

**Earls**

*Nutrition Guide*

USA

| 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<br>USA                                                                                                                                                                                                                                                                                                 | 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          |
| 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 + Sweet and Sour Sauce                                                                                                                                                                                                                                                         | 390              | 1,230           | 61            | 8                 | 0             | 105              | 3,340       | 117               | 5                 | 12        | 51          |
| Charred Corn + Avocado Dip                                                                                                                                                                                                                                                                                   | 372              | 870             | 43            | 6                 | 0.2           | 15               | 1,520       | 108               | 19                | 9         | 16          |
| Leroy's Crispy Dry Ribs                                                                                                                                                                                                                                                                                      | 225              | 870             | 74            | 27                | 0             | 135              | 1,270       | 1                 | 0                 | 0         | 48          |
| Sticky Korean Ribs                                                                                                                                                                                                                                                                                           | 387              | 960             | 52            | 18                | 0             | 165              | 1,940       | 76                | 4                 | 52        | 46          |
| 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              | 960             | 69            | 17                | 0.5           | 325              | 1,670       | 2                 | 0                 | 1         | 79          |
| 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          |
| Crispy Shrimp Roll                                                                                                                                                                                                                                                                                           | 312              | 690             | 28            | 3                 | 0.1           | 35               | 1,890       | 95                | 4                 | 23        | 13          |
| Crispy Shrimp 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          |
| Oysters on the Half Shell                                                                                                                                                                                                                                                                                    | 228              | 140             | 3             | 1                 | 0             | 40               | 300         | 20                | 2                 | 5         | 10          |
| 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                                                                                                                                                                                                                                                                                               |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| Cobb Salad                                                                                                                                                                                                                                                                                                   | 391              | 850             | 75            | 16                | 0.5           | 230              | 1,160       | 24                | 6                 | 9         | 21          |
| Cobb Salad - No Dressing                                                                                                                                                                                                                                                                                     | 301              | 420             | 33            | 10                | 0.5           | 220              | 640         | 15                | 6                 | 4         | 16          |
| 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           |
| 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           |
| Southwest Chicken Avocado Salad                                                                                                                                                                                                                                                                              | 448              | 930             | 56            | 10                | 0.4           | 100              | 2,300       | 69                | 15                | 25        | 45          |
| Southwest Chicken Avocado Salad - No Dressing                                                                                                                                                                                                                                                                | 388              | 600             | 21            | 7                 | 0.3           | 100              | 1,990       | 65                | 15                | 24        | 43          |
| Clam Chowder                                                                                                                                                                                                                                                                                                 | 327              | 420             | 32            | 19                | 0.4           | 120              | 960         | 22                | 2                 | 5         | 13          |
| ADD-ONS FOR SALADS + SOUPS                                                                                                                                                                                                                                                                                   |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| Add 1/2 Chicken Breast                                                                                                                                                                                                                                                                                       | 111              | 180             | 3             | 1                 | 0             | 95               | 670         | 0                 | 0                 | 0         | 36          |
| Add 1/2 Cajun Chicken Breast                                                                                                                                                                                                                                                                                 | 100              | 200             | 6             | 2                 | 0.1           | 75               | 1,470       | 6                 | 3                 | 1         | 29          |
| Add Sautéed Shrimp                                                                                                                                                                                                                                                                                           | 112              | 270             | 14            | 8                 | 0.5           | 305              | 1,230       | 4                 | 1                 | 0         | 30          |
| Add Sautéed Cajun Shrimp                                                                                                                                                                                                                                                                                     | 124              | 350             | 29            | 8                 | 0.5           | 160              | 1,860       | 8                 | 3                 | 1         | 16          |
| Add Grilled Jumbo Garlic Shrimp                                                                                                                                                                                                                                                                              | 195              | 250             | 7             | 3                 | 0.2           | 370              | 1,660       | 5                 | 1                 | 0         | 40          |
| Add 4 oz Sirloin                                                                                                                                                                                                                                                                                             | 84               | 160             | 7             | 3                 | 0.2           | 55               | 630         | 0                 | 0                 | 0         | 23          |
| Add Salmon                                                                                                                                                                                                                                                                                                   | 130              | 210             | 7             | 2                 | 0             | 125              | 680         | 0                 | 0                 | 0         | 34          |
| 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          |
| PIZZAS                                                                                                                                                                                                                                                                                                       |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| 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          |
| 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          |
| 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 shown below)                                                                                                                                                                                                                                         |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| Earls Classic Burger                                                                                                                                                                                                                                                                                         | 283              | 640             | 34            | 10                | 1             | 105              | 1,240       | 42                | 3                 | 8         | 38          |
| Bacon Cheeseburger                                                                                                                                                                                                                                                                                           | 346              | 910             | 55            | 19                | 1             | 170              | 2,010       | 44                | 3                 | 8         | 56          |
| Garden Burger                                                                                                                                                                                                                                                                                                | 314              | 540             | 24            | 4                 | 0             | 5                | 1,820       | 69                | 8                 | 12        | 13          |
| Garden Burger (Vegan)                                                                                                                                                                                                                                                                                        | 314              | 530             | 25            | 4                 | 0             | 0                | 1,850       | 70                | 8                 | 12        | 13          |
| Nashville Chicken Sandwich                                                                                                                                                                                                                                                                                   | 504              | 1,520           | 91            | 17                | 0.3           | 170              | 2,330       | 123               | 5                 | 28        | 48          |
| Pulled Chicken Clubhouse                                                                                                                                                                                                                                                                                     | 403              | 1,240           | 96            | 39                | 2             | 325              | 2,000       | 48                | 4                 | 1         | 44          |
| TACOS (tacos only, add your choice of sides shown below)                                                                                                                                                                                                                                                     |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| Baja                                                                                                                                                                                                                                                                                                         | 353              | 710             | 37            | 4                 | 0             | 40               | 2,580       | 61                | 6                 | 5         | 27          |
| Birria                                                                                                                                                                                                                                                                                                       | 367              | 910             | 63            | 27                | 2             | 125              | 2,060       | 42                | 4                 | 2         | 44          |

