

Brewsters

NUTRITION GUIDE

Nutrition values are based on the full menu item as served, including any sauces, dips and accompaniments. Sides are not included.

We've done our best to provide accurate nutrition information based on our standard recipes, ingredient specifications and portion sizes. Actual values may vary due to ingredient substitutions, preparation methods and normal variations in serving sizes.

| | Serving Size | Calories | Fat (g) | Carbs (g) | Protein (g) | Sodium (mg) |
|--|--------------|----------|---------|-----------|-------------|-------------|
| TO START OF SHARE | | | | | | |
| Nachos (Large) | 1/2 order | 1140 | 68 | 78 | 54 | 1410 |
| Nachos (Small) | 1/2 order | 570 | 34 | 40 | 26 | 730 |
| Salt & Pepper Ribs | 1 order | 1080 | 78 | 12 | 60 | 740 |
| Calamari | 1 order | 520 | 24 | 42 | 36 | 1080 |
| Gyoza | 1 order | 420 | 16 | 46 | 52 | 1440 |
| Honey Butter Wedges | 1/2 order | 830 | 64 | 65 | 6 | 1190 |
| Cheese Toast | 1/2 order | 570 | 54 | 36 | 19 | 900 |
| Chicken Wings | 1 order | 1080 | 37 | 36 | 19 | 1030 |
| Boneless Wings | 1 order | 1040 | 55 | 64 | 74 | 1960 |
| Tempura Cauliflower | 1 order | 560 | 30 | 68 | 8 | 1980 |
| SNACKS | | | | | | |
| French Fries | 1 order | 490 | 32 | 66 | 5 | 1580 |
| Tater Tots | 1 order | 520 | 41 | 39 | 3 | 1470 |
| Bavarian Pretzel | 1 pretzel | 660 | 52 | 44 | 8 | 940 |
| Poutine | 1 order | 790 | 46 | 78 | 21 | 2230 |
| Onion Rings | 1 order | 630 | 44 | 54 | 6 | 1160 |
| Sweet Potato Fries with Chipotle Aioli | 1 order | 900 | 67 | 71 | 4 | 1160 |
| Bacon Mac & Cheese | 1 order | 630 | 30 | 62 | 25 | 810 |
| SANDWICHES (sandwich only, add your choice of side below) | | | | | | |
| Korean Brisket Tacos | 1 order | 705 | 40 | 54 | 31 | 1529 |
| Fish Tacos | 1 order | 575 | 28 | 51 | 32 | 1249 |
| Pastrami Melt | 1 sandwich | 970 | 58 | 68 | 40 | 3185 |
| Stacked Brisket Sandwich | 1 sandwich | 1230 | 77 | 91 | 46 | 1690 |
| Nashville Hot Chicken Sandwich | 1 sandwich | 830 | 34 | 83 | 38 | 2140 |
| Bavarian Beef Dip | 1 sandwich | 1140 | 51 | 91 | 67 | 2900 |
| Buffalo Chicken Wrap | 1 wrap | 1000 | 47 | 93 | 52 | 2820 |
| Hot Turkey Sandwich | 1 sandwich | 760 | 25 | 72 | 65 | 1380 |

