	0	0	0	0	0	150	6	15	5	0	0	13	0,1	0	2	0	0
Chicken wings	42ml	80	2,5	4	0,2	0	1	0	470	20	12	4	0	0	10	1	2	2	0	2
BBQ (Children's menu)	60ml	20	0,3	1	0,1	0	1	0	410	17	4	1	0	0	0	0,3	2	0	0	0
BBQ	90ml	30	0,4	1	0,2	0	1	0	610	25	6	2	0	0	1	0,4	2	0	0	0
Chimichurri	70 ml	80	4,5	7	0,5	0	3	0	750	31	9	3	0	0	2	0	4	4	2	4
Ribs	60ml	170	8	12	1	0	5	0	290	12	24	8	1	4	19	1	0	0	2	6
Dijon	42ml	170	14	22	3	0	15	15	240	10	8	3	0	0	7	1	2	0	0	0
General Tao	30ml	60	1	2	0,1	0	1	0	320	13	12	4	0	0	8	1	0	0	0	0

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Chipotle mayonnaise	60ml	430	47	72	3,5	0,5	20	25	390	16	1	1	0	0	1	1	2	2	0	2
Honey Mustard	42ml	200	17	26	1,5	0,1	8	15	250	10	11	4	0	0	10	1	0	0	0	2
Piri piri	70 ml	80	6	9	0,5	0	3	0	680	28	7	2	0	0	5	0	4	0	0	2
Pepper	60ml	30	0,5	1	0,2	0	1	0	420	18	5	2	0	0	2	1	0	0	2	2
Sriracha	70 ml	60	0,2	1	0	0	0	0	1380	58	12	4	2	8	5	0	20	30	0	4
Tartar	42ml	240	26	40	2	0,4	12	20	230	10	1	1	0	0	1	1	2	2	0	2
Tartar	60ml	340	37	57	3	0,5	18	30	330	14	1	1	0	0	1	1	2	4	0	2
Tomato (marinara)	42ml	15	0,5	1	0	0	0	0	250	10	2	1	0	0	1	0,3	0	0	2	2
Sides																				
French Fries	200g	810	39	60	3	0,1	16	0	840	35	107	36	9	36	0	8	0	100	4	15
French Fries with parmesan and garlic	159g	640	33	51	4	0,2	21	10	810	34	77	26	6	24	0	9	8	80	10	15
Vegetables	170g	90	4	6	0,5	0	3	0	310	13	12	4	3	12	5	2	15	70	4	6
Toast (½)	31g	80	1	2	0,2	0	1	0	160	7	15	5	1	4	2	3	0	0	2	6
Baked potato	235g	200	0,2	1	0,1	0	1	0	10	1	47	16	4	16	2	4	0	30	2	6
Potato baked garnished	330g	500	25	38	14	0,5	73	65	540	23	50	17	4	16	4	19	25	30	35	6
Potatoes mashed	200g	150	2	3	0,5	0	3	0	700	29	30	10	3	12	0	3	2	0	2	4
Rice with vegetables	200g	290	4	6	1	0	5	0	560	23	58	19	2	8	1	5	6	25	4	20
Basmati rice	200g	280	5	8	2,5	0,1	13	15	45	2	51	17	2	8	0	6	4	0	4	25
Coleslaw	120g	90	5	8	0,5	0,1	3	5	210	9	10	3	3	12	7	1	2	60	4	4
Coleslaw, toasted bread and BBQ sauce	241g	200	7	11	1	0,1	6	5	990	41	30	10	3	12	9	4	6	60	6	10
Grill no sides																				
Traditional chicken brochet	244g	390	23	35	2,5	0,2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken brochette with vegetable rice	444g	690	27	42	3	0,3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Quebec Chicken brochette	323 g	640	36	55	10	0,1	51	150	3010	125	26	9	2	8	16	54	2	20	4	15
Quebec chicken brochette with vegetable rice	523g	940	40	62	10	0,1	51	150	3560	148	84	28	4	16	18	59	8	40	6	40
Chicken brochette General Tao	280g	390	14	22	2	0	10	110	1800	75	25	8	1	4	14	42	2	20	0	8
Chicken brochette General Tao with basmati rice	478g	670	19	29	4,5	0,1	23	120	1840	77	75	25	3	12	14	48	6	20	4	30
Montreal chicken brochette smoked meat	331G	590	34	52	7	0,5	38	155	1850	77	16	5	1	4	10	55	2	20	0	15
Montreal chicken brochette smoked meat with basmati rice	529g	860	39	60	9	0,5	48	170	1900	79	66	22	2	8	10	61	6	20	4	40
Hunter's chicken	342G	720	55	85	9	1	50	115	1930	80	22	7	3	12	4	37	15	70	15	15
Hunter's chicken with vegetable rice	542g	1020	59	91	10	1	55	115	2490	104	80	27	4	16	5	42	20	90	20	35
Swiss cheese and bacon chicken	274g	570	37	57	10	0,5	53	130	1610	67	19	6	2	8	11	43	8	30	25	15
Swiss cheess and bacon chicken with vegetable rice	474g	860	41	63	11	0,5	58	130	2170	90	77	26	3	12	13	48	15	50	25	35
Delights from here and abroad																				

