

NUTRITION FACTS - APRIL 2016

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	Serving Size (g)	Calories (Kcal)	Total Fat (g)	% DV Fat	Saturated fat (g)	Trans fat (g)	% DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrate (g)	% DV carbohydrate	Dietary Fibre (g)	% DV dietary Fibre	Sugars (g)	Protein (g)	% DV Vitamin A	%DV Vitamin C	% DV Calcium	% DV Iron	Included sauce or dressing	Excluded sauce or dressing
APPETIZERS																						
MISSISSIPPI DELTA CALAMARI * (1/2 of the plate)	165	350	22	34	4	2	30	305	1080	45	19	6	2	8	1	19	2	15	10	2		CHIPOTLE MAYONNAISE
SPINACH DIP * (1/4 of the dip)	99	250	18	28	9	0.2	46	40	210	9	14	5	1	4	1	7	15	2	15	2		SOUR CREAM / SALSA
THAI COCONUT SHRIMP *	259	570	35	54	12	2	70	205	1320	55	34	11	5	20	3	33	4	30	20	20		SPICY THAI
CHEDDAR DIP (1/4 of the dip)	96	200	16	25	8	0.2	41	40	500	21	9	3	1	4	4	5	30	4	15	2		
LOBSTER POUTINE	379	760	40	62	11	1	60	115	1490	62	73	24	7	28	3	26	10	4	40	15	LOBSTER BISQUE SAUCE	
TUNA SOFT TACOS*	178	220	4.5	7	1	0	5	15	390	16	32	11	3	12	3	14	4	50	15	15		LIME-GINGER
SHRIMP COCKTAIL (3 pcs) *	170	110	1	2	0.5	0	3	155	380	16	7	2	4	16	1	18	35	25	15	40		SHRIMP COCKTAIL SAUCE
SHRIMP COCKTAIL (5 pcs) *	227	160	1.5	2	0.5	0	3	265	590	25	7	2	4	16	1	30	40	25	15	50		SHRIMP COCKTAIL SAUCE
CRAB CAKES *	287	570	30	46	5	1.5	33	105	810	34	47	16	5	20	15	31	6	50	15	20		CHIPOTLE MAYONNAISE
SALMON TARTARE	282	670	48	74	7	0.5	38	75	600	25	31	10	2	8	9	31	6	35	6	15	PINEAPPLE SOYA	
CHICKEN TENDERS*	237	580	33	51	6	2	40	180	270	11	23	8	0	0	0	47	10	6	4	15		BBQ / DIJONNAISE
CREAMY POTATO SOUP	301	400	23	35	11	0.2	56	50	570	24	46	15	4	16	11	11	25	6	25	6		
CAESAR SALAD *	128	80	3	5	1.5	0.1	8	10	260	11	7	2	2	8	2	6	20	45	15	10		CAESAR
MIXED SALAD *	128	80	3.5	5	1	0	5	25	230	10	8	3	2	8	1	5	0	30	8	15		DRESSING CHOICE
SALADS																						
GENERAL TAO CHICKEN *	468	810	50	77	7	2	45	185	420	18	43	14	5	20	4	54	4	60	15	35		LIME-GINGER / GENERAL TAO
SEARED AHI TUNA *	393	260	4.5	7	0.5	0	3	65	160	7	9	3	5	20	2	44	4	60	15	35		LIME-GINGER
CHICKEN TENDERS *	643	1000	59	91	11	2	65	275	1370	57	57	19	12	48	4	66	8	80	20	50		DRESSING CHOICE
LOUISIANA CHICKEN *	376	410	15	23	2	0.1	11	95	540	23	28	9	5	20	2	40	0	60	15	35		SPICY PEANUT BUTTER
GRILLED SIRLOIN *	537	550	33	51	9	1	50	105	560	23	15	5	7	28	13	54	30	200	35	45		DRESSING CHOICE
CAESAR *	257	160	6	9	3.5	0.3	19	20	520	22	14	5	5	20	5	12	35	90	30	20		CAESAR
MIXED *	257	160	7	11	2	0	10	45	460	19	15	5	4	16	2	10	2	60	15	25		DRESSING CHOICE

