



NUTRITIONAL GUIDE

BREAKFAST

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
5 GRAIN OATMEAL	Mixed Fruit	501	500	9	0.5	0	0	210	97	16	60	9	55	5	24	11
BIG DENVER OMELETTE	Only	418	640	48	14	0.5	775	1050	10	1	5	44	35	60	45	30
BRAISED BEEF BENNY	Only	257	490	35	15	0.5	350	860	17	1	2	25	0	0	15	35
CHARRED TOMATO & SPINACH BENEDICT	Only	429	610	42	13	1	395	1130	33	3	8	20	30	80	20	40
CHEESESTEAK HASH	No Toast	542	1014	71	29	1.8	573	2163	48	3	9	47	34	122	57	26
CLASSIC BENEDICT	Only	264	471	27	12	0.6	419	1199	32	1	2	25	11	0	23	20
NAT'S HEARTY BREAKFAST (no smashbrown potatoes; no protein)	With Toast	210	478	21	7	0.3	387	628	51	0	2	23	14	2	12	32
Choice of protein	Bacon	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
	Back Bacon	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
	Sausage	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
NAT'S PANCAKES	Strawberry Topping & Whipped Cream	434	730	10	4	0	25	1680	145	2	60	17	15	90	20	40
NAT'S WAFFLE	Strawberry Topping & Whipped Cream	362	590	9	4	0	20	1260	118	2	53	13	10	90	15	30
PRAWN & AVOCADO BOWL	Only	454	830	57	20	0.5	535	1280	42	8	4	31	25	30	15	35
THE BC SUNNY START	Only	243	581	34	10	0.4	234	1072	49	1	13	25	26	18	23	21
	Without Sauce	210	461	23	9	0.3	225	817	44	1	9	24	24	15	22	20
TURKEY & AVOCADO BREAKFAST WRAP	Pico de Gallo	424	970	61	19	0.5	435	1720	59	5	2	42	25	25	24	99

ON THE SIDE

BACK BACON	3 Slices	60	60	3	0	0	15	770	0	0	0	10	0	0	0	0
BACON	4 Slices	25	121	10	3	0	28	399	0	0	0	9	0	0	0	2
SAUSAGE	3 Links	171	420	36	12	0	90	1050	6	0	0	21	0	0	6	12
SIDE OF SMASHBROWN POTATOES		113	324	22	2	0.5	64	282	32	0	3	3	0	52	1	4
SHREDDED HASHBROWNS		50	220	7	4.5	0	20	420	32	2	0	2	6	2	25	0
SIDE OF FRUIT		170	82	0.2	0	0	0	1	22	4	16	1	1	71	3	2
SIDE OF SCRAMBLED EGGS		122	215	17	4	0.2	444	255	1	0	1	14	15	0	7	14
SUBSTITUTE EGG WHITES		113	57	0	0	0	0	181	0	0	0	11	0	0	0	0
ENGLISH MUFFIN	Buttered	72	191	7	4	0.2	15	306	28	1	1	5	4	0	15	10
WHITE TOAST	2 slices, Buttered	114	362	15	8	0.5	31	531	50	0	2	10	7	2	6	22
SOURDOUGH TOAST	2 slices, Buttered	114	362	13	8	0.5	31	651	52	0	2	8	7	0	8	24
MULTIGRAIN TOAST	2 slices, Buttered	124	388	17	8	0.5	31	487	53	7	1	9	7	0	7	18

