firkin group

Nutrition Information RB Menu **Allergens**

2017 Menu	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
		kcal	g	g	g	g	g	g	g	mg	mg	%DV	%DV	%DV	%DV									
Get Started																								
French Onion Soup	8fl oz	270	13	20	1.0	5	14	8	0	36	1130	8	17	31	7		*		*	*			*	
Chorizo Totchos	1 serv	1529	53.4	151	12	2	113.4	43	0.4	209	3539	49	26.5	104	14		*		*					
Fried Pickles	1 plate	271	4	29	2.7	4	15	1	0	0	1237	5	5	2.5	5	*	*		*	*				
Jalapeno Corn Bites	1 plate	745	14	70	4	8	46	10	0	30	1460	16	8	30	8	*	*			*				
Potato & Cheddar Perogies	1 plate	1121	30	93	5	4.6	66.4	15	0.5	77	2546	9	16	6	14	*	*			*				
Salt & Pepper Duck Wings	1 plate	1367	40	0.4	0	0	130	41	0	260	2872	16	16	0	7	*			*					
Chili Dusted Calamari	1 plate	663	44	41	0.9	0.1	38.6	6	0.0	591	450	6	10	13	29	*	*	*		*				
Fish Tacos	1 plate	733	28	63.5	4.6	3.2	48	7.5	0	61	1040	9	79	15	23		*	*	*	*				
Bombay Chicken Tacos	1 serv	637	33.6	62.6	7.6	10.2	36	8.6	0	90.6	446	16	47	26	38	*	*		*	*				
Bucket of Rings	1 plate	2302	28	294	19.5	39	113	15.2	0.6	18	5970	97.5	76	41	48	*	*		*	*				
Three Cheese Artichoke Dip	1 plate	1267	29.5	164	5.5	4.7	47	24.3	0.9	113	1914	39	46.5	46	38.5		*		*	*				*
Hummus Platter	1 plate	848	25.7	80.5	15	12	53.7	9.7	0	46	2131	18.5	95	45	46	*	*		*	*				
Three Little Yorkies	1 plate	530	42	40	4.4	1.5	20.5	8.3	0.4	148	1403	1	12.5	11	40	*	*		*	*			*	
A Really Big Poutine	1 plate	1213	33	99	8	1.2	73	23.6	1.8	116	3183	27	28	91	13		*		*	*				
Nachos	1 plate	1377	898	139	2.7	3	88	64	0	368	2008	96	52	262	37		*							
Chicken Wings (No Sauce)	1lb	746	130.5	0	0	0	25	17	0	165	1586	0	0	11.5	39				*					
Salads (incl dressing)																								
Small Pub	1 plate	287	10.5	21	6	6	19	5	0	11.5	330	32	105	12	16		*				*			*
Large Pub	1 plate	568	21	41	11.4	10.5	37.5	9.6	0	23	659	65	208	22	31		*				*			*
Small Caesar	1 plate	527	20	30	2.4	1	39	7	0	34	1167	19.5	46	32	16	*	*	*		*			*	*
Large Caesar	1 plate	892	33	47	6.6	4	64.5	16.5	0.4	68	1985	73.5	93	63	32	*	*	*		*			*	*
Small Greek	1 plate	259	9	11.7	3	5	21	9	0	46	792	25.5	34	27	10.5		*							*
Large Greek	1 plate	431	14	17.7	5	7.5	35	15	0	69	1237	47	62	42	18		*							*
Buffalo Chicken Wedge	1 plate	536	35	12	2.4	9	39	10.5	0.2	135	2178	31	33.5	20	6.5	*	*							*
Arugula Harvest Salad	1 serv	366	8	40.5	8.7	25.5	22	3.25	0	0	296	15	107	17	17						*			*
Side Mixed Greens	1 plate	126	1.25	8.25	1.65	3.25	10	0.6	0	0	178	5.5	29	1.5	3									*