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BURGERS & SANDWICHES																						
BIG DEVIL BURGER	446	1170	62	95	24	1	125	100	2720	113	88	29	5	20	22	65	15	20	35	60	SPICY MISSISSIPPI SAUCE	
BÂTON ROUGE BURGER	359	980	60	92	20	1.5	108	85	1690	70	47	16	3	12	7	56	20	15	20	45	DIJONNAISE	
CHIPOTLE CHICKEN SANDWICH	442	1220	66	102	14	0.4	72	165	2140	89	83	28	4	16	21	61	10	25	20	50	CHIPOTLE MAYONNAISE	
CLUB SANDIWH	490	1380	74	114	16	0.4	82	180	2570	107	92	31	4	16	5	69	10	25	15	50	MAYONNAISE	
PRIME RIB SANDWICH	480	860	43	66	13	68	0.5	120	2180	91	61	20	2	8	4	52	6	15	20	45	AU JUS / HORSERADISH AIOLI	
GRILLED VEGETABLE SANDWICH	795	1400	90	138	17	0.4	87	65	1660	69	120	40	15	60	20	26	20	480	8	50	BASIL MAYONNAISE	
PASTAS & RISOTTOS																						
SEAFOOD LINGUINE	873	1610	85	131	49	1	250	510	2030	85	142	47	8	32	13	73	90	45	30	80	TOMATO	TOMATO
LOBSTER RISOTTO	688	1030	47	72	24	1.5	127	315	2750	115	103	34	3	12	6	51	40	60	60	10	LOBSTER BISQUE	
MUSHROOM CHICKEN RISOTTO	674	1200	68	105	31	1.5	163	250	1550	65	96	32	4	16	11	54	50	35	30	20		BALSAMIC GLAZE
SIGNATURE RIBS																						
BBQ PORK BACK RIBS 16 OZ	629	1270	73	112	27	0	135	315	1050	44	73	24	2	8	59	84	10	15	8	30	BBQ	
BBQ PORK BACK RIBS 10 OZ	459	900	45	69	17	0	85	195	950	40	72	24	2	8	59	53	10	15	8	25	BBQ	
10 OZ RIBS & CHICKEN TENDER *	599	1280	67	103	21	1.5	113	315	1130	47	87	29	2	8	59	84	15	15	8	35	BBQ	DIJONNAISE
10 OZ RIBS & CHICKEN MARINATED	579	1150	57	88	19	0.1	96	285	1120	47	73	24	2	8	59	86	10	15	8	30	BBQ	
10 OZ RIBS & SHRIMP	544	980	46	71	17	0	85	355	1260	53	72	24	2	8	59	70	15	20	10	40	BBQ	
10 OZ RIBS & LOBSTER *	663	1210	69	106	29	0.5	148	385	1420	59	76	25	3	12	60	77	35	40	15	25	BBQ	GARLIC BUTTER
CHICKEN																						
CHICKEN WITH TOMATO CONCASSÉ & FESH HERBS	374	820	52	80	9	0.3	47	190	620	26	15	5	3	12	5	71	10	25	15	20	PESTO SAUCE VIERGE	
CHICKEN TENDERS PLATTER *	353	950	55	85	10	3.5	68	305	440	18	36	12	0	0	0	77	4	0	2	25		BBQ / DIJONNAISE
CHIPOTLE JACK CHICKEN	456	1270	84	129	20	1	105	280	2440	102	22	7	2	8	7	91	20	35	35	25	CHIPOTLE MAYONNAISE	
SANTA FE CHICKEN	467	1070	76	117	17	1	90	250	970	40	11	4	1	4	3	83	20	130	10	20	JARDINIÈRE	