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|-----------------|---------------|-------------------|---------------|------------------|-------------|-------------------|-------------------|-----------|-------------|
| Earls<br>USA                                                                                                                                                                                                                                                                                                 | 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) |
| Carne Asada                                                                                                                                                                                                                                                                                                  | 293              | 630             | 36            | 7                 | 0             | 70               | 2,150       | 43                | 8                 | 7         | 32          |
| Pollo Asada                                                                                                                                                                                                                                                                                                  | 292              | 590             | 32            | 5                 | 0             | 80               | 1,130       | 39                | 5                 | 6         | 36          |
| Yucatan Chicken Tacos (2)                                                                                                                                                                                                                                                                                    | 162              | 290             | 15            | 4                 | 0.1           | 45               | 1,000       | 18                | 2                 | 3         | 19          |
| SIDES AND ADD-ONS FOR BURGERS + MORE                                                                                                                                                                                                                                                                         |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| 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           |
| Ketchup 1 fl oz                                                                                                                                                                                                                                                                                              | 30               | 35              | 0             | 0                 | 0             | 0                | 240         | 8                 | 1                 | 8         | 0           |
| Add Cheddar Cheese                                                                                                                                                                                                                                                                                           | 28               | 110             | 9             | 5                 | 0.3           | 30               | 190         | 1                 | 0                 | 0         | 6           |
| 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)                                                                                                                                                                                                                                                                                  | 28               | 50              | 1             | 0                 | 0             | 50               | 560         | 2                 | 0                 | 0         | 9           |
| Substitute Gluten Aware Bun                                                                                                                                                                                                                                                                                  | 110              | 260             | 5             | 0                 | 0             | 0                | 480         | 52                | 4                 | 4         | 5           |
| Tortilla Chips and Salsa Roja                                                                                                                                                                                                                                                                                | 147              | 270             | 9             | 1                 | 0             | 0                | 1,350       | 43                | 5                 | 3         | 6           |
| 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          |
| 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          |
| Spicy Calabrian Pasta                                                                                                                                                                                                                                                                                        | 752              | 1,550           | 100           | 36                | 0.5           | 205              | 1,880       | 97                | 7                 | 8         | 62          |
| Spicy Calabrian Pasta Vegetarian                                                                                                                                                                                                                                                                             | 662              | 1,290           | 77            | 29                | 0.4           | 155              | 1,500       | 96                | 6                 | 8         | 49          |
| Truffle Tortellini                                                                                                                                                                                                                                                                                           | 548              | 1,200           | 77            | 32                | 1.5           | 175              | 2,000       | 91                | 8                 | 7         | 34          |
| Truffle Tortellini with 4 oz Sirloin                                                                                                                                                                                                                                                                         | 625              | 1,330           | 82            | 33                | 1.5           | 235              | 2,630       | 91                | 8                 | 7         | 56          |
| STEAKS (steak only, add your choice of sides shown below)                                                                                                                                                                                                                                                    |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| Filet - 7 oz                                                                                                                                                                                                                                                                                                 | 155              | 310             | 12            | 5                 | 0.5           | 145              | 540         | 0                 | 0                 | 0         | 48          |
