

# Nutritional guide

**MOXIES**

	SERVING SIZE (g)	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (mg)	DIETARY FIBRE (g)	PROTEIN (g)	SUGAR (g)
<i>Appetizers</i>											
CRAB CAKE	253	740	64	11	0	165	1150	23	2	18	3
HOT BAKED CRAB DIP (2 servings)											
TUNA SUSHI STACK (2 servings)	182	320	12	1.5	0	15	1170	44	4	3	14
MAPLE GLAZED BRUSSELS SPROUTS (2 servings)	242	250	13	3	0	25	790	25	7	14	3
POTSTICKERS (3 servings)	89	190	13	2	0	10	810	13	1	5	3
VEGAN POTSTICKERS (3 servings)	90	210	12	1	0	0	350	23	3	3	2
POUTINE (2 servings)	355	770	56	15	0	45	1900	50	3	21	2
CALAMARI (3 servings)	168	330	20	2	0	185	850	22	2	15	4
ROASTED TOMATO BRUSCHETTA (2 servings)	262	520	33	10	0	40	960	47	8	16	5
STEAK BITES (2 servings, no sauces)	175	450	31	5	0	60	1210	19	2	24	6
THAI CHILI CHICKEN (2 servings)	218	460	26	3	0	50	1070	34	2	22	7
FRESH SMASHED GUACAMOLE (3 servings)	135	210	13	2	0	<5	490	24	5	4	1
SPICY TUNA ROLL (2 servings)	162	220	3.5	0	0	15	1500	34	2	4	8
CASHEW CHICKEN LETTUCE WRAPS (3 servings)	264	290	15	2	0	25	1020	29	3	12	10
TOFU LETTUCE WRAPS (3 servings)	253	290	17	2	0	5	820	28	3	7	10
1LB CHEESE NACHOS (3 servings)	276	670	40	24	1.5	100	1500	36	3	41	2
<i>Soup &amp; Salads</i>											
FRENCH ONION SOUP	320	250	11	6	0	25	1070	26	2	11	7
CAESAR SALAD	359	550	46	7.5	0	75	1350	21	5	14	3
SUPER GREENS SALAD	484	840	66	12	0	25	860	44	12	26	6
ITALIAN CHOPPED SALAD											
KALE & QUINOA SALAD	489	980	69	10.5	0	20	800	86	9	27	33
SALMON & AVOCADO COBB SALAD	741	1400	121	27.5	0	325	1720	36	10	43	13
STEAK SALAD	670	792	41	10	0	150	1463	53	14	62	20
SEARED GINGER TUNA SALAD	529	720	48	5.5	0	40	2760	45	13	19	25
<i>Steaks (also see sides)</i>											
STEAK FRITES	553	1070	66	11	0.5	115	3240	59	5	58	3
PRIME RIB NEW YORK	354	580	28	8	0	170	1210	2	<1	0	0
PRIME RIB EYE	477	1380	115	43	0	310	1880	2	0	80	0
TENDERLOIN FILET 6OZ	186	590	51	19	0	120	680	1	0	30	0
TENDERLOIN FILET 9OZ	331	860	73	28	0	180	1770	2	0	46	0
<i>Mains (sides included)</i>											
CHIPOTLE MANGO CHICKEN	765	1050	57	8	0	145	3390	79	9	59	14
SCOTTISH SALMON	554	920	53	11	0	120	1580	65	12	45	6
BABY BACK RIBS - HALF RACK	621	1130	68	22	0	185	3570	73	6	51	38
BABY BACK RIBS - FULL RACK	879	1760	111	38	0.5	360	4090	82	6	97	45
BLACKENED MAHI MAHI	678	1010	69	12	0	170	4760	51	8	50	9
<i>Pastas &amp; Bowls (no bread)</i>											
MUSHROOM ZEN BOWL	756	1030	35	9	0	0	2730	152	29	27	31
VEGETARIAN POWER BOWL	533	570	42	7	0	95	1530	44	14	17	19
CHICKEN MADEIRA RIGATONI	568	1460	103	49	0	310	3680	85	4	43	8
ITALIAN SAUSAGE PAPPARDELLE											
MISO RAMEN	821	480	20	3	0	185	3960	56	6	20	9
MISO RAMEN- PORK BELLY	922	810	49	10	0	240	4460	56	8	35	9
RED THAI CURRY	674	950	52	29	0	0	1800	109	9	14	14
<i>Handhelds (also see sides)</i>											
CHEESEBURGER	416	830	44	18	0	145	2330	57	4	45	5
LOADED CHEESEBURGER	517	1160	77	27	1.5	165	2570	67	4	45	13
BEYOND MEAT BURGER	403	800	33	10	0	20	3460	89	6	32	29
BLACKENED SHRIMP TACOS - 1 EACH	185	280	12	2	0	180	1300	24	3	17	2
BLACKENED CHICKEN SANDWICH	358	650	32	10	0	105	2170	48	2	39	3
STEAK SANDWICH	365	650	37	9	0	90	1900	35	2	42	6
MAHI SANDWICH											
CRISPY CHICKEN SANDWICH	463	1300	84	24	1.5	150	2020	94	4	41	13

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<i>Desserts</i>											
BITE OF BROWNIE	217	680	35	22	0	130	290	87	1	7	53
WHITE CHOCOLATE BROWNIE (2 servings)	217	770	40	26	0	135	310	96	2	10	60
KEY LIME PIE (2 servings)	177	620	39	18	0	165	350	62	2	10	49
MINI STICKY TOFFEE PUDDING (2 servings)	214	580	23	11	0	110	340	89	2	7	54
STICKY TOFFEE PUDDING	263	730	29	14	0	140	500	112	4	10	70
<i>Kids</i>											
PASTA	368	750	35	4.5	0	75	2090	71	4	40	4
CHEESEBURGER	291	750	40	17	0	135	1370	51	1	20	5
CHICKEN BITES	178	500	33	3	0.5	50	780	28	2	21	0
GRILLED SALMON	344	540	13	2.5	0	40	900	79	2	24	2
GRILLED CHICKEN	396	690	30	5	0	55	1370	80	2	25	3
KIDS BREAKFAST	376	900	53	13	0	430	2140	64	6	40	11
EGG SANDWICH	195	530	28	9	0	280	1170	43	2	25	7
FRENCH TOAST											
<i>Sides</i>											
GRILLED CHICKEN	181	270	19	3	0	70	860	1	0	25	0
GRILLED SALMON	142	390	31	5	0	70	360	0	0	26	0
FRIES	488	880	46	3.5	0	0	570	89	6	9	3
GARLIC CIABATTA	75	280	15	3	0	0	600	32	2	5	2
JASMINE RICE	198	350	2.5	0	0	0	370	74	0	6	0
BLACKENED SHRIMP SKEWER	140	180	12	2.5	0	305	920	<1	0	16	0
SEASONAL VEGETABLES	124	110	7	2	0	5	550	11	3	1	5
MASHED POTATOES	255	370	18	12	0	50	980	41	4	6	2
PARMESAN TRUFFLE MASHED POTATOES											
LEMON QUINOA	170	370	15	1.5	0	0	830	51	0	5	<1
ROSEMARY TRUFFLE BUTTER											
CREMINI MUSHROOM SAUCE	156	450	43	19	0	95	870	10	0	3	4