2017 Menu	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
Salad add ons																								
Chicken Breast	1	112	25	0	0	0	1.4	0.14	0	119	532	2.5	0	3	3									*
Steak	8oz	382	46	0	0	0	20	8.6	0	150	86	0	0	0	30									
Salad Dressings																								
Blue Cheese Dressing	1 fl oz	100	0.4	2	0	2	10	2	0.2	10	260	0	0	0	0	*	*		*	*				*
Ranch Dressing	1 fl oz	120	0.8	2	0	2	12	0.8	0	10	250	0	0	4	0	*	*		*					
Greek Dressing	1 fl oz	75	0	0	0	0	8	1.4	0	0	32	0	0	0	0									*
Caesar Dressing	1 fl oz	180	0.4	2	0	0	20	1	0.0	10	120	0	0	4	0	*	*	*						*
Grilled Lemon Dressing	1 fl oz	38	0.4	7	0.45	6.5	5.25	0	0.0	0	144	0	0	0	0									*
Balsamic Dressing	1 fl oz	100	0	2	0	0	10	0.6	0	0	170	0	0	0	0									*
Burgers, excl fries																								
Firkin	1	1238	58	75.4	6.4	17	67.3	22	0.2	187	2733	15	33	26	61	*	*		*	*				*
Turkey	1	997	56	72	4	16	46.5	10.7	0.2	46	2425	21	122	7.5	40	*	*		*	*				*
Black Bean Veggie	1	800	20	91	10	18	33.5	4.2	0.2	7.7	1534	16	107	6.5	25	*	*		*	*				*
Old Fashioned	1	977	40	68	5.25	14.5	51.5	15	0.2	135	1396	8.5	25	5	50.5	*	*		*	*				*
Full Monty	1	1735	58	96	8	15.7	126	28	0.6	204	2781	12.5	33	23	7	*	*		*	*				*
Sandwiches excl fries																								
Parm-Crusted Grilled Cheese	1	986	44	60	6	4	66.5	38	1.6	171	1966	50	33	104	35		*			*				
Buttermilk Fried Chicken	1	997	34.4	51	3.5	11	82.4	10	0.8	131	1218	31	39	5.5	42.5	*	*		*	*				*
Butcher On The Rye	1	794	42.5	66	5	5.6	41.6	15.7	0.8	116	2433	11	69	36	41		*			*	*			*
Chicago Beef	1	750	35	11.6	0	0.3	63.6	16	0.5	142	2733	21	0	41	16	*	*		*	*			*	
Big Bacon Sammie	1	751	41.5	60	4	3.2	37.5	8.4	0.4	91	2433	1.5	24	5.5	27	*	*			*	*			
Pesto Chicken Club	1	679	39	65.4	9.5	10.3	31	3.7	0.5	121.5	1538	16	95	13	40.5		*			*	*			*
2017 Menu	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
Pub Favs incl sides																								
Fish & Chips	1 plate	1203	37	93	5	2.6	75	8.3	0	85	2436	4	28	8.5	23.5	*	*	*		*				
Shepherd's Pie	1 plate	710	38.5	37	5.7	7.5	34	13.5	0.1	113.5	1034	25	29	11	35		*	*	*	*				*
Chef's Chicken Curry, Small	1 plate	578	20.6	60	4.8	4.6	31.5	5.5	0.1	60	522	16	98	7	18	*	*		*	*				
Chef's Chicken Curry, Large	1 plate	1004	36	115	8.5	8	50	8.3	0.1	100	848	22	164	13.5	31	*	*		*	*				
Beef, Ale & Mushroom Pie	1 plate	1229	53	84	8	7	73	24	0.9	135	2085	21	31	12	62	*	*		*	*				*
Chickpea Curry, Small	1 plate	621	17.6	90.5	11	11	25	10	0.1	0	501	50	27	12.5	35	*	*		*	*				
Chickpea Curry, Large	1 plate	1074	31	166	18.5	19	39	15.3	0.1	0	811	78	45	22	60	*	*		*	*				
Bangers & Mash	1 plate	1210	34	54	6.5	11	93	31.5	0.4	209	2745	14	36	15	81		*			*				
Chicken Fingers	1 plate	1028	18	71	5	5.6	75	6.8	0.2	20	1716	0	28	2.5	36	*	*			*				
Spicy Chorizo Mac & Cheese	1 plate	1231	70	135	5	4	80	46	0.0	276	2177	50	4.5	111	23.5		*		*	*				*