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

SNACK & SHARE

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
CHEESY BACON PEROGIES		333	560	24	9	0.5	35	1090	72	3	10	16	25	15	20	20
CHICKEN WINGS	No Sauce	300	609	42	12	0.3	328	1698	0	0	1	58	0	0	5	12
CLAM CHOWDER	Bowl (10 fl oz) 1 Pack of Crackers	345 6	276 25	9 0.5	0 0.2	0 0.3	52 0	724 45	28 5	3 0.2	7 0	21 1	69 0	69 0	7 0	103 2
COCONUT PRAWNS	Pineapple Sambal	207	370	17	15	0	70	1350	40	2	16	13	0	40	6	10
CRISPY TOFU		216	570	45	7	0.2	10	700	16	7	6	30	0	15	50	60
DIPPIN' CHICKEN	No Sauce Add Half Caesar	217 136	450 243	18 18	2 3	0 0	67 27	917 409	28 14	7 2	8 1	35 6	2 151	1 8	1 11	13 34
MINI YORKIES		218	410	21	9	0.2	70	560	34	3	3	18	0	0	7	30
ONION RINGS	No Sauce	205	610	38	2.5	1	0	650	63	2	5	7	0	0	0	6
SOUTHWEST CHICKEN QUESADILLA	Only Sour Cream Pico de Gallo	296 28 6	700 42 15	26 3 0	10 3 0	0.1 0.1 0	105 8 0	2220 17 300	57 8 3	3 0.1 0	3 0.1 2	57 2 0	10 2 3	0 2 3	48 3 1	88 0 3
SWEET POTATO FRIES	No Sauce	304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
THE SPOT'S POUTINE		374	585	35	12	0.9	60	1033	48	4	2	20	14	32	46	12
THE SPOT'S ZOO STICKS	No Sauce	456	786	28	2	0.1	0	701	102	9	9	29	12	88	15	48
VEGGIE BEEF	Bowl (10 fl oz) 1 Pack of Crackers	306 6	138 25	4 0.5	1 0.2	0 0.3	13 0.0	975 45	23 5	3 0.2	3 0	6 1	44 0	19 0	5 0	5 2
SAUCES & DIPS 1.5 fl oz portions	Honey Mustard	45	225	20	2	0	26	315	12	0	5	0	0	0	0	0
	Plum Sauce	43	71	0	0	0	0	213	18	0	12	1	3	2	1	0
	BBQ Sauce	45	316	.1	0	0	0	519	17	.5	16	.5	5	4	1	2
	Chipotle Mayo	45	300	33	3	0	15	120	3	0	3	0	0	0	0	30
	Zoo Dip	40	94	9	3	0	19	81	1	0	1	.4	3	0	2	8
Frank's Red Hot	45	0	0	0	0	0	1710	0	0	0	0	0	0	0	0	

SANDWICHES & MORE

CHICKEN CAESAR WRAP	Only	350	681	34	5	0.1	100	1806	57	5	4	40	159	26	32	58
NAT'S LOADED BEEF DIP	Only	393	700	25	14	0	45	3020	70	2	0	44	10	0	30	50
NAT'S ORIGINAL BEEF DIP	Only	362	560	14	8	0	20	2790	66	2	0	38	0	0	8	45
THE WHITE SPOT CLUB	Only Without Sauce	372 295	889 555	45 12	6 1	0.3 0	27 0	1953 1339	85 78	3 1	9 5	38 36	11 10	28 20	11 10	41 39
TOASTED SHRIMP SANDWICH	Only Without Sauce	297 252	578 361	26 4	4 1	0.2 0	174 156	1579 1237	54 50	3 2	8 6	32 31	1 0	9 5	15 15	26 25
ADD HALF CAESAR		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
ADD HALF SPOT SALAD		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
ADD PLATTER (FRIES & COLESLAW)		292	444	26	2	0.1	5	234	49	6	7	6	2	69	2	21

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

OUR FAMOUS BURGERS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
AVOCADO IMPOSSIBLE™ BURGER	Only Vegan - GF Bun & No Ranch	352 313	600 520	31 10	12 0	0.1 0	20 0	970 800	55 54	3 8	11 9	29 23	8 0	25 15	20 20	120 35
BACON CHEDDAR BIGGER BURGER	Only	363	1076	72	22	0.5	167	1218	55	2	11	49	15	15	24	38
BC CHICKEN BURGER	Only	375	791	41	9	0.5	112	1214	58	3	12	44	16	20	24	25
BRIE & MUSHROOM VEGGIE BURGER	Only	431	840	50	11	0.5	65	1100	76	7	14	28	20	25	35	30
CRISPY FISH BURGER	Only	339	650	35	5	0.4	60	1030	62	2	15	29	20	50	10	40
DOUBLE DOUBLE	Only	420	1218	82	28	0.7	222	1720	60	2	11	57	10	16	31	44
PACIFIC NORTHWEST STEELHEAD BURGER	Only	315	689	38	5	0.3	84	711	52	2	9	35	24	17	9	32
MONTY MUSHROOM BIGGER BURGER	Only	379	1040	69	22	0.3	165	890	56	3	12	46	9	17	24	39
TEX MEX CHICKEN BURGER	Only	418	1100	61	14	0.5	155	2230	77	2	18	43	10	40	25	70
THE LEGENDARY BURGER	Only	238	781	49	13	0.3	104	850	53	2	10	29	3	3	8	32
ADD CLASSIC PLATE		287	414	28	4	0.1	72	526	31	3	5	11	157	42	14	43
ADD COLESLAW	1 Scoop	76	110	9	0.7	0	5	69	7	2	5	1	2	38	3	9
ADD FRIES		217	334	17	1	0.1	0	165	42	4	2	5	0	32	3	12
ADD HALF CAESAR		136	243	18	3	0	27	409	14	2	1	6	151	8	11	34
ADD HALF SPOT SALAD		75	104	10	0.7	0	0	150	4	0.9	2	2	68	8	3	4
ADD SIDE OF MASHED POTATOES		435	405	15	9	0.3	49	585	69	8	10	12	12	115	13	16
ADD SWEET POTATO FRIES		304	671	38	1	0.1	0	538	78	10	30	7	372	51	7	7
ADD TOPPINGS	Cheese – 1 Slice	21	69	5	3	0	16	357	2	0	0.1	4	4	0	11	0
	Bacon – 2 Slices	13	60	5	2	0	17	199	0	0	0	4	0	0	0	0
	Mushrooms, Sautéed	28	17	1	0.6	0	3	8	1	0.4	0.7	1	1	1	0	1
	Gravy	130	38	0.9	0.6	0	0	608	6	0	0	2	0	0	0	0
GLUTEN FRIENDLY BUN		80	210	5	0.5	0	0	310	42	3	6	1	0	0	4	4
SAUCES & DIPS 1.5 fl oz portions	Triple O Sauce	50	223	22	3	0.2	18	348	6	0.6	4	0.7	2	3	1	11
	Honey Mustard	45	225	20	2	0	23	315	12	0	5	0	0	0	0	0
	Chipotle Mayo	45	300	33	3	0	15	120	3	0	3	0	0	0	0	30

