

PUBS|COREMENU 2018

Pub's Nutrition Guide

	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
STARTERS Without side Dips/Sauces															
Crispy Cauliflower	563	880	50	2.5	0.3	65	2370	101	6	16	10	2	180	6	25
Blarney Chips	679	1650	99	17	1	50	3330	172	19	0	26	20	10	45	39
Blarney Chips Vegan Mod	620	930	45	9	0	0	2300	133	15	5	13	10	40	4	30
Garlic Cheddies	326	1110	81	48	2.5	185	2270	61	2	11	40	60	15	80	25
Onion Ring Stack	427	1240	65	12	0.3	30	3290	134	8	9	24	4	4	15	60
Onion Ring Stack Vegan Mod	356	1060	50	6	0	0	2620	131	8	8	15	0	2	8	60
Base Nachos	221	720	47	19	1	80	1580	52	6	2	28	25	30	70	8
Base Nachos (small)	216	720	47	19	1	80	1480	52	6	2	28	25	25	70	8
Buffalo Chicken Nachos	291	800	54	23.5	1.3	110	2300	53	6	2	31	31	30	70	8
Buffalo Chicken Nachos (small)	304	820	56	24	1.3	115	2370	53	6	2	32	33	30	70	10
Chipotle Beef Nachos	266	820	54	21	1.3	100	1770	55	6	2	34	27	30	70	14
Chipotle Beef Nachos (small)	273	850	56	21.5	1.4	105	1710	55	6	3	35	27	30	72	14
Deluxe Veggie Nachos	305	840	50	19.3	1	80	1850	72	9	5	32	45	40	72	14
Deluxe Veggie Nachos (small)	321	870	51	19.4	1.1	80	1820	77	10	6	33	45	40	74	16
Calamari	229	640	29	2.5	0.4	380	1650	34	2	2	61	20	30	4	30
Chicken Wings - 1 lb Naked (with celery & carrots)	416	1160	67	14	0.4	580	1120	11	4	0	130	6	0	4	20
Chicken Wings - 1 lb Dusted (with celery & carrots)	390	1300	80	14	0.5	380	700	55	4	0	90	4	0	4	45
Chicken Wings - 1.5 lb Naked (with celery & carrots)	624	1730	100	21	0.5	865	1680	16	6	0	195	10	0	8	30
Chicken Wings - 1.5 lb Dusted (with celery & carrots)	586	1940	121	22	1	575	1050	83	6	0	136	8	0	6	70
Chicken Wings - 2 lb Naked (with celery & carrots)	832	2310	134	28	0.5	1155	2250	22	7	0	260	10	0	10	40
Chicken Wings - 2 lb Dusted (with celery & carrots)	780	2590	161	29	1	765	1400	111	9	0	181	10	0	8	90
Hot sauce	60 mL	15	0.3	0.1	0	0	2420	2	1	0	1	2	0	0	0
Medium sauce	60 mL	170	18	11	1	45	1480	1	1	0	1	15	0	0	0
Mild sauce	60 mL	110	5	1	0	0	890	16	1	14	1	0	0	0	2
Sri-rancha	63	180	14	1	0.2	20	770	12	0	8	1	0	0	0	6
Crowd Pleaser Platter (Naked Wings)	426	1010	61	15	0.5	175	2260	75	9	6	42	70	10	25	25
Crowd Pleaser Platter (Dusted Wings)	426	1060	66	15	0.5	135	2180	86	9	6	35	70	10	25	35
Poutine	463	1020	55	21	1	110	2600	98	11	1	35	20	2	80	40
Shepherd's Pie Mini Yorkies	235	330	13	5	0.2	75	800	35	4	5	13	15	6	8	15
Warm Spinach & Artichoke Dip	256	640	61	26	1	135	2060	10	2	6	15	40	8	30	15
