

ALL MENU ITEMS NUTRITIONAL ANALYSIS - CANADA

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tomato Bisque	8 oz.	56	18	2	0	0	0	766	9	1	7	1
Garlic Bread	1 slice	120	75	2	0	0	0	230	18	1	1	3
Oven Roasted Chicken Half	1 serving	798	409	37	10	0	373	1290	0	0	0	78
Sweet Buttered Corn	1 cobbette	210	70	7	2	2	0	140	28	3	6	5
Herb Basted Potato	1 serving	221	150	17	1	0	0	323	37	2	2	4
Chocolate Éclair Pastry	1 serving	150	8	6	1.5	0	45	120	25	0	27	3
Oven Roasted Chicken Quarter	1 serving	399	520	60	16	0	300	1920	0	0	1	72
Chocolate Chip Cookie (may vary)	1 package	260	110	13	6	0	10	160	34	1	20	3
3-Bean Stew	1 serving	360	40	5	1	0	0	1390	62	19	7	19
Fresh Melon Salad (mary vary)	1 serving	66.2	2.9	0.3	0.1	0	0	23.2	16.4	1.4	14.3	1.3
Hummus	2 fl. Oz.	120	80	1	1	0	0	230	8	2	2	4
Carrot and Celery Sticks	4 oz.	39	0	0	0	0	0	86	11	3	4	1
Brown Rice Cooked	2 fl. Oz.	126	0	1	0	0	0	10	26	2	1	3
Pita Bread	1 serving	110	11	0	0	0	0	240	20	1	1	3
Vanilla Caramel Swirl Cake	1 Serving	330	15	15	4	0,2	70	430	45	1	28	5
Sorbet	1 serving	70	0	0	0	0	0	7	20	0	15	0
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0

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