

<b>SWISS CHALET NUTRITION GUIDE</b>		SERVING SIZE (g)	ENERGY (Cal)	TOTAL FAT (g)	TOTAL FAT (% Daily Value)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (% Daily Value)	CHOLESTROL (mg)	CHOLESTROL (% Daily Value)	SODIUM (mg)	SODIUM (% Daily Value)	CARBOHYDRATE (g)	CARBOHYDRATE (% Daily Value)	FIBRE (g)	FIBRE (% Daily Value)	SUGAR (g)	PROTEIN (g)	VITAMINA (% Daily Value)	VITAMIN C (% Daily Value)	CALCIUM (% Daily Value)	IRON (% Daily Value)
<b>HEALTH CHECK™</b> (FOR MORE INFORMATION ABOUT HEALTH CHECK, SEE BACK PANEL)																						
Garden Salad (with 1 fl oz Fat-Free Raspberry Vinaigrette)	212	70	0	0	0	0	0	0	0	160	7	15	5	3	12	9	2	70	60	4	8	
Chicken on a Kaiser (white meat without skin and Sweet Kernel Corn and no Chalet Dipping Sauce)	420	630	9	14	2.5	0.1	13	135	45	960	40	77	26	8	32	8	64	0	4	6	30	
Quarter Chicken (white meat without skin, no roll, Fresh Vegetable Medley, Sweet Kernel Corn or Garden Salad with no dressing and no Chalet Dipping Sauce)	312	280	6	9	2	0.1	11	120	40	410	17	11	4	5	20	4	48	25	50	6	8	
Spinach Chicken Salad (with 1 fl oz Fat-Free Raspberry Vinaigrette, no Tortilla Strips)	386	270	5	8	1.5	0	8	100	33	460	19	20	7	5	20	11	39	180	90	10	20	
West Coast Salad with Chicken & 1.5 fl oz Tuscan Italian FF Dressing, No Feta	383	390	15	23	3	0	15	100	33	890	37	22	7	5	20	13	42	60	50	8	20	
Sweet Heat Salad with Chicken & 1.5 fl oz Lime Kiwi Dressing	436	440	17	26	2.5	0.2	14	100	33	940	39	37	12	6	24	23	40	110	60	15	20	
Fresh Vegetable Medley	170	50	0.4	1	0.1	0	1	0	0	70	3	11	4	5	20	4	3	25	50	6	6	
Side Garden Salad (without dressing)	110	20	0	0	0	0	0	0	0	15	1	5	2	2	8	2	1	30	30	2	4	
Fat-Free Raspberry Vinaigrette	30 ml	30	0	0	0	0	0	0	0	130	6	6	2	0	0	4	0	0	0	0	0	
Oven-Baked Potato	284	220	0	0	0	0	0	0	0	1	0	48	15	5	20	0	0	0	10	0	10	
Sweet Kernel Corn	170	140	1	2	0	0	0	0	0	45	2	30	10	5	20	5	5	0	4	0	4	
Kids Mini Chicken Sandwiches (2 sandwiches with Garden Salad with 1/2 fl oz Fat-Free Raspberry Vinaigrette, Milk and Apple Sauce)	627	540	13	20	5	0.2	26	115	38	690	29	69	23	3	12	36	40	45	70	35	30	
Kids Quarter Chicken (white meat without skin and Garden Salad with 1/2 fl oz Fat-Free Raspberry Vinaigrette, Milk and Apple Sauce)	619	450	11	17	5	0.3	27	140	47	540	23	37	12	2	8	33	54	45	70	30	10	
<b>STARTERS</b>																						
Garden Salad (without dressing)	180	40	0	0	0	0	0	0	0	35	1	9	3	3	12	5	2	70	60	4	8	
Caesar Salad (without dressing)	104	90	3	5	0.5	0	3	5	2	220	9	13	4	2	8	2	4	25	35	6	10	
