



The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services (dial 8-1-1 toll-free within B.C.).

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)



The nutrition information provided has been supplied by the restaurant itself. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility or liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	CHOLESTEROL (mg)	CHOLESTEROL (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
STARTERS (NO SIDES)																					
Asian Chicken Bites	353 g	890	39	60	4	0.3	22	140	47	1910	80	90	30	4	16	48	46	0	6	6	25
Chili Popcorn Shrimp	192 g	470	25	38	2.5	0.2	14	180	60	1190	50	36	12	7	28	0	26	4	4	8	15
Chili Avocado Sauce	30 ml	110	12	18	2	0.2	11	5	2	350	15	1	1	1	4	0	1	0	6	0	0
Milestones Chicken Wings (no add on sauce)	165 g	420	25	38	4.5	0.2	24	200	67	910	38	10	3	1	4	0	39	2	0	4	8
Wing Sauce - Sriracha Buffalo Sauce	45 ml	140	15	23	9	1	50	40	13	1400	58	3	1	1	4	2	1	15	2	0	0
Wing Sauce - Sesame Ginger Sauce	45 ml	130	0.5	1	0.1	0	1	0	0	530	22	31	10	0	0	28	0.3	0	2	2	10
Asian Slaw w/ Cilantro Lime Dressing	60 g	90	8	12	0.5	0.2	3	0	0	110	5	5	2	1	4	3	1	15	40	2	2
Garlic Parmesan Dip	30 ml	110	10	15	3	0.2	16	15	5	150	6	2	1	0	0	1	2	2	2	6	0
The Captain's Coconut Calamari	295 g	900	61	94	12	0.4	62	315	105	1080	45	53	18	4	16	3	38	4	2	2	20
Mango Chili Sauce	30 ml	110	7	11	0.5	0.2	3	0	0	270	11	11	4	0	0	7	0.1	0	2	0	0
SUPREME Fries	641 g	1350	93	143	26	1.5	138	150	50	3370	140	78	26	10	40	8	50	50	40	45	25

