

Daily Calorie and Sodium Requirements - Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

<b>BEACH HOUSE</b>	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
<b>TO START</b>											
AHI TUNA TACOS	189	260	19	3	0	25	630	20	4	3	16
BISCUITS AND HONEYCOMB	370	1300	72	44.0	2	180	1690	146	4	49	20
CAVIAR	129	470	27	6	0	180	1750	44	8	0	16
CLAM CHOWDER	327	420	32	19.0	0.4	120	960	22	2	5	13
COLD SEAFOOD TOWER 4.0 (4 SERVINGS)	447	630	30	3	0.1	215	2990	64	4	8	53
GRILLED CHICKEN WINGS - THAI RED CURRY AOILI	244	730	54	12.0	0	160	2710	5	1	1	51
JUMBO LUMP CRAB CAKE	242	670	61	5	0.2	100	1300	17	3	2	17
OYSTERS ON THE HALF SHELL (1 OYSTER)	33	20	1	0.1	0	5	65	3	1	0	1
PARMESAN FRIES	182	770	59	8	0.3	25	1440	52	2	0	7
PRAWN COCKTAIL	198	240	6	1.0	0.1	305	1570	11	1	5	34
SEAFOOD PLATTER (4 SERVINGS)	291	370	16	2	0.1	150	2360	41	4	6	26
YUZU CALAMARI	424	960	51	3.0	0.5	595	1860	79	16	1	41
<b>BOWLS</b>											
BEACH HOUSE SALMON CAESAR SALAD	487	590	40	6.0	0.2	170	1350	20	8	5	42
BEACH HOUSE SALMON CAESAR SALAD (No Dressing)	488	410	14	5	0	80	630	38	9	19	40
CRAB & SHRIMP LOUIE SALAD	564	830	65	12.0	0.1	440	2410	18	6	7	45
CRAB & SHRIMP LOUIE SALAD (No Dressing)	489	490	29	8	0.1	425	1320	14	5	5	44
COBB SALAD	377	780	69	14.0	0.5	220	1060	23	6	9	19
COBB SALAD (No Dressing)	287	350	27	8	0.5	210	530	15	6	4	14
<b>ADD TO BOWLS</b>											
ADD 1/2 CHICKEN BREAST	111	180	3	1.0	0	95	670	0	0	0	36
ADD 3 OZ SIRLOIN	63	120	5	2	0.2	40	620	0	0	0	17
ADD GARLIC BUTTER SALAD PRAWNS	57	130	7	3.0	0.3	145	650	2	0	0	15
<b>PASTA</b>											
PRAWN & SCALLOP SPAGHETTINI	548	940	47	15	1	170	2400	73	5	3	39
SPAGHETTINI VONGOLE	811	2140	79	30.0	2	180	21370	280	12	22	74
<b>BURGERS + SANDWICHES (burger/sandwich only, add your choice of sides and adds shown below)</b>											
CHICKEN CLUBHOUSE	428	1140	81	29	2	315	1830	47	5	3	52
DOCKSIDE BURGER	278	740	49	16.0	1	235	1180	32	2	5	43
GARDEN BURGER	324	610	39	5	0.5	30	1760	59	9	10	12
PRAWN CLUBHOUSE	400	1050	76	22.0	1.5	265	2550	50	5	3	34
<b>SIDES AND ADDS FOR BURGERS + SANDWICHES</b>											
ADD AVOCADO	34	60	5	1	0	0	3	3	2	0	1
ADD BACON (2 Slices)	28	50	1	0.4	0	50	560	2	0	0	9
ADD SAUTÉED MUSHROOMS	159	350	32	8	0.5	25	1050	15	6	3	8
KETCHUP 1 fl oz	30	35	0	0.0	0	0	240	8	1	8	0
SIDE GREENS SALAD	102	140	13	2	0.1	5	180	5	2	2	4
SIDE GREENS SALAD (No Dressing)	87	60	5	1.0	0	5	105	4	2	2	4
YUKON GOLD FRIES (7 oz)	131	410	21	4	0.3	0	730	52	2	0	5
<b>STEAK</b>											
BEARNAISE FILET (6 oz Filet)	538	1030	79	29.0	2	255	2810	41	7	6	48
GRILLED RIBEYE (14 oz Ribeye)	598	1220	81	26	1.5	230	2430	34	5	4	90
SIRLOIN & LOBSTER TAIL (6 oz Sirloin)	599	1130	79	27.0	1.5	245	2400	40	6	6	68
STEAK FRITES (6 oz Sirloin)	390	1100	61	19	1.5	150	2110	92	4	2	48
<b>ADD TO ANYTHING (STEAKS)</b>											
BEARNAISE SAUCE	30	120	13	7.0	0.5	110	170	1	0	0	1
GARLIC BREAD	128	490	37	15	1.5	60	640	34	2	0	8
HORSERADISH 0.5oz	14	5	0	0.0	0	0	140	0	0	0	1
LOBSTER TAIL	113	140	4	2	0.2	85	450	2	0	0	22
SAUTÉED GARLIC BUTTER PRAWNS	114	270	14	6.0	0.5	295	1290	4	0	0	30

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<b>B E A C H H O U S E</b>	<i>Serving Size (g)</i>	<i>Calories (kcal)</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (g)</i>	<i>Dietary Fibre (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
SAUTÉED KING OYSTER MUSHROOMS	159	350	32	8	0.5	25	1050	15	6	3	8
<b>SEAFOOD</b>											
HALIBUT & CHIPS	557	1310	81	9.0	0.3	70	1500	95	8	5	46
JUMBO LUMP CRAB CAKES & SPRING SALAD	664	1330	120	12	0.4	195	3370	36	10	9	41
MAPLE SOY SABLEFISH	390	790	63	17.0	1	80	1070	43	5	9	16
MISO SEA BASS & WOK FRIED VEGETABLES	592	680	39	4	0.1	75	2890	33	4	18	49
OVEN ROASTED SALMON	471	690	46	16.0	1	190	2020	29	6	3	40
PAN SEARED CALIFORNIA BRANZINO	541	940	66	18	1.5	135	1590	48	8	19	40
<b>DESSERTS</b>											
SUMMER BERRY NAPOLEON	456	1040	62	28.0	1	145	750	107	5	39	15
WARM CHOCOLATE CAKE	238	920	70	43	2	320	280	74	6	55	13
<b>BRUNCH</b>											
AVOCADO + WHITE CHEDDAR BENEDICT	504	1220	108	54.0	2.5	865	1580	39	8	6	31
BEACH HOUSE BREAKFAST	557	1380	100	40	1	545	3270	78	6	15	44
CRAB CAKE BENEDICT	565	980	70	23.0	1.5	690	2850	53	7	9	37
EGGS BENEDICT	434	1010	87	42	1.5	745	1850	33	4	5	31
JUMBO LUMP CRAB BENEDICT	464	1140	99	46.0	2.5	885	1730	33	4	6	33
NUTELLA FRENCH TOAST	354	1100	60	32	0.4	305	660	181	3	40	21
PRAWN OMELETTE	407	580	40	15.0	0.5	830	1810	15	3	5	42
SMOKED SALMON ROSTI	241	530	45	16	0.5	265	2100	19	2	9	18
SIDE SALAD	38	30	3	0.3	0	0	105	2	1	1	2
SIDE SALAD (No Dressing)	36	25	2	0	0	0	45	2	1	1	1