

KELSEYS original ROADHOUSE Nutrition Guide

	Serving Size (g)	Energy (cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Sat. & Trans Fat (% DV)	Cholesterol (mg)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrates (g)	Carbohydrates (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)
Share the Love (without Sides)																				
Four Cheese Spinach Dip (without Pita)	198 g	370	31	48	20	1	105	100	820	34	8	3	2	8	4	14	100	35	20	8
Pita Baked	225 g	530	5	8	0	0	0	0	650	27	103	34	5	20	3	15	0	15	25	40
Pita Fried	234 g	870	33	51	2.5	0.3	14	0	730	30	122	41	7	28	5	24	0	0	20	70
Soup: Broccoli Cheddar	310 mL	190	10	15	5	0.1	26	25	1070	45	18	6	5	20	5	10	6	20	25	2
Side: Bread - 1 pc	28 g	190	10	15	4	0.2	19	12	340	14	19	6	1	3	1	8	3	1	9	5
Soup: Roasted Red Pepper & Tomato	300 mL	650	35	54	23	1	120	115	2170	90	59	20	3	12	16	22	70	35	35	20
Burly Beef Chili w/ Garlic Twist	384 g	720	40	62	16	1	85	105	1940	81	49	16	9	36	9	43	35	20	25	50
Say Cheese Garlic Twists	319 g	960	50	77	18	1	95	60	1700	71	93	31	4	16	4	38	15	6	45	25
Side: Tomato Sauce	60 ml	30	1.5	2	0.2	0	1	0	160	7	3	1	0	0	2	1	6	6	0	0
Roadie's Fave Fried Pickles	85 g	220	12	18	1	0.1	6	0	600	25	25	8	2	8	1	4	0	0	2	6
Smokin' Cajun Dip	60 mL	120	10	15	2	0.1	11	5	460	19	5	2	0	0	2	2	2	2	4	0
Popcorn Shrimp	227 g	580	30	46	2	0.5	13	145	1360	57	54	18	2	8	2	25	8	4	6	20
Sweet & Spicy Thai Sauce	60 mL	140	0.1	1	0	0	0	0	810	34	34	11	1	4	30	0.3	0	2	0	2
Classic Calamari	467 g	650	15	23	2.5	0.1	13	535	730	30	83	28	5	20	6	45	20	90	15	40
Side: Sundried Tomato Aioli	60 mL	120	9	14	1	0	5	0	330	14	8	3	2	8	3	2	0	0	0	0
Buffalo Chicken Potato Skins	458 g	1080	77	118	23	1.5	123	120	2260	94	64	21	7	28	8	34	30	35	45	25
Cheese and Bacon Potato Skins	365 g	960	69	106	25	1.5	133	100	1010	42	56	19	6	24	3	33	25	30	60	25
Quesadilla	402 g	920	52	80	25	1.5	133	130	1800	75	64	21	5	20	9	54	40	130	80	30
Flat Pan Nachos	960 g	2600	146	225	60	3	315	255	4910	205	234	78	24	96	22	103	120	170	230	40
With Beef Chili	1186 g	2950	165	254	67	3.5	353	315	6000	250	257	86	30	120	28	126	140	190	240	70
Mac & Cheese Amazeballs	373 g	1020	55	85	70	1.5	358	230	2640	110	90	30	4	16	6	39	40	30	70	30
Buffalo Cauliflower Bites	520 g	890	47	72	8	0.1	41	10	8150	340	104	35	9	36	14	16	0	190	15	60
Chicken Wings (non-breaded) -Snack (5 pieces, no sauce)	71 g	200	11	17	2.5	0.1	13	100	190	8	2	1	1	4	0	22	2	0	0	4
Chicken Wings (non-breaded) -Regular (10 pieces, no sauce)	142 g	390	23	35	5	0.1	26	195	380	16	4	1	1	4	0	44	2	0	2	8