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Garlic Cheese Focaccia Bread	420 g	1260	70	108	36	2.5	193	140	47	3590	150	123	41	10	40	5	43	50	20	60	140
Milestones' Famous Hot Spinach and Artichoke Dip (NO CHIPS / SALSA)	255 g	410	28	43	15	1	80	75	25	1260	53	26	9	5	20	3	13	50	10	35	10
<i>Side: Crispy Tortilla Chips</i>	113 g	580	21	32	1	0.2	6	0	0	670	28	77	26	2	8	1	11	6	6	0	10
Mediterranean Goat Cheese Platter	272 g	680	37	57	15	1	80	80	27	1350	56	66	22	5	20	13	22	30	30	20	50
<i>Side: Fig Jam</i>	30 ml	100	0.1	1	0	0	0	0	0	10	1	24	8	1	4	22	0.3	0	0	2	2
Pressed Spicy Tuna Sushi	341 g	770	25	38	4	0.3	22	50	17	1700	71	106	35	5	20	17	29	4	15	8	25
Ahi Tuna Poke with Red Pepper Relish and Wonton	292 g	830	46	71	4	0.3	22	45	15	920	38	76	25	6	24	15	29	4	25	8	40
Prime Rib Slider (1)	94 g	270	16	25	5	0.5	28	65	22	350	15	16	5	1	4	2	13	0	6	2	10
Ultimate Fish Taco - Single	172 g	310	20	31	5	0.3	27	40	13	670	28	24	8	2	8	4	12	10	25	10	4
French Onion Soup	240 mL	530	37	57	18	1.5	98	70	23	1750	73	29	10	3	12	8	18	30	20	60	20
<i>Side: French Onion Soup</i>	120 mL	270	19	29	9	0.5	48	35	12	870	36	15	5	1	4	4	9	15	10	30	10
Roasted Mushroom Soup	360mL	420	33	51	13	1	70	60	20	2010	84	26	9	3	12	7	7	10	2	10	15
<i>Side: Roasted Mushroom Soup</i>	120mL	170	13	20	5	0.3	27	20	7	760	32	10	3	1	4	2	3	4	0	4	8
Yam Frites	222 g	700	40	62	4.5	0.5	25	0	0	780	33	82	27	5	20	27	5	60	25	10	10
SALADS (WITH DRESSINGS)																					
Roasted Garlic Caesar Salad (WITH DRESSING) - Starter Size	197 g	460	42	65	9	1	50	50	17	800	33	15	5	3	12	4	9	130	70	20	20
Roasted Garlic Caesar Salad (WITH DRESSING) - Entrée Size	341 g	920	85	131	19	2	105	100	33	1590	66	27	9	5	20	6	19	200	130	40	30
Milestones' California Spring Salad (WITH DRESSING) - Starter Size	159 g	330	29	45	4.5	0.5	25	20	7	240	10	13	4	4	16	8	6	20	45	10	10
Milestones' California Spring Salad (WITH DRESSING) - Entrée Size	311 g	650	57	88	9	1	50	40	13	490	20	26	9	7	28	16	13	45	90	20	20
Caprese Salad (NO SIDE BREAD)	293 g	280	19	19	10	0.3	52	45	15	440	18	13	4	2	8	8	19	20	35	30	6
<i>Side: Focaccia Bread</i>	39 g	120	6	9	2.5	0.2	14	10	3	290	12	16	5	1	4	0	3	4	0	2	20
Roasted Beet & Goat Cheese Salad	374 g	410	23	35	6	0.4	32	25	8	440	18	42	14	7	28	21	11	40	70	10	20
Seafood Salad	439 g	760	57	88	8	1	45	230	77	1380	57	31	10	6	24	14	36	70	70	15	20
The Chopped Salad (WITH DRESSING)	519 g	900	65	100	10	1	55	20	7	1010	42	68	23	14	56	17	18	80	120	20	25
Add on: Grilled Steak (5 oz)	124 g	220	10	15	4.5	0.4	25	90	30	430	18	1	1	1	4	0	33	2	0	2	20
Add on: Grilled Chicken Breast	102 g	160	6	9	3	0.2	16	85	28	530	22	1	1	1	4	0	26	2	0	2	4
Add on: Grilled Salmon (4 oz.)	107 g	200	13	20	3	0.1	16	65	22	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Seared Ahi Tuna	118 g	280	17	26	2.5	0.3	14	60	20	310	13	1	1	0	0	0	30	4	2	4	10
Add on: Shrimp Skewers 2 each/ 6 shrimps	91 g	110	7	11	4.5	0.4	25	180	60	710	30	1	1	0	0	0	12	4	4	4	2