Warm Chips & Dips <i>without dips</i>	294	400	5	30.5	0	0	2490	82	7	2	6.5	16	7	6	21
SOUPS & SALADS with dressings															
French Onion Soup	610	670	32	14	0.3	75	2490	61	4	8	29	20	20	60	20
Beet Salad	354	420	33	9	0.4	30	630	22	6	14	12	60	30	15	30
Caesar Salad	241	490	40	12	0.5	80	1010	14	4	2	21	150	60	35	15
Cobb Salad	459	740	58	20	0.5	320	1470	19	3	13	40	100	50	25	20
Fisherman's Chowder without Garlic Cheddies	338	280	17	10	0.3	75	860	21	1	2	11	20	25	4	2
Spinach and Arugula Salad	306	580	51	10	0	15	630	24	6	13	14	80	120	15	35
Fionn's Power Bowl	552	760	35	5	0.1	80	1670	76	8	13	39	120	100	15	35
Be the North Lentil Bowl	529	700	51	7	0.1	5	1770	53	9	21	12	150	120	25	25
ADD PROTEIN															
Atlantic Salmon 4 oz.	121	300	21	3.5	0	65	410	2	0	2	23	2	8	2	4
Flat iron Steak	89	160	9	3.5	0.3	60	310	0	0	0	17	0	0	0	15
Grilled Chicken Breast	155	330	15	2	0	115	500	2	0	2	44	0	2	0	6
Shrimp Topper	143	330	29	2.5	0.1	245	570	5	0	0	14	2	10	8	6
PIES															
Guinness Steak & Mushroom Pie	746	1220	82	46	4	265	3320	63	3	6	37	50	8	8	20
Salmon Leek Pie <i>without side salad</i>	324	870	64	32	2	175	1320	51	2	6	23	50	20	15	20
Shepherd's Pie <i>without side salad</i>	482	560	28	13	0.5	80	1880	54	5	7	23	45	45	10	25
Veggie Pot-pie	633	1070	76	43	3.5	210	2460	85	9	10	18	220	60	10	15
B-K-C Pie	692	1630	129	67	5	385	3960	62	4	8	40	110	90	15	15
CURRIES and SKILLETs															
Butter Chicken Curry <i>with jasmine rice & Naan</i>	697	840	31	14	0.5	160	1890	104	7	10	34	45	20	15	35
Cauliflower Curry <i>with jasmine rice & Naan</i>	900	870	28	4.5	0.2	10	2350	133	17	20	23	130	200	20	35
All Day Irish Breakfast Skillet	758	1260	99	42	2	520	3170	30	4	10	37	60	25	15	25
Guinness Steak and Mushroom Skillet	943	1230	88	35	2.5	320	3300	41	6	15	47	170	30	15	35
Butter Chicken Skillet	779	1230	89	38	2	360	3290	54	8	11	32	70	20	20	25
MAINS															
Bacon-Wrapped Chicken <i>with jasmine rice and asparagus</i>	541	1040	64	16	1	145	2830	69	4	8	48	30	25	35	35
Chicken Fettuccine	705	1490	37	12	0.5	120	1450	224	9	16	64	20	90	20	70
Chicken & Waffles <i>without side Honey</i>	448	1340	72	22	0.5	175	2400	112	6	40	63	35	8	10	60
Fish and Chips - One Piece <i>inc fries without slaw and dungloe sauce</i>	402	890	43	3.5	0.2	105	670	90	9	2	39	0	0	4	35
Fish and Chips - Two Piece <i>inc fries without slaw and dungloe sauce</i>	634	1350	69	6	0.4	215	1230	119	11	3	70	0	0	8	50