Chicken Wings (non-breaded) -Large (15 pieces, no sauce)	213 g	590	34	52	7	0.2	36	295	580	24	6	2	2	8	0	66	4	0	2	10
Breaded Chicken Wings -Snack (5 pieces, no sauce)	89 g	280	17	26	3	0.1	16	110	150	6	6	2	1	4	0	27	2	0	2	8
Breaded Chicken Wings -Regular (10 pieces, no sauce)	178 g	560	33	51	6	0.3	32	225	300	13	13	4	2	8	0	54	2	0	2	15
Breaded Chicken Wings -Large (15 pieces, no sauce)	267 g	840	50	77	9	0.4	47	335	450	19	19	6	3	12	0	81	4	0	4	25
Mild Sauce	60 mL	110	5	8	1	0	5	0	890	37	16	5	1	4	14	1	0	0	0	2
Medium Sauce	60 mL	110	5	8	1	0	5	0	1150	48	15	5	0	0	13	0.4	0	0	0	2
Hot Sauce	60 mL	90	5	8	1	0	5	0	1110	46	9	3	1	4	7	1	0	0	0	4
Classic BBQ Sauce	60 mL	130	0.1	1	0	0	0	0	630	26	30	10	1	4	25	1	0	0	10	15
Sweet & Spicy Thai Sauce	60 mL	140	0.1	1	0	0	0	0	810	34	34	11	1	4	30	0.3	0	2	0	2
Honey Garlic Sauce	60 mL	140	0	0	0	0	0	0	360	15	32	11	0	0	28	1	0	0	0	2
Apple Butter BBQ Sauce	60 mL	130	0.5	1	0.1	0	1	0	400	17	32	11	0	0	29	0.4	0	15	2	6
Sea Salt and Toasted Pepper w/butter	25 mL	110	12	18	7	0.5	38	30	830	35	3	1	1	4	0	1	10	2	2	8
Celery and Carrot Sticks	75 g	20	0.2	1	0	0	0	0	55	2	5	2	2	8	3	1	70	6	2	2
Asian Sesame Salad - App	158 g	190	11	17	1	0.1	6	0	400	17	21	7	3	12	16	3	35	25	6	8
Caesar Salad - App	182 g	370	34	52	4.5	0.3	24	35	360	15	11	4	3	12	2	5	100	15	6	10
Beet & Goat Cheese Salad - App	165 g	120	7	11	2	0.1	11	15	400	17	12	4	2	8	9	4	35	15	4	8
House Salad, no dressing - App	149 g	25	0.3	1	0	0	0	0	15	1	5	2	2	8	2	2	40	15	4	8
Sonoma Salad - App	239 g	340	27	42	4.5	0.2	24	10	440	18	20	7	4	16	9	8	60	90	8	15
Chicken Fingers - Birthday Suit (5 pieces, no sauce)	182 g	460	23	35	2.5	0.2	14	95	840	35	31	10	4	16	0	33	0	0	4	15
Chicken Fingers - Cool Ranch Doritos	273 g	760	44	68	6	0.2	31	105	1730	72	58	19	5	20	7	36	0	0	6	15
Chicken Fingers - Butter Chicken	346 g	880	52	80	12	0.5	63	190	1460	61	52	17	8	32	1	54	15	2	10	25
Serious Salads (without topper)																				
Caesar Salad	290 g	600	55	85	9	0.4	47	60	660	28	19	6	4	16	3	12	150	20	15	20
Caesar Salad - Side /with	139 g	280	25	38	3.5	0.2	19	25	290	12	10	3	2	8	1	4	70	10	4	8
Sonoma Salad	401 g	650	52	80	9	0.5	48	20	840	35	35	12	7	28	16	14	90	140	15	25
Sonoma Salad - Side/with	182 g	330	27	42	4.5	0.2	24	10	440	18	18	6	3	12	7	7	40	50	8	15
Asian Sesame Salad	245 g	320	19	29	1.5	0.2	9	0	680	28	36	12	5	20	27	5	45	40	10	10
Asian Sesame Salad - Side/with	130 g	180	11	17	1	0.1	6	0	390	16	20	7	3	12	15	3	25	20	4	6
Beet & Goat Cheese Salad	301 g	230	13	20	4.5	0.3	24	30	790	33	24	8	4	16	18	8	60	20	8	15
