

NUTRITIONAL INFORMATION 2009/2010

APPETIZERS/SOUPS/SALADS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	PROTEIN	CARBOHYDRATES	DIETARY FIBER	SUGAR	CHOLESTEROL	SODIUM
DONGEL FISHERMAN'S CHOWDER	280G	210	14G	8G	10G	25G	1G	2G	65MG	1456MG
FRENCH ONION SOUP	360G	284	9G	5G	17G	20G	3G	3G	50MG	1800MG
BACON & MUSHROOM GRILL BREAD*	407G	850	34G	12G	39G	101G	11G	6G	45MG	1860MG
BAKED BRIE	230G	591	24G	15.6G	31G	62G	4G	17G	94MG	1173MG
BLARNEY CHIPS	590G	1410	84G	21G	22G	141G	11G	14G	77MG	3540MG
CALAMARI & SHRIMP	300G	876	54.3G	5.2G	34.2G	63G	3.6G	6.6G	342MG	2280MG
MELTED STILTON CHEESE DIP*	320G	729	18G	10G	27G	115G	8.3G	3G	38MG	1440MG
SHORT RIB GRILL BREAD*	512G	1110	51G	23G	46G	115G	7G	9G	110MG	2340MG
POTATO SKINS	304G	540	44G	26G	18G	26G	2G	4G	120MG	1410MG
GUINNESS POUTINE	657G	1200	71G	20G	24G	117G	9G	3G	75MG	3410MG
SMOKED CHICKEN GRILL BREAD	422G	990	59G	21G	49G	70G	4G	6G	120MG	2030MG
VEGETABLE GRILL BREAD	410G	943	32G	17G	39.7G	120G	7.4G	13G	82MG	1968MG
WINGS 1 POUND – NO SAUCE	360G	1030	61G	13G	115G	.5G	.5G	0G	540MG	400MG
YORKSHIRE PUDDINGS	247G	530	30G	13G	26G	39G	5G	3G	125MG	550MG
CAESAR SALAD	190G	340	26.4G	6.6G	10G	15.6G	2G	1.9G	41.8MG	988MG
CAESAR SALAD – SIDE	110G	195	14.7G	3.9G	8.2	7.6G	2G	1G	27MG	540MG
CHICKEN CAESAR	220G	343	20.5G	4.9G	30.6G	9.2G	2G	1G	94.6MG	814MG
CHICKEN SALAD	320G	524	36.2G	12G	44.5G	5.1G	4G	0G	128MG	1024MG
EMERALD GREEN SALAD – SIDE	120G	116	10G	1G	1.5G	3.9G	2G	.5G	0MG	120MG
GOAT CHEESE SALAD	220G	295	23G	7G	8.1G	14.1G	3G	0G	57MG	308MG
FLAT IRON BEEF AND BEET SALAD	540G	870	66G	19G	42G	28G	7G	16G	130MG	1560MG
SALMON NIÇOISE	440G	476	27G	6G	35G	23G	5G	1G	260MG	660MG
SANDWICHES/BURGERS – a la carte										
PRIME BURGER	310G	760	39G	13G	43G	59G	4G	2.5G	127MG	900MG
CHICKEN SANDWICH	300G	708	34.8G	11.2G	42.3G	56.4G	3.3G	2.1G	129MG	1470MG
STEAK SANDWICH	280G	798	45.9G	12.9G	44.5G	51.8G	5.3G	2.8G	118MG	1624MG
THE CLUB	310G	570	25.6G	6.7G	31G	53.6G	7.1G	1G	74MG	1271MG
VEGGIE BURGER	410G	783	32G	8G	38G	84G	14G	3G	13MG	1640MG
MARKET SANDWICH – A LA CARTE	386G	700	35G	10G	38G	59G	5G	4G	120MG	2500MG
TANDOORI SALMON – A LA CARTE*	476G	830	27G	5G	42G	105G	5G	17G	70MG	1640MG
PIES										
LEEK & SALMON – A LA CARTE	309G	740	54G	24G	26G	46G	1G	3G	150MG	960MG
LAMB PIE – A LA CARTE	296G	500	26G	10G	20G	47G	2G	7G	60MG	1250MG
CHICKEN PIE – A LA CARTE*	532G	620	27G	12G	36G	76G	3G	8G	120MG	2460MG
SEAFOOD PIE – A LA CARTE*	354G	420	25G	11G	27G	23G	2G	4G	180MG	800MG
SHEPHERD'S PIE – LARGE	510G	469	18G	9.6G	31G	44G	9G	8G	97MG	1275MG
SHEPHERD'S PIE – SMALL	350G	311	13G	6.5G	18G	30G	5.6G	2G	59.5MG	910MG
ENTRÉES										
1 PIECE FISH & CHIPS	440G	1113	67.3G	5.8G	35.6G	90.6G	7.9G	3.5G	101MG	1056MG
2 PIECE FISH & CHIPS	620G	1668	102G	9G	60.7G	126.5G	8.7G	4.9G	192MG	1736MG
CHICKEN BOXTIE – A LA CARTE	370G	684	29G	10.8G	34G	71G	6.6G	10.7G	159MG	1221MG
CHICKEN TIKKA MASALA	540G	815	53G	9G	44G	93G	8G	1G	366MG	1512MG
COCONUT BEEF CURRY	518G	760	34G	16G	44G	79G	7G	6G	60MG	1110MG
HERB CRUSTED ATLANTIC SALMON	588G	940	53G	17G	57G	59G	9G	10G	170MG	1390MG
LAMBSHANK	580G	789	41G	17G	60G	45G	8G	1G	238MG	1914MG
SHORT RIBS*	594G	1070	78G	34G	53G	34G	4G	9G	175MG	1050MG
STEAK & FRIES	520G	1076	61G	13G	78G	83G	9G	1G	162MG	986MG
STEAK & MUSHROOM CROCK – LARGE	550G	429	11G	6G	32G	47G	9.4G	1G	82MG	1320MG
STEAK & MUSHROOM CROCK – SMALL	360G	299	8G	4.1G	24.9G	32G	4.7G	1G	64.8MG	1044MG
STEAK BOXTY – A LA CARTE	400G	560	15.6G	6.2G	41.6G	63G	4.8G	9.6G	108MG	1120MG