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

PIRATE PAKS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (% DV)	Calcium (%DV)	Iron (%DV)
PIRATE CHICKEN TENDERS		130	270	10.9	1	0	40	550	17	4	5	21	0	0	0	6
PIRATE FISH		101	106	2	0.2	0	44	238	5	0	0	15	1	0	1	2
PIRATE GRILLED CHEESE		140	353	17	10	0.4	48	1160	34	0	2	14	4	0	28	1
PIRATE HOOK BACON	With Fruit & Toast	195	298	12	4	0.1	194	414	36	2	9	14	8	36	7	17
PIRATE HOOK SAUSAGE	With Fruit & Toast	246	408	21	8	0.1	224	664	38	2	9	19	8	36	9	21
PIRATE HAMBURGER		242	780	49	13	0.3	104	900	53	2	10	29	2	3	7	32
PIRATE MAC & CHEESE		285	450	17	8	0.5	35	440	61	2	6	17	25	0	20	6
PIRATE SPAGHETTI & MEAT SAUCE	No Bread	340	130	9	1.5	0	15	680	7	3	7	11	8	35	0	15
ADD APPLE SLICES	3 oz	85	40	0.1	0	0	0	3	10	0	10	0.3	1	9	0	0
ADD CHOCOLATE GOLD COIN		5	26	1	0.9	0	0.9	6	3	0.1	3	0.4	0	0	0	0
ADD FRENCH FRIES	3 oz	93	143	7	0.5	0	0	67	18	2	1	2	0	0.1	1	5
ADD GRAPES	3 oz	85	59	0.1	0	0	0	2	15	0.8	13	0.6	1	15	1	2
ADD PIRATE CAESAR SALAD		68	122	9	2	0	14	205	7	0.9	0.5	3	75	4	5	17
ADD PIRATE TOSSED SALAD		59	63	5	0.4	0	5	49	3	0.7	2	1	51	5	2	8
ADD STEAMED BROCCOLI	3 oz	85	35	1	0.4	0	2	35	6	2	1	2	11	126	4	3
ADD STEAMED CARROTS	3 oz	86	40	0.8	0.4	0	2	65	8	2	1	0.8	285	8	3	1
ADD SWEET POTATO FRIES	3 oz	130	307	19	0.7	0.1	0	199	33	4	13	3	156	21	3	3
ADD VEGGIES & DIP	With Zoo Dip	98	81	6	2	0	12	96	5	1	3	0.8	99	5	4	6

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

GREENS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
CAESAR SALAD	No Bread	273	487	37	6	0.1	54	819	28	4	2	12	301	15	21	67
SOUTHWEST CHICKEN SALAD		692	1100	81	17	0.2	145	2160	55	14	15	42	110	160	35	90
THAI CHICKEN SALAD		550	550	31	11	0.2	80	1520	36	8	21	31	120	160	12	19
THE SPOT'S SALAD	No Bread	155	231	21	2	0	0	308	11	2	6	4	136	16	7	9
ADD CHARGRILLED CHICKEN		114	134	3	0.7	0	73	170	0.1	0	0	24	1	2	1	2
ADD BAKED STEELHEAD		147	290	19	5	0	70	280	0	0	0	28	20	10	4	4
ADD GARLIC PRAWNS		139	220	15	6	0	260	590	0	0	0	21	8	0	10	15

