



NUTRITIONAL GUIDE

BREAKFAST

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
NAT'S HEARTY BREAKFAST (no smashbrown potatoes; no protein)	With Toast	210	478	21	7	0.3	387	628	51	0	2	23	14	2	12	32
CHOICE OF PROTEIN:	Bacon	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
	Back Bacon	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
	Sausage	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
BIG DENVER OMELETTE	Only	418	640	48	14	0.5	775	1050	10	1	5	44	35	60	45	30
CHEESESTEAK HASH	No Toast	542	1014	71	29	1.8	573	2163	48	3	9	47	34	122	57	26
CLASSIC BENEDICT	Only	264	471	27	12	0.6	419	1199	32	1	2	25	11	0	23	20
OATMEAL & FARRO	Mixed Fruit	372	510	5	0.5	0	0	520	103	12	42	12	0	0	0	25
THE BC SUNNY START	Only	243	581	34	10	0.4	234	1072	49	1	13	25	26	18	23	21
	Without Sauce	210	461	23	9	0.3	225	817	44	1	9	24	24	15	22	20
TURKEY & AVOCADO BREAKFAST WRAP	Only	427	1010	66	18	0.5	440	1920	59	6	5	43	30	40	45	45
AVOCADO QUESO BOWL		714	800	53	14	1	45	950	19	3	8	40	60	110	50	80
PRAWN & AVOCADO BOWL	Only	454	830	57	20	0.5	535	1280	42	8	4	31	25	30	15	35
CHARRED TOMATO & SPINACH BENEDICT	Only	429	610	42	13	1	395	1130	33	3	8	20	30	80	20	40
NAT'S WAFFLE	Strawberry Topping & Whipped Cream	362	590	9	4	0	20	1260	118	2	53	13	10	90	15	30
NAT'S PANCAKES	Strawberry Topping & Whipped Cream	434	730	10	4	0	25	1680	145	2	60	17	15	90	20	40

ON THE SIDE

BACK BACON	3 Slices	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
BACON	4 Slices	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
SAUSAGE	3 Links	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
SIDE OF SMASHBROWN POTATOES		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
SHREDDED HASHBROWNS		50	220	7	4.5	0	20	420	32	2	0	2	6	2	25	0
SIDE OF FRUIT		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2
SIDE OF SCRAMBLED EGGS		122	215	17	4	0.2	444	255	1	0	1	14	15	0	7	14
SUBSTITUTE EGG WHITES		113	57	0	0	0	0	181	0	0	0	11	0	0	0	0
ENGLISH MUFFIN	Buttered	72	191	7	4	0.2	15	306	28	1	1	5	4	0	15	10
WHITE TOAST	2 slices, Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
SOURDOUGH TOAST	2 slices, Buttered	114	362	13	8	0.5	31	651	52	0	2	8	7	0	8	24
MULTIGRAIN TOAST	2 slices, Buttered	124	388	17	8	0.5	31	487	53	7	1	9	7	0	7	18

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

SNACK & SHARE

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	
CHEESY BACON PEROGIES		333	560	24	9	0.5	35	1090	72	3	10	16	25	15	20	20	
CHICKEN WINGS	No Sauce	300	609	42	12	0.3	328	1698	0	0	1	58	0	0	5	12	
CLAM CHOWDER	Bowl (10 fl oz) 1 Pack of Crackers	345 6	276 25	9 0.5	0 0.2	0 0.3	52 0	724 45	28 5	3 0.2	7 0	21 1	69 0	69 0	7 0	103 2	
COCONUT PRAWNS	Pineapple Sambal	207	370	17	15	0	70	1350	40	2	16	13	0	40	6	10	
CRISPY BRUSSEL SPROUTS		236	370	32	8	0	45	960	13	4	3	8	0	170	15	40	
CRISPY DRY RIBS		354	730	46	16	0.3	225	3650	1	0	0	77	0	0	0	10	
DIPPIN' CHICKEN	No Sauce Add Half Caesar	217 136	450 243	18 18	2 3	0 0	67 27	917 409	28 14	7 2	8 1	35 6	2 151	1 8	1 11	13 34	
ONION RINGS	No Sauce	205	610	38	2.5	1	0	650	63	2	5	7	0	0	0	6	
SOUTHWEST CHICKEN QUESADILLA	Only Side Sour Cream Side Salsa	277 28 60	780 42 15	45 3 0	12 2 0	0.4 0.1 0	90 8 0	1780 17 300	59 2 3	5 0.1 0	6 0.1 2	39 2 2	20 2 3	25 3 3	80 3 1	30 0 2	
SWEET POTATO FRIES	No Sauce	304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7	
THE SPOT'S POUTINE		374	585	35	12	0.9	60	1033	48	4	2	20	14	32	46	12	
THE SPOT'S ZOO STICKS	No Sauce	456	786	28	2	0.1	0	701	102	9	9	29	12	88	15	48	
VEGGIE BEEF	Bowl (10 fl oz) 1 Pack of Crackers	306 6	138 25	4 0.5	1 0.2	0 0.3	13 0.0	975 45	23 5	3 0.2	3 0	6 1	44 0	19 0	5 0	5 2	
SAUCES & DIPS 1.5 fl oz portions	Honey Mustard Plum Sauce BBQ Sauce Chipotle Mayo Zoo Dip Frank's Red Hot	45 43 45 45 40 45	225 71 316 300 94 0	20 0 .1 33 9 0	2 0 0 0 3 0	0 0 0 0 3 0	26 0 0 15 19 0	315 213 519 120 81 1710	12 18 17 3 1 0	0 0 .5 0 1 0	0 12 16 3 0 0	5 12 .5 0 1 0	0 1 5 0 4 0	0 3 5 0 3 0	0 2 4 0 3 0	0 1 1 0 2 0	0 0 2 30 8 0

