



MENU ITEM (stated serving size)	SERVING SIZE*	CALORIES (kCal)	TOTAL FAT (g)	TOTAL FAT (%DV)	SATURATED FAT (g)	TRANS FAT (g)	SATURATED & TRANS FAT (%DV)	SODIUM (mg)	SODIUM %	CARBOHYDRATES (g)	CARBOHYDRATES (%DV)	FIBRE (g)	FIBRE (%DV)	SUGAR (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
STARTERS (NO SIDES)																			
Asian Chicken Bites	353 g	890	39	60	4	0.3	22	1910	80	90	30	4	16	48	46	0	6	6	25
Coconut Calamari	295 g	900	61	94	12	0.4	62	1080	45	53	18	4	16	3	38	4	2	2	20
Brushetta Flatbread	363 g	560	23	35	5	0.1	26	1370	57	76	25	6	24	11	17	25	140	25	45
Lobster & Prawn Sliders (3PCS)	245 g	640	45	69	7	0.5	38	1380	58	38	13	3	12	3	20	6	15	8	20
Wham Bam Shrimp	352 g	650	22	34	2.5	0	13	2360	98	87	29	2	8	13	25	10	8	15	25
Hot Spinach & Artichoke Dip	368 g	990	49	75	16	1	86	1930	81	103	35	7	28	4	24	56	16	35	20
Mediterranean Goat Cheese Platter	272 g	680	37	57	15	1	80	1350	56	66	22	5	20	13	22	30	30	20	50
Roasted Mushroom Soup	392 g	260	18	28	2.5	0	13	1500	63	21	7	3	12	6	4	6	20	10	15
STARTER SIDES																			
Side: Chili Avocado Aioli	30 mL	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Side: Fig Jam	30 mL	100	0.1	1	0	0	0	10	1	24	8	1	4	22	0.3	0	0	2	2
Side: Roasted Red Pepper Relish	30 mL	50	0.1	1	0	0	0	180	8	12	4	12	4	11	0.2	0	4	0	0
Side: Mango Chili Sauce	30 mL	110	7	11	0.5	0.2	3	270	11	11	4	0	0	7	0.1	0	2	0	0
Side: Crispy Tortilla Chips	113 g	589	21	32	1	0.2	6	670	28	77	26	2	8	1	11	6	6	0	10
Side: Stone Fruit Balsamic Dressing	10 mL	25	0	0	0	0	0	0	6	2	0	0	0	5	0	0	0	0	0
Side: Basil Pesto	10 mL	20	1.5	2	0.4	0	2	75	3	1	1	0	0	1	1	2	2	2	2
Side: Wham-Bam Sauce	30 mL	80	5	8	0.5	0	3	390	16	8	3	0	0	6	0.3	2	4	0	0
SALADS - WITH DRESSING																			
Roasted Garlic Caesar w. Signature Caesar Dressing - Starter Size	197 g	460	42	65	9	1	50	800	33	15	5	3	12	4	9	130	70	20	20
Roasted Garlic Caesar w. Signature Caesar Dressing - Entrée Size	341 g	920	85	131	19	2	105	1590	66	27	9	5	20	6	19	200	130	40	30
California Spring w. Honey Mustard Vinaigrette - Starter Size	180 g	370	32	49	5	0.1	26	310	13	17	6	3	12	11	6	30	40	6	10
California Spring w. Honey Mustard Vinaigrette - Entrée Size	306 g	590	50	77	9	0.3	47	510	21	27	9	6	24	17	12	60	90	10	20
Roasted Beet & Goat Cheese w. Fig Balsamic Dressing	374 g	410	23	35	6	0.4	32	440	18	42	14	7	28	21	11	40	70	10	20
Surfside Salad	439 g	760	57	88	8	1	45	1380	57	31	10	6	24	14	36	70	70	15	20
Superfood Chop Salad w/ Maple Miso Vinaigrette Dressing	497 g	970	52	80	5	0	25	2570	107	112	37	15	60	32	21	80	70	20	50
SALAD - DRESSING ONLY																			
Honey Lime Peanut Vinaigrette	60 mL	350	35	54	3	1	20	150	6	9	3	0	0	8	1	0	2	0	0
Honey Mustard Vinaigrette	60 mL	310	31	48	2	0.5	13	190	8	10	3	0	0	9	0.2	0	0	0	2