PASTA & BOWLS

CHARRED TOMATO & GARLIC PRAWN SPAGHETTI	No Bread	748	1220	49	13	0	270	1900	143	9	9	52	20	0	35	70
SPINACH & MUSHROOM FETTUCCINE ALFREDO	No Bread	499	1420	73	43	3.5	175	1040	156	8	17	40	70	15	45	50
PRAWN PANANG CURRY		672	720	25	21	0	330	1260	88	3	13	41	120	180	14	25
SPAGHETTI BOLOGNESE	No Bread	757	1040	43	19	1.5	90	1660	124	10	17	35	40	90	35	50
TERIYAKI CHICKEN RICE BOWL		841	950	11	1.5	0	80	2880	161	5	54	51	120	200	0	50
SIDE OF GARLIC BREAD	With Garlic Butter	70	196	6	4	0.2	15	381	29	1	0.5	6	4	0	1	15
ADD CHARGRILLED CHICKEN		114	134	3	.7	0	73	170	0.1	0	0	24	1	2	1	2
ADD BAKED STEELHEAD		147	290	19	5	0	70	280	0	0	0	28	20	10	4	4
ADD GARLIC PRAWNS		139	220	15	6	0	260	590	0	0	0	21	8	0	10	15

*Portion size ordinarily served to the guest



NUTRITIONAL GUIDE

SPOT CLASSICS

		*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
BABY BACK RIBS	Full Rack Half Rack	834 547	2570 1550	175 98	59 31	0.1 0.1	630 320	3450 2290	109 93	3 3	41 27	133 72	0 0	35 35	25 15	90 60
CAJUN CHICKEN DINNER		555	1000	68	24	0.3	190	2470	47	6	11	48	25	160	20	50
CAJUN CHICKEN & RIBS		733	1900	121	36	0.3	430	3400	93	3	27	108	0	35	15	70
CHICKEN, BROCCOLI & CHEESE	With Rice	673	1323	81	21	1	95	1876	100	3	5	49	88	97	33	34
FISH & CHIPS	Fries & Coleslaw Side Tartar	477 38	1140 190	62 20	15 1.5	0.3 0	85 15	770 210	100 3	2 0	7 0	47 1	0 35	40 6	10 0	50 20
OVEN ROASTED SALMON		526	720	45	17	0.1	135	1590	36	6	5	42	20	130	12	14
SIRLOIN STEAK DINNER		477	280	54	24	0.2	175	1700	33	5	3	47	20	130	11	34
TRADITIONAL TURKEY DINNER		856	870	28	14	0	160	3310	100	9	31	56	50	130	0	35
ADD PLATTER (FRIES & COLESLAW)		292	418	23	2	0.1	4	289	48	6	6	6	2	68	6	14
ADD GARLIC MUSHROOMS		133	150	15	6	0	25	370	4	1	2	4	3	5	1	4
ADD GARLIC PRAWNS		139	220	15	6	0	260	590	0	0	0	21	4	0	8	11

*Half rack of ribs is cooked with 1 fl oz of sauce and comes with sauce on the side (1 fl oz). Full rack of ribs is cooked with 2 fl oz of sauce and comes with sauce on the side (1 fl oz).

DESSERTS

APPLE PIE	With Ice Cream	417	1040	47	23	0.1	20	440	152	4	87	9	0	10	0	30
PEANUT BUTTER FUDGE CHEESECAKE		186	740	54	22	0.4	175	230	60	1	53	10	0	0.1	8	19
PUMPKIN PIE		272	820	47	22	0	15	610	96	3	43	10	0	0	10	20
WHITE SPOT BERRY CHEESECAKE	With Strawberry Topping & Whipped Cream	282	890	47	27	1	195	690	108	2	60	11	60	20	10	8

BEVERAGES

COCA-COLA, COKE, SODA	12 fl oz	360	210	0	0	0	0	68	59	0	59	0	0	0	1	0
NAT'S BEST SHAKES IN TOWN	Small Large	194 411	288 648	14 28	9 17	0.4 0.8	51 100	102 204	35 90	0 0	29 75	3 6	17 33	0 0	19 38	0 0

*Portion size ordinarily served to the guest