Mediterranean Tomato & Cucumber Salad (without dressing)	266	150	10	15	3	0.1	16	10	3	690	29	11	4	2	8	5	4	15	35	6	4	
Chalet Chicken Noodle Soup (bowl)	341 ml	200	5	8	1.5	0.1	8	60	20	1050	44	18	6	2	8	3	20	8	2	4	8	
Chicken Spring Rolls (4 pieces)	159	510	27	42	3.5	0.5	20	85	28	490	20	47	16	1	4	5	20	20	10	4	4	
Seasoned Dry Ribs	294	990	86	132	26	0.5	133	225	75	2320	97	3	1	0	0	0	45	0	10	25		
Garlic Cheese Loaf	297	910	58	89	19	1	100	50	17	1200	50	73	24	5	20	4	26	20	10	40	40	
Garlic Loaf (without cheese)	240	700	40	62	7	0.4	37	0	0	790	33	73	24	5	20	4	13	4	10	4	40	
Cheese Perogies (7 pieces)	196	420	10	15	2	0.4	15	5	2	790	33	69	23	4	20	2	12	0	0	6	20	
Chalet Chicken Wings (8 pieces with mild sauce)	198	550	34	52	7	0.1	36	170	57	790	33	23	8	2	8	9	39	4	4	6	20	
Poutine	345	910	50	77	11	1	60	45	15	930	39	94	31	9	36	2	21	8	0	35	15	
<b>ROTISSERIE CHICKEN</b>																						
Quarter Chicken (white meat with skin)	156	290	11	17	3.5	0.1	18	140	47	330	14	0	0	1	4	0	48	0	0	2	2	
Quarter Chicken (white meat skinless)	142	220	6	9	2	0.1	11	120	40	340	14	0	0	0	0	44	0	0	0	0	2	
Quarter Chicken (dark meat with skin)	96	240	16	25	5	0.2	26	130	43	220	9	0	0	1	4	0	27	0	0	2	6	
Quarter Chicken (dark meat skinless)	77	160	8	12	2.5	0.1	13	100	33	180	8	0	0	1	4	0	22	0	0	4	4	
Half Chicken (with skin)	252	530	27	42	8	0.3	42	270	90	550	23	0	0	1	4	0	74	0	0	2	8	
Half Chicken (skinless)	218	380	14	22	4.5	0.1	23	220	73	520	22	0	0	1	4	0	67	0	0	4	6	
Double Leg (with skin)	193	490	31	48	10	0.3	52	260	87	440	18	0	0	1	4	0	53	0	0	2	10	
Double Leg (skinless)	153	320	16	25	5	0.2	26	200	67	370	15	0	0	1	4	0	45	0	0	6	8	
Chicken Pot Pie	417	560	32	49	9	0.3	47	95	32	1190	50	39	13	4	16	7	29	45	15	10	15	
<b>FROM THE GRILL</b>																						
1/3 Rack BBQ Ribs	148	430	28	43	11	0.3	57	115	38	440	18	11	4	1	4	7	31	2	0	4	15	
Half Rack BBQ Ribs	222	650	42	65	16	0.5	83	170	57	670	28	17	6	1	4	10	47	2	0	6	20	
Full Rack BBQ Ribs	444	1300	85	131	32	1	165	340	113	1330	55	34	11	2	8	20	93	4	0	10	40	
Classic Hamburger (without bun and garnishes)	165	490	38	58	17	1.5	93	125	42	1150	48	1	1	0	0	0	35	0	0	2	30	
Classic Hamburger (with bun)	250	710	39	60	17	1.5	93	125	42	1630	68	43	14	2	8	3	44	0	0	8	50	
Classic Bacon Cheese Burger (without bun and garnishes)	213	680	52	80	23	1.5	123	170	57	1760	73	4	1	0	0	0	48	6	0	15	35	
Classic Bacon Cheese Burger (with bun)	298	890	54	83	24	1.5	127	170	57	2240	93	46	15	2	8	3	56	6	0	20	50	
Veggie Burger (without bun and garnishes)	113	230	11	17	2	0	10	0	0	570	24	10	3	6	24	0	23	4	10	10	30	