Caesar Dressing	90 mL	520	57	88	4.5	1.5	30	550	23	3	1	0	0	2	2	6	2	2	2
Fig Balsamic Dressing	60 mL	230	16	25	1	0.4	7	330	14	23	8	1	4	21	0.2	0	2	2	2
Peanut Sauce	15 mL	60	5	8	1	0.1	6	180	8	3	1	0	0	2	1	0	0	0	0
Maple Miso Vinaigrette	60 g	240	19	29	1.5	0	8	830	35	16	5	0	0	13	1	0	2	2	2
Honey Citrus Vinaigrette	60 mL	280	28	43	2	0.5	13	650	27	9	3	0	0	8	0.3	0	8	0	0
SALAD - PROTEIN ADD ONS																			
Add on: Grilled Chicken Breast	102 g	160	6	9	3	0.2	16	530	22	1	1	1	4	0	26	2	0	2	4
Add on: Grilled Salmon (4 oz.)	107 g	200	13	20	3	0.1	16	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Shrimp Skewers	185 g	340	28	43	3.5	0.1	18	1940	81	2	1	0	0	0	22	0	6	6	6
Add on: Wham-Bam Shrimp	220 g	460	18	10	2	0	10	1550	65	59	20	1	4	9	15	2	6	8	15
BRUNCH																			
Fruit & Yogurt Parfait	220 g	240	4.5	7	2.5	0	13	65	3	38	13	4	16	17	11	2	50	10	15
Avocado Toast	709	1110	55	85	13	0.3	67	3130	130	126	42	14	56	25	37	40	60	20	70
Ultimate Breakfast Sandwich	783 g	1650	105	162	28	1	145	5030	210	124	41	12	48	25	60	40	60	50	70
California Eggs Benny + Breakfast Potatoes (NO KETCHUP)	515 g	1350	97	150	40	2.3	211	1350	57	86	29	11	44	4	38	64	45	19	38
Traditional Eggs Benny + Breakfast Potatoes (NO KETCHUP)	431 g	1210	82	127	37	2.2	196	1590	66	84	28	6	24	5	38	64	36	14	38
Egg White Frittata	651 g	870	24	37	5	0.1	26	4320	180	130	43	8	32	20	35	20	35	15	80
Feta & Spinach Omelette + Breakfast Potatoes (NO TOAST OR KETCHUP)	487 g	960	65	100	18	0.5	93	1100	46	60	20	7	28	4	38	94	70	29	43
Candied Bacon & 3 Cheese Omelette + Breakfast Potatoes (NO TOAST OR KETCHUP)	413 g	1120	79	122	26	0.7	134	870	37	57	19	5	20	4	48	54	34	54	33
Traditional Breakfast - Scrambled Egg + Breakfast Potatoes (NO MEAT OR TOAST)	316 g	850	57	88	14	0.3	72	470	20	54	19	5	20	2	30	34	30	14	33
Hot Beignets	193 g	570	19	29	9	0	45	310	13	79	26	3	12	28	14	10	2	4	30
Banana & Nutella French Toast	617 g	1590	60	92	21	0.1	106	1150	48	228	76	8	32	99	38	35	15	15	60
Strawberries & Cream French Toast	615 g	1400	42	65	14	0.3	72	1140	48	220	73	6	24	87	35	30	110	15	50
BRUNCH SIDES																			
Side: Breakfast Potatoes	142 g	490	29	45	8	0.2	41	210	9	53	18	5	20	1	7	4	30	4	8
Side: Multigrain Toast w. Butter	93 g	260	10	15	3	0.2	16	330	14	39	13	5	20	5	9	4	0	4	25
Side: White Toast w. Butter	49 g	150	7	11	2.5	0.2	14	170	7	19	6	3	12	3	4	4	0	2	15
Side: Breakfast Sausage	66 g	230	20	31	8	0.1	41	470	20	5	2	1	4	1	7	0	0	6	2
Side: Smoked Ham	92 g	110	2	3	1	0	5	1020	43	10	3	0	0	5	14	0	0	0	4
Side: Double-Smoked Bacon (3 strips)	24 g	90	9	14	3	0	15	180	8	0	0	0	0	0	2	0	0	0	2
Side: Ketchup	45 mL	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Side: Cholula Hot Sauce	30 mL	0	0	0	0	0	0	510	21	0	0	0	0	0	0	0	0	0	0
Side: Maple Syrup	120 mL	440	0	0	0	0	0	10	1	110	37	0	0	66	0	0	0	0	0