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Portuguese Chicken Plate (thigh) with grilled tortilla (without Piri Piri sauce)	258g	820	45	69	10	0,4	52	160	1900	79	57	19	3	12	3	48	10	15	25	40
Portuguese Chicken Plate (chest) with grilled tortilla (without Piri Piri sauce)	330g	830	36	55	8	0,3	42	185	1900	79	58	19	3	12	3	68	8	15	25	40
Grilled bavette steak (8oz)	167g	350	16	25	6	0	30	145	200	8	0	0	0	0	0	49	0	0	4	20
Grilled bavette steak (8oz) with sautéed mushrooms, pepper sauce and vegetables	517g	670	40	62	9	0,4	47	145	1370	57	24	8	5	20	10	54	15	80	10	40
Shrimp Fajitas (1 person)	564g	1030	65	100	7	1	40	210	2670	111	81	27	8	32	15	34	45	270	35	60
Shrimp Fajitas with cheese, pico de gallo, guacamole and sour cream (1 person)	915g	1500	103	158	25	2	135	295	3440	143	97	32	14	56	24	52	90	330	80	60
Chicken fajitas (1 person)	496g	940	55	85	6	1	35	85	3030	126	78	26	7	28	14	39	25	115	30	35
Chicken fajitas with cheese, pico de gallo, guacamole and sour cream (1 person)	847g	1410	92	142	25	1,5	133	170	3800	158	94	31	13	52	22	57	70	145	80	40
Fajitas with vegetables (1 person)	608g	820	46	71	5	0,5	28	0	2080	87	95	32	10	40	23	13	40	225	30	40
Fajitas with vegetables with cheese, pico de gallo, guacamole, sour cream (1 person)	961g	1310	87	134	24	1,5	128	85	2850	119	111	37	16	64	32	32	80	260	80	45
Fish & chips	409g	1260	63	97	5	0,1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & chips with tartar sauce	449g	1490	87	134	7	0,5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Linguini Carbonara with shrimp	631g	1250	68	105	31	2	165	450	1380	58	96	32	5	20	2	61	60	10	6	50
Norwegian Cod en Papillote	230g	150	1,5	2	0	0	0	60	1240	52	3	1	1	4	1	31	6	45	2	4
Shrimps pad Thai	682g	1140	22	34	3,5	0,2	19	295	2880	120	195	65	3	12	58	36	30	70	8	30
Roasted chicken breast cacciatore	495g	820	36	55	10	0,5	53	185	1230	51	51	17	4	16	4	77	25	10	25	35
Shrimp Satay with basmati rice and garlic	379g	470	16	25	5	0,2	26	225	610	25	53	18	2	8	2	29	25	15	8	50
Cedar plank salmon with basmati rice	384g	760	28	43	8	0,1	41	115	910	38	82	27	2	8	27	42	10	20	8	35
Fish tacos	388g	880	54	83	6	0,3	32	95	2190	91	71	24	9	36	12	31	10	50	15	25
Chicken breast fillets (3) without sauce	150g	410	24	37	2,5	0,1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Chicken breast fillets (5) without sauce	250g	690	40	62	4	0,1	21	95	820	34	40	13	0	0	0	42	0	0	0	20
Roast chicken no side																				
Half Chicken	348g	800	43	66	12	0,2	61	345	1150	48	2	1	0	0	0	101	4	0	6	15
Quarter chicken (thigh)	138g	400	26	40	7	0,1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (chest)	210g	400	17	26	5	0,1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Two leg meal	276g	790	52	80	14	0,2	71	315	1150	48	0	0	0	0	0	81	6	0	8	20
Ribs no side																				
Full pound pack ribs	184g	540	32	49	11	0,2	56	205	820	34	19	6	0	0	13	44	0	0	6	20
Half pound pack ribs	92g	270	16	25	5	0,1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Quarter leg and back ribs	230g	670	42	65	12	0,2	61	260	990	41	10	3	0	0	6	63	4	0	6	20
Quarter chest and back ribs	302g	670	33	51	10	0,2	51	290	980	41	11	4	0	0	6	82	2	0	6	20
Chicken breast fillets and back ribs	292g	820	48	74	9	0,2	46	180	1070	45	41	14	0	0	6	56	0	0	2	30
Sensational sandwiches no side																				

