

NUTRITIONAL INFORMATION

Brewsters

TO START OR TO SHARE

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
CRISPY PORK RIBS	340.2	1231	105.61	26.99	0.73	254.29	1828.3	8.5	1.96	3.58	59.82
CHICKEN WINGS Hot Flavour	453.6	918	77.63	13.87	0.73	147.96	619.62	7.97	1.72	3.68	45.9
CALAMARI	198.45	906	58.31	6.29	0.9	470.67	794.94	54.72	4.12	4.83	40.16
GYOZA	283.5	534	34.44	4.27	0.66	34.02	739.79	34.05	5.46	6.85	23.63
GRILLED CHEESE FINGERS	170.1	1000	71.79	32.35	0.83	165.0	2479.0	48.78	2.43	14.55	38.88
CRAB & ARTICHOKE DIP	170	680	34.97	17.98	.88	147	897	60.9	9.13	5	35.2
BAVARIAN PRETZELS	255.15	1346	67.84	11.07	0.81	31.61	3120.23	175.04	7.99	7.58	22.59
MEMPHIS SPRING ROLLS	141.75	1070	83.79	20.31	0.44	159.0	2325.0	42.63	2.92	16.14	40.39
NACHOS 1/4 Portion	250	580	38.58	22.32	0.3	112.27	1048.74	31.84	5.36	3.93	28.89
TATER TOT POUTINE	283.5	1551	98.32	42.07	.22	189	3942	115.11	10.03	7.56	49.69

KETTLE & GREENS

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
FRENCH ONION SOUP	283.5	638	35.84	15.55	2.83	64.46	2249.74	48.58	3.48	10.5	29.08
WOR WONTON SOUP	340.2	837	16.68	3.15	0	174.53	2078.55	114.77	8.9	7.53	57.26
CHICKEN CAESAR SALAD	198.45	1056	62.87	12.14	2.44	152.81	1762.54	58.69	7.06	6.38	62.01

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
LEMON QUINOA SALAD	141	692	40.4	8.71	.01	25	863.8	66.22	7.41	15.4	17.65
LONG BEACH SALAD	198.45	960	64.7	12.93	2.34	22.4	786.2	81.57	11.88	36.71	45.9
LONG BEACH SALAD with Chicken	226.8	1174	68.99	14.13	2.34	131.54	875.5	81.57	11.88	36.71	40.16
LONG BEACH SALAD with Shrimp	226.8	1176	78.75	15.47	4.67	201.0	1788.8	83.7	11.97	36.74	23.63
CRAB CAKE LOUIS SALAD	170.1	764	45.53	6.99	0.15	163.0	1296.84	64.0	5.89	29.87	38.88
BLACKENED STEAK SALAD	226.8	1051	58.05	13.01	0.36	195.12	1006.86	36.32	5.94	7.3	41.64
GUMBO BOWL	340	745	47.6	17.22	.56	91	3741	55.26	3.57	3.98	20.8

SANDWICHES & MORE

See applicable side for nutritional information	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
STEAK SANDWICH	170.1	870	58	18.11	4.65	80.51	781.61	56.32	3.64	4.82	29.64
BUFFALO CHICKEN WRAP	170.1	1064	63.52	19.6	0.38	112.27	1849.43	83.34	6.8	5.81	40.72
CHICKEN STRIPS	226.8	1119	52.47	13.11	0.0	206.39	2359.28	106.18	6.12	2.69	55.17
FISH TACOS	141.75	548	31.22	5.11	0.12	58.11	1238.12	44.65	7.68	4.89	23.21
MANGO CHICKEN QUESADILLA	226.8	1173	58.47	27.95	0.0	206.39	1719.97	91.75	13.06	20.12	74.87
CHICKEN CLUB	198.45	775	49.38	13.62	0.13	162.14	1988.23	73.18	3.93	18.24	65.71
BAVARIAN BEEF DIP	141.75	986	50.06	19.67	0.94	211.87	1986.34	67.83	5.15	12.35	67.8

BURGERS

See applicable side for nutritional information	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
BREWSTERS BURGER	198.45	924	59.59	25.17	1.01	141.0	2202.64	57.97	3.09	16.19	39.22
CRISPY CHICKEN RANCH BURGER	198.45	1088	60.71	13.46	0.76	254.19	1793.55	65.92	4.09	9.32	65.51
MAPLE BACON BISON BURGER	170.1	999	57.26	23.19	0.31	198.0	1338.91	57.67	4.28	13.0	60.8
ALBERTA BISON BURGER	170	997	68.2	19.1	.08	165	1452.7	46.96	9.77	17.2	50.9
TURKEY BRIE BURGER	141.75	751	49.34	14.47	0.48	167.0	1380.58	35.71	2.87	13.04	42.23
BLACK BEAN BURGER	170	571	27.9	7.14	.10	64	1668	60.4	12.53	7.06	22.11
CLUB BURGER	170	790	50.1	18.96	1.08	133	1734	42.98	1.86	6.26	41.8