Side: Hollandaise Sauce	60 mL	380	42	65	26	2	140	135	6	0	0	0	0	0	1	35	2	2	2
Side: Whipped Cream	15 mL	25	2.5	4	1.5	0.1	8	3	1	0	0	0	0	0	0.1	4	0	0	0
MAINS																			
Ginger Glazed Salmon	729 g	1120	54	80	10	0.4	52	2140	89	99	33	5	20	47	59	60	170	25	50
Wagyu Beef Meatloaf	691 g	1150	81	125	31	2	165	2150	90	64	21	7	28	9	37	25	70	15	45
BBQ Back Ribs	748 g	1980	99	152	21	1	110	3680	153	175	58	15	60	55	76	70	110	20	45
Portobello Mushroom Chicken	857 g	1440	81	125	33	1	170	2300	96	107	36	7	28	11	72	50	50	45	45
Mediterranean Chicken	498 g	800	42	65	9	1	50	1480	62	43	14	12	48	12	68	150	150	20	35
Steak Frites (7oz)	519 g	1000	68	105	11	1	60	1570	65	59	20	15	60	13	47	100	100	20	45
Grilled Sirloin (7oz)	512 g	560	20	31	7	0.4	37	1190	50	52	17	8	32	4	46	10	130	6	50
Surf & Turf Sirloin (7oz)	370 g	820	67	103	36	2.5	193	890	37	6	2	1	4	1	47	35	10	8	40
New York Striploin (12oz)	585 g	690	23	35	9	0.5	48	1500	63	42	14	7	28	4	79	10	110	8	70
MAINS SIDES																			
Side: Roasted Garlic Mashed Potato	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	150	6	3	1	1	4	1	1	2	20	2	20
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	750											



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MENU ITEM (stated serving size)																			
Butternut Squash Ravioli	465 g	1230	87	134	38	3	205	1320	55	92	31	9	36	26	28	190	320	50	30
Sweet Chili Chicken Bowl	828 g	1480	58	89	13	0.5	68	3320	138	188	63	9	36	90	53	60	150	15	60
Ahi Tuna Power Bowl	633 g	1260	50	77	7	0.1	36	4370	182	143	48	13	52	27	63	45	50	15	70
Spicy Thai Basil Noodles	820 g	1080	48	74	20	0.3	102	1970	82	112	37	7	28	20	48	80	150	15	30
PASTAS & BOWL SAUCES																			
Roasted Garlic Cream Sauce	90 mL	170	16	25	5	0.2	26	440	18	4	1	0	0	2	2	8	0	4	0
Sweet Thai Chili Sauce	45 mL	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Peanut Sauce	15 mL	60	5	8	1	0.1	6	180	8	3	1	0	0	2	1	0	0	0	0
SANDWICHES & BURGERS (NO SIDES OR GHERKIN PICKLE)																			
Naked Burger	333 g	820	54	83	16	0.3	82	970	40	44	15	3	12	5	38	15	15	8	20
California Burger	416 g	1020	70	108	22	0.5	113	1320	55	49	16	5	20	8	49	20	20	25	20
1989 Burger	379 g	990	69	106	24	0.5	123	1320	55	44	15	3	12	5	47	25	15	25	20
Garden Burger	380 g	800	46	71	15	0.3	77	1390	58	70	23	13	52	17	27	15	30	15	40
Caprese Crispy Chicken Sandwich	356 g	830	45	69	11	0.5	58	1450	60	64	21	6	24	9	43	10	15	45	45
Korean Steak Sandwich	469 g	1200	63	97	13	1.5	73	2400	100	84	28	4	16	20	77	10	10	10	80
Baja Fish Tacos (2PCS)	302 g	560	32	49	7	0.5	38	1200	50	46	15	6	24	5	23	30	60	20	10
Rustic Chicken Club	404 g	1020	53	82	11	0.4	57	1350	56	85	28	11	44	16	54	8	15	15	60
HANDHELD SIDES & SAUCES																			