Beet & Goat Cheese Salad - Side/with	165 g	120	7	11	2	0.1	11	15	400	17	12	4	2	8	9	4	35	15	4	8
House Salad - (without dressing)	241 g	40	0.5	1	0.1	0	1	0	25	1	9	3	4	16	4	3	60	30	6	10
House Salad - side/with (without dressing)	120 g	20	0.2	1	0	0	0	0	10	1	4	1	2	8	2	1	30	15	2	6
Chicken Breast (topper)	114 g	110	2	3	0.4	0	2	60	480	20	2	1	0	0	2	21	0	4	2	4
Chicken Breast for Asian Sesame Salad (topper)	125 g	150	5	8	0.5	0	3	60	850	35	5	2	1	4	4	22	0	4	4	8
Salmon (topper)	170 g	300	19	29	3	0	20	90	909	38	2	2	0	0	0	26	3	10	3	3
Burly Burgers (with garnishes, without sides)																				
All Day Breakfast Burger w/ACE Bakery bun	369 g	880	51	78	22	1	115	390	1140	48	68	23	4	16	6	37	30	15	30	40
Ultimate Bacon & Cheese Burger w/ACE Bakery bun	365 g	820	53	82	22	1	115	220	1420	59	47	16	3	12	5	38	15	8	15	35
Peppercorn Swiss Burger w/ACE Bakery bun	363 g	940	59	91	24	1	125	215	1100	46	58	19	4	16	6	43	30	20	50	45

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Burger 101 w/ACE Bakery bun	308 g	680	42	65	16	0.5	83	185	850	35	45	15	3	12	5	29	15	8	6	35
The Appy Burger	276 g	740	43	66	20	1.5	108	140	1240	52	54	18	4	16	4	33	30	15	20	35
The Buffalo Finger Burger	414 g	1130	65	100	21	1.5	113	180	2870	120	87	29	5	20	27	51	15	2	20	40
Choice: Beef Patty - 1 each	58 g	130	9	14	3.5	0	18	40	85	4	0	0	0	0	0	11	0	0	0	8
Choice: Veggie Patty -1each	160 g	310	18	28	11	0	55	0	270	11	14	5	10	40	3	26	0	0	4	30
Choice: ACE Bakery Bun	80 g	220	4	6	1	0	5	80	420	18	40	13	2	8	3	6	0	0	4	15
Choice: Gluten Free Bun	85 g	250	9	14	5	0.1	26	0	570	24	40	13	2	8	5	5	0	8	2	2
Two-Handed Sammies (without sides)																				
Messy Fish	363 g	800	47	72	10	1	55	185	1440	60	70	23	5	20	14	25	20	35	8	25
BBQ Chicken Club	405 g	780	34	52	11	0.5	57	185	2100	88	84	28	3	12	35	34	15	30	15	30
Gimme Grilled Cheese & Bacon	456 g	980	44	68	22	1.5	118	105	1950	81	104	35	6	24	11	42	25	15	60	40
Buff'd Up Chicken Caesar Wrap	387 g	900	47	72	8	0.5	43	80	1900	79	87	29	7	28	14	34	80	10	15	40
Bring It On Buffalo Chicken	386 g	880	45	69	9	0.5	48	190	2260	94	83	28	6	24	15	38	8	8	8	30
Lunch: ½ BBQ Chicken Club Sandwich f/ Trio	269 g	530	17	26	6	0.3	32	55	1550	65	70	23	3	12	19	23	8	20	10	25
Lunch: Grilled Cheese & Soup Combo	360 mL	1050	54	83	34	1.5	178	170	3160	132	100	33	4	16	20	40	90	45	60	30
Pasta Picks																				
Old School Mac & Cheese	521 g	1130	68	105	34	2	180	155	2520	105	83	28	4	16	4	40	10	2	90	20