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Club sandwich	391g	770	29	45	8	0,2	41	165	1210	50	57	19	4	16	6	70	25	15	8	40
Club sandwich mayonnaise with 2 portions	425g	990	53	82	12	0,3	62	175	1370	57	57	19	4	16	7	70	25	15	10	40
Chicken avocado naamwich	391g	850	51	78	9	0,5	48	95	1790	75	62	21	7	28	5	38	15	60	25	30
Grilled Chicken flatbread	582g	950	51	78	12	1	65	125	2580	108	78	26	7	28	12	45	30	40	25	40
Fried chicken waffle sandwich	415g	1310	73	112	25	0,3	127	95	1620	68	127	42	8	32	52	40	35	35	8	45
Burgers and poutine no side																				
Beyond Meat burger	341G	680	34	52	8	0,1	41	5	1320	55	72	24	7	28	11	25	20	90	15	50
Crispy chicken breast fillets burger	289g	770	47	72	4,5	0,4	25	50	1240	52	63	21	5	20	7	25	0	30	6	25
The gourmet burger	297g	820	52	80	9	0,4	47	170	1590	66	41	14	2	8	8	47	6	6	10	20
Chicken poutine	535g	1390	73	112	24	1	125	175	2470	103	117	39	9	36	1	78	25	100	80	25
Classic poutine	420g	1220	71	109	23	1	120	70	2370	99	117	39	9	36	1	40	25	100	80	15
General Tao poutine	525g	1720	92	142	25	1	130	110	3160	132	174	58	9	36	32	59	25	100	70	25
Montreal smoked meat poutine	432G	1270	82	126	27	1,5	143	120	2460	103	94	31	6	24	8	52	25	70	70	20
Midi + no side																				
Traditional chicken brochette	244g	390	23	35	2,5	0,2	14	110	1410	59	7	2	1	4	2	41	2	20	0	6
Traditional chicken brochette with rice	444g	690	27	42	3	0,3	17	110	1970	82	65	22	3	12	3	46	6	40	4	30
Half pound pack ribs	92g	270	16	25	5	0,1	26	105	410	17	10	3	0	0	6	22	0	0	2	10
Fish & chips	409g	1260	63	97	5	0,1	26	80	2130	89	139	46	13	52	4	34	0	100	8	25
Fish & chips with tartar sauce	449g	1490	87	134	7	0,5	38	100	2350	98	140	47	13	52	5	35	2	110	8	25
Grilled cheese Roasted Chicken	421g	1190	72	111	24	1	125	230	1880	78	65	22	3	12	6	70	70	10	60	45
Hot chicken with peas and sauce	610g	620	7	11	2	0	10	170	2340	98	65	22	6	24	7	75	25	35	10	40
Rosé sauce Linguine and butterfly shrimp	543G	850	35	54	15	1	80	235	1080	45	95	32	6	24	3	37	35	10	10	50
Ribs poutine	540g	1570	91	140	29	1	150	175	2920	122	138	46	9	36	17	63	25	100	80	30
Quarter chicken (thigh)	138g	400	26	40	7	0,1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Quarter chicken (chest)	210g	400	17	26	5	0,1	26	185	570	24	2	1	0	0	0	60	2	0	2	8
Chicken breast filets (3)	150g	410	24	37	2,5	0,1	13	55	490	20	24	8	0	0	0	25	0	0	0	15
Sandwich with chicken salad	325g	850	48	74	4,5	0,5	25	115	1300	54	60	20	3	12	6	44	10	4	4	35
Chipotle Chicken Wrap	374g	1070	69	106	17	1	90	100	1730	72	72	24	3	12	4	40	25	40	50	35
Chipotle Chicken Wrap with mayonnaise	434g	1500	115	177	21	1,5	113	125	2110	88	73	24	3	12	5	41	25	40	50	40
Caesar Wrap with chicken and bacon	336g	700	37	57	7	0,2	36	85	1770	74	56	19	4	16	3	36	80	8	25	35
Midi + dessert																				
Avalanche carrot pie	69g	220	9	14	2	0,1	11	30	115	5	30	10	1	4	19	3	15	2	4	6
Crispy Lemon-Lime pie	52g	130	6	9	3	0,5	18	20	35	1	16	5	0	0	9	2	4	2	2	2
Crispy yogurt and fruit pie	50g	140	7	11	3,5	0,2	19	20	30	1	18	6	0	0	10	2	4	2	2	2

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Apple sweetness pie	56g	160	8	12	2,5	0,1	13	5	70	3	23	8	1	4	15	1	2	2	2	4
Duo chocolate cake	62g	200	13	20	4	0,1	21	20	70	3	20	7	1	4	15	1	2	2	2	8
Cappuccino cake	57g	200	12	18	3	0,2	16	25	105	4	20	7	0	0	15	2	2	2	2	4
Children's Menu no side																				
French fries side	105g	430	21	32	1,5	0,1	8	0	440	18	56	19	5	20	0	4	0	50	2	8
Honey side	21ml	70	0	0	0	0	0	0	0	0	17	6	0	0	14	0	0	0	0	0
Cherry sauce accompaniment	60ml	100	0	0	0	0	0	0	40	2	24	8	0	0	22	0	0	0	0	0
Burger with chicken breast fillets	176g	430	22	34	2	0,1	11	30	670	28	46	15	1	4	12	14	6	6	4	20
Combo chicken drumstick and ribs	121g	350	22	34	6	0,1	31	140	520	22	5	2	0	0	3	33	2	0	4	10
Roasted chicken thigh	138g	400	26	40	7	0,1	36	160	580	24	0	0	0	0	0	41	4	0	4	8
Kool-Aid	360ml	110	0	0	0	0	0	0	20	1	28	9	0	0	28	0	0	0	4	0
Chocolate milk	278ml	210	6	9	4	0,2	21	20	130	5	30	10	1	4	30	10	35	20	25	10
Mini burger	76g	230	12	18	6	0,4	32	60	260	11	14	5	1	4	3	15	4	0	8	10
Penne rosé sauce	210g	290	7	11	3,5	0	18	20	360	15	46	15	3	12	2	9	6	0	6	15
Chicken nuggets (5)	85g	270	19	29	2,5	0,1	13	35	450	19	13	4	0	0	0	11	0	0	0	8
Salad Bar - Salads																				
Iceberg lettuce	100g	15	0,1	1	0	0	0	0	10	1	3	1	1	4	2	1	6	4	2	2
Romaine lettuce	100g	15	0,3	1	0	0	0	0	10	1	3	1	2	8	1	1	90	6	2	6
Thai Asian salad and peas	100g	90	2	3	0,3	0	2	0	140	6	16	5	2	8	7	3	6	45	2	8
Coleslaw	100g	80	4,5	7	0,5	0	3	5	180	8	8	3	2	8	6	1	2	50	4	4
Nappa Cabbage Salad	100g	70	3	5	0,5	0	3	0	160	7	8	3	2	8	5	4	15	25	6	6
Salad of roasted cauliflower and curcuma	100g	120	9	14	1	0	5	0	105	4	8	3	1	4	1	2	6	45	4	6
Red cabbage Asian salad and grilled steak	100g	90	2,5	4	0,5	0	3	10	160	7	11	4	2	8	6	6	40	60	4	8
Fennel and poppy salad	100g	60	3	5	0,2	0	1	0	105	4	9	3	2	8	6	1	6	20	6	6
Pollock and egg salade	100g	140	11	17	1,5	0,1	8	95	270	11	6	2	0	0	2	5	6	4	10	6
Green bean and shrimp sauce tarator salad	100g	70	3	5	0,3	0	2	40	390	16	6	2	2	8	2	6	6	25	4	4
Kale and citrus salad	100g	160	8	12	2	0,1	11	5	230	10	19	6	2	8	15	3	25	70	4	6
Chickpea Salad	100g	170	10	15	1	0,2	6	0	115	5	16	5	3	12	2	4	2	10	2	6
Creamy Potato Salad	100g	170	13	20	1	0,2	6	5	110	5	12	4	1	4	1	2	2	15	2	2
Piri Piri chicken and orzo salad	100g	170	9	14	1	0,1	6	25	135	6	12	4	1	4	1	9	2	2	2	6
Red Quinoa Salad	100g	100	4,5	7	0,4	0	2	0	540	23	14	5	2	8	1	3	10	35	2	10
Red quinoa and sweet potatoes salad	100g	160	9	14	0,5	0,1	3	0	105	4	19	6	3	12	4	3	100	25	4	10
Salad Bar - "seasonal salads" (Available for a limited time)																				
Homemade hummus (Basil pesto)	30g	80	6	9	0,5	0,1	3	0	135	6	5	2	1	4	0	2	0	2	2	2