Side: Fries	242 g	670	30	46	2.5	0.2	14	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15
Side: Milestones' California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Side: Roasted Mushroom Soup	120mL	170	13	20	5	0.3	27	760	32	10	3	1	4	2	3	4	0	4	8
Sauce: Red Pepper Relish	30 mL	50	0.1	1	0	0	0	180	8	12	4	12	4	11	0.2	0	4	0	0
Sauce: Chili Avocado Aioli	30 mL	110	12	18	2	0.2	11	350	15	1	1	4	0	1	0	6	0	0	0
Sauce: Roasted Garlic Mustard Mayo	30 mL	180	19	29	2.5	0.2	14	240	10	1	1	0	0	1	0	2	0	0	0
Sauce: Basil Pesto	10 mL	20	1.5	2	0.4	0	2	75	3	1	1	0	0	1	1	2	2	2	2
Gluten Free Burger Bun	100 g	250	6	9	0.5	0.1	3	600	25	50	17	5	20	5	3	0	0	2	30
ALL MENU SIDES																			
Side: Beef Gravy	90 mL	80	2.5	4	1	0	5	1020	43	13	4	0	0	2	2	0	0	2	4
Side: Seasonal Vegetables	49 g	50	4.5	7	3	0.3	16	150	6	3	1	1	4	1	1	2	20	2	4
Side: Sauteed Mushrooms	247	230	19	29	3	0.5	18	960	40	12	4	3	12	4	7	4	25	6	10
Side: Roasted Garlic Caesar Salad (WITH DRESSING)	134 g	420	39	60	8	1	45	750	31	12	4	2	8	2	8	70	35	15	15
Side: Milestones' California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Side: Crispy Tortilla Chips	113 g	580	21	32	1	0.2	6	670	28	77	26	2	8	1	11	6	6	0	10
Side: Roasted Garlic Mashed Potatoes	255 g	300	10	15	6	0.2	31	510	21	50	17	4	16	3	5	10	30	6	6
Side: Fries	242 g	670	30	46	2.5	0.2	14	1470	61	92	31	7	28	0	8	0	2	2	10
Side: Jasmine Rice	198 g	250	0.4	1	0.1	0	1	290	12	54	18	1	4	1	5	0	0	2	20
Side: Roasted Mushroom Soup	120mL	170	13	20	5	0.3	27	760	32	10	3	1	4	2	3	4	0	4	8
Side: Roasted Garlic Caesar Salad w. Signature Caesar Dressing	134 g	400	37	57	7	1	40	630	26	12	4	2	8	2	7	70	35	15	8
Side: California Spring Salad (WITH DRESSING)	95 g	190	16	25	3	0.3	16	140	6	8	3	2	8	5	4	10	30	6	6
Side: French Vanilla Ice Cream	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
PROTEIN ADD ONS																			
Add on: Grilled Chicken Breast	102 g	160	6	9	3	0.2	16	530	22	1	1	1	4	0	26	2	0	2	4
Add on: Grilled Salmon (4 oz.)	107 g	200	13	20	3	0.1	16	230	10	0	0	0	0	0	20	4	10	2	4
Add on: Wham-Bam Shrimp	220 g	460	18	10	2	0	10	1550	65	59	20	1	4	9	15	2	6	8	15
Add on: Shrimp Skewers	185 g	340	28	43	3.5	0.1	18	1940	81	2	1	0	0	0	22	0	6	6	6
ALL MENU SAUCES																			
Chili Avocado Sauce	30 mL	110	12	18	2	0.2	11	350	15	1	1	1	4	0	1	0	6	0	0
Mango Chili Sauce	30 mL	110	7	11	0.5	0.2	3	270	11	11	4	0	0	7	0.1	0	2	0	0
Plum Sauce	45 mL	110	0	0	0	0	0	170	7	26	9	0	0	20	0	0	0	0	2
Ketchup	45 mL	60	0	0	0	0	0	420	18	15	5	0	0	12	1	2	2	0	2
Sriracha Buffalo Sauce	45 mL	140	15	23	9	1	50	1400	58	3	1	4	2	1	15	2	0	0	0
Sweet Thai Chili Sauce	45 mL	100	0	0	0	0	0	630	26	25	8	1	4	23	0.3	0	0	0	0
Sesame Ginger Soy Sauce	45 mL	130	0.5	1	0.1	0	1	530	22	31	10	0	0	28	0.3	0	2	2	10
Chocolate Sauce	30 mL	120	9	14	5	0.2	26	40	2	11	4	1	4	7	1	6	0	0	6