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BÂTON ROUGE RESERVE STEAKS																						
TOP SIRLOIN CLASSIC	329	400	22	34	9	0.4	47	110	1150	48	11	4	3	12	4	43	10	190	6	25		
TOP SIRLOIN GOAT CHEESE	414	950	79	122	16	1	85	130	1320	55	14	5	4	16	4	49	15	200	10	30	GOAT CHEESE & HERB	
TOP SIRLOIN THE OSCAR	683	910	58	89	26	1	135	265	1290	54	38	13	5	20	6	62	30	240	10	25	TARRAGON HOLLANDAISE	
TOP SIRLOIN CAJUN BLACKENED	198	300	12	18	3.5	0.2	19	80	2390	100	6	2	2	8	0	41	0	6	8	30		
COWBOY RIB STEAK *	512	710	35	54	13	1	70	250	1250	52	11	4	3	12	4	83	10	190	10	45		PEPPERCORN SAUCE
RIB STEAK *	439	600	31	48	12	1	65	205	1210	50	11	4	3	12	4	67	10	190	8	35		PEPPERCORN SAUCE
PRIME RIB 10 OZ	423	420	22	34	9	0.4	47	115	1530	64	12	4	3	12	4	45	15	190	8	25	AU JUS	PEPPERCORN SAUCE
PRIME RIB 14 OZ	498	520	26	40	10	0.5	53	150	1570	65	12	4	3	12	4	61	15	190	8	30	AU JUS	PEPPERCORN SAUCE
FILET MIGNON 7 OZ *	307	380	21	32	10	0.5	53	120	1140	48	11	4	3	12	4	38	10	190	2	40		PEPPERCORN SAUCE
FILET MIGNON 10 OZ *	374	480	25	38	12	0.5	63	155	1180	49	11	4	3	12	4	52	10	190	2	50		PEPPERCORN SAUCE
NEW YORK STRIP LOIN *	419	700	38	58	16	3	95	220	1190	50	11	4	3	12	4	79	10	190	8	45		PEPPERCORN SAUCE
FISH & SEAFOOD																						
ATLANTIC SALMON	443	660	45	69	12	0.3	62	170	270	11	13	4	3	12	4	51	15	230	6	10	PESTO SAUCE VIERGE	
JEWELS OF THE SEA *	623	700	35	54	12	0.5	63	310	1580	66	42	14	5	20	6	56	25	220	15	20		LOBSTER BISQUE / GARLIC BUTTER
SEARED AHI TUNA *	427	820	59	91	10	0.5	53	120	370	15	13	4	3	12	6	57	15	200	2	20		LIME-GINGER
ATLANTIC SALMON APPLEWOOD SPICE CRUSTED	463	720	46	71	13	0.3	67	170	1790	75	25	8	5	20	9	52	20	260	15	25		

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DRESSINGS																						
PINEAPPLE SOYA	85	400	39	60	3	0.4	17	0	610	25	14	5	0	0	12	1	2	15	0	2		
CAESAR	85	510	53	82	4	0.5	23	0	730	30	4	1	0	0	2	2	0	8	2	2		
CREAMY BLUE-CHEESE	85	510	52	80	6	0.5	33	25	420	18	2	1	0	0	5	3	2	0	6	0		
ITALIAN	85	490	51	78	4.5	0.5	25	5	510	21	3	1	0	0	1	2	0	6	4	4		
LIME-GINGER	85	510	52	80	4	0.5	23	0	470	20	10	3	0	0	8	1	0	15	0	2		
HONEY-MUSTARD	85	510	48	74	4.5	0.1	23	20	530	22	10	3	0	0	8	1	0	15	0	2		
GARLIC RANCH	85	420	40	62	5	0	25	25	770	32	7	2	0	0	6	2	2	0	4	2		

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SAUCES																						
AU JUS	85	15	0.5	1	0.1	0	1	0	380	16	2	1	0	0	1	0.1	2	0	0	0		
BBQ	57	90	0	0	0	0	0	0	240	10	22	7	1	4	18	1	4	4	2	4		
SPICY MISSISSIPPI SAUCE	62	110	0.4	1	0	0	0	0	720	30	26	9	1	4	17	0.2	0	6	2	6		
LOBSTER BISQUE	94	100	6	9	3	0.1	16	25	440	18	7	2	0	0	2	4	0	0	6	2		
CHIPOTLE MAYONNAISE (CRAB CAKE)	28	190	18	28	2	0	10	10	200	8	1	1	0	0	1	0.3	0	4	0	0		
CHIPOTLE MAYONNAISE (CALAMARI)	60	400	40	62	4	0	20	20	440	18	2	1	0	0	1	1	0	6	0	2		
SHRIMP COCKTAIL SAUCE	67	60	0.1	1	0	0	0	0	630	26	14	5	1	4	9	1	0	35	0	2		
DIJONNAISE	28	160	15	23	2	0	10	10	150	6	3	1	0	0	2	0.4	2	0	0	0		
GENERAL TAO	57	90	1	2	0.1	0	1	0	820	34	17	6	0	0	15	10	2	2	0	70		
GOAT CHEESE & HERB	85	560	58	89	7	0.5	38	20	180	8	3	1	1	4	1	6	6	6	2	4		
TARRAGON HOLLANDAISE	52	220	23	35	8	0.2	41	25	140	6	2	1	0	0	0	1	4	0	0	2		
HORSERADISH AIOLI	25	160	16	25	1.5	0	8	10	160	7	1	1	0	0	0	0.2	0	4	0	0		
BASIL MAYONNAISE	50	340	34	52	3.5	0	18	15	310	13	0	0	0	0	0	0.4	2	0	0	0		
PESTO SAUCE VIERGE	100	230	25	38	3.5	0	18	0	95	4	5	2	1	4	0	1	2	25	2	4		
PEPPERCORN SAUCE	85	120	9	14	5	0	25	25	540	23	10	3	0	0	0	3	6	4	0	2		
SPICY PEANUT BUTTER	57	220	14	22	2	0.1	11	0	250	10	23	8	1	4	17	4	0	4	2	4		
THAI SAUCE	111	210	0	0	0	0	0	0	1020	43	45	15	0	0	42	30	4	6	0	210		
TOMATO SAUCE	113	50	0.1	1	0	0	0	0	540	23	11	4	2	8	7	2	10	30	2	8		

