

Earls

Nutrition Guide

CANADA

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)

Earls 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)
SHAREABLE											
Angry Chicken Lettuce Wraps	464	710	31	4	0.1	115	3,530	75	7	30	33
Angry Tofu Lettuce Wraps (Vegan)	389	470	27	3	0.1	0	2,500	41	3	28	16
Chicken + Wontons	299	860	32	3	0.3	120	1,680	89	2	50	46
Crab Cake with Remoulade (Appetizer)	213	390	30	3	0.1	100	1,740	14	4	2	15
Crispy Chicken Tenders, Fries - No Sauce	355	1,160	61	8	0.5	105	2,930	105	5	1	51
Crispy Chicken Tenders, Fries + Plum Sauce	391	1,240	61	8	0.5	105	3,060	123	6	15	51
Nashville Chicken Sliders	377	1,150	69	17	0.4	175	2,160	99	4	23	39
Roast Beef Sliders	296	620	34	16	0.5	265	1,910	48	1	9	33
Truffle Fries	197	740	50	9	0.4	20	1,350	62	3	1	9
Warm Spinach + Three Cheese Dip w/ Chips	305	880	48	22	1	130	1,360	87	11	5	29
Warm Spinach + Three Cheese Dip w/ Ciabatta	436	980	47	23	1	130	1,760	107	9	4	40
Wings - No Dip	266	810	53	15	0.5	325	1,360	1	0	1	78
Wings + Dip	297	940	65	17	0.5	340	1,550	2	0	1	80
Yam Fries + Garlic Aioli	181	590	32	2	0	10	1,110	67	8	19	3
Yuzu Calamari	424	960	51	3	0.5	595	1,860	79	16	1	41
SUSHI + RAW											
Aburi Salmon Sushi Press	278	780	31	2	0	75	1,290	100	3	8	20
Ahi Tuna Tataki	137	180	7	1	0	30	880	11	1	5	17
Caviar	129	470	27	6	0	180	1,750	44	8	0	16
Crispy Prawn Sushi Tacos	197	630	43	3	0.2	70	1,070	50	2	7	12
Crispy Tofu Sushi Roll	353	750	39	4	0.1	10	1,800	77	4	17	16
Crispy Tofu Sushi Tacos	242	600	43	4	0.2	0	1,250	39	1	13	16
Dynamite Roll	310	730	34	3	0.2	35	1,810	91	5	19	12
Oysters on the Half Shell	228	140	3	1	0	40	300	20	2	5	10
Prawn Cocktail	168	200	6	1	0	240	1,280	11	1	5	27
Seafood Platter with Spicy California Roll (4 servings)	208	320	11	1	0	110	1,040	32	2	6	22
Seafood Tower with Spic California Roll (6 servings)	211	290	9	1	0	165	1,150	24	1	5	26
Spicy California Roll	281	690	27	1	0	65	1,450	89	4	7	18
Spicy Tuna Roll	311	680	31	3	0	30	1,710	78	4	17	18
Spicy Tuna Sushi Tacos	199	490	31	2	0.1	50	620	31	1	7	21
Wagyu Beef Oshi Press	262	740	29	5	0.5	40	1,310	105	3	12	14