| Sirloin - 4 oz                                                                                                                                                                                                                                                                                               | 84               | 160             | 7             | 3                 | 0.2           | 55               | 630         | 0                 | 0                 | 0         | 23          |
| Sirloin - 8 oz                                                                                                                                                                                                                                                                                               | 152              | 270             | 9             | 4                 | 0             | 120              | 670         | 0                 | 0                 | 0         | 44          |
| 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          |
| 4 oz Sirloin Steak Frites                                                                                                                                                                                                                                                                                    | 420              | 950             | 40            | 4                 | 0             | 125              | 3,020       | 100               | 4                 | 15        | 42          |
| 7 oz Filet Steak Frites                                                                                                                                                                                                                                                                                      | 524              | 1,380           | 69            | 16                | 0.5           | 130              | 2,880       | 129               | 7                 | 3         | 58          |
| 8 oz Sirloin Steak Frites                                                                                                                                                                                                                                                                                    | 495              | 1,080           | 44            | 5                 | 0             | 185              | 3,070       | 100               | 4                 | 15        | 64          |
| 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         |
| 4 oz Sirloin + Sushi: Spicy California Roll                                                                                                                                                                                                                                                                  | 383              | 890             | 40            | 4                 | 0             | 60               | 2,640       | 96                | 4                 | 12        | 30          |
| 7 oz Filet + Sushi: Spicy California Roll                                                                                                                                                                                                                                                                    | 454              | 1,040           | 45            | 6                 | 0.3           | 150              | 2,550       | 96                | 4                 | 12        | 55          |
| 8 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               | 90              | 8             | 3                 | 0.2           | 10               | 230         | 5                 | 1                 | 1         | 2           |
| Peppercorn Sauce                                                                                                                                                                                                                                                                                             | 60               | 113             | 7             | 3                 | 0             | 20               | 627         | 7                 | 1                 | 1         | 3           |
| 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           |
| 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          |
| Miso Glazed Chilean Sea Bass                                                                                                                                                                                                                                                                                 | 506              | 910             | 42            | 4                 | 0             | 75               | 3,470       | 81                | 11                | 10        | 55          |
| 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          |
| Tomahawk Maple-Glazed Pork Chop                                                                                                                                                                                                                                                                              | 554              | 1,160           | 78            | 31                | 0             | 210              | 2,050       | 51                | 4                 | 13        | 58          |
| SIDES FOR STEAKS & MAINS                                                                                                                                                                                                                                                                                     |                  |                 |               |                   |               |                  |             |                   |                   |           |             |
| 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           |
| Green Beans                                                                                                                                                                                                                                                                                                  | 130              | 165             | 12            | 7                 | 0.3           | 10               | 720         | 10                | 3                 | 3         | 4           |
| Grilled Garlic Jumbo Shrimp                                                                                                                                                                                                                                                                                  | 195              | 250             | 7             | 3                 | 0.2           | 370              | 1,660       | 5                 | 1                 | 0         | 40          |
| Horseradish 0.5 oz                                                                                                                                                                                                                                                                                           | 14               | 5               | 0             | 0                 | 0             | 0                | 140         | 0                 | 0                 | 0         | 1           |

