

CASEY'S NUTRITION GUIDE



HEALTH CHECK

	Portion (g)	Calories (cal)	Lipides (g)	Gras saturés (g)	Protéines (g)	Glucides (g)	Fibres (mg)	Sucres (g)	Cholestérol (g)	Sodium (g)
Thai Tenderloin Salad (1 oz dressing)	549	410	6	2.5	32	56	7	21	70	660
Cedar Plank Salmon (plain baked potato, steamed vegetables)	593	660	19	4	49	73	10	0	75	470
Mango Mahi Mahi (plain baked potato, steamed vegetables)	648	510	2	0.4	45	79	12	0	85	400
8 oz. Sirloin (plain baked potato, steamed vegetables)	619	610	12	5	59	66	7	0	125	390
8 oz. Filet Mignon (Quebec only) (plain baked potato, steamed vegetables)	619	630	13	6	59	69	9	0	135	280

SOUPS

Roasted Red Pepper Soup	386	320	25	15	4	20	5	14	80	1460
French Onion Soup	397	200	11	6	12	13	1	4	25	910

STARTERS

Classic Chicken Wings 1 lb. - no dip or vegetables	468	1130	82	18	77	14	1	4	420	360
Dusted Chicken Wings 1 lb.- no dip or vegetables	496	1210	82	18	80	33	2	5	420	1320
Classic Chicken Wings 2 lb. - no dip or vegetables	573	1330	94	22	96	17	1	5	525	450
Dusted Chicken Wings 2vlb.- no dip or vegetables	630	1500	94	22	101	55	3	7	525	2370
Fiesta Nachos with dips	1108	2060	102	47	71	221	23	29	190	7060
Chicken Quesadilla with dips	463	910	45	27	61	67	7	11	210	1770
Spinach & Artichoke dip - no bread or chips	255	530	45	19	15	16	1	8	75	1290
Tornado Potato with dips	565	1330	114	15	13	68	5	7	190	850
All Dressed Cheesy Garlic Bread (small)	579	1390	95	58	49	88	6	7	260	2160
All Dressed Cheesy Garlic Bread (large)	289	690	47	29	24	44	3	4	130	1080
Chicken Tacos	377	560	33	4	37	32	4	13	95	900
Sweet & Spicy Chicken Bites	545	890	39	2.5	69	67	5	16	170	2660
Asian Calamari	413	1040	59	6	37	122	7	9	330	2480
Pesto Baked Brie with Crustini (Quebec only)	282	830	59	31	33	49	3	1	175	1360

SALADS

Thai Tenderloin Salad with dressing	590	740	34	11	40	71	6	17	105	1260
Spinach Salad with Shrimp	391	650	50	11	23	31	6	10	405	1530
Spinach Salad with Shrimp - no dressing	329	350	20	8	21	23	5	7	340	1340
Spinach Salad	326	620	48	11	16	31	6	10	310	1090
Caesar Salad	279	550	45	9	20	18	4	3	125	1460
Caesar Salad with dressing	212	230	12	6	17	16	4	3	35	1120
Cobb Salad - no dressing (Ontario only)	631	520	27	12	54	15	4	10	355	670
Baja Salad with dressing (Quebec only)	681	980	68	21	50	49	9	12	180	1140

FISH

Mango Mahi Mahi with rice and vegetables	894	670	11	6	46	104	11	29	145	950
Cedar Plank Salmon with rice and vegetables	670	790	31	4.5	47	85	8	13	100	1260
Fish & Chips (single) with slaw and tartar	492	1250	95	6	19	83	15	10	95	1030