SALADS + SOUPS											
Caesar Salad	310	700	68	10	0.5	75	1,020	16	5	4	11
Caesar Salad - No Dressing	230	180	12	5	0.2	30	200	12	4	3	8
Grilled Garlic Chicken Caesar Salad	405	900	76	14	1	160	1,720	16	5	4	38
Grilled Cajun Chicken Caesar Salad	411	920	77	14	1	160	1,920	19	6	4	39
Grilled Cajun Chicken Caesar Salad - No Dressing	325	390	20	9	0.5	120	1,110	17	6	4	37
Grilled Garlic Chicken Caesar Salad - No Dressing	315	320	14	6	0.2	100	840	12	5	3	35
Cobb Salad	377	780	69	14	0.5	220	1,060	23	6	9	19
Cobb Salad - No Dressing	287	350	27	8	0.5	210	530	15	6	4	14
Garden Greens (Start)	153	270	24	4	0.1	5	350	10	2	4	4
Garden Greens (Start) - No Dressing	108	50	3	1	0	0	85	6	2	1	2
Garden Greens (Full)	208	380	34	5	0.1	10	500	15	3	6	6
Garden Greens (Full) - No Dressing	148	100	6	1	0	5	150	10	3	2	3
Santa Fe Cajun Chicken Salad	462	1,000	58	10	0.4	100	2,340	80	16	25	46
Santa Fe Cajun Chicken Salad - No Dressing	402	670	23	7	0.3	100	2,040	76	16	25	44
Clam Chowder	327	420	32	19	0.4	120	960	22	2	5	13
ADD-ONS FOR SALADS + SOUPS											
Add 1/2 Cajun Chicken Breast	100	200	6	2	0.1	75	1,470	6	3	1	29
Add 1/2 Chicken Breast	111	180	3	1	0	95	670	0	0	0	36
Add 1/2 Garlic Chicken Breast	88	150	4	2	0.1	75	530	0	0	0	27
Add 3 oz Sirloin	63	120	5	2	0.2	40	620	0	0	0	17
Add Cajun Salmon	147	280	12	4	0.2	130	1,520	6	3	1	35
Add Crispy Tofu	97	230	20	2	0.1	0	40	1	0	0	11
Add Salmon	130	210	7	2	0	125	680	0	0	0	34
Add Sauteed Cajun Prawns	124	350	29	8	0.5	160	1,860	8	3	1	16
Add Sauteed Prawns	112	270	14	8	0.5	305	1,230	4	1	0	30
Oil and Vinegar	52	330	36	5	0	0	5	3	0	2	0
Pan Bread	152	400	9	2	0	0	550	67	3	2	12
PIZZAS											
California Pizza (12")	506	1,250	57	22	0.5	210	2,450	128	7	6	63
California Pizza - Gluten Aware	506	1,140	54	20	0.5	210	2,680	117	16	9	54
Kale + Mushroom Pizza (12")	591	1,610	100	21	1	60	3,210	141	9	9	50
Kale + Mushroom Pizza (Vegan) (12")	591	1,590	96	15	0.4	0	3,170	164	10	9	31
Kale + Mushroom Pizza - Gluten Aware	591	1,500	97	19	1	60	3,440	129	18	12	41
Kale + Mushroom Pizza - Gluten Aware (Vegan)	591	1,480	93	13	0.4	0	3,390	152	18	12	22