Menu	Portion	calories	Fat (g)	% VD Fat	saturated fat (g)	Trans fat (g)	% VD Saturated fatt	Cholesterol (mg)	Sodium (mg)	% VD Sodium	Carbohydrates (g)	% VD Carbohydrate	Fiber (g)	% VD Fiber	Sugars (g)	Protein (g)	% VD Vitamin A	% VD vitamin C	% VD Calcium	% VD Iron
Cucumber and Dill	100g	50	3,5	5	2	0,1	11	15	170	7	4	1	1	4	3	1	6	6	4	2
Salad of mango and mint pesto	100g	110	5	8	0,4	0	2	0	65	3	16	5	2	8	13	1	6	40	2	6
Chickpea Salad with Roasted Cauliflower	100g	160	10	15	1	0	5	0	290	12	15	5	3	12	1	4	2	20	4	8
Red Quinoa Salad (With carrots, yellow beets and cranberries)	100g	150	4,5	7	0,4	0	2	0	340	14	25	8	2	8	6	4	20	10	2	15
Salad bar - Dressings																				
Olive oil	30ml	250	29	45	4	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0
Dijon dip	30ml	120	10	15	2	0	10	10	170	7	6	2	0	0	5	1	2	0	0	0
Balsamic vinegar	30ml	20	0	0	0	0	0	0	0	0	6	2	0	0	0	0	0	0	0	0
balsamic vinaigrette	30ml	70	7	11	1	0,1	6	0	310	13	3	1	0	0	3	0,1	0	0	0	0
Caesar dressing	30ml	140	15	23	1	0,1	6	10	170	7	0	0	0	0	0	0,2	0	0	0	0
Greek dressing	30ml	100	10	15	1,5	0,2	9	0	270	11	3	1	0	0	1	0,3	0	0	0	0
Italian dressing	30ml	80	8	12	0,5	0,1	3	0	280	12	2	1	0	0	1	0	0	0	0	0
Italian dressing light	30ml	20	1	2	0,1	0	1	0	350	15	2	1	0	0	2	0	0	0	0	0
Housse dressing	30ml	150	15	23	1	0,1	6	0	270	11	3	1	0	0	3	0,2	0	0	0	0
Honey mustard vinaigrette	30ml	150	12	18	1	0,1	6	10	210	9	9	3	0	0	8	1	0	0	0	2
Ranch dressing	30ml	120	13	20	2	0,2	11	5	180	8	2	1	0	0	1	0,4	0	0	0	0
Salad bar - Vegetables																				
Broccoli	100g	35	0,4	1	0	0	0	0	35	1	7	2	3	12	2	3	6	150	4	6
Carrot	100g	40	0	0	0	0	0	0	75	3	9	3	3	12	6	1	70	15	2	4
Celery	100g	15	0,2	1	0	0	0	0	80	3	3	1	1	4	2	1	4	6	4	2
Red cabbage	100g	30	0,2	1	0	0	0	0	25	1	7	2	2	8	4	1	10	100	4	6
Mushrooms	100g	20	0,3	1	0,1	0	1	0	5	1	3	1	1	4	2	3	0	4	0	4
Cucumber	100g	10	0,2	1	0	0	0	0	2	1	2	1	1	4	1	1	0	6	2	2
Zucchini	100g	15	0,3	1	0,1	0	1	0	10	1	3	1	1	4	2	1	2	30	2	2
Edamame	100g	130	6	9	1	0	5	0	0	0	8	3	5	20	1	13	2	10	8	20
Bean sprouts	100g	30	0,2	1	0	0	0	0	5	1	6	2	2	8	4	3	0	20	2	6
Red onion	100g	40	0,1	1	0	0	0	0	4	1	9	3	2	8	4	1	0	10	2	2
Red pepper	100g	30	0,3	1	0	0	0	0	4	1	6	2	2	8	4	1	30	210	0	4
Radish (4 radish)	100g	15	0,1	1	0	0	0	0	40	2	3	1	2	8	2	1	0	25	2	2
Tomato	100g	20	0,2	1	0	0	0	0	5	1	4	1	1	4	3	1	8	25	0	2
Salad bar - Fruit																				
Pineapple	100g	50	0,1	1	0	0	0	0	1	1	13	4	1	4	10	1	0	80	2	2
Cantaloupe	100g	35	0,2	1	0,1	0	1	0	15	1	8	3	1	4	7	1	35	60	0	2
Clementine	100g	45	0,2	1	0	0	0	0	1	1	12	4	2	8	9	1	0	80	2	2