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MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	CHOLESTEROL (mg)	CHOLESTEROL (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
BRUNCH																					
Fruit Plate	187 g	80	0.5	1	0	0	0	0	0	10	1	21	7	4	15	15	1	15	110	2	4
California Eggs Benedict (NO BREAKFAST POTATOES)	373 g	860	68	105	32	2	170	745	248	1140	48	33	11	6	24	3	31	60	15	15	30
Traditional Eggs Benedict (NO BREAKFAST POTATOES)	289 g	720	53	82	29	2	155	620	207	1380	57	31	10	1	4	4	31	60	6	10	30
Prime Rib Eggs Benedict (NO BREAKFAST POTATOES)	408 g	1150	93	143	41	3.5	223	690	230	970	40	33	11	2	8	3	50	60	15	15	40
Caprese Egg Benedict (NO BREAKFAST POTATOES)	361 g	810	62	95	35	2.5	188	630	210	1030	43	33	11	2	8	7	33	70	20	35	30
Crab and Brie Omelette (NO BREAKFAST POTATOES)	307 g	500	36	55	11	0.3	57	750	250	640	27	6	2	1	4	2	36	45	20	25	30
Spinach and Feta Omelette (NO BREAKFAST POTATOES OR TOAST)	345 g	470	36	55	10	0.3	52	695	232	890	37	7	2	2	8	3	31	90	40	25	35
Steak and Eggs (NO BREAKFAST POTATOES OR TOAST)	342 g	650	40	62	12	0.5	63	795	265	770	32	2	1	1	4	1	98	35	4	10	50
Three Cheese & Candied Bacon Omelette (NO BREAKFAST POTATOES OR TOAST)	271 g	630	50	77	18	0.5	93	730	243	660	28	4	1	0	0	3	41	50	4	50	25
Traditional Breakfast - Scrambled egg (NO MEAT OR SIDES)	174 g	360	28	43	6	0.1	31	680	227	260	11	1	1	0	0	1	23	30	0	10	25
Big Breakfast (NO KETCHUP)	806 g	2100	121	186	35	0.5	178	1320	440	3200	133	165	55	9	36	21	87	60	35	30	90
Hazelnut Chocolate Banana French Toast	617 g	1590	60	92	21	0.1	106	600	200	1150	48	228	76	8	32	99	38	35	15	15	60
Strawberry and Whipped Cream French Toast	615 g	1400	42	65	14	0.3	72	580	193	1140	48	220	73	6	24	87	35	30	110	15	50
Prime Rib Hash (NO BREAD)	728 g	1960	129	198	52	3.5	278	710	237	1690	70	141	47	13	52	26	65	70	140	15	60
Breakfast Tacos (NO BREAKFAST POTATOES OR SAUCE)	346 g	690	44	68	13	0.3	67	480	160	1010	42	43	14	7	28	4	33	40	20	30	25
<i>Side: Breakfast Potatoes</i>	142 g	490	29	45	8	0.2	41	10	3	210	9	53	18	5	20	1	7	4	30	4	8
<i>Side: Multigrain Toast w. Butter</i>	93 g	260	10	15	3	0.2	16	10	3	330	14	39	13	5	20	5	9	4	0	4	25
<i>Side: Breakfast Sausage</i>	66 g	230	20	31	8	0.1	41	30	10	470	20	5	2	1	4	1	7	0	0	6	2
<i>Side: Smoked Ham</i>	92 g	110	2	3	1	0	5	30	10	1020	43	10	3	0	0	5	14	0	0	0	4
<i>Side: Double-Smoked Bacon (3 strips)</i>	24 g	90	9	14	3	0	15	15	5	180	8	0	0	0	0	0	2	0	0	0	2
<i>Side: Cholula Hot Sauce</i>	30 ml	0	0	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0

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MAINS																					
Stacked Chicken Parmesan	749 g	1450	68	105	19	1	100	220	73	2310	96	136	45	9	36	13	77	30	50	60	60
Cajun Shrimp Creole	725 g	1020	59	91	15	1	80	460	153	2820	118	75	25	5	20	7	44	70	150	60	40
Ginger Glazed Salmon	754 g	1210	63	97	14	0.4	72	385	128	2320	97	99	33	5	20	47	62	60	170	25	50
Miso Glazed Cod	564 g	780	34	52	16	0.3	82	80	27	2120	88	73	24	4	16	11	41	80	90	15	50
Portobello Mushroom Chicken	857 g	1440	81	125	33	1	170	265	88	2300	96	107	36	7	28	11	72	50	50	45	45
Mediterranean Chicken	498 g	800	42	65	9	1	50	185	62	1480	62	43	14	12	48	12	68	150	150	20	35
Steak Frites - 7oz cut	580 g	1520	93	143	17	1.5	93	145	48	3030	126	114	38	10	40	5	58	8	20	15	45
Steak Frites - 10oz cut	647 g	1640	98	151	19	2	105	195	65	3240	135	114	38	11	44	5	76	8	20	15	60
Moroccan Lamb Sirlion (no quinoa pilaf & veg)	306 g	410	26	40	13	0.4	67	125	42	850	35	8	3	2	8	1	36	10	20	4	8
Surf n Turf Sirloin (no starch or veg)	370 g	820	67	103	36	2.5	193	375	125	890	37	6	2	1	4	1	47	35	10	8	40
Sirlion 8 oz (no starch or veg)	201 g	410	27	42	12	0.2	61	135	45	360	15	1	1	0	0	0	38	4	2	2	35
<i>Topper: Shrimp with Lobster Butter</i>	169 g	410	40	62	24	2	130	235	78	530	22	5	2	1	4	1	8	35	8	6	4
Slow Roasted Prime Rib 10 oz (no starch or veg)	283 g	760	52	80	24	2.5	133	200	67	200	8	6	2	3	12	0	69	0	0	2	30
Slow Roasted Prime Rib 12 oz (no starch or veg)	340 g	910	62	95	29	3.5	163	240	80	240	10	7	2	3	12	0	83	0	0	2	40
Slow Roasted Prime Rib 14 oz (no starch or veg)	397 g	1060	72	111	34	4	190	280	93	280	12	8	3	4	16	0	96	0	0	2	45
PASTAS & BOWLS																					
Beef Bolognese	602 g	1000	48	74	14	0.5	73	95	32	1370	57	98	33	7	28	11	42	45	35	20	40
Pesto Chicken Penne Asiago	704 g	1120	54	83	16	1	85	110	37	2120	88	104	35	6	24	11	55	60	100	40	45
Roasted Field Mushroom Gemelli Pasta	597 g	1050	60	92	16	1	85	40	13	1400	58	100	33	6	24	12	30	25	25	40	30
Seafood Pasta	644 g	1090	57	88	20	2	110	265	88	1980	83	97	32	6	24	9	51	45	45	40	40
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	205	68	1320	55	92	31	9	36	26	28	190	320	50	30
Crispy Chili Chicken Bowl	828 g	1480	58	89	13	0.5	68	135	45	3320	138	188	63	9	36	90	53	60	150	15	60
Red Curry Chicken Bowl (with chicken)	835 g	1140	61	94	16	0.5	83	105	35	1670	70	108	36	7	28	14	42	70	220	25	70
Red Curry Chicken Bowl (with steak)	835 g	1230	64	98	19	1	100	130	43	1530	64	109	36	8	32	14	57	70	220	25	80
Sesame Ginger Beef Bowl	676 g	1160	56	86	17	1	90	110	37	1790	75	117	39	7	28	53	50	60	160	15	70
Spicy Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	350	117	1970	82	112	37	7	28	20	48	80	150	15	30