Rum Caramel	30 mL	210	14	22	9	0.5	48	65	3	19	6	0	0	18	0.4	15	0	2	0
Red Pepper Relish	30 mL	50	0.1	1	0	0	0	180	8	12	4	12	4	11	0.2	0	4	0	0
Horseradish Aioli	30 mL	160	17	26	2.5	0.3	14	190	8	2	1	0	0	1	0	10	0	0	0
Basil Pesto	10 mL	20	1.5	2	0.4	0	2	75	3	1	1	0	0	1	1	2	2	2	2
Peanut Sauce	15 mL	60	5	8	1	0.1	6	180	8	3	1	0	0	2	1	0	0	0	0
ALL MENU DRESSINGS																			
Honey Lime Peanut Vinaigrette	60 mL	350	35	54	3	1	20	150	6	9	3	0	0	8	1	0	2	0	0
Honey Mustard Vinaigrette	60 mL	310	31	48	2	0.5	13	190	8	10	3	0	0	9	0.2	0	0	0	2
Caesar Dressing	90 mL	520	57	88	4.5	1.5	30	550	23	3	1	0	0	2	2	6	2	2	2
Fig Balsamic Dressing	60 mL	230	16	25	1	0.4	7	330	14	23	8	1	4	21	0.2	0	2	2	2
Stone Fruit Balsamic Dressing	10 mL	25	0	0	0	0	0	0	0	6	2	0	0	5	0	0	0	0	0
Cilantro Lime Dressing	10 mL	40	4.5	7	0.3	0	2	30	1	1	1	0	0	0	0.1	0	2	0	0
Maple Miso Vinaigrette	60 g	240	19	29	1.5	0	8	830	35	16	5	0	0	13	1	0	2	2	2
Honey Citrus Vinaigrette	60 mL	280	28	43	2	0.5	13	650	27	9	3	0	0	8	0.3	0	8	0	0
KID'S MENU																			
Mini Burgers + Fries	157 g	450	27	42	10	1	55	760	32	34	11	2	8	4	16	4	0	15	20
Grilled Cheese Sandwich + Fries	276 g	870	46	71	24	1.01	126	1520	64	86	28	5	20	3	24	30	2	47	26
Grilled Chicken	102 g	160	6	9	3	0.2	16	530	22	1	1	1	4	0	26	2	0	2	4
Grilled Salmon	104 g	230	18	28	7	0.4	37	510	21	0	0	0	0	18	8	6	2	2	2
Pasta - Noodles with Creamy Cheddar Sauce	315 g	710	32	49	21	0.3	107	490	20	89	30	4	16	1	15	30	0	25	6
Pasta - Noodles with Tomato Sauce	345 g	490	8	12	3.5	0.1	18	600	25	95	32	5	20	7	12	25	40	15	10
Chicken Fingers + Fries	249 g	650	31	48	2.5	0.2	14	1550	65	65	21	4	16	0	31	0	4	4	16
Side: Plum Sauce	45 mL	110	0	0	0	0	0	170	7	26	9	0	0	20	0.1	0	0	0	2
Side: Ketchup																			



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Add on: Chocolate Sauce	30 mL	120	9	14	5	0.2	26	40	2	11	4	1	4	7	1	6	0	0	6
Chapman's Li'l Sammich	60 mL	90	2	3	1	0.1	6	45	2	15	5	0	0	7	1	2	0	0	0
DESSERTS																			
White Chocolate Cheesecake	296 g	1030	69	106	39	0.5	198	480	20	90	30	2	8	74	10	35	10	10	45
The Show-Stopper	234 g	840	60	92	40	1	205	230	10	74	25	7	28	62	6	8	10	2	2
Ganache Torte	203 g	880	56	86	20	0.2	101	45	2	77	26	11	44	57	14	2	10	20	40
Key Lime Pie	225	960	30	46	20	0.5	103	200	8	75	25	3	12	55	9	2	40	25	10
Apple Rhubarb Cobbler	276 g	580	15	23	9	0.5	48	140	6	100	33	6	24	66	7	10	15	15	15
French Vanilla Ice Cream	70 g	140	10	15	5	0.1	26	40	2	15	5	0	0	10	1	2	0	4	0
Hot Beignets	193 g	570	19	29	9	0	45	310	13	79	26	3	12	28	14	10	2	4	30
Side Sauce: Chocolate Sauce	30 mL	120	9	14	5	0.2	26	40	2	11	4	1	4	7	1	6	0	0	6
Side Sauce: Caramel	30 mL	210	14	22	9	0.5	48	65	3	19	6	0	0	18	0.4	15	0	2	0

*portion size ordinarily served to the guest. Updated August 2019