Menu	Portion	calories	Fat (g)	% VD Fat	saturated fat (g)	Trans fat (g)	% VD Saturated fatt	Cholesterol (mg)	Sodium (mg)	% VD Sodium	Carbohydrates (g)	% VD Carbohydrate	Fiber (g)	% VD Fiber	Sugars (g)	Protein (g)	% VD Vitamin A	% VD vitamin C	% VD Calcium	% VD Iron
Kiwi	100g	60	0,5	1	0	0	0	0	3	1	15	5	3	12	9	1	0	150	4	2
Mandarin	100g	110	0	0	0	0	0	0	20	1	25	8	1	4	21	1	2	45	2	2
Watermelon	100g	30	0	0	0	0	0	0	4	1	10	3	1	4	9	0,4	4	8	0	2
Honeydew melon	100g	35	0,1	1	0	0	0	0	20	1	9	3	1	4	8	1	0	30	0	2
Orange	100g	45	0,1	1	0	0	0	0	0	0	12	4	2	8	9	1	2	90	4	0
Pear	100g	60	0,1	1	0	0	0	0	1	1	15	5	3	12	10	0,4	0	8	0	2
Apple	100g	50	0,2	1	0	0	0	0	1	1	14	5	2	8	10	0,3	0	8	0	0
Plum	100g	45	0,3	1	0	0	0	0	0	0	11	4	1	4	10	1	4	15	0	2
Grapes	100g	70	0,2	1	0,1	0	1	0	2	1	18	6	1	4	15	1	0	6	0	2
Salad bar - Miscellaneous																				
Soda crackers	2 cookies	45	1	2	0,2	0	1	0	125	5	8	3	0	0	0	1	0	0	0	4
Marinated mushrooms with balsamic and maple	30g	45	1,5	2	0,5	0	3	5	45	2	7	2	0	0	4	1	0	0	0	2
Chile Beef and Beans	100g	90	4,5	7	1,5	0,1	8	10	350	15	10	3	3	12	2	6	2	6	4	8
Chorizo, diced	55g	160	14	22	5	0	25	35	520	22	1	1	0	0	0	8	2	0	2	4
Heart of palm	30g	10	0	0	0	0	0	0	85	4	1	1	0	0	0	0,5	0	4	2	0
Pickles	30g	4	0	0	0	0	0	0	240	10	1	1	0	0	0	0	2	2	2	2
Pita Chips	50g	200	2	3	0	0	0	0	340	14	36	12	2	8	2	7	0	0	4	0
Nachos chips	50g	210	10	15	1,5	0,4	10	0	60	3	27	9	3	12	1	3	0	2	4	6
Croutons Caesar	10g	40	0,5	1	0,1	0	1	0	45	2	8	3	1	4	1	1	0	0	0	4
Stuffed vine leaves (2)	44g	40	3	5	1	0	5	0	210	9	8	3	0	0	0	1	0	4	0	30
Blue cheese	30g	110	9	14	6	0,3	32	25	410	17	1	1	1	4	1	6	10	0	15	0
Cheddar cheese	30g	120	10	15	6	0,3	32	25	230	10	0	0	0	0	7	10	0	20	0	
Cottage cheese 2%	30g	25	0,5	1	0,4	0	2	0	95	4	2	1	0	0	1	4	0	0	4	0
Nachos cheese	30g	25	0,5	1	0,3	0	2	0	160	7	4	1	0	0	1	0,2	0	2	2	0
Parmesan cheese	30g	120	7	11	5	0,4	27	30	640	27	4	1	0	0	0	10	4	0	30	0
Guacamole	30g	45	4	6	0,5	0	3	0	115	5	3	1	2	8	1	1	0	8	0	0
Homemade hummus (Without tahini)	30g	60	4	6	0,3	0,1	2	0	95	4	5	2	1	4	0	1	0	2	0	2
Homemade Hummus with Tomato Pesto (With tahini)	30g	90	6	9	0,5	0,1	3	0	110	5	5	2	1	4	0	2	0	2	2	2
Pickled vegetables	30g	20	0	0	0	0	0	0	310	13	1	1	2	8	1	1	6	0	4	4
Seed Mix	30g	170	11	17	10	0	50	0	20	1	10	3	3	12	5	8	2	0	2	10
Bacon bits	10g	45	2	3	0,3	0	2	0	75	3	3	1	1	4	1	4	0	0	2	4
Fried noodles	30g	120	3	5	0,3	0	2	5	300	13	19	6	1	4	0	3	0	0	0	6
Cooked egg (1)	50g	70	5	8	1,5	0	8	200	70	3	1	1	0	0	0	6	10	0	2	8
Red cooked marinated egg (1)	50g	80	4,5	7	1,5	0	8	195	65	3	2	1	0	0	1	6	10	0	2	8