Veggie Burger (with bun)	207	470	13	20	2.5	0	13	0	0	1110	46	57	19	8	32	3	32	4	10	15	50	
Striploin Steak	200	580	38	58	6	1	35	115	38	410	17	0	0	0	0	0	55	0	0	2	30	
<b>WRAPS &amp; SANDWICHES</b>																						
Classic Hot Chicken Sandwich (white meat)	420	520	11	17	3.5	0.1	18	135	45	1850	77	51	17	3	12	4	58	0	0	8	25	
Classic Hot Chicken Sandwich (dark meat)	420	610	21	32	7	0.2	36	205	68	1850	77	51	17	3	12	4	54	0	0	15	30	
Rotisserie Chicken Club Wrap	307	710	32	49	11	0.5	57	110	37	1450	60	57	19	3	12	4	49	15	8	20	30	
Chicken on a Kaiser (white meat)	250	480	8	12	2.5	0.1	13	135	45	910	38	47	16	2	8	3	58	0	0	6	25	
Chicken on a Kaiser (dark meat)	250	570	18	28	6	0.2	31	205	68	910	38	47	16	3	12	3	55	0	0	15	30	
Rotisserie Chicken Quesadilla (without salsa and sour cream)	310	640	29	45	13	0.5	68	70	23	1310	55	66	22	5	20	11	31	15	25	30	30	
Hickory Chicken Flatbread Sandwich	250	700	32	49	10	0.3	52	85	28	2020	84	70	23	3	12	7	36	10	0	25	25	
Southwest Chicken Flatbread Sandwich	269	710	37	57	11	0.4	57	85	28	1810	75	64	21	2	8	4	33	15	0	20	25	
<b>ENTRÉE PASTAS, SALADS, STIR FRYS &amp; FISH</b>																						
West Coast Salad with Chicken (without dressing)	367	460	21	32	7	0.2	36	115	38	970	40	21	7	5	20	13	47	60	50	15	20	
Sweet Heat Salad with Chicken (without dressing)	391	340	9	14	2	0	10	100	33	600	25	30	10	6	24	18	40	110	50	15	20	
Grilled Chicken Caesar Salad (without dressing)	350	420	11	17	3.5	0.1	18	110	37	910	38	38	13	4	16	12	45	45	70	10	25	
Spinach Chicken Salad (without dressing)	383	410	16	25	3	0.5	18	100	33	530	22	28	9	6	24	7	41	180	90	10	20	
Vegetable Stir Fry (without rice and chicken)	348	590	31	48	2.5	0.5	15	5	2	1340	56	74	25	6	24	46	9	35	60	10	25	
Add on Jasmine Rice	227	380	1	2	0.2	0	1	0	0	300	13	85	28	2	8	1	8	0	0	6	25	
Add on Chicken	113	200	8	12	2.5	0.1	13	120	40	270	11	0	0	0	0	0	35	0	0	2	4	
Fish (1 piece)	89	230	13	20	2	0.1	11	30	10	390	16	14	5	0	0	0	11	2	0	2	4	
Fish & Chips (1 piece Fish with Fries, Tartar Sauce and Coleslaw)	415	1240	79	122	8	0.5	43	55	18	1230	51	108	36	10	40	6	23	10	25	8	20	
Fish (2 pieces)	178	450	27	42	3.5	0.2	19	60	20	790	33	29	10	0	0	0	23	4	0	4	10	
Fish & Chips (2 pieces of Fish with Fries, Tartar Sauce and Coleslaw)	505	1460	92	142	10	1	55	85	28	1630	68	122	41	10	40	6	34	10	25	10	25	
Pasta - Pesto Penne	509	990	51	78	16	0.4	82	45	15	1520	63	113	38	8	32	11	25	15	20	30	40	
Pasta - Spicy Chipotle Linguine	523	790	33	51	13																	