Maple Glazed Salmon with rice and asparagus	660	1190	74	20	1	195	1840	70	3	13	59	30	35	8	50
Slow Cooked Lamb Shank with potato and grilled veg	662	720	33	12	1	230	2510	42	8	5	65	60	130	10	40
Shrimp Fettuccine	604	1550	50	5	0.1	160	1870	224	13	17	56	70	90	15	80
Southern Fish Fry with fries and sauce	530	860	45	14	0.1	65	2880	93	11	21	27	50	50	8	30
Flat iron Steak and Fries	497	960	50	11	1	125	2260	87	11	2	44	6	10	4	80

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BURGERS AND SANDWICHES without sides

The Flagship Bacon Burger	423	1190	77	23	1	215	2560	80	5	14	37	15	15	8	25
Chicken Tacos (no side)	443	560	26	4	0.2	40	1400	71	4	19	16	40	100	15	25
Double Stacked Cod Sandwich	439	720	35	15	0.5	160	1510	68	6	12	35	40	40	20	35
PUBLICan Top-Hat Burger	575	1460	103	40	1	245	3350	63	4	5	70	25	15	45	30
Fish Tacos (no side)	436	830	50	6	0.2	75	1550	75	6	9	27	25	50	15	35
Grilled Chicken Sandwich	345	800	45	16	1	135	1830	60	3	4	41	20	20	15	30
Stacked Reuben	483	1150	78	26	1.5	140	3120	65	6	6	43	20	30	35	35
The Straight Up Burger	292	650	37	14	0.4	175	1390	49	3	11	29	10	8	8	20
The Club	359	880	47	13	0.5	110	1340	70	10	16	42	15	15	35	30
Veggie Burger	542	870	38	8	0.2	30	2460	116	15	15	20	80	160	15	50
Stacked Chicken Yorkie Wrap	447	1120	68	9	0.5	115	2520	79	6	24	38	25	35	15	20
Sunday Dinner Yorkie Wrap	747	960	54	14	0.5	105	2560	75	7	15	23	180	20	20	20

DESSERTS

Apple Crumble Pie with ice cream	438	1160	57	35	3	145	940	161	7	90	10	45	20	15	10
Brownies and Ice Cream	342	1030	43	13	0.5	105	510	151	4	92	11	6	0	15	30
White Chocolate Cheesecake with Chocolate Sauce	229	850	49	30	1	150	450	92	2	72	11	10	0	15	70
White Chocolate Cheesecake with Butterscotch Sauce	240	870	49	30	1	150	510	98	1	75	10	10	0	20	15
Ice Cream	180	170	9	3	0.3	30	85	23	0	12	1	10	0	2	0

KIDS without sides

Burger	128	300	19	9	0.3	60	540	16	1	1	15	10	4	2	8
Chicken Strips	138	330	19	2	0.2	75	760	14	1	1	27	0	4	2	15
Pasta with tomato sauce	170	330	6	1	0	0	330	57	3	5	10	10	15	2	6
Pasta with butter	99	480	27	15	1.5	60	210	51	2	2	9	20	0	2	6
Shepherd's Pie - Mini	142	160	8	4	0.2	25	550	16	2	2	7	15	15	2	8
Naan Pizza	222	650	37	18	1	70	1520	49	3	10	29	45	35	60	25

SIDES without side sauces where appl.

Ale Cheese Sauce	90 mL	170	14	5	0.4	25	550	4	0	2	7	2	0	15	2
Basket of Fries	173	420	18	1.5	0.1	0	1190	62	7	0	7	0	0	2	30
Basket of Sweet Potato Fries	235	500	35	3	0.5	0	610	41	7	13	4	380	60	6	20
Onion Rings	207	650	33	4	0	0	1520	76	4	4	9	0	0	4	35
Wine Braised Onions	28	25	1	0.5	0.1	5	180	4	0	2	1	0	2	0	0
Blue Cheese Dressing	45 mL	240	25	2.5	0.4	20	420	2	0	1	2	0	0	4	0
Creamy Avocado Ranch Dressing	42	100	10	0.5	0	10	230	4	2	1	1	2	6	0	2
Sri-Rancha Sauce	63	180	14	1	0.2	20	770	12	0	8	1	0	0	0	6
Caesar Dressing	45 mL	210	21	1.5	0.3	30	190	3	0	0	3	0	6	0	0
Caesar Salad with dressing	123	340	29	7	0.4	50	600	9	2	1	11	60	25	20	8
Chipotle Mayonnaise	45 mL	280	30	4.5	0.4	15	310	2	0	1	0.5	2	2	0	2
Coleslaw	143	190	16	10	0	0	190	11	3	5	2	30	60	6	2
Cucumber, sliced	28	4	0	0	0	0	1	1	0	0	0.2	0	2	0	0
Dungloe Sauce	45 mL	260	28	4.5	0.4	15	370	1	0	1	1	2	2	2	0
Extra bacon (2 slices)	57	290	23	8	0	55	660	2	0	2	18	4	0	0	2
Extra cheddar cheese	57	230	19	11	0.5	45	450	0	0	0	13	20	0	40	0
Fisherman's Chowder Cup	203	170	10	6	0.2	45	520	12	1	1	7	10	15	2	2
Gravy	120 mL	60	2	0.5	0	0	530	8	0	1	1	0	2	2	2
Guacamole	113	200	11	1.5	0	0	420	23	4	5	0	8	40	0	0
Guacamole	43	80	4.5	0.5	0	0	160	9	1	2	0	2	15	0	0
Gluten Free Bun	100	300	10	6	0.1	0	680	47	2	9	5	0	8	2	2
Grilled Vegetables	133	70	6	0.5	0	0	170	4	1	3	1	20	90	2	4
Honey	45 mL	190	0	0	0	0	3	53	0	52	0.2	0	0	0	2
Honey BBQ Sauce	45 mL	170	0.2	0	0	0	600	28	1	20	1	10	0	2	4
Honey Citrus Vinaigrette	46	220	21	2.5	0	0	320	7	0	5	0.1	0	6	0	0
Honey Mustard Vinaigrette	45	200	17	2	0	0	270	12	0	10	0	0	0	0	0
Jalapenos	28	4	0	0	0	0	510	1	1	0	0	2	6	2	0
Jasmine Rice	255	300	4	2	0.2	10	900	59	1	1	6	4	6	4	4
Kids Fries	85	210	9	0.5	0	0	55	31	3	0	3	0	0	0	8
Market Green Salad	90	170	16	2	0	0	70	6	2	3	3	60	30	4	10
Mashed Potatoes	146	210	10	6	0.5	25	610	28	2	2	3	8	15	4	4
Plum Sauce	45	100	0	0	0	0	350	24	0	20	0	0	0	0	0
Rainbow Slaw	143	200	17	1	0.2	0	220	12	4	7	2	30	45	4	4
Roasted Red Pepper Mayo	45	300	32	4.5	0	25	350	1	0	1	0.5	0	15	0	0
Roasted Red Pepper	57	50	3.5	0.4	0	0	160	3	1	2	1	20	120	0	2