Menu	Portion	calories	Fat (g)	% VD Fat	saturated fat (g)	Trans fat (g)	% VD Saturated fatt	Cholesterol (mg)	Sodium (mg)	% VD Sodium	Carbohydrates (g)	% VD Carbohydrate	Fiber (g)	% VD Fiber	Sugars (g)	Protein (g)	% VD Vitamin A	% VD vitamin C	% VD Calcium	% VD Iron
Kalamata olives	15g	30	2	3	0,5	0	3	0	240	10	0	0	1	4	0	0,3	0	0	0	0
Black olives	15g	15	1,5	2	0,2	0	1	0	110	5	1	1	0	0	0	0,1	0	0	2	4
Green olives	15g	20	2,5	4	0,3	0	2	0	230	10	1	1	0	0	0	0,2	0	0	0	0
Pico de Gallo	30g	10	0,3	1	0	0	0	0	30	1	1	1	0	0	1	0,3	4	25	0	0
Peperoncini pepper	30g	10	0	0	0	0	0	0	190	8	2	1	1	4	0	0,3	0	0	0	0
Tzatziki	30g	50	4	6	2,5	0,1	13	15	370	15	2	1	0	0	2	1	4	2	4	0
Salad bar - Proteins no side																				
Grilled chicken breast	112g	170	6	9	1	0	5	85	960	40	2	1	0	0	0	28	0	0	0	4
Grilled chicken breast thai	146g	260	6	9	1	0	5	85	1350	56	19	6	0	0	16	28	2	2	0	4
Lobster Promotion 2019																				
Lobster grilled cheese (Without support)	418g	900	49	75	16	1	85	205	2320	97	67	22	4	16	7	46	40	8	60	35
Linguine lobster	644g	970	43	66	9	0,5	48	180	2180	91	102	34	6	24	8	40	20	15	15	35
Lobster pot pie	462g	1080	51	78	21	0,5	108	245	7640	318	119	40	4	16	15	30	20	70	15	30
Chocolate Brownie Sundae	311g	710	29	45	17	0,4	87	45	180	8	114	38	3	12	82	7	15	2	8	15
Strawberry sundae	363g	940	37	57	18	0,5	93	50	540	23	143	48	6	24	90	8	25	15	10	25
Turtles bacon caramel sundae	280g	630	27	42	18	0,3	92	50	500	21	91	30	0	0	78	8	8	0	10	2
Summer Promotion 2019																				
Guédilles crab and shrimp	272g	450	18	28	2	0,2	11	50	1110	46	47	16	2	8	6	26	8	6	15	25
Crab and shrimp poutine	512g	1200	75	115	22	1	115	135	2540	106	90	30	7	28	5	51	20	80	70	25
Crab Cantonese noodles	889g	1040	23	35	2,5	0,2	14	75	2220	93	169	56	10	40	47	42	35	225	15	70
Crab Pie revisited	559g	580	28	43	6	0,3	32	85	2200	93	52	17	4	16	8	29	4	10	20	20
Strawberry tart	183g	490	18	28	7	0,4	37	60	330	14	70	23	2	8	42	7	4	40	2	15
Desserts																				
Donuts (5)	205g	680	28	43	13	0,3	67	0	390	16	104	35	3	12	51	9	0	0	4	15
Decadent brownie	217g	640	30	46	14	0,4	72	40	170	7	93	31	4	16	71	7	15	4	10	30
Sundae (Sundae Scores)	312g	530	19	29	13	0,4	67	50	230	10	91	30	1	4	71	4	15	0	10	0
Chocolate cake	223g	790	49	75	23	0,5	118	70	520	22	86	29	6	24	56	9	10	0	8	6
Carrot Cheesecake	197g	620	31	48	13	0,1	66	25	630	26	71	24	2	8	49	9	90	4	6	6
Chocolate-caramel molten cake	204g	540	23	35	14	0,5	73	100	130	5	84	28	4	16	67	6	15	2	6	25
Lemon pie	164g	610	23	35	14	0,5	73	45	260	11	72	24	1	4	59	8	6	2	20	4
beverages																				
Soft drink (Coke)	453ml	200	0	0	0	0	0	0	10	1	51	17	0	0	54	0	0	0	0	0
Soft drink (Diet Coke)	453ml	1	0	0	0	0	0	0	20	1	0	0	0	0	0	0	0	0	0	0
Vegetable juice (small)	224ml	45	0	0	0	0	0	0	550	23	10	3	0	0	9	2	4	90	2	4

Menu	Portion	calories	Fat (g)	% VD Fat	saturated fat (g)	Trans fat (g)	% VD Saturated fatt	Cholesterol (mg)	Sodium (mg)	% VD Sodium	Carbohydrates (g)	% VD Carbohydrate	Fiber (g)	% VD Fiber	Sugars (g)	Protein (g)	% VD Vitamin A	% VD vitamin C	% VD Calcium	% VD Iron
Vegetable juice (Wide)	336ml	70	0	0	0	0	0	0	820	34	15	5	0	0	14	3	6	140	2	6
Tomato juice (small)	224ml	45	0	0	0	0	0	0	520	22	9	3	1	4	6	1	6	20	2	10
Tomato juice (Wide)	336ml	60	0	0	0	0	0	0	780	33	13	4	2	8	9	2	8	30	4	15
2% milk (small)	227ml	110	4,5	7	2,5	0,2	14	20	95	4	11	4	0	0	11	7	10	0	25	0
2% milk (Wide)	340ml	170	7	11	4	0,3	22	25	140	6	16	5	0	0	17	11	20	2	35	0
Orange juice (small)	227ml	110	0	0	0	0	0	0	20	1	26	9	0	0	23	0	0	90	2	2
Orange juice (Wide)	340ml	160	0	0	0	0	0	0	25	1	39	13	0	0	34	0	0	140	2	2
Apple juice (small)	227ml	90	0	0	0	0	0	0	15	1	24	8	0	0	22	0	0	90	0	2
Apple juice (Wide)	340ml	140	0	0	0	0	0	0	20	1	35	12	0	0	33	0	0	140	0	2
Orange banana smoothie	446g	330	0,4	1	0,1	0	1	0	45	2	74	25	2	8	59	6	8	140	15	4
Spinach and fruit smoothies	565g	430	25	38	3	0	15	0	160	7	54	18	13	52	32	7	70	80	40	25
Strawberry avocado smoothies	491g	570	22	34	3	0	15	0	75	3	91	30	13	52	69	10	8	180	30	15

Notes:

Nutritional values come from laboratory analyzes, data providers and a database.