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SIDES																						
CRAB CAKE	85	240	14	22	2.5	0.5	15	50	390	16	12	4	2	8	2	14	0	0	6	10		
CAJUN BUTTER	57	350	39	60	22	1	115	120	840	35	2	1	1	4	0	1	40	4	2	6		
GARLIC BUTTER	15	100	12	18	7	0.3	37	35	60	3	0	0	0	0	0	0.2	10	0	0	0		
GRILLED JUMBO BLACK TIGER SHRIMP SKEWER	85	80	1	2	0.3	0	2	155	310	13	0	0	0	0	0	17	4	2	4	15		
NORTH ATLANTIC SEARED SCALLOP SKEWER	150	130	1	2	0	0	0	50	240	10	3	1	1	4	0	25	2	6	2	2		
SAUTÉED MUSHROOMS	198	420	44	68	25	1	130	135	240	10	7	2	3	12	1	6	45	2	0	4		
TORTILLA CHIPS	150	790	41	63	7	2.5	48	0	50	2	97	32	9	36	2	9	0	0	8	10		
SOUR CREAM	85	160	16	25	11	0	55	55	40	2	3	1	0	0	3	3	15	0	10	0		
SALSA	85	30	0	0	0	0	0	0	570	24	6	2	1	4	5	1	2	8	2	2		
BAKED BEANS	170	280	2	3	1	0	5	10	1160	48	56	19	9	36	26	9	0	0	8	25		
8 OZ GRILLED SALMON FILET	217	450	27	42	6	0	30	140	135	6	0	0	0	0	0	48	4	10	2	6		
FRENCH FRIES	150	490	24	37	2	0	10	0	115	5	63	21	6	24	1	5	0	0	0	10		
SWEET POTATO FRIES	150	430	24	37	2.5	0.1	13	0	750	31	49	16	5	20	18	4	30	0	4	0		
BLUE CHEESE	40	130	12	18	7	1.5	43	40	600	25	0	0	0	0	12	8	10	0	20	0		
BRIE CHEESE	40	120	9	14	6	0.2	31	40	250	10	2	1	0	0	0	8	8	0	15	0		
8 OZ TOP SIRLOIN	235	330	13	20	4	0.2	21	100	1060	44	2	1	1	4	0	50	0	0	6	25		
SEASONAL VEGETABLE	150	140	11	17	6	0.3	32	35	125	5	10	3	3	12	4	3	10	190	2	4		
6 OZ MARINATED & GRILLED CHICKEN BREAST	120	250	12	18	2	0.1	11	90	170	7	1	1	0	0	0	33	0	0	2	8		
BAKED POTATO	275	360	13	20	8	0.4	42	40	190	8	52	17	5	20	3	10	15	40	15	20		
HOT CINNAMON APPLES	185	190	0.3	1	0.1	1	0	0	2	1	46	15	3	12	40	0.4	0	10	2	2		
GARLIC MASHED POTATOES	275	410	24	37	14	0.3	72	75	1310	55	45	15	3	12	2	5	20	35	2	6		
LOBSTER TAIL	149	300	23	35	13	0.5	68	190	470	20	1	1	0	0	0	23	25	0	6	4		
WILD RICE PILAF	150	170	4.5	7	2.5	0.1	13	15	770	32	29	10	2	8	2	4	4	2	2	4		

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	SIDES																					
CAESAR SALAD	128	80	3	5	1.5	0.1	8	10	260	11	7	2	2	8	2	6	20	45	15	10		
COLESLAW	200	640	58	89	6	0	30	30	880	37	13	4	2	8	8	3	35	80	6	8		