Alfredo Chicken Pasta	687 g	1060	43	66	13	1	70	135	1780	74	112	37	10	40	19	53	40	80	25	35
Thai Chicken Curry Bowl	721 g	890	41	92	18	0.4	92	105	3320	138	88	29	4	16	22	48	45	190	20	40
Thai Shrimp Curry Bowl	670 g	930	53	82	19	0.4	97	215	3230	135	85	28	4	16	20	32	45	190	20	35
Gluten Free Tomato Basil Penne	479 g	790	35	54	7	0.5	38	30	1110	46	103	34	7	28	9	17	80	110	15	20
Gluten Free Tomato Basil Penne w/Chicken	608 g	960	41	63	9	0.5	48	95	1770	74	108	36	8	32	12	40	90	150	20	25
Roadhouse Faves																				
Fork in the Road Chicken Fajita	521 g	580	29	45	4	0.4	22	125	1220	51	36	12	6	24	16	46	20	180	8	30
Fork in the Road Veggie Fajita	430 g	370	26	40	3.5	0.4	20	0	570	24	32	11	7	28	13	6	50	290	15	20
Salt & Vinny Fish & Chips (only fish, 1 pc)	116 g	330	22	34	1.5	0.2	9	65	420	18	16	5	1	4	0	17	0	0	2	4
Salt & Vinny Fish & Chips (only fish, 2 pcs)	232 g	650	44	68	3.5	0.4	20	130	840	35	32	11	3	12	0	35	0	0	2	8
Coleslaw	115 g	100	5	8	0.4	0.1	3	0	600	25	13	4	2	8	10	1	15	50	4	4
Tartar Sauce	60 mL	160	12	18	1	0.2	6	20	480	20	10	4	0	0	8	0.4	0	0	0	0
Fries	227 g	560	24	37	2	0.1	11	0	370	15	82	27	9	36	0	9	0	0	2	20
Chicken Parm w/Tomato Sauce	616 g	1000	34	52	8	0.4	42	115	1960	82	114	38	7	28	13	59	25	20	35	35
Chicken Parm w/Alfredo Sauce	649 g	1090	43	66	15	0.5	78	155	2210	92	115	38	6	24	12	60	25	50	40	35
Balsamic Chicken w/Mashed potato, veg & sauce	657 g	770	42	65	6	0.5	33	135	2260	94	50	17	6	24	13	49	70	130	10	20
Chicken Fried Chicken w/Mashed potatoes, sauce & veg	616 g	700	31	48	7	0.5	38	90	2910	121	70	23	7	28	8	36	70	140	15	30
Chicken Fried Butter Chicken with rice, veg and naan	635 g	1070	54	83	17	1	90	135	2460	102	108	36	8	32	9	41	90	130	15	40
Lemon Pepper Salmon with Rice and Veg	543 g	870	53	82	8	0.4	42	110	2030	85	56	19	4	16	4	44	70	150	10	20
Ribs, Full rack w/BBQ sauce	372 g	1070	60	92	21	0.3	107	350	1370	57	41	14	5	20	31	91	15	0	30	50
Ribs 1/2 rack w/BBQ sauce	230 g	660	38	58	13	0.2	66	220	840	35	25	8	3	12	19	57	8	0	15	30
Ribs & Breaded Wings (w/medium wing sauce) combo w/Mashed Potato, coleslaw	762 g	1960	129	198	42	0.2	211	445	2750	115	82	27	7	28	19	117	25	15	20	80
Classic Sirloin Steak (no sides/topper)	200 g	400	26	40	10	0	50	125	550	23	2	1	1	4	0	38	0	2	2	40
Creemore Mushroom Sirloin	286 g	510	35	54	10	0.2	51	125	960	40	6	2	1	4	3	40	0	6	2	35
Chipotle Shrimp Sirloin	213 g	680	45	69	16	0.2	81	280	1370	57	14	5	2	8	5	49	10	42	17	46
Seasonal Vegetables	146 g	50	2	3	0.4	0	2	0	60	3	8	3	3	12	3	3	70	110	4	6
Kids' Meals (without sides & dips)																				