The percent daily value (% DV) are based on the average energy needs of an adult (2000 cal / day)

Allergens

The table represents the allergens contained in the dishes (identified with an X). Please note that all dishes may contain dairy products, eggs, peanuts, nuts, soybeans, fish, shellfish, crustaceans, sesame, wheat or other gluten sources, mustard and sulphites.

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Starters not included sauces										
chicken wings and salads										
Cheese sticks and crudités	X				X			X		
Combo scores	X	X			X		X	X		X
Classic Combo	X	X			X			X		
Kapow shrimp						X		X		
Onion Rings					X			X		
Soups										
Cream of Broccoli	X				X			X		
Cream of Celery	X				X			X		
Cream of mushroom	X				X			X		
Cream of cauliflower	X				X			X		
Spinach Cream	X				X			X		
Leeks cream	X				X			X		
Royal Cream of Chicken	X				X			X		
Lentil soup	X				X			X	X	
Minestrone soup	X				X			X		
Pea soup					X			X		
Chicken soup and noodles	X				X			X		
Sauces										
Sweet and sour										
Chicken wings					X	X			X	X
BBQ					X			X		
Chimichurri					X				X	
Ribs					X	X		X	X	X
Dijon	X	X							X	X
General Tao					X		X	X		

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Chipotle mayonnaise		X								X
Honey Mustard		X								X
Piri piri					X					
Pepper	X				X			X		
Tartar		X								X
Tomato (marinara)										
Sriracha					X					
Sides										
French Fries					X					
French Fries with parmesan and garlic	X				X					
Vegetables										
Toast					X			X		
Baked potato										
Potato baked garnished	X									
Potatoes mashed	X				X					
Rice with vegetables	X				X					
Basmati rice	X									
Coleslaw		X								X
Grill no side										
Traditional chicken brochet					X					X
Traditional chicken brochette with vegetable rice	X				X					X
Quebec Chicken brochette					X	X		X	X	X
Quebec chicken brochette with vegetable rice	X				X	X		X	X	X
Chicken brochette General Tao					X		X	X		X
Chicken brochette General Tao with basmati rice	X				X		X	X		X
Montreal chicken brochette smoked meat		X			X			X		X
Montreal chicken brochette smoked meat with basmati rice	X	X			X			X		X
Hunter's chicken	X	X			X			X	X	X
Hunter's chicken with vegetable rice	X	X			X			X	X	X
Swiss cheese and bacon chicken	X				X	X		X	X	X
Swiss cheese and bacon chicken with vegetable rice	X				X	X		X	X	X

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Delights from here and abroad										
Portuguese Chicken Plate (thigh) with grilled tortilla (without Piri Piri sauce)					X			X	X	
Grilled bavette steak (8oz)										
Grilled bavette steak (8oz) with sautéed mushrooms, pepper sauce and vegetables	X				X			X		X
Chicken fajitas					X			X		X
Chicken fajitas with cheese, pico de gallo, guacamole and sour cream	X				X			X		X
Shrimp Fajitas (1 person)					X	X		X	X	
Shrimp Fajitas with cheese, pico de gallo, guacamole and sour cream (1 person)	X				X	X		X	X	
Fajitas with vegetables					X			X		
Fajitas with vegetables with cheese, pico de gallo, guacamole, sour cream	X				X			X		
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Linguini Carbonara with shrimp	X	X			X	X		X	X	X
Norwegian Cod en Papillote						X				
Shrimps pad Thai		X			X	X	X	X	X	
Roasted chicken breast cacciatore	X				X			X	X	X
Shrimp Satay with basmati rice and garlic	X				X	X			X	
Cedar plank salmon with basmati rice	X					X				
Fish tacos		X			X	X		X		
Chicken breast fillets without sauce	X	X			X			X		
Roast chicken no side										
Roasted chicken thigh					X					
Roasted Chicken Breast					X					
Ribs no side										
Ribs					X	X		X	X	X
Leg quarter and half lifted coast					X	X		X	X	X
Quarter leg and back ribs					X	X		X	X	X
Chicken breast fillets and back ribs	X	X			X	X		X	X	X
Sensational sandwiches no side										
Club sandwich	X				X			X		
Club sandwich with mayonnaise	X	X			X			X		

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Chicken avocado naamwich	X	X			X			X		X
Grilled Chicken flatbread	X	X			X			X	X	X
Fried chicken waffle sandwich	X	X			X			X		
Burgers and poutine no side										
Beyond Meat burger	X				X		X	X	X	
Beef Burger	X	X			X			X		X
Crispy chicken breast filets burger	X	X			X			X		
The gourmet burger	X	X			X			X		
Chicken poutine	X				X			X		
Classic poutine	X				X			X		
General Tao poutine	X	X			X		X	X		
Montreal smoked meat poutine	X	X			X			X		X
Midi + no side										
Traditional chicken brochette					X					X
Traditional chicken brochette with rice	X				X					X
Half pound pack ribs					X	X		X	X	X
Fish & chips					X	X		X		
Fish & chips with tartar sauce		X			X	X		X		X
Grilled cheese Roasted Chicken	X				X			X		
Hot chicken with peas and sauce					X			X		
Rosé sauce Linguine and butterfly shrimp	X				X	X		X	X	
Ribs poutine	X				X	X		X	X	X
Quarter chicken (thigh)					X					
Quarter chicken (chest)					X					
Chicken breast filets (3)	X	X			X			X		
Sandwich with chicken salad		X			X			X		X
Chipotle Chicken Wrap	X	X			X			X		X
Chipotle Chicken Wrap with mayonnaise	X	X			X			X		X
Caesar Wrap with chicken and bacon	X	X			X	X		X	X	X
Midi + dessert										
Avalanche carrot pie	X	X			X			X		