SANDWICHES & MORE

BUTTERMILK CHICKEN CAESAR WRAP	Only	342	696	33	5	0	71	1927	69	5	4	33	159	25	31	63
CHICKEN CAESAR WRAP	Only	350	681	34	5	0.1	100	1806	57	5	4	40	159	26	32	58
NAT'S LOADED BEEF DIP	Only	393	700	25	14	0	45	3020	70	2	0	44	10	0	30	50
NAT'S ORIGINAL BEEF DIP	Only	362	560	14	8	0	20	2790	66	2	0	38	0	0	8	45
THE WHITE SPOT CLUB	Only Without Sauce	372 295	889 555	45 12	6 1	0.3 0	27 0	1953 1339	85 78	3 1	9 5	38 36	11 10	28 20	11 10	41 39
TOASTED SHRIMP SANDWICH	Only Without Sauce	297 252	578 361	26 4	4 1	0.2 0	174 156	1579 1237	54 50	3 2	8 6	32 31	1 0	9 5	15 15	26 25
TURKEY, BACON & BRIE DIP	Only	388	780	33	14	0	110	2150	68	2	8	47	0	8	10	40
ADD HALF CAESAR		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
ADD HALF SPOT SALAD		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
ADD PLATTER (FRIES & COLESLAW)		292	444	26	2	0.1	5	234	49	6	7	6	2	69	2	21

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

OUR FAMOUS BURGERS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
AVOCADO IMPOSSIBLE™ BURGER	Only Vegan - GF Bun & No Ranch	352 313	600 520	31 10	12 0	0.1 0	20 0	970 800	55 54	3 8	11 9	29 23	8 0	25 15	20 20	120 35
BACON CHEDDAR BIGGER BURGER	Only Without Sauce	363 314	1076 853	72 50	22 18	0.5 0.3	167 149	1218 870	55 49	2 2	11 7	49 48	15 13	15 12	24 23	38 37
BC CHICKEN BURGER	Only Without Sauce	375 326	791 567	41 20	9 6	0.5 0.3	112 94	1214 866	58 52	3 2	12 8	44 44	16 13	20 17	24 23	25 24
BRIE & MUSHROOM VEGGIE BURGER	Only Without Sauce	431 403	840 640	50 28	11 8	0.5 0.2	65 50	1100 960	76 75	7 7	14 14	28 28	20 20	25 25	35 35	30 30
CRISPY FISH BURGER	Only Without Sauce	339 362	650 590	35 29	5 4.5	0.4 0.4	60 55	1030 960	62 61	2 2	15 15	29 29	20 8	50 50	10 10	40 30
DOUBLE DOUBLE	Only Without Sauce	420 370	1218 994	82 60	28 25	0.7 0.5	222 204	1720 1373	60 54	2 2	11 7	57 56	10 7	16 13	31 30	44 43
GOCHUJANG CHICKEN BURGER	Only	384	1010	55	9	1	120	2550	102	3	29	36	0	30	10	40
PACIFIC NORTHWEST STEELHEAD BURGER	Only Without Sauce	315 286	689 518	38 19	5 2	0.3 2	84 70	711 560	52 51	2 2	9 8	35 34	24 11	17 15	9 9	32 24
MONTY MUSHROOM BIGGER BURGER	Only Without Sauce	379 330	1040 817	69 47	22 18	0.3 0.2	165 147	890 542	56 51	3 2	12 8	46 45	9 7	17 14	24 24	39 38
THE LEGENDARY BURGER	Only Without Sauce	238 189	781 558	49 27	13 10	0.3 0.1	104 86	850 502	53 47	2 1	10 6	29 28	3 0	3 0	8 7	32 31
ADD CLASSIC PLATE		287	414	28	4	0.1	72	526	31	3	5	11	157	42	14	43
ADD COLESLAW	1 Scoop	76	110	9	0.7	0	5	69	7	2	5	1	2	38	3	9
ADD FRIES		217	334	17	1	0.1	0	165	42	4	2	5	0	32	3	12
ADD HALF CAESAR		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
ADD HALF SPOT SALAD		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
ADD SIDE OF MASHED POTATOES		435	405	15	9	0.3	49	585	69	8	10	12	12	115	13	16
ADD SWEET POTATO FRIES		304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
ADD TOPPINGS	Cheese – 1 Slice Bacon – 2 Slices Mushrooms, Sautéed Gravy	21 13 28 130	69 60 17 38	5 5 1 0.9	3 2 0.6 0.6	0 0 0 0	16 17 3 0	357 199 8 608	2 0 1 6	0 0 0.4 0	0.1 0 0.7 0	4 4 1 2	4 0 1 0	0 0 1 0	11 0 0 0	0 0 1 0
GLUTEN FRIENDLY BUN		80	210	5	0.5	0	0	310	42	3	6	1	0	0	4	4
SAUCES & DIPS 1.5 fl oz portions	Triple O Sauce Honey Mustard Chipotle Mayo	50 45 45	223 225 300	22 20 33	3 2 3	0.2 0 0	18 23 15	348 315 120	6 12 3	0.6 0 0	4 5 3	0.7 0 0	2 0 0	3 0 0	1 0 0	11 0 30