* Not available in all locations

NUTRITIONAL INFORMATION
2009/2010

PASTAS

	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	PROTEIN	CARBOHYDRATES	DIETARY FIBER	SUGAR	CHOLESTEROL	SODIUM
SHRIMP LINGUINE	470G	761	35G	8G	30G	83G	7G	1G	150MG	846MG
SMOKED CHICKEN FUSILI	644G	940	56G	22G	33G	84G	5G	10G	145MG	1730MG

SIDES

CARROTS STICKS	113G	35	0G	0G	1G	8G	2G	4G	0MG	70MG
COLESLAW*	82G	25	0G	0G	0G	5G	1G	3G	0MG	15MG
DAY VEGETABLES – SIDE	121G	160	5G	3G	7G	23G	6G	5G	10MG	200MG
FRIES	255G	680	45G	2.5G	8G	61G	13G	3G	0MG	640MG
GARLIC BREAD (SIDE FOR PASTA)	65G	160	8G	5G	4G	19G	1G	1G	20MG	230MG
GRILLED VEGETABLES	145G	60	4G	.5G	2G	6G	2G	3G	0MG	160MG
BASMATI RICE*	234G	310	0G	0G	5G	70G	0G	0G	0MG	710MG
JASMINE RICE*	234G	310	0G	0G	5G	70G	0G	0G	0MG	710MG
MASHED POTATO	218G	260	13G	8G	5G	31G	2G	2G	35MG	620MG
SCONE	59G	167	5G	1.5G	4G	27G	1G	3.6G	3MG	402MG
SWEET POTATO FRIES	255G	760	53G	3G	5G	67G	8G	19G	0MG	1130MG

DRESSINGS & SAUCES

BLUE CHEESE DRESSING	56G	250	26G	3G	2G	2G	.1G	1.2G	23MG	550MG
CAESAR DRESSING	56G	260	28G	2.5	3G	2G	0G	0G	70MG	290MG
DUNGLOE SAUCE	40G	180	19G	1.5G	1G	1G	0G	0G	45MG	310MG
NIÇOISE DRESSING	55G	340	37G	5G	0G	1G	0G	0G	0MG	250MG
WING SAUCE – MEDIUM	58G	120	13G	5G	0G	1G	0G	0G	15MG	1170MG
STRONGBOW DRESSING	51G	260	27G	1.5G	0G	5G	0G	3G	0MG	80MG
GRAVY	104G	30	.5G	0G	4G	1G	0G	1G	0MG	50MG
RANCH DRESSING	58G	300	31G	5G	1G	3G	0G	2G	15MG	570MG
COLESLAW DRESSING	30G	140	12G	2G	0G	7G	0G	7G	10MG	340MG
REBEL ROCK SAUCE	43G	170	17G	1.5G	1G	5G	0G	3G	40MG	440MG
RANCH DIPPING SAUCE (FOR WINGS)	44G	110	11G	1.5G	0G	4G	0G	1G	0MG	370MG

DESSERTS

CHOCOLATE BREAD PUDDING	315G	590	23G	14G	11G	87G	1G	56G	180MG	390MG
LEMON TART	153G	790	41G	9G	11G	101G	1G	34G	145MG	40MG
CHOCOLATE VOLCANO CAKE	240G	893	47G	19G	9G	107G	1.9G	71G	134MG	528MG
ICE CREAM	130G	260	11G	7.4G	2.6G	36G	.2G	29G	41MG	119MG
DEVON CHOCOLATE SAUCE	52G	240	14G	10G	2G	31G	0G	21G	15MG	90MG

BREAKFAST MENU

CORNED BEEF AND HASH	531G	790	44G	21G	41G	58G	6G	6G	540MG	1410MG
OMELETTE WITH CHEDDAR	520G	730	36G	17G	40G	63G	6G	6G	765MG	1910MG
IRISH BREAKFAST	605G	1070	63G	24G	49G	80G	10G	12G	630MG	3050MG
WEEKEND BREAKFAST WITH BACON	435G	740	43G	18G	31G	60G	6G	7G	560MG	2070MG
MARKET SANDWICH – A LA CARTE	386G	700	35G	10G	38G	59G	5G	4G	120MG	2500MG

KIDS MENU

KID'S BURGER AND FRIES	310G	760	39G	13G	43G	59G	4G	2.5G	127MG	900MG
1 PIECE FISH & CHIPS	440G	1113	67.3G	5.8G	35.6G	90.6G	7.9G	3.5G	101MG	1056MG
MACARONI AND CHEESE	198G	320	17G	16G	10G	46G	1G	10G	5MG	770MG
CHICKEN NUGGETS AND FRIES	341G	880	48G	4.5G	14G	93G	3G	40G	15MG	1820MG

* Not available in all locations

NOTE:

- (A) Our nutritional and allergen information is based upon data received from suppliers.
- (B) Serving sizes can vary, and ingredient substitution is possible.
- (C) Calculations are based on the nutritional and allergen data as of the date of this posting only.
- (D) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (E) Limited time specials may not be included in the table.

ALSO NOTE:

If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts – a food item that can cause severe reactions for some people.