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SANDWICHES & BURGERS (NO SIDES OR GHERKIN PICKLE)																					
Prime Rib Sandwich	328 g	900	56	86	18	2	100	200	67	1120	47	53	18	4	16	6	46	0	15	8	35
<i>Side: Herbed Au Jus</i>	60 ml	35	2.5	4	1	0.1	6	5	2	420	18	2	1	0	0	0	0.5	0	0	4	0
Naked Burger	333 g	820	54	83	16	0.3	82	200	67	970	40	44	15	3	12	5	38	15	15	8	20
California Burger	416 g	1020	70	108	22	0.5	113	235	78	1320	55	49	16	5	20	8	49	20	20	25	20
Old Fashioned Burger	379 g	990	69	106	24	0.5	123	235	78	1320	55	44	15	3	12	5	47	25	15	25	20
Brie & Mushroom Melt Burger	403 g	920	62	95	20	0.5	102	230	77	1290	54	47	16	3	12	6	45	20	15	15	20
Garden Burger	380 g	800	46	71	15	0.3	77	90	30	1390	58	70	23	13	52	17	27	15	30	15	40
Crispy Chicken Sandwich	371 g	790	44	68	8	0.5	43	175	58	1290	54	70	23	5	20	10	30	35	60	15	30
Rustic Chicken Sandwich	404 g	1020	53	82	11	0.4	57	130	43	1350	56	85	28	11	44	16	54	8	15	15	60
<i>Side: Fries</i>	242 g	670	30	46	2.5	0.2	14	0	0	1470	61	92	31	7	28	0	8	0	2	2	10
<i>Side: French Onion Soup (BOAT)</i>	120 mL	270	19	29	9	0.5	48	35	12	870	36	15	5	1	4	4	9	15	10	30	10
<i>Side: Roasted Mushroom Soup (BOAT)</i>	120mL	170	13	20	5	0.3	27	20	7	760	32	10	3	1	4	2	3	4	0	4	8
<i>Gluten Free Burger Bun</i>	100 g	250	6	9	0.5	0.1	3	0	0	600	25	50	17	5	20	5	3	0	0	2	30
Ultimate Fish Taco - Duo	345 g	630	39	60	10	0.5	53	75	25	1350	56	48	16	4	16	9	23	25	50	20	8

