CACTUS CLUB CAFE

NUTRITION INFORMATION

DAILY CALORIE AND SODIUM REQUIREMENTS

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender.

Source: Health Canada

NUTRITION FACTS TABLE LABEL ROUNDED REPORT
LAST UPDATED: OCTOBER 28, 2026
PREPARED BY: SHARLYN SO, RHN

The information contained in this guide is based on standard preparation procedures and ingredient requirements. Seasonal and manufacturer variations may affect nutritional values for each item.

	SERVING SIZE (G)	CALS (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANSFAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	DIETARY FIB (G)	SUGAR (G)	PROTEIN (G)
START + SHARE											
Ravioli & Prawn Trio	199	560	45	22	1.5	235	1100	19	1	3	17
Chicken Wings - Hot	319	860	55	15	0.5	350	2350	2	1	1	84
Chicken Wings - Salt + Pepper	263	850	55	15	0.5	350	1130	1	0	0	83
creamy parmesan dip	45	250	29	6	0	25	120	1	0	1	2
Mini Crispy Chicken Sandwiches	345	930	65	19	1	180	1680	49	4	26	34
Potato Skins	354	940	64	30	1	120	1390	56	6	3	35
spicy yogurt	45	180	19	3.5	0	20	80	3	0	0	1
Szechuan Chicken Lettuce Wraps	503	790	24	4.5	0.1	140	1920	83	6	36	57
Szechuan Tofu Lettuce Wraps	489	660	22	3.5	0	0	1850	92	7	36	21
spicy yogurt	45	180	19	3.5	0	20	80	3	0	0	1
korean chili sauce	45	170	17	1.5	0.4	0	230	4	0	2	1
Sea Salted Fries	231	600	39	3	0.15	0	1245	60	4.5	3	9
Crispy Yam Fries	292	840	48	3.5	0.2	0	1500	98	11	29	5
Creole Fries	289	980	81	13	0.5	45	1250	64	6	3	7
Truffle Fries	249	670	47	5	0.2	10	2480	60	5	3	9
garlic mayo	45	290	35	6	0	30	150	1	0	0	0.1
ketchup	30	35	0	0	0	0	280	9	0	7	0
Wagyu Beef Carpaccio w/ Garlic Butter Crostinis	260	730	51	17	1	85	1710	43	6	5	27
Wagyu Beef Carpaccio w/ Grilled Crostini	247	690	47	9	0.1	45	1540	42	6	5	26
Tuna Stack	304	460	17	2.5	0	30	1690	56	7	9	25
Hot Chicken & Pickles	277	790	39	4	0.1	130	1380	56	2	14	51
creamy parmesan dip	45	250	29	6	0	25	120	1	0	1	2
Avocado Dip	217	390	25	5	0.1	15	1050	39	9	2	9
Szechuan Beans	285	390	23	2	0.1	0	1430	42	8	17	9
Chili Citrus Calamari	254	590	30	3.5	0.1	420	740	46	2	2	34
citrus dip	45	280	32	5	0	35	140	2	0	2	0
Creole Crab & Spinach Dip	421	1290	51	22	1	150	870	188	20	6	48
Warm Pull-Apart Bread	173	580	25	13	1	50	1050	78	4	14	13
Scallop & Prawn Ceviche	270	510	24	2	0.1	130	1400	47	6	5	32
Sticky Garlic Ribs	431	1070	66	25	0.5	205	2240	60	1	36	59