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	Serving Size (g)	Energy (calories)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)	Fibre (mg)	Sugars (g)	Cholesterol (g)	Sodium (g)
PASTA & RICE										
Short Rib Rigatoni (no garlic bread)	515	740	21	8	24	104	5	6	70	1810
Chicken Penne (no garlic bread)	474	900	31	5	56	96	6	13	110	1140
Nine Vegetable Linguine (no garlic bread)	661	1180	80	15	32	93	13	12	100	1260
Louisiana Jambalaya (no garlic bread)	774	1160	68	13	47	86	6	13	240	2350
Side garlic bread	67	170	9	6	4	19	1	1	30	230
ASIAN INSPIRED										
Pad Thai - Vegetable	661	740	23	4.5	36	102	8	42	215	2040
Pad Thai - Chicken	718	810	21	4	62	99	8	42	310	2140
Pad Thai - Shrimp	718	720	20	4	40	99	8	42	380	2810
Cashew Chicken Stir Fry	809	1380	60	6	64	153	13	31	120	1150
BURGERS (NO SIDE DISH)										
Burger 2	770	1770	120	56	89	76	3	6	355	2530
Turkey	416	680	31	12	57	44	4	6	145	200
Bacon & Cheese	563	1020	60	28	52	67	5	9	180	1990
Butcher Block	519	840	46	20	41	66	5	9	140	1200
The Big Cheese	633	1290	86	43	69	68	5	9	255	2380
Memphis BBQ	472	960	52	22	40	74	4	19	165	1690
Blue Smoke	655	1130	62	27	53	84	6	21	190	2630
West Coast	433	920	57	22	44	60	4	5	145	1630
Grilled Vegetable	397	460	17	4.5	23	54	8	7	15	1390
Three Cheese Bison (Quebec only)	449	840	47	25	62	42	3	4	170	1280
SANDWICHES (NO SIDE DISH)										
Stacked Sandwich	470	840	47	18	54	51	4	14	220	1360
Club Sandwich	468	1040	63	22	51	72	8	8	150	2380
Steak Sandwich (Ontario only)	259	670	36	12	66	19	1	2	200	590
Prime Rib Baguette (Quebec only)	313	810	53	21	38	43	3	4	120	660
Crispy Cod Sandwich	396	890	65	8	20	60	5	10	65	1270
Cobb Sandwich (Ontario only)	599	1100	75	20	52	56	4	8	370	2480
STEAKS										
Two 4 oz Tenderloin Medallions (Ontario only)	295	570	31	13	64	4	0	1	175	750
8 oz. Bavette (Quebec only)	295	610	32	14	72	4	0	1	145	760
12 oz. New York	350	540	30	13	60	1	0	0	180	530
16 oz. Ribeye	464	970	44	19	134	1	0	0	310	640
8 oz. Sirloin (Ontario only)	237	580	35	15	62	1	0	0	170	480
8 oz. Filet Mignon (Quebec only)	237	580	34	15	64	1	0	0	205	500

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RIBS & CHICKEN										
Full Rack of Ribs	453	1460	113	40	89	16	2	6	425	2600
½ Rack of Ribs	227	730	57	20	45	8	1	3	210	1300
½ Rack of Ribs & Rotisserie Chicken	363	960	75	25	64	8	1	3	275	2520
Half Rotisserie Chicken	340	750	42	12	86	5	0	5	360	1250
¼ Rotisserie Chicken (Breast)	170	310	13	4	45	2	0	2	150	570
¼ Rotisserie Chicken (Leg)	142	360	24	7	34	2	0	2	175	570
Crispy Chicken Strips	268	620	34	2	59	20	1	2	155	1150
Buffalo Chicken Strips	311	730	47	10	59	20	1	2	190	1310
½ lb. Chicken Fajitas (Quebec only)	571	670	36	2	61	26	5	17	170	3300
Fajita set -up (Quebec only)	389	600	35	18	23	56	12	11	65	1530
SIDES										
Fries	255	680	45	2.5	8	61	13	3	0	640
Sweet Potato Fries (no Smokin' Cajun dip)	255	760	53	3	5	67	8	19	0	1130
Baked Potato with sour cream and green onions	342	410	12	3	9	66	7	5	15	280
Rice Pilaf	224	470	6	2.5	12	98	4	4	10	1010
Peppercorn sauce	58	35	2	0.5	1	3	0	1	5	260
Coleslaw	90	50	2	0	1	8	2	4	0	230
Balsamic Dressing	67	220	25	1.5	0	4	0	3	0	410
Beef au jus (Quebec only)	121	25	0.1	0	0.2	6	0	1	0	930
Caesar Dressing	60	280	29	2.5	3	2	0	0	75	310
Rotisserie Chicken Dipping Sauce	67	45	0.5	0	0	9	0	1	10	700
Double Shot Bar-B-Q Sauce	60	120	0	0	1	28	0	26	0	340
Gravy (Beef)	85	30	0.5	0.4	1	4	0	0	0	430
Hot Wing Sauce	60	170	18	11	0	3	0	0	45	1060
Medium Wing Sauce	60	170	18	11	0	2	0	0	45	1030
Mild Wing Sauce	68	119	0.1	0	0.3	27	1	24	0	680
Ranch Dressing	58	300	31	5	1	3	0	2	15	570
Smokin' Cajun Dip	65	260	27	4.5	2	2	0	2	60	340
Naan Bread for Dips	184	460	7	0.8	16	82	2	4	0	960
Nacho Chips for Dips	80	263	8	0.5	6	43	3	0	0	685
KID'S MENU										
Kids Fish (Fried) - 1 piece a la carte	241	150	5	0.5	17	8	4	4	55	390
Kid's Pasta with Tomato Sauce	165	330	16	1	17	29	1	5	30	760
Kid's Pasta with Butter	235	280	6	3	8	47	3	6	10	560
Kid's Strips - a la carte	178	430	28	17	7	41	2	2	70	115
Kid's Burger - a la carte	178	400	17	1	27	35	0	26	70	1030
Kid's Grilled Chicken Strips - a la carte	247	770	45	20	20	55	3	5	150	640

