

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)
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																				
Goopy Bacon Mac & Cheese	669 g	1270	69	106	37	2	195	195	2520	105	103	34	4	16	10	62	40	70	90	30
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 Beef Fajita	438 g	680	49	75	13	2	75	95	500	21	33	11	6	24	13	30	20	170	8	45
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
Fork in the Road Fajita Combo *Chicken & Beef	959 g	1260	78	120	17	2.5	98	220	1720	72	69	23	11	44	28	76	40	360	15	70
Fajita Cold Setup	314 g	350	24	37	15	1	80	70	1390	58	15	5	4	16	9	19	25	35	45	10
Fajita Tortilla (6--6.5")	165 g	540	16	25	6	0	30	0	840	35	83	28	4	16	4	15	0	0	10	35
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
Chicken Festival:																				
Ultimate Bacon & Cheese Chicken Burger	452g	800	43	66	16	0.5	83	195	2500	104	52	17	3	12	8	56	15	80	15	30
Chicken & Chipotle Shrimp	748g	850	40	62	11	0.3	57	250	2010	84	69	23	4	16	11	50	70	130	20	20
Nashville Hot Chicken	525g	920	33	51	15	0.5	78	305	5030	210	90	30	4	16	12	66	15	6	15	50
Chicken Pot Pie	427g	700	37	57	19	0.5	98	210	1830	76	58	19	3	12	9	32	50	35	8	25
Peach Cobbler	353g	740	21	32	13	0.5	68	75	810	34	126	42	2	8	88	10	8	15	15	15