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|---|--------------|----------|---------|-----------|-------------|-------------|
| BURGERS (burger only, add your choice of side below) | | | | | | |
| First Burger | 1 burger | 770 | 45 | 39 | 39 | 1280 |
| First Burger - <i>Sub Grilled Chicken</i> | 1 burger | 560 | 24 | 39 | 35 | 1240 |
| Brewsters Burger | 1 burger | 920 | 54 | 41 | 47 | 1530 |
| Brewsters Burger - <i>Sub Grilled Chicken</i> | 1 burger | 710 | 33 | 41 | 43 | 1490 |
| Maple Bacon Bison | 1 burger | 850 | 38 | 58 | 44 | 1510 |
| Maple Bacon Bison - <i>Sub Grilled Chicken</i> | 1 burger | 650 | 20 | 58 | 39 | 1470 |
| Crispy Chicken Ranch | 1 burger | 770 | 39 | 62 | 39 | 1740 |
| Crispy Chicken Ranch - <i>Sub Grilled Chicken</i> | 1 burger | 600 | 27 | 40 | 43 | 1410 |
| Black Bean Burger | 1 burger | 650 | 32 | 69 | 25 | 1320 |
| SOUP & SALAD | | | | | | |
| French Onion Soup | 1 bowl | 570 | 29 | 51 | 28 | 1990 |
| Beef & Barley Soup (Cup) | 1 cup | 300 | 11 | 38 | 12 | 980 |
| Beef & Barley Soup (Bowl) | 1 bowl | 390 | 15 | 48 | 18 | 1380 |
| Wor Wonton Soup | 1 bowl | 430 | 11 | 52 | 31 | 1720 |
| Grilled Dumpling Salad | 1 salad | 690 | 45 | 48 | 29 | 1160 |
| Crispy Chicken Cobb Salad | 1 salad | 1030 | 73 | 48 | 49 | 1530 |
| Long Beach Salad - <i>No Protein</i> | 1 salad | 980 | 73 | 73 | 18 | 1050 |
| Long Beach Salad - <i>Chicken</i> | 1 salad | 1110 | 76 | 73 | 43 | 1110 |
| Long Beach Salad - <i>Garlic Prawns</i> | 1 salad | 1310 | 96 | 74 | 42 | 1280 |
| Caesar Salad - <i>No Protein</i> | 1 salad | 640 | 43 | 44 | 17 | 1320 |
| Caesar Salad - <i>Chicken</i> | 1 salad | 770 | 46 | 44 | 42 | 1380 |
| Caesar Salad - <i>Garlic Prawns</i> | 1 salad | 970 | 66 | 45 | 41 | 1550 |
| NOODLES & BOWLS | | | | | | |
| Tuna Poke Bowl | 1 bowl | 760 | 31 | 78 | 44 | 1660 |
| Tuna Poke Bowl - <i>Sub Salmon</i> | 1 bowl | 970 | 45 | 78 | 70 | 1440 |
| Nashville Mac & Cheese | 1 bowl | 1240 | 61 | 112 | 56 | 2980 |
| Cashew Chicken Chow Mein | 1 bowl | 990 | 33 | 124 | 49 | 2520 |
| Blackened Chicken Alfredo | 1 bowl | 955 | 50 | 75 | 45 | 1790 |

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| FAVOURITES <i>(includes sides unless otherwise specified)</i> | | | | | | |
| Gurvinder's Butter Chicken | 1 meal | 1210 | 51 | 135 | 52 | 2140 |
| Gurvinder's Butter Chicken - <i>Sub Tempura Cauliflower</i> | 1 meal | 1220 | 58 | 156 | 27 | 2690 |
| Fish & Chips - <i>1-Piece</i> | 1 meal, without side | 500 | 24 | 45 | 23 | 1120 |
| Fish & Chips - <i>2-Piece</i> | 1 meal, without side | 800 | 40 | 74 | 43 | 1880 |
| Fish & Chips - <i>3-Piece</i> | 1 meal, without side | 1100 | 56 | 103 | 63 | 2640 |
| Mac & Meatloaf | 1 meal | 1320 | 69 | 109 | 64 | 2600 |
| Maple Soy Salmon | 1 meal | 1090 | 58 | 83 | 77 | 1790 |
| Chicken Fingers | 1 meal, without side | 715 | 37 | 50 | 38 | 1480 |
| Steak Sandwich | 1 meal, without side | 560 | 43 | 10 | 33 | 710 |
| Steakhouse Sirloin | 1 meal | 920 | 64 | 44 | 45 | 1440 |
| Triple Pepperoni Pizza | 1/2 pizza | 650 | 40 | 34 | 35 | 1850 |
| Brewsters Special Pizza | 1/2 pizza | 610 | 35 | 41 | 32 | 1710 |
| DESSERTS | | | | | | |
| No Mercy Brownie-Cake | 1 dessert | 710 | 43 | 73 | 10 | 260 |
| No Mercy Brownie-Cake (Bite-Size) | 1 dessert | 355 | 22 | 37 | 5 | 130 |
| Mud Pie | 1 dessert | 720 | 41 | 82 | 9 | 390 |
| Mud Pie (Bite-Size) | 1 dessert | 360 | 21 | 41 | 5 | 195 |
| Leprechaun Pie | 1 dessert | 760 | 45 | 82 | 8 | 420 |
| Leprechaun Pie (Bite-Size) | 1 dessert | 380 | 23 | 41 | 4 | 210 |
| Churros Poutine | 1 dessert | 825 | 38 | 119 | 5 | 410 |
| SIDES | | | | | | |
| Side Fries | 1 side order | 305 | 17 | 40 | 3 | 990 |
| Side Tater Tots | 1 side order | 520 | 41 | 39 | 3 | 1470 |
| Side Sour Cream Mashed Potatoes | 1 side order | 310 | 18 | 33 | 5 | 600 |
| Side House Salad | 1 side order | 90 | 6 | 8 | 1 | 170 |
| Side Caesar Salad | 1 side order | 260 | 19 | 17 | 7 | 520 |
| Side Sweet Potato Fries with Chipotle Aioli | 1 side order | 680 | 39 | 75 | 4 | 910 |
| Side Beef & Barley Soup | 1 side order | 210 | 7 | 27 | 10 | 800 |
| Side French Onion Soup | 1 side order | 480 | 25 | 40 | 26 | 1810 |