Chicken & Waffles	1 plate	1216	49	59	8.4	14.2	85	17	0.2	202	1186	31	145	15	41	*	*		*	*				
Steak & Chips	1 plate	1078	48.5	58.4	4	2.6	67	14.3	0.1	110	2147	8	28	10.5	24		*		*	*				
Spinach & Mushroom Baked Penne	1 plate	1061	45.7	113	6	4.4	59	31.5	1	147	1662	52	30	7	11		*		*	*				*
Desserts																								
Whipped Cream	15 g	40	0.4	3	0	1	3	2	0.1	10	4	0	2	0			*							
Vanilla Ice Cream	1 scoop	120	1	17	1	11	6	3.5	0.2	20	40	60	0	44	0		*							
Salted Caramel Lava	1	573	6	84	3	56	26	4.5	0.3	46.5	326	3	0	0	15.5	*	*		*	*				
Warm Apple Crumble	1	520	4	88	4	60	16	10	0.4	40	90	20	8	0	20		*			*				
Crème Brulee Cheesecake	1	411	7	38	0	27	37	15	0.7	130	343	27	0	11	5	*	*			*			*	
Waffles & Ice Cream	1 serv	767	9.5	416	4	69	32	9	0.4	50	742	120	0	95	12.5	*	*		*	*	*			
Sides																								
French Fries	10 oz	678	6	68	4.8	2	43	4.3	0.0	0	1593	0	35	3	10									
French Fries	8 oz	598	5	54	4	1.6	40	3.8	0.0	0	1286	0	28	2.5	8.5									
Sweet Potato Fries	14 oz	752	4.4	74.94	4.5	24	48	4.7	0	0	716	84	32	9	9									
Gravy	4 fl oz	49	2.25	7.4	0	0	1111	0.7	0.0	0	665	0	0	0	0		*		*	*				
Onion Rings	12 oz	455	6.4	62	2.5	7	20	2.3	0.0	0	1346	0	0	0	0				*	*				
Roasted Sprouts	4 oz	145	6.5	13.5	7	4.5	8	0.5	0	0	34	12	145	10	9									
Tater Tots	12 oz	833	5.6	100	10	0	46	3.6	0.4	0	2000	0	15	11.5	14									
Sauces																								
sour cream, 5% MF	2fl oz	84	4	4	0	0	8	4	0.0	24	44	5.5	0	8	0		*							
wing dip	2 fl oz	183	1.5	3	0.3	1.6	19	1.6	0.2	22	350	0	0	3	2	*	*							
tartar sauce	2 fl oz	267	0.7	10	0	3.3	26	4	0.0	12	485	3	3	1.5	4	*	*		*					*
2017 Menu	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
plum sauce	2 fl oz	100	0.2	28	0	26	0	0	0.0	0	230	8	0	0	0									
sweet chili sauce	2 fl oz	105	0.2	28	0.4	9.5	0.05	0	0.0	0	573	1.5	0	0	0					*				
medium sauce	2 fl oz	45	0.4	12	0	10.5	0	0	0	0	900	0	0	0	0				*					*
chipotle mayo	2fl oz	152	2.8	1.2	0	0.2	40	5.4	0.6	24	314	0	0	0	0	*			*					*
salsa	2 fl oz	30	1	6	2	4	0.2	0	0	0	480	4	40	0	16									
guacamole	2fl oz	80	1	6	4	1	8	1	0.0	0	170	0	12	0	0									
40 creek BBQ	2fl oz	120	0.8	28	0	26	0.2	0	0	0	860	0	12	0	4									*
maple sriracha sauce	2 fl oz	22	0	5.4	0	5.4	0	0	0	0	46	0	0	0	0									
mango chutney	2fl oz	160	0	40	0	40	0	0	0	0	1000	16	8	0	0						*	*		
ghost pepper suicide	2 fl oz	6	0	1	0.4	0.4	0	0	0	0	1820	5	0	0	0									
Frank's hot sauce	2 fl oz	0	0	0	0	0	0	0	0	0	2280	24	0	0	0									
coleslaw	2 fl oz	320	0.4	8	0	8	32	6	0.4	20	420	0	0	0	0	*			*					*
honey garlic	2 fl oz	120	0.2	30	0	28	0	0	0	0	190	0	0	0	0				*	*				
pineapple jerk	2 fl oz	94	0.2	23.5	0	21.5	0	0	0	0	625	0	3	0	0				*					
hot cajun rub	2 Tbsp	0	0.8	8	0	0	0	0	0	0	520	0	0	0	0									
Nacho Add Ons																								
chorizo	2 oz	162	7.4	22.6	0.7	0.5	13.2	4	0	34	394	2	1	0	0									