Pasta (Tomato Sauce)	239 g	340	6	9	2	0.1	11	5	510	21	57	19	3	12	6	13	10	10	6	15
Pasta (Alfredo)	263 g	400	13	20	7	0.3	37	35	700	29	58	19	2	8	5	14	8	35	10	15
Gluten Free Pasta (Tomato Sauce)	210 g	280	6	9	2	0.1	11	5	490	20	49	16	3	12	4	7	10	10	6	6
Gluten Free Pasta (Alfredo Sauce)	235 g	350	13	20	7	0.3	37	35	680	28	50	17	2	8	3	8	8	35	10	4
Chicken Fingers (3 pieces, no sauce)	109 g	280	14	22	1.5	0.1	8	55	500	21	19	6	3	12	0	20	0	0	2	8
Cheese Burger	161 g	460	23	35	11	0.5	57	150	710	30	41	14	2	8	3	20	8	0	15	25
Cheese Pizza	152 g	440	18	28	8	0.5	43	50	840	35	48	16	2	8	5	21	0	10	35	20
Mac & Cheese	352 g	690	41	63	22	1.5	118	100	1190	50	54	18	2	8	6	27	25	50	50	15
Grilled Chicken	114 g	110	2	3	0.4	0	2	60	480	20	2	1	0	0	2	21	0	4	2	4
Breaded Wings - 4pc with mild wing sauce	106 g	280	16	25	2.5	0.1	13	90	560	23	13	4	1	4	7	22	0	0	2	6
Kids' Fries	171 g	420	18	28	1.5	0.1	8	0	330	14	62	21	7	28	0	7	0	0	2	15
Kids Veggies (no side dip)	144 g	40	0.3	1	0.1	0	1	0	55	2	8	3	2	8	4	1	80	70	4	4
Caesar salad with croutons and dressing	127 g	230	21	32	2	0.2	11	20	250	10	8	3	2	8	1	3	70	10	4	8
Kids house salad no dressing	120 g	20	0.2	1	0	0	0	0	10	1	4	1	2	8	2	1	30	15	2	6

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Salad Dressings, Dips and Gravies																				
Garlic Peppercorn Ranch Dressing	60 mL	260	28	44	4	0	20	10	520	22	4	2	0	0	2	0.6	0	0	0	0
Caesar Dressing	60 mL	340	36	56	5	0.2	26	20	420	18	2	2	0	0	0	0.8	0	0	0	0
Balsamic Dressing	60 mL	260	28	44	2	0.2	12	0	400	16	4	2	0	0	4	0	0	0	0	0
Spiced Honey Citrus Dressing	60 mL	300	30	46	2	0.4	12	0	150	6	6	2	0	0	2	0.2	4	16	0	0
Asian Sesame Vinaigrette	60 mL	160	12	18	0.6	0.2	6	0	420	18	16	6	0	0	14	0.8	0	4	0	4
Blue Cheese Dressing	60 mL	200	20	30	4	0.4	22	20	680	28	4	2	0	0	4	0.8	0	0	0	0
Plum Sauce	60 mL	140	0	0	0	0	0	0	230	10	34	12	0	0	28	0.2	0	0	0	0
Guacamole	60 g	100	6	10	0.8	0	4	0	220	10	12	4	2	8	2	0	4	20	0	0
Smokin' Cajun Dip	60 mL	120	10	15	2	0.1	11	5	460	19	5	2	0	0	2	2	2	2	4	0
Chipotle Ketchup	60 mL	80	0	0	0	0	0	0	360	15	20	7	0	0	12	1	0	0	0	0
Salsa	60 mL	70	3	5	2	0.1	11	15	30	1	6	2	0	0	4	3	2	0	6	0
Sour Cream	60 mL	25	0	0	0	0	0	0	480	20	5	2	2	8	4	1	2	6	2	2
Beef Gravy	60 mL	20	1.5	2	0.5	0.1	3	5	160	7	2	1	0	0	0	1	0	2	0	0
Tartar Sauce	60 mL	160	12	18	1	0.2	6	20	480	20	10	4	0	0	8	0.4	0	0	0	0
Side Servings																				
Fries	227 g	560	24	37	2	0.1	11	0	370	15	82	27	9	36	0	9	0	0	2	20
Sweet Potato Fries	167 g	530	30	46	3	0.5	18	0	590	25	61	20	4	16	20	4	45	20	8	8