MAINS

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
FISH & CHIPS	170.1	1101	73.53	11.03	1.01	81.08	1351.44	83.92	4.62	2.84	29.39
MAC & MEAT LOAF	226.8	1213	67.21	31.56	1.21	271.12	1773.19	81.32	3.98	27.03	68.04
BRAISED SHORT RIB	170	1442	122	45.5	.81	242	2617	33.95	5.31	9.1	49.9
KOREAN BBQ PORK CHOP	283.5	992	55.67	17.23	0.62	186.0	4143.71	68.76	8.62	27.71	64.08
GURVINDER'S BUTTER CHICKEN	170.1	1356	53.48	27.76	2.33	261.48	2257.95	146.68	7.53	11.19	70.96
PAD THAI STIRFRY	226.8	886	33.31	5.32	0.01	286.62	1637.13	91.5	3.93	35.99	54.21
CHICKEN & BACON ALFREDO	255.15	1247	72.39	33.99	1.1	235.18	1010.85	87.86	8.62	4.48	57.37
CARNE AVOCADO STEW	340.2	1014	47.81	14.37	0.2	146.0	1550.26	97.88	4.87	17.53	45.41

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
BRAISED BEEF RAVIOLI	248	1131	67.19	38.04	1.58	255.0	1958.57	86.26	4.45	8.3	36.88
MAPLE SOY SALMON	170.1	826	32.14	5.13	.01	60	1521	103	7.32	36.6	29.9
HOUSE LINKS	227	1402	94	30.6	.32	144	4946	78.7	8.72	8.97	55.2

PIZZA

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
BREWSTERS SPECIAL	453.6	1761	78.67	31.75	0.0	243.36	5037.1	170.64	10.27	14.02	90.9
SPICY ITALIAN	453.6	1807	82.05	34.81	0.0	231.45	5370.66	163.13	8.32	9.77	101.08

DESSERT

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
RASPBERRY CHOCOLATE CHEESECAKE	113.4	665	41.05	21.94	0.4	149.61	358.24	69.76	2.12	49.75	8.07
MUD PIE	141.7	806	44.55	21.99	1.35	137.88	352.25	94.24	2.98	73.07	9.4

WEEKEND BRUNCH

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
TWO EGG BREAKFAST	170.1	699	37.13	15.43	0.7	418.41	800.54	61.66	8.04	14.78	30.67
EGGS BENEDICT	170.1	618	21.62	8.35	0.07	429.32	1657.98	70.24	5.31	15.42	41.4
SHORT RIB BENEDICT	170.1	753	39.23	18.93	0.7	459.05	1106.19	66.85	5.31	12.02	34.36
BREAKFAST SANDWICH	170.1	864	48.98	24.83	1.32	461.78	1073.85	68.34	6.67	15.27	37.93
SOUTHWESTERN OMELETTE	170.1	829	57.9	22.47	0.75	622.3	721.86	46.88	10.5	13.6	34.86
PAN SCRAMBLER	226.8	943	54.5	23.69	1.15	640.16	1225.02	72.36	6.65	18.24	42.16
KID'S FRENCH TOAST	113.4	531	24.51	11.54	0.68	224.44	494.13	61.33	4.79	11.99	17.47
KID'S HALF PINT BREAKFAST	113.4	531	24.51	11.45	0.68	224.44	494.13	61.33	4.79	11.99	17.47

SIDES

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
SIDE FRENCH FRIES	198.45	542	37.6	4.08	0.66	0.0	658.85	49.24	3.73	0	4.45
SIDE SIGNATURE SALAD	56.7	276	22.3	3.13	0.01	0.0	48.5	19.18	3.17	13.6	3.57
SIDE CAESAR SALAD	85.05	426	34.6	7.77	0.09	39.55	918.82	15.33	2.92	3.17	14.85
SIDE SWEET POTATO FRIES	170.1	397	28.44	2.12	0.66	0.0	93.56	34.22	5.1	7.11	2.67
SIDE FRENCH ONION SOUP	283.5	384	23.21	13.17	0.5	64.46	1750.77	19.97	2.32	9.4	24.64

	Portion Size (g)	Calories (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
SIDE GRAVY	85.05	97	0.08	0.02	0.0	0.0	1225.31	19.84	0.54	0.17	4.77
GARLIC BREAD	64	254	12.63	2.38	2.33	0.0	498.96	28.61	1.16	1.1	4.44
BARLEY RISOTTO CAKE	141	279	15.26	8.26	0.62	58.0	1600.74	28.1	4.31	1.22	6.82

Brewsters
 BREWING COMPANY & RESTAURANT