spicy beef	4oz	395	33	5	1	3	26.5	8.5	0.0	102	706	37	14	7.5	28.5									
chicken breast, diced	4oz	112	25	0	0	0	1.4	0.14	0.3	119	532	3	0	3	3									*
Grilled Cheese Add Ons																								
bacon	2sl	87	6	0	0	0	7	2.2	0.0	17	369	0	0	0	1.5									
tomatoes	2sl	6	0.25	1.25	0.4	0.75	0	0	0	0	1.5	1	7	0	0									
Burger Add Ons																								
black bean burger	1	160	7	19	4	3	7	0	0	0	470	6	80	4	8				*	*				
turkey burger	1	220	29	2	0	1	11	2.5	0	0	640	3	0	2	15				*					*
burger	1	408	29	0	0	0	30	12	0	128	391	0	5	3	34									
provolone cheese	1 sl	98	7	0.6	0	0.15	7.5	4.8	0.0	19	245	6.5	0	2	1		*							
caramelized onions	1oz	33	2.3	3	0.4	1	1.75	0	0.0	0	270	0	3	2	3									
roasted red peppers	1oz	30	0.5	2	0.3	1	2	0	0.0	0	3	4	76	0	0									
blue cheese	1oz	88	5.5	0.5	0	0	7	5	0	19	349	5	0	12	1		*							
cheddar cheese	1oz	101	6	0.5	0	0	8.5	5.25	0.0	26	155	6.5	0	16	1		*							
goat cheese	1oz	67	4.5	0	0	0	5.5	3.7	0	11.5	92	7	0	3	3.5		*							
swiss cheese	1 sl	70	5	0	0	0	5	3.3	0.0	18	285	4	0	15	0		*							
monterey jack cheese	1 sl	104	7	0.2	0	0.14	8.5	5.3	0.0	25	17	5.5	0	19	1.5		*							
bacon	2 sls	130	9	0	0	0	10	3.3	0.0	26	554	0	0	0	2									
peameal bacon	2 sls	87	11	1	0	0	4	1.3	0	27	727	0	0	0	3									
2017 Menu	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
Brunch Menu, Total Plates																								
English Fry Up	1	1318	35	80	8	5.4	97	20	0.5	455	2572	32	38	14	56	*	*			*				
On The Dole	1	1180	41.4	73.5	7.25	3	80	21	0.4	459	2599	27	25	13	38.5	*	*			*				
Peameal and Egg Sandwich	1	484	33	32	3.2	3.5	25.5	8	0.2	417	1565	27	20	8	30	*	*			*				
Breakfast Tacos	1	775	48.4	60	3.3	1.7	59	26.5	0.0	489	1765	52	11	72	22	*	*			*				
Eggs Benedict	1	1090	37	81.3	6	8	67	20	0.2	360	2786	18.5	47	26	34	*	*		*	*			*	
Chicken & Waffle Benedict	1	1367	56	91	5.6	14	84.4	23	0.2	465	2509	27	45	20	45	*	*		*	*				
Mushroom and Swiss Omlette	1	1124	37.4	74.5	7.25	2	74.4	17.4	0.4	694	1951	37	23	43	36	*	*			*				
Belgium Waffles	1	808	10	135	5	81	25	4	0.0	32	989	3	21	13.5	28	*	*		*	*				
Breakfast Totchos	1	1242	47	120	9	2	92	30	0.3	343.5	2894	42	23	69	15	*	*							
Brunch Sides																								
Brunch Tots	6 oz	426	0	422.5	4.25	0	27.4	2.1	0.2	0	850	0	6.5	5	6									
Bangers	1	295	26.5	8.5	0.14	61	555	5	0.0	1.4	9	1	0	1	20					*				
Bacon	4 sls	260	18	0	0	0	20	6.6	0.0	52	1108	0	0	0	4									
Toast	1pc	160	6	26	3	1	3	0	0.0	0	230	0	0	2	10					*				

2017 Menu	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron		Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
Kids Menu																									
Grilled Cheese	1	575	38	27	3	2	56	39	1	188	1085	50	17	88	15			*			*				
Mac and Cheese	1	465	32.4	51.6	2.2	1.4	26.6	19.7	0	1102	659	24.5	0	64	18			*			*				
Grilled Chicken	1	116	20.5	1.6	0.6	0.6	1	0.1	0.2	97	457	10	5	3	2										*
Chicken Fingers	1	231	7.6	10	0.6	2.4	28	1	0	12	252	0	0	0	4						*				
Battered Fish	1	365	15	19	1	1	35	2.5	0	40	550	2	0	2	6				*		*				
Kids Brunch	1	534	13.6	29	2.8	0	40.4	8.2	0.2	211	1125	15	4.5	5.5	11		*	*							

The information presented is to be used as a guidline only. Figures are estimates based on our manufacturer's ingredient and nutritional declarations, the Canadian Nutrient Database and standard recipes. Preperation, recipes, ingredients and figures may change without notice and vary from location to location.