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|-------------------------------------|------------------------|----------|---------|-----------|-------------|-------------|
| KIDS MENU | | | | | | |
| Kids Beef & Barley Soup | 1 soup | 300 | 11 | 38 | 12 | 980 |
| Kids Grilled Cheese Sandwich | 1 meal, without side | 500 | 23 | 60 | 19 | 970 |
| Kids Cheeseburger | 1 burger, without side | 390 | 17 | 31 | 36 | 505 |
| Kids Fish & Chips | 1 meal, without side | 430 | 19 | 40 | 23 | 1000 |
| Kids Chicken Fingers | 1 meal, without side | 435 | 20 | 41 | 21 | 760 |
| Kids Bacon Mac & Cheese | 1 meal | 800 | 38 | 83 | 29 | 1080 |
| Kids Chicken Wings | 1 meal, without side | 560 | 36 | 1 | 52 | 250 |
| Kids Chicken Caesar Salad | 1 salad | 560 | 30 | 38 | 36 | 850 |
| Kids Cheese Pizza | 1 pizza | 315 | 14 | 30 | 19 | 980 |
| Kids Pepperoni Pizza | 1 pizza | 600 | 38 | 32 | 31 | 1980 |
| Kids Side Fries | 1 side | 305 | 17 | 40 | 3 | 990 |
| Kids Side Tater Tots | 1 side | 465 | 35 | 38 | 3 | 1360 |
| Kids Side Carrots & Celery | 1 side | 35 | 0 | 8 | 1 | 45 |
| Kids Side Green Apple Slices | 1 side | 60 | 0 | 16 | 0 | 0 |
| Kids Ice Cream with Chocolate Sauce | 1 dessert | 105 | 1 | 22 | 1 | 35 |
| Kids Ice Cream with Raspberry Sauce | 1 dessert | 85 | 1 | 17 | 1 | 25 |
| Kids Churro Fries | 1 dessert | 380 | 19 | 50 | 3 | 175 |
| Kids Little Leprechaun | 1 dessert | 370 | 23 | 41 | 4 | 210 |