Cajun Kettle Chips	102 g	450	29	45	4	0.5	23	0	860	36	41	14	5	20	1	4	0	15	0	15
Mashed Potatoes	170 g	130	2	3	0.5	0	3	0	590	25	25	8	3	12	0	3	0	0	0	0
Basmati Rice	142 g	180	0.5	1	0.2	0	1	0	300	13	41	14	0	0	0	4	0	0	0	2
Baked Potato Plain (no Butter)	296 g	280	1	2	0.1	0	1	0	200	8	62	21	6	24	3	7	0	45	4	25
Baked Potato Loaded	348 g	400	11	17	5	0.1	26	25	440	18	64	21	7	28	5	14	4	50	15	25
Side Mushrooms	247 g	280	23	35	4.5	0.4	25	10	430	18	12	4	3	12	6	7	6	30	6	10
Onion Rings	150 g	580	31	48	2.5	0.5	15	0	520	22	69	23	4	16	10	8	0	0	4	8
Poutine	343 g	780	41	63	12	0.5	68	50	970	40	84	28	9	36	0	25	15	2	40	20
Steamed Vegetables	146 g	50	2	3	0.4	0	2	0	60	3	8	3	3	12	3	3	70	110	4	6
Crackers (1 Package)	6 g	25	0.5	1	0.1	0	1	0	65	3	4	1	0	0	0	1	0	0	0	2
Desserts																				
White Chocolate Cheesecake w/ whipped cream	261 g	1180	86	132	34	0.1	171	135	710	30	93	31	6	24	71	18	8	0	6	60
Messy Cookie Sandwich	507 g	1680	69	106	34	0.5	173	110	1170	49	253	84	5	20	151	21	70	0	20	50
Funnel Cake Fries w/Ice cream - no sauce	283 g	700	36	55	10	0.5	53	65	450	19	88	29	1	4	43	6	4	0	2	6
Chocolate Butterscotch Pot	188 g	610	29	45	18	1	95	75	110	5	87	29	1	4	73	3	20	0	10	10
Roadhouse Apple Berry Crisp	560 g	1320	42	65	25	2	135	105	170	7	227	76	8	32	148	13	35	4	25	30
Takeaway Cookie	142 g	610	28	43	11	0.1	56	35	470	20	84	28	2	8	49	7	30	0	4	25
Ice Creams - Adult																				
Vanilla	180 mL	180	9	14	5	0.3	27	30	60	3	24	8	1	4	16	1	8	0	4	0
Chocolate	180 mL	170	7	11	5	0.3	27	30	80	3	24	8	1	4	17	1	8	0	6	10
Ice Creams - Kids																				
Vanilla	90 mL	90	4.5	7	2.5	0.1	13	15	30	1	12	4	1	4	8	1	4	0	2	0
Chocolate	90 mL	90	3.5	5	2.5	0.1	13	15	40	2	12	4	1	4	9	1	4	0	2	6
Kids - chocolate chip cookie	232 g	800	33	51	16	0.4	82	50	570	24	123	41	2	8	74	10	30	0	10	20
Kids - Pop up ice cream (chocolate)	80 mL	170	10	15	6	0	30	20	55	2	18	6	1	4	18	3	0	0	8	2
Kids - Pop up ice cream (vanilla)	80 mL	160	6	9	4	0	20	20	115	5	23	8	0	0	23	3	8	0	10	0
Caramel Sauce	30 mL	100	1	2	0.5	0	3	5	110	5	23	8	0	0	17	1	0	0	4	0
Chocolate Sauce	30 mL	100	2.5	4	1.5	0.1	8	5	30	1	20	7	1	4	16	1	2	0	0	10
Cinnamon Berry Preserves	30mL	110	0	0	0	0	0	0	1	1	29	10	1	4	27	0.4	0	0	4	2
Breakfast Items:																				
Breakfast Quesadilla with Potatoes - no salsa	749 g	1640	106	163	35	2	185	820	2290	95	116	39	10	40	13	76	60	160	100	70
Side: Salsa	45 mL	20	0	0	0	0	0	0	360	15	4	1	2	8	3	1	2	4	2	2
Brekkie Poutine	732 g	1460	76	117	23	1	120	485	2130	89	130	43	14	56	1	70	35	8	90	45