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SIDES																					
Side: Beef Gravy	90 ml	80	2.5	4	1	0	5	0	0	1020	43	13	4	0	0	2	2	0	0	2	4
Side: Quinoa Pilaf	170 g	200	9	14	4.5	0.4	25	15	5	250	10	26	9	3	12	3	6	2	15	2	15
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	10	3	150	6	3	1	1	4	1	1	2	20	2	4
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	45	15	750	31	12	4	2	8	2	8	70	35	15	15
Side: Milestones' California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	15	5	140	6	8	3	2	8	5	4	10	30	6	6
Side: Crispy Tortilla Chips	113 g	580	21	32	1	0.2	6	0	0	670	28	77	26	2	8	1	11	6	6	0	10
Side: Yukon Gold Mashed Potatos	255 g	300	10	15	6	0.2	31	30	10	510	21	50	17	4	16	3	5	10	30	6	6
Side: Fries	242 g	670	30	46	2.5	0.2	14	0	0	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Peppercorn Sauce	100 g	160	12	18	6	0.5	33	20	7	570	24	9	3	1	4	2	1	8	4	4	4
Side: Creamed Horseradish	30 ml	45	3.5	5	1.5	0.1	8	10	3	40	2	3	1	0	0	1	1	0	6	0	0
Side: Crisp Buttermilk Onion Strings	28 g	70	5	8	0.4	0.1	3	0	0	190	8	7	2	1	4	2	1	0	6	2	2
Side: Herbed Au Jus	60 ml	35	2.5	4	1	0.1	6	5	2	420	18	2	1	0	0	0	0.5	0	0	4	0
Side: Jasmine Rice	198 g	250	0.4	1	0.1	0	1	0	0	290	12	54	18	1	4	1	5	0	0	2	20
Side: French Onion Soup (BOAT)	120 mL	270	19	29	9	0.5	48	35	12	870	36	15	5	1	4	4	9	15	10	30	10
Side: Roasted Mushroom Soup (BOAT)	120mL	170	13	20	5	0.3	27	20	7	760	32	10	3	1	4	2	3	4	0	4	8
Side: Yam Frites	111 g	350	20	31	2	0.3	12	0	0	390	16	41	14	3	12	14	2	30	10	4	4
ADD ONS																					
Add on: Grilled Steak (5 oz)	124 g	220	10	15	4.5	0.4	25	90	30	430	18	1	1	1	4	0	33	2	0	2	20
Add on: Grilled Chicken Breast	102 g	160	6	9	3	0.2	16	85	28	530	22	1	1	1	4	0	26	2	0	2	4
Add on: Grilled Salmon (4 oz.)	107 g	200	13	20	3	0.1	16	65	22	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Seared Ahi Tuna	118 g	280	17	26	2.5	0.3	14	60	20	310	13	1	1	0	0	0	30	4	2	4	10
Add on: Shrimp Skewers 2 each/ 6 shrimps	91 g	110	7	11	4.5	0.4	25	180	60	710	30	1	1	0	0	0	12	4	4	4	2