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

PIRATE PAKS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
PIRATE CHICKEN TENDERS		130	270	10.9	1	0	40	550	17	4	5	21	0	0	0	6
PIRATE FISH		101	106	2	0.2	0	44	238	5	0	0	15	1	0	1	2
PIRATE GRILLED CHEESE		140	353	17	10	0.4	48	1160	34	0	2	14	4	0	28	1
PIRATE HOOK BACON	With Fruit & Toast	195	298	12	4	0.1	194	414	36	2	9	14	8	36	7	17
PIRATE HOOK SAUSAGE	With Fruit & Toast	246	408	21	8	0.1	224	664	38	2	9	19	8	36	9	21
PIRATE HAMBURGER		242	780	49	13	0.3	104	900	53	2	10	29	2	3	7	32
PIRATE MAC & CHEESE		285	330	16	8	0.5	35	440	8	0	5	12	25	0	20	6
PIRATE SPAGHETTI & MEAT SAUCE	No Bread	340	130	9	1.5	0	15	680	7	3	7	11	8	35	0	15
ADD APPLE SLICES	3 oz	85	40	0.1	0	0	0	3	10	0	10	0.3	1	9	0	0
ADD CHOCOLATE GOLD COIN		5	26	1	0.9	0	0.9	6	3	0.1	3	0.4	0	0	0	0
ADD FRENCH FRIES	3 oz	93	143	7	0.5	0	0	67	18	2	1	2	0	0.1	1	5
ADD GRAPES	3 oz	85	59	0.1	0	0	0	2	15	0.8	13	0.6	1	15	1	2
ADD PIRATE CAESAR SALAD		68	122	9	2	0	14	205	7	0.9	0.5	3	75	4	5	17
ADD PIRATE TOSSED SALAD		59	63	5	0.4	0	5	49	3	0.7	2	1	51	5	2	8
ADD STEAMED BROCCOLI	3 oz	85	35	1	0.4	0	2	35	6	2	1	2	11	126	4	3
ADD STEAMED CARROTS	3 oz	86	40	0.8	0.4	0	2	65	8	2	1	0.8	285	8	3	1
ADD SWEET POTATO FRIES	3 oz	130	307	19	0.7	0.1	0	199	33	4	13	3	156	21	3	3
ADD VEGGIES & DIP	With Zoo Dip	98	81	6	2	0	12	96	5	1	3	0.8	99	5	4	6