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

USA

|                                          | <i>Serving Size (g)</i> | <i>Calories (kcal)</i> | <i>Total Fat (g)</i> | <i>Saturated Fat (g)</i> | <i>Trans Fat (g)</i> | <i>Cholesterol (mg)</i> | <i>Sodium (mg)</i> | <i>Carbohydrates (g)</i> | <i>Dietary Fibre (g)</i> | <i>Sugar (g)</i> | <i>Protein (g)</i> |
|------------------------------------------|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|------------------|--------------------|
| 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 Baby Mushrooms                   | 346                     | 360                    | 15                   | 6                        | 0.5                  | 125                     | 690                | 0                        | 0                        | 0                | 52                 |
| Sauteed Shrimp                           | 176                     | 270                    | 14                   | 8                        | 0.5                  | 305                     | 1,230              | 4                        | 1                        | 0                | 30                 |
| Sauteed Cajun Shrimp                     | 188                     | 430                    | 30                   | 8                        | 0.5                  | 295                     | 2,480              | 9                        | 3                        | 1                | 31                 |
| Spring Onion Jasmine Rice                | 159                     | 300                    | 9                    | 2                        | 0                    | 0                       | 630                | 49                       | 2                        | 1                | 4                  |
| Truffle Fries                            | 166                     | 640                    | 45                   | 6                        | 0.3                  | 10                      | 1,240              | 54                       | 3                        | 1                | 6                  |
| Truffle Mashed Potatoes                  | 241                     | 610                    | 51                   | 26                       | 1                    | 105                     | 1,020              | 37                       | 3                        | 2                | 3                  |
| 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 |
| White Chocolate Creme Brulee    | 338 | 1,150 | 95 | 57 | 1 | 565 | 310 | 70  | 2 | 61 | 11 |

## BRUNCH

|                                   |     |       |     |    |     |     |       |     |   |    |    |
|-----------------------------------|-----|-------|-----|----|-----|-----|-------|-----|---|----|----|
| American Breakfast (2 Eggs)       | 380 | 1,070 | 84  | 25 | 0.3 | 445 | 2,230 | 49  | 5 | 2  | 33 |
| American Breakfast (3 Eggs)       | 433 | 1,170 | 91  | 27 | 0.3 | 625 | 2,510 | 50  | 5 | 2  | 39 |
| 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  |
| Crab Cake Benedict                | 430 | 1,130 | 89  | 20 | 1.5 | 635 | 2,240 | 51  | 6 | 4  | 35 |
| Eggs Benedict                     | 363 | 870   | 61  | 24 | 1   | 595 | 2,120 | 50  | 5 | 4  | 32 |
| Nashville Fried Chicken + Waffles | 403 | 1,250 | 65  | 12 | 0.2 | 215 | 1,710 | 117 | 4 | 52 | 49 |
| Ham & Cheese Omelette             | 453 | 1,030 | 79  | 35 | 1.5 | 930 | 2,530 | 32  | 4 | 4  | 51 |
| Shrimp Benedict                   | 419 | 920   | 66  | 26 | 1.5 | 695 | 2,250 | 51  | 7 | 3  | 36 |
| Shrimp Omelette                   | 426 | 890   | 65  | 27 | 1   | 980 | 2,140 | 30  | 4 | 2  | 50 |
| Steak and Eggs - 4oz Sirloin      | 356 | 750   | 44  | 10 | 0.5 | 435 | 2,060 | 47  | 5 | 2  | 44 |

## KIDS MENU

|                                              |     |       |    |    |     |     |       |     |   |    |    |
|----------------------------------------------|-----|-------|----|----|-----|-----|-------|-----|---|----|----|
| Burger & Fries                               | 222 | 670   | 34 | 10 | 0.5 | 95  | 940   | 51  | 2 | 7  | 39 |
| Buttered Lumache Noodles                     | 221 | 570   | 28 | 14 | 1   | 60  | 450   | 62  | 3 | 1  | 15 |
| Chicken + Cheese Quesadilla                  | 302 | 860   | 41 | 19 | 1   | 120 | 1,940 | 67  | 4 | 0  | 49 |
| Chicken Tenders & Fries + Sweet & Sour Sauce | 341 | 1,050 | 53 | 6  | 0   | 105 | 3,030 | 95  | 4 | 12 | 49 |
| Fish + Chips                                 | 320 | 700   | 34 | 4  | 0.3 | 30  | 3,300 | 74  | 4 | 9  | 24 |
| Waffles                                      | 228 | 760   | 36 | 20 | 0   | 75  | 460   | 103 | 3 | 67 | 7  |
| Ice Cream Bowl                               | 99  | 250   | 13 | 8  | 0   | 50  | 150   | 31  | 0 | 31 | 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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