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NUTRITIONAL INFORMATION

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MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	CHOLESTEROL (mg)	CHOLESTEROL (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SAUCES																					
Chili Avocado Sauce	30 ml	110	12	18	2	0.2	11	5	2	350	15	1	1	1	4	0	1	0	6	0	0
Mango Chili Sauce	30 ml	110	7	11	0.5	0.2	3	0	0	270	11	11	4	0	0	7	0.1	0	2	0	0
Pineapple Aioli	30 ml	220	23	35	3.5	0.3	19	10	3	200	8	4	1	0	0	3	0.4	0	10	0	0
Garlic Parmesan Dip	45 ml	160	15	23	4	0.3	22	15	5	120	5	3	1	0	0	1	3	2	2	6	0
Sriracha Buffalo Sauce	45 ml	140	15	23	9	1	50	40	13	1400	58	3	1	1	4	2	1	15	2	0	0
Sesame Ginger Soy Sauce	45 ml	130	0.5	1	0.1	0	1	0	0	530	22	31	10	0	0	28	0.3	0	2	2	10
Sweet Thai Chili Sauce	45 ml	100	0	0	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
DRESSINGS																					
Honey Lime Peanut Vinaigrette	60 ml	350	35	54	3	1	20	0	0	150	6	9	3	0	0	8	1	0	2	0	0
Honey Mustard Vinaigrette	60 ml	310	31	48	2	0.5	13	0	0	190	8	10	3	0	0	9	0.2	0	0	0	2
Caesar Dressing	90 ml	520	57	88	4.5	1.5	30	40	13	550	23	3	1	0	0	0	2	2	6	2	2
KID'S MENU (NO SIDES)																					
Kid: Mini Burgers	157 g	450	27	42	10	1	55	55	18	760	32	34	11	2	8	4	16	4	0	15	20
Kid: Grilled Cheese Sandwich	155 g	540	31	48	23	1	120	80	27	780	33	40	13	2	8	3	20	30	0	45	20
Kid: Grilled Chicken	102 g	160	6	9	3	0.2	16	85	28	530	22	1	1	1	4	0	26	2	0	2	4
Kid: Grilled Salmon	104 g	230	18	28	7	0.4	37	75	25	510	21	0	0	0	0	0	18	8	6	2	2
Kid: Pasta - Noodles with Creamy Cheddar Sauce	315 g	710	32	49	21	0.3	107	100	33	490	20	89	30	4	16	1	15	30	0	25	6
Kid: Pasta - Noodles with Tomato Sauce	345 g	490	8	12	3.5	0.1	18	10	3	600	25	95	32	5	20	7	12	25	40	15	10
Kid: Chicken Fingers	128 g	320	16	25	1.5	0.1	8	60	20	810	34	19	6	1	4	0	27	0	2	2	10
Side: Plum Sauce	45 mL	110	0	0	0	0	0	0	0	170	7	26	9	0	0	20	0.1	0	0	0	2
Side: Ketchup	45 mL	60	0	0	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Kid: Fries	121 g	330	15	23	1	0.1	6	0	0	740	31	46	15	3	12	0	4	0	2	2	6
Kid: Dessert - Toasted Marshmallow Ice Cream (NO SAUCE OR CREAM)	70 g	130	7	11	3.5	0.1	18	20	7	60	3	17	6	0	0	9	1	2	0	4	0
Kid: Dessert - Add on: Salted Caramel Sauce	30 mL	120	8	12	5	0.3	27	25	8	40	2	11	4	0	0	11	0.3	8	0	0	0
Kid: Dessert - Add on: Chocolate Sauce	30 mL	120	9	14	5	0.2	26	20	7	40	2	11	4	1	4	7	1	6	0	0	6
Kid: Dessert - Add on: Vanilla Whipped Cream	15 mL	25	2.5	4	1.5	0.1	8	10	3	3	1	0	0	0	0	0	0.1	4	0	0	0
Kid: Dessert - Chapman's Li'l Sammich	60 mL	90	2	3	1	0.1	6	5	2	45	2	15	5	0	0	7	1	2	0	0	0

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DESSERTS																					
Ganache Torte	141 g	700	57	88	21	1	110	90	30	60	3	51	17	6	24	38	6	8	0	4	35
White Chocolate Cheesecake	296 g	1030	69	106	39	0.5	198	370	123	480	20	90	30	2	8	74	10	35	10	10	45
Add on: Toasted Marshmallow Ice Cream	70 g	130	7	11	3.5	0.1	18	20	7	60	3	17	6	0	0	9	1	2	0	4	0
The Decadent Duo- White Chocolate Cheesecake & Ganache Torte	458 g	1710	124	191	59	1	300	455	152	540	23	143	48	8	32	113	16	30	30	15	80
Drunken Donuts	219 g	690	45	69	13	0.5	68	210	70	560	23	46	15	3	12	8	26	15	0	35	25
<i>Side Sauce: Limonchello Curd Sauce</i>	30 ml	110	5	8	3	0.2	16	40	13	25	1	15	5	0	0	14	1	4	4	0	2
<i>Side Sauce: Kahlua Nutella Sauce</i>	30 ml	180	11	17	3	0.1	16	5	2	10	1	15	5	1	4	15	1	0	0	2	4
<i>Side Sauce: Salted Rum Caramel</i>	30 ml	210	14	22	9	0.5	48	45	15	65	3	19	6	0	0	18	0.4	15	0	2	0

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