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

GREENS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BUTTERMILK CHICKEN COBB SALAD	No Bread	703	770	39	11	0	300	2230	52	5	11	53	25	50	35	150
	Without Dressing	660	660	28	10	0	300	2070	50	5	11	53	25	45	35	35
CAESAR SALAD	No Bread	273	487	37	6	0.1	54	819	28	4	2	12	301	15	21	67
	Without Dressing	213	187	5	3	0.1	14	439	26	4	2	10	301	11	17	17
THE SPOT'S SALAD	No Bread	155	231	21	2	0	0	308	11	2	6	4	136	16	7	9
	Without Dressing	126	83	5	0.4	0	0	21	8	2	4	4	136	14	7	8
FARRO POWER SALAD	No Bread	647	600	28	7	0	25	880	71	13	24	19	60	190	30	100
	Without Dressing	586	470	16	4.5	0	20	620	68	13	23	17	50	180	25	35
ADD BUTTERMILK CHICKEN		113	173	6	1	0	44	660	13	0	0	18	0	2	0	9
ADD CHARGRILLED CHICKEN		114	134	3	0.7	0	73	170	0.1	0	0	24	1	2	1	2
ADD BAKED STEELHEAD		147	290	19	5	0	70	280	0	0	0	28	20	10	4	4
ADD GARLIC PRAWNS		139	220	15	6	0	260	590	0	0	0	21	8	0	10	15

PASTA & BOWLS

CHARRED TOMATO & GARLIC PRAWN SPAGHETTI	No Bread	748	1220	49	13	0	270	1900	143	9	9	52	20	0	35	70
SPINACH & MUSHROOM FETTUCCINE ALFREDO	No Bread	499	1420	73	43	3.5	175	1040	156	8	17	40	70	15	45	50
SPAGHETTI BOLOGNESE	No Bread	757	1040	43	19	1.5	90	1660	124	10	17	35	40	90	35	50
STEELHEAD FLORENTINE		581	910	69	31	.5	215	1570	30	5	7	42	130	80	25	35
TERIYAKI CHICKEN DONBURI BOWL		841	950	11	1.5	0	80	2880	161	5	54	51	120	200	0	50
SIDE OF GARLIC BREAD	With Garlic Butter	70	196	6	4	0.2	15	381	29	1	0.5	6	4	0	1	15
ADD CHARGRILLED CHICKEN		114	134	3	.7	0	73	170	.1	0	0	24	1	2	1	2
ADD BAKED STEELHEAD		147	290	19	5	0	70	280	0	0	0	28	20	10	4	4
ADD GARLIC PRAWNS		139	220	15	6	0	260	590	0	0	0	21	8	0	10	15

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

SPOT CLASSICS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BABY BACK RIBS – FULL RACK	Only, No Sauce	541	1997	162	59	0	646	788	1	0.2	0.7	129	1	0	22	54
BABY BACK RIBS – HALF RACK	Only, No Sauce	270	999	81	30	0	323	394	0.5	0.1	0.3	65	0	0	11	27
SAUCES[†] 1 fl oz portions	Bulleit™ Bourbon BBQ Sauce	36	243	0.7	0.1	0	0	499	14	0.4	12	0.4	4	3	1	2
CHICKEN, BROCCOLI & CHEESE	With Rice & Spot Salad	673	1323	81	21	1	95	1876	100	3	5	49	88	97	33	34
FISH & CHIPS	Fries & Coleslaw Side Tartar	477 38	1140 190	62 20	15 1.5	0.3 0	85 15	770 210	100 3	2 0	7 0	47 1	0 35	40 6	10 0	50 20
NEW YORK STEAK DINNER		590	944	54	21	1.0	185	1611	44	6	4	66	16	142	8	46
TRADITIONAL TURKEY DINNER		856	870	28	14	0	160	3310	100	9	31	56	50	130	0	35
ADD PLATTER (FRIES & COLESLAW)		292	418	23	2	0.1	4	289	48	6	6	6	2	68	6	14
ADD SAUTEED GARLIC MUSHROOMS		119	86	6	3	0.2	14	296	6	2	3	5	3	5	1	5

[†]Half rack of ribs is cooked with 1 fl oz of sauce and comes with sauce on the side (1 fl oz). Full rack of ribs is cooked with 2 fl oz of sauce and comes with sauce on the side (1 fl oz).

DESSERTS

APPLE PIE	With Ice Cream	417	1040	47	23	0.1	20	440	152	4	87	9	0	10	0	30
PUMPKIN PIE		272	820	47	22	0	15	610	96	3	43	10	0	0	10	20
CHOCOLATE WALNUT TRUFFLE		155	420	27	14	.2	105	70	41	2	35	5	10	0	8	10
WHITE SPOT BERRY CHEESECAKE	With Strawberry Topping & Whipped Cream	213	409	20	11	0.4	117	511	48	2	38	11	22	61	13	8

BEVERAGES

COCA-COLA, COKE, SODA	12 fl oz	360	210	0	0	0	0	68	59	0	59	0	0	0	1	0
NAT'S BEST SHAKES IN TOWN	Small Large	194 411	288 648	14 28	9 17	0.4 0.8	51 100	102 204	35 90	0 0	29 75	3 6	17 33	0 0	19 38	0 0

*Portion size ordinarily served to the guest