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|----------------------------|--------------|----------|---------|-----------|-------------|-------------|
| ADD-ONS | | | | | | |
| Add Grilled Chicken Breast | 4 oz | 130 | 3 | 0 | 25 | 60 |
| Add Spicy Beef | 4 oz | 250 | 18 | 4 | 18 | 520 |
| Add Black Bean Crumble | 1 portion | 170 | 8 | 20 | 6 | 340 |
| Add Guacamole | 3 oz | 140 | 12 | 8 | 2 | 250 |
| Add Extra Cheese | 3 oz | 340 | 26 | 3 | 21 | 700 |
| Add Burger Patty | 1 patty | 340 | 24 | 0 | 29 | 100 |
| Add Bison Patty | 1 patty | 300 | 18 | 0 | 32 | 105 |
| Add Garlic Prawns | 4 prawns | 200 | 13 | 1 | 20 | 345 |
| DIPS & SAUCES | | | | | | |
| Apple Cider Vinaigrette | 1.5 oz | 180 | 19 | 3 | 0 | 40 |
| Buffalo BBQ Sauce | 1.5 oz | 60 | 1 | 11 | 1 | 390 |
| Burger Sauce | 1.5 oz | 210 | 21 | 5 | 0 | 270 |
| Caesar Dressing | 1.5 oz | 190 | 20 | 1 | 2 | 260 |
| Cajun Remoulade | 1.5 oz | 190 | 20 | 1.5 | 0 | 190 |
| California Dressing | 1.5 oz | 170 | 18 | 3 | 0 | 140 |
| Chipotle Aioli | 1.5 oz | 180 | 19 | 2 | 0 | 230 |
| Chipotle Ranch | 1.5 oz | 160 | 17 | 4 | 0 | 280 |
| Cranberry Mayo | 1.5 oz | 140 | 14 | 5 | 0 | 180 |
| Gochujang Aioli | 1.5 z | 180 | 18 | 4 | 0 | 320 |
| Gravy (Beef) | 3 oz | 45 | 1 | 5 | 2 | 650 |
| Gravy (Turkey) | 3 oz | 40 | 0 | 8 | 1 | 480 |
| Hammerhead Beer Mustard | 1.5 oz | 120 | 11 | 4 | 1 | 420 |
| Ketchup | 1.5 oz | 30 | 0 | 8 | 0 | 240 |
| Lemon Tzatziki | 1.5 oz | 50 | 4 | 2 | 1 | 120 |
| Plum Sauce | 1.5 oz | 75 | 0 | 18 | 0 | 255 |
| Red Wine Vinaigrette | 1.5 oz | 180 | 19 | 1 | 0 | 140 |
| Sriracha Mayo | 1.5 oz | 170 | 17 | 3 | 0 | 340 |
| Sweet Chili Sauce | 1.5 oz | 90 | 0 | 24 | 0 | 480 |
| Truffle Aioli | 1.5 oz | 190 | 20 | 1 | 0 | 220 |
| Tartar Sauce | 1.5 oz | 180 | 19 | 2 | 0 | 250 |

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|-----------------------|--------------|----------|---------|-----------|-------------|-------------|
| WING SAUCES | | | | | | |
| Frank's RedHot | 1 order | 5 | 0 | 1 | 0 | 1610 |
| Sweet Chili | 1 order | 90 | 0 | 24 | 0 | 480 |
| Honey Garlic | 1 order | 120 | 0 | 30 | 1 | 460 |
| Korean BBQ | 1 order | 120 | 1 | 28 | 1 | 650 |
| Inferno | 1 order | 30 | 1 | 5 | 0 | 1300 |
| Buffalo BBQ | 1 order | 110 | 1 | 26 | 1 | 570 |
| Beer BBQ | 1 order | 90 | 0 | 22 | 1 | 520 |
| Nashville Hot | 1 order | 220 | 20 | 9 | 0 | 950 |
| Maple BBQ | 1 order | 100 | 0 | 25 | 0 | 500 |
| Salt & Pepper Dry Rub | 1 order | 0 | 0 | 0 | 0 | 900 |
| Cajun Dry Rub | 1 order | 5 | 0 | 1 | 0 | 350 |
| Mexican Chili Dry Rub | 1 order | 0 | 0 | 0 | 0 | 375 |
| Piri Piri Dry Rub | 1 order | 0 | 0 | 5 | 0 | 325 |
| Dill Pickle Dry Rub | 1 order | 13 | 0 | 3 | 0 | 405 |