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KIDS' MENU CONT'D										
Kid's Vegetable Stir fry	288	420	19	1	9	55	5	33	95	550
Kid's Nachos - a la carte	201	460	21	10	0	52	5	4	40	1350
Kid's Fries	113	300	20	1	4	27	6	1	0	290
Kid's Salad - no dressing	227	45	0	0	2	10	3	6	0	20
Kid's Rice	224	470	6	2.5	12	98	4	4	10	1010
Kid's Chicken Soup	170	70	2.5	0.5	8	4	0	1	20	520
Kid's Carrots and Celery - no dip	113	35	0	0	1	8	2	4	0	70
Kid's Vanilla Ice Cream with Gummie Worms	101	130	4	1.5	1	24	0	17	15	40
Kid's Peanut Butter Chocolate Ice Cream with Gummie Worms	101	180	7	3	2	27	1	20	10	35
DESSERT										
Mini Strawberry Shortcake (all inclusive)	100	190	4.5	2	3	36	0	2	45	80
Mini Peanut Butter Sundae (all inclusive)	135	410	19	8	6	57	3	41	55	190
Mini Cinnamon Sugar Donut Holes Sundae	176	480	18	8	4	78	1	52	30	420
Mini Dessert Nachos Sundae	191	680	38	5	3	84	2	64	20	190
Mini Cheesecake Trio	182	610	44	27	11	44	1	37	210	550
Apple Mary (all inclusive)	746	1080	33	19	11	194	14	132	90	40
Chocolate Cake (all inclusive)	421	1670	78	25	17	231	8	162	145	1440
Cinnamon Sugar Doughnut Holes	329	1740	59	32	11	295	3	192	35	1570
Dessert Nachos	516	1650	49	10	7	303	4	209	60	600
Pecan Pie (Ontario only)	436	830	53	23	2	86	4	54	115	630
Sugar Pie (Quebec only)	191	570	35	20	1	51	4	28	85	500
Ice Cream - Vanilla	85	80	4	1.5	1	12	0	9	15	35
Ice Cream - Peanut Butter Chocolate	85	130	7	3	2	15	1	11	10	30
Chocolate sauce	56	280	14	11	2	41	0	27	0	110
Strawberry sauce	56	120	0	0	0	28	0	28	0	0
Caramel Drizzle	67	170	7	4	0	29	0	29	25	5

NOTE:

- (a) Our nutritional and allergen information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (c) Calculations are based on the nutritional and allergen data as of the date of this posting only.
- (d) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (e) Limited time specials may not be included in the table.

ALSO NOTE:

If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts - a food item that can cause severe reactions for some people.



† Health Check™ item. The Heart and Stroke Foundation's registered dietitians have reviewed these menu items to ensure they meet the specific nutrient criteria developed

by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org