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Crispy Lemon-Lime pie	X	X			X			X	X	
Crispy yogurt and fruit pie	X	X			X			X	X	
Apple sweetness pie	X	X		X	X			X	X	
Duo chocolate cake	X	X			X			X	X	
Cappuccino cake	X	X			X			X		
Children's Menu no side										
French fries side					X					
Honey side										
Cherry sauce accompaniment										
Burger with chicken breast fillets	X	X			X			X		X
Combo chicken drumstick and ribs					X	X		X	X	X
Roasted chicken thigh					X					
Kool-Aid										
Chocolate milk	X				X					
Mini burger	X	X			X			X		
Penne rosé sauce	X							X		
Chicken nuggets (5)								X		
Salad Bar - Salads										
Iceberg lettuce										
Romaine lettuce										
Thai Asian salad and peas		X			X		X	X		
Coleslaw										
Nappa Cabbage Salad					X		X	X		
Salad of roasted cauliflower and curcuma										
Red cabbage Asian salad and grilled steak					X		X	X		
Fennel and poppy salad										
Pollock and egg salade		X			X	X		X		
Green bean and shrimp sauce tarator salad						X	X			
Kale and citrus salad		X			X					X
Chickpea Salad										
Creamy Potato Salad		X								

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Piri Piri chicken and orzo salad		X			X			X		
Red Quinoa Salad										
Red quinoa and sweet potatoes salad										
Salad Bar - "seasonal salads" (Available for a limited time)										
Homemade hummus (Basil pesto)	X								X	
Cucumber and Dill	X									
Salad of mango and mint pesto										
Chickpea Salad with Roasted Cauliflower										
Red Quinoa Salad (With carrots, yellow beets and cranberries)										
Salad bar - Dressings										
Olive oil										
Dijon dip	X	X							X	X
Balsamic vinegar									X	
balsamic vinaigrette									X	X
Caesar dressing		X				X			X	X
Greek dressing	X									
Italian dressing										
Italian dressing light					X					
Housse dressing					X					X
Honey mustard vinaigrette		X								X
Ranch dressing	X	X								
Salad bar - Vegetables										
Broccoli										
Carrot										
Celery										
Red cabbage										
Mushrooms										
Cucumber										
Zucchini										
Edamame					X					
Bean sprouts										

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Red onion										
Red pepper										
Radish										
Tomato										
Salad bar - Fruit										
Pineapple										
Cantaloupe										
Clementine										
Kiwi										
Mandarin										
Watermelon										
Honeydew melon										
Orange										
Pear										
Apple										
Plum										
Grapes										
Salad bar - Miscellaneous										
Soda crackers					X			X		
Marinated mushrooms with balsamic and maple									X	
Chile Beef and Beans										
Chorizo	X									
Heart of palm										
Pickles										X
Pita Chips							X	X		
Nachos chips										
Croutons	X						X	X		
Stuffed vine leaves					X					
Blue cheese	X									
Cheddar cheese	X									
Cottage cheese	X									

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Nachos cheese	X				X			X		X
Parmesan cheese	X									
Guacamole										
Homemade hummus (Without tahini)										
Homemade Hummus with Tomato Pesto (With tahini)	X						X			
Pickled vegetables									X	
Seed Mix					X					
Bacon bits					X					
Fried noodles		X						X		
Cooked egg		X								
Red cooked marinated egg (1)		X							X	
Kalamata olives										
Black olives										
Green olives										
Pico de Gallo										
Peperoncini pepper									X	
Tzatziki	X									
Salad bar - Proteins unaccompanied										
Grilled chicken breast					X					X
Grilled chicken breast thai					X					X
Lobster Promotion 2019										
Lobster grilled cheese (Without support)	X	X			X	X		X		
Linguine lobster	X	X			X	X		X	X	
Lobster pot pie	X	X			X	X		X	X	
Chocolate Brownie Sundae	X	X			X			X		
Strawberry sundae	X	X			X			X		
Turtles bacon caramel sundae	X				X					
Summer Promotion 2019										
Guédilles crab and shrimp		X			X	X		X		
Crab and shrimp poutine	X	X			X	X		X	X	
Crab Cantonese noodles		X			X	X	X	X		

Menu	Milk	Eggs	Peanuts	Nuts	Soybeans	Fish, shellfish and crustaceans	Sesame	Wheat and other	Sulphites	Mustard
Crab Pie revisited	X	X			X	X		X	X	
Strawberry tart	X	X			X			X		
desserts										
Donuts (5)	X	X			X			X		
Decadent brownie	X	X			X			X		
Sundae (Sundae Scores)	X				X					
Chocolate cake	X	X			X			X		
Carrot Cheesecake	X	X		X	X			X		
Chocolate-caramel molten cake	X	X			X			X		
Lemon pie	X	X			X			X		
beverages										
Soft drink (Coke)										
Soft drink (Diet Coke)										
Vegetable juice (small)										
Tomato juice										
2% milk	X									
Orange juice										
Apple juice										
Orange banana smoothie	X									
Spinach and fruit smoothies				X						
Strawberry avocado smoothies	X			X						