Salsa	45	15	1	0	0	0	310	3	1	1	1	0	30	0	8
Smashed Peas	78	90	4	2.5	0.2	10	180	10	4	3	4	20	15	2	8
Sour Cream with Chives	45	70	6	4	0	20	20	2	0	0	1	6	0	4	0
Strongbow Cider-citrus Vinaigrette	56	240	24	2.5	0	0	85	5	0	3	0.1	0	2	0	0
Sweet Thai Chili Sauce	45 mL	110	0	0	0	0	650	27	1	24	0.3	0	0	0	0
Thick Cut Bacon (2 slices)	99	420	40	13	0.2	65	810	4	0	2	11	0	0	0	4

GLUTEN FRIENDLY MENU not including sides or sauces unless specified

Caesar Salad(regular) with dressing - No croutons	230	450	39	12	0.5	80	930	7	3	2	19	150	60	35	10
Caesar Salad (side) with dressing - No croutons	115	300	28	7	0.4	50	540	3	1	1	10	60	25	20	6
Be The North Lentil Bowl	452	620	35	4.5	0.2	10	1360	64	10	21	17	200	110	20	40
Shrimp with Corn and Rice Pasta	506	860	43	5	0	155	1280	101	8	6	18	70	70	15	25
Flat iron Steak and Mashed Potatoes <small>with mushrooms and grilled tomato</small>	413	610	36	16	1.5	150	1640	33	4	5	39	15	40	6	50
Glazed Salmon with rice and asparagus	567	1050	68	17	1	135	1390	65	3	3	42	25	30	8	15
Grilled Chicken Sandwich with gluten free bun	320	790	54	21	1	135	1820	42	3	7	37	20	25	15	10
The Straight Up Burger with gluten free bun	297	680	41	18	0.5	95	1540	49	3	13	28	10	15	6	6
The Club with gluten free bun	309	770	50	17	1	110	1430	49	4	13	32	15	25	25	10

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BRUNCH

All Day Irish Breakfast Skillet	758	1260	99	42	2	520	3170	30	4	10	37	60	25	15	25
Morning Burger <small>a la carte</small>	350	880	57	26	1	410	2110	43	2	5	46	35	4	25	40
Omelette of the Day <small>without salad</small>	372	850	53	23	1	645	1590	47	7	10	42	40	2	40	35
Pub Breakfast <small>without side butter & jam</small>	463	970	43	12	0.5	485	1530	105	14	15	41	30	70	20	60
Home Fries	168	330	13	1	0.2	0	610	50	5	4	6	4	70	4	20
Yogurt Granola Parfait	370	530	12	3.5	0	10	115	96	11	41	19	10	50	35	30