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Earls 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)
Margherita Pizza (12")	457	940	35	17	0	35	1,610	122	6	2	43
Margherita Pizza - Gluten Aware	457	830	32	15	0	35	1,840	111	15	5	35
Prosciutto + Arugula Pizza (12")	522	1,090	38	19	0.5	125	4,150	174	6	3	63
Prosciutto + Arugula Pizza - Gluten Aware	522	990	38	18	0.5	125	3,750	111	15	5	57
Queen Bee Pizza (12")	572	1,230	54	24	0.1	90	2,570	135	8	13	59
Queen Bee Pizza - Gluten Aware	515	960	38	17	0.1	50	2,010	123	15	16	39
BURGERS + MORE (sandwich only, add your choice of sides and add-ons shown below)											
Bigger Better Burger	248	570	32	10	0.5	120	1,120	28	3	5	37
Bacon + Cheddar Burger	353	1,020	74	29	1	200	1,860	31	3	5	53
Garden Burger	289	500	25	4	0.4	35	1,730	55	8	9	12
Garden Burger - Vegan	339	570	26	3	0.5	0	1,950	78	10	9	11
California Burger	326	1,040	75	25	1	225	1,900	32	4	4	57
California Chicken Burger	337	990	76	25	0.2	175	2,440	33	4	5	43
Cajun Chicken Cheddar	316	750	40	12	0.5	120	1,620	52	5	2	45
Chicken, Brie + Fig	380	750	33	11	0.1	130	1,300	72	5	20	44
Pulled Chicken Clubhouse	403	1,240	96	39	2	325	2,000	48	4	1	44
Roast Beef Sandwich	347	600	26	10	0.1	100	2,490	54	4	4	34
SIDES AND ADD-ONS FOR BURGERS + MORE											
Side Caesar Salad	155	350	34	5	0.2	40	510	8	2	2	5
Side Garden Greens	104	190	17	3	0.1	5	250	8	1	3	3
Fries	150	470	23	4	0.3	0	830	59	3	1	6
Yam Fries	151	410	14	0	0	0	930	65	8	19	3
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0
Add Cheddar Cheese	28	110	9	6	0.3	30	180	0	0	0	7
Add Jalapeno Jack Cheese	28	100	9	6	0	25	210	0	0	0	7
Add Half Avocado	34	60	5	1	0	0	3	3	2	0	1
Add Sautéed Mushrooms	130	130	12	7	0.5	30	590	4	1	2	4
Add Smoked Bacon (2 slices)	18	70	6	2	0	15	190	1	0	0	3
Substitute Gluten Aware Bun	110	260	5	0	0	0	480	52	4	4	5
NOODLES + WOKS											
Ahi Tuna Poke Bowl	524	1,120	56	4	0	95	2,430	121	13	16	34
Ahi Tuna Poke Bowl with Greens	609	1,140	57	4	0	95	2,450	125	15	18	36
Fettuccini Alfredo	478	1,060	63	37	1	120	1,020	86	5	3	26
Hunan Kung Pao	754	1,100	47	5	0.1	0	2,650	149	10	54	22
Hunan Kung Pao with Chicken	763	1,110	49	5	0	65	2,340	126	9	47	43
Hunan Kung Pao with Prawns	751	1,070	48	5	0.1	135	2,900	127	9	47	33
Hunan Kung Pao (Vegan)	676	920	32	4	0.1	0	2,880	142	7	40	15
Hunan Kung Pao with Crispy Tofu (Vegan)	886	1,440	79	8	0.2	0	3,780	146	8	41	37
Sesame Citrus Noodle Bowl	398	910	39	8	0	0	1,940	131	7	21	9
Sesame Citrus Noodle Bowl with Soy Chicken	493	1,070	42	9	0	70	2,840	134	7	23	37
Sesame Citrus Noodle Bowl with Tuna	465	1,010	43	9	0	25	2,300	132	7	22	23
Sesame Citrus Noodle Bowl with Tofu	539	1,220	67	11	0.1	0	3,060	134	7	22	23
Truffle Tortellini	548	1,200	77	32	1.5	175	2,000	91	8	7	34
Truffle Tortellini with 3 oz Sirloin	611	1,320	82	34	1.5	215	2,620	91	8	7	51
STEAKS (steak only, add your choice of sides shown below)											
Signature Top Sirloin - 6 oz	124	240	10	4	0.3	85	650	0	0	0	34
Signature Top Sirloin - 9 oz	186	360	15	6	0.5	125	690	0	0	0	52
Filet - 6 oz	125	340	20	11	1	110	630	0	0	0	35
Filet - 8 oz	191	450	24	12	1.5	190	660	0	0	0	55
Striploin - 12 oz	195	490	26	11	1	140	690	0	0	0	58
Ribeye - 14 oz	283	700	38	16	1	195	610	0	0	0	84
6 oz Filet Steak Frites	495	1,340	67	17	1	105	2,870	129	7	3	52
6 oz Sirloin Steak Frites	508	1,340	68	16	1	105	2,870	129	7	3	52
9 oz Sirloin Steak Frites	571	1,460	73	18	1	145	2,910	130	7	3	69
12 oz Striploin Steak Frites	617	1,690	89	25	2	185	2,930	129	7	3	88
14 oz Ribeye Steak Frites	668	1,800	96	28	2	210	2,950	129	7	3	101
6 oz Sirloin + Sushi: Spicy California Roll	467	1,040	45	6	0.3	150	2,540	96	4	12	54
6 oz Filet + Sushi: Spicy California Roll	454	1,040	45	6	0.3	150	2,550	96	4	12	55
9 oz Sirloin + Sushi: Spicy California Roll	528	1,160	50	8	0.5	190	2,580	96	4	12	72
12 oz Striploin + Sushi: Spicy California Roll	576	1,390	67	15	1	235	2,610	96	4	12	90
14 oz Ribeye + Sushi: Spicy California Roll	628	1,610	88	24	2	265	3,210	97	4	12	98
SAUCES FOR STEAKS											
Cajun Blackened (spice and butter)	18	90	8	4	0.3	15	830	4	2	0	1
Gravy	60	70	5	3	0.1	15	270	4	0	1	3
Peppercorn Canada	60	80	5	4	0.1	20	250	4	1	1	4
Soy Sauce (1 tbsp)	16	10	0	0	0	0	920	0	0	0	2
Truffle Butter (1 tbsp)	14	90	11	6	0.5	25	100	0	0	0	0

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MAINS (main only, add your choice of sides shown above)											
BBQ Back Ribs (Full)	799	2,730	186	75	2	765	2,190	47	1	43	194
BBQ Back Ribs (Half)	399	1,370	93	37	1	380	1,090	23	1	21	97
BBQ Back Ribs + Cajun Chicken (Full)	938	3,010	196	79	2	885	3,110	50	3	43	235
BBQ Back Ribs + Cajun Chicken (Half)	469	1,510	98	40	1	440	1,560	25	2	22	117
Cajun Blackened Chicken	140	280	10	5	0.3	120	920	4	2	0	41
Jumbo Lump Crab Cake (Entree)	555	1,210	98	10	0.4	210	3,530	47	9	11	37
Oven Roasted Salmon - Cajun Blackened	157	340	19	7	0.5	150	1,620	6	3	1	36
Oven Roasted Salmon - Feta Caper Dill Aioli	160	330	19	3	0	135	940	2	0	1	35
Oven Roasted Salmon - Plain	135	240	11	4	0.2	135	680	0	0	0	34
Pan Seared Branzino	541	940	66	18	1.5	135	1,590	48	8	19	40
Truffled Parmesan Chicken	558	1,000	68	23	1	135	2,110	71	5	5	19
SIDES FOR STEAKS & MAINS											
Artisan Garlic Bread	55	170	8	4	0.3	15	260	20	1	0	4
Asparagus	129	160	12	7	0.5	30	300	11	6	0	3
Broccolini	113	110	8	1	0	0	240	8	1	2	4
Coleslaw	106	210	18	2	0	10	450	5	1	2	1
Fettuccini Alfredo - Side	156	340	20	12	0.4	35	320	29	2	1	8
Green Beans	130	165	12	7	0.3	10	720	10	3	3	4
Horseradish 0.5 oz	14	5	0	0	0	0	140	0	0	0	1
Jumbo Lump Crab Cake (Add-On)	213	390	30	3	0.1	100	1,740	14	4	2	15
Lobster Tail	113	140	4	2	0.2	85	450	2	0	0	22
Mashed Potato with Crispy Potato Garnish	213	420	29	13	0	50	810	37	3	2	3
Sauteed Button Mushrooms	157	130	12	7	0.5	30	300	5	1	3	5
Sauteed Cajun Prawns	188	430	30	8	0.5	295	2,480	9	3	1	31
Sauteed Prawns	176	270	14	8	0.5	305	1,230	4	1	0	30
Spring Onion Jasmine Rice	159	300	9	2	0	0	630	49	2	1	4
Truffle Fries	197	740	50	9	0.4	20	1,350	62	3	1	9
Truffle Mashed Potatoes	241	610	51	26	1	105	1,020	37	3	2	3
Truffle Risotto	398	660	41	17	0.5	90	1,520	52	4	3	13
Warm Potato Salad	249	490	35	7	0.2	40	540	38	3	3	7
DESSERTS											
Bourbon Pecan Pie	287	1,070	76	37	2	335	500	92	3	80	12
Caramelized Vanilla Cheesecake	264	710	50	29	1	295	630	57	3	46	13
Chocolate Sticky Toffee Pudding	263	850	45	26	2	170	570	111	7	83	11
Pumpkin Pie	346	1,010	70	37	1	250	470	86	2	49	11
White Chocolate Creme Brulee	338	1,150	95	57	1	565	310	70	2	61	11
BRUNCH											
Avocado Super Benedict	392	890	68	24	1	565	1,790	53	9	3	23
Breakfast Burger	602	1,650	121	39	1	400	3,300	72	6	9	72
Brunch Potato Pave	75	230	14	1	0	0	590	23	3	0	4
Chorizo Hash	535	1,040	77	27	1.5	480	2,860	55	11	10	37
Crab Cake Benedict	430	1,130	89	20	1.5	635	2,240	51	6	4	35
Earls Breakfast (2 Eggs)	380	1,070	84	25	0.3	445	2,230	49	5	2	33
Earls Breakfast (3 Eggs)	433	1,170	91	27	0.3	625	2,510	50	5	2	39
Eggs Benedict	363	870	61	24	1	595	2,120	50	5	4	32
Ham & Cheese Omelette	453	1,030	79	35	1.5	930	2,530	32	4	4	51
Prawn Benedict	419	920	66	26	1.5	695	2,250	51	7	3	36
Prawn Omelette	426	890	65	27	1	980	2,140	30	4	2	50
KIDS MENU											
Burger & Fries	187	600	34	10	0.5	120	810	31	1	3	37
Butter Noodles	228	580	28	14	1	60	460	64	4	1	15
Chicken Tenders & Fries	341	1,050	53	6	0.4	105	3,030	95	4	12	49
Fettuccine Alfredo	319	760	44	25	1	85	840	67	4	2	17
Fish + Chips	320	700	34	4	0.3	30	3,300	74	4	9	24
Ice Cream Bowl	80	190	12	8	0.2	40	85	20	0	19	2
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0
BEVERAGES (ml)											
Coke	240	100	0	0	0	0	30	26	0	26	0
Diet Coke	240	0	0	0	0	0	30	0	0	0	0
Sprite	240	100	0	0	0	0	45	26	0	26	0
Ginger Ale	240	90	0	0	0	0	25	24	0	24	0

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