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HANDHELDS											
Chicken Tenders (no side)	283	760	38	4	0.1	260	1360	54	2	1	51
honey mustard	45	260	29	5	0	25	190	5	0	4	0.3
Cajun Chicken Sandwich (no side)	312	810	54	17	0.5	155	1180	43	3	9	40
Crispy Chicken Sandwich (no side)	430	970	60	13	0.3	130	2180	67	4	17	46
Pesto Chicken Quesadilla	277	840	40	16	0.5	120	1370	73	5	10	52
honey lime dip	30	140	16	3	0	15	150	3	0	3	0.3
Chicken Fajitas	601	1040	27	2.5	0.2	85	2170	149	18	19	53
avocado dip	45	60	6	1.5	0	5	230	3	2	1	1
shredded cheese	35	130	11	7	0.4	30	270	0	0	0	8
sour cream	45	80	7	4	0	25	45	3	0	3	2
fire roasted salsa	45	15	0.4	0	3	0	250	3	0	1	0.4
Baja Fish Tacos	324	790	21	3.5	0	30	1730	133	11	7	31
avocado dip	40	60	5	1.5	0	5	200	3	2	1	1
Chipotle Chicken Tacos	350	830	33	6	0.1	160	1280	96	10	4	48
avocado dip	40	60	5	1.5	0	5	200	3	2	1	1
Sides:											
sea salted fries	154	400	26	2	0.1	0	830	40	3	2	6
yam fries	167	480	28	2	0.1	0	860	56	6	17	3
truffle fries	166	450	31	3.5	0.2	5	1490	40	3	2	6
kale salad (no dressing)	90	100	5	1	0	5	240	10	2	2	3
kale dressing	20	100	11	1	0.1	0	140	1	0	0	0.5
fresh greens	71	35	2	1	0	5	85	3	1	1	2
maple mustard vinaigrette	7.5	30	3	0.2	0	0	70	1	0	1	0.1
garlic mayo	45	290	35	6	0	30	150	1	0	0	0.1
ketchup	30	35	0	0	0	0	280	9	0	7	0
SALADS											
Kale Salad (no dressing)	277	450	32	5	0.1	10	1020	38	9	6	10
kale dressing	45	230	24	2.5	0.2	5	310	1	0	1	1
Green Goddess Salad (no dressing)	297	290	22	4.5	0.1	190	440	16	7	6	11
maple mustard vinaigrette	30	130	12	0.5	0	0	270	3	0	3	0.3
green goddess dressing	10	30	3	1	0	5	25	0	0	0	0.4
Lemongrass Noodle Salad (no dressing)	351	566	13	2.5	0	0	870	102	7	21	12
sweet chili nuoc cham	40	70	1.5	0.1	0	0	770	14	0	13	1
mango lime puree	5	4	0	0	0	0	0	1	0	0	0
Proteins:											
seared tuna	100	150	5	0.5	0.1	35	380	0	0	0	23
lemon thyme chicken	95	180	6	1	0	100	740	0	0	0	30
grilled chicken	89	160	3.5	1	0	100	560	0	0	0	31
cajun chicken	89	150	3	0.5	0	85	510	3	1	1	26
lemongrass chicken	123	160	5	1	0.1	85	290	2	0	1	26
baked salmon	122	270	15	2	0	90	490	0	0	0	32

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BOWLS											
Crispy Tofu Bowl	604	900	50	6	0.1	0	1550	87	10	25	27
Teriyaki Chicken Rice Bowl	691	1070	49	7	0.2	100	2640	121	7	32	42
Tuna Poke Bowl	577	880	50	6	0.3	60	1890	78	11	22	31
The Med Bowl - Vegan	444	700	35	5	0.1	0	1900	76	8	12	11
The Med Bowl - Falafel	459	680	29	6	0.2	15	1970	79	8	15	14
The Med Bowl - Chicken	548	870	40	10	0.4	90	1880	78	8	16	39
SUSHI											
Prawn Crunch Roll	258	560	23	1.5	0.1	85	1350	68	4	16	15
Salmon Aburi	268	500	22	3	0	45	1170	60	4	14	14
Tuna Temaki	193	340	7	0.5	0.1	25	960	49	2	11	16
Yuzu Crab Temaki	188	260	12	2	0	60	1120	24	1	8	11
Sushi Set	385	560	22	3	0.1	105	2390	63	2	25	23
soy sauce (30ml)	30	20	0	0	0	0	1690	2	0	0	3
wasabi	8	10	0	0	0	0	0	1	0	0	0
pickled ginger	8	0	0	0	0	0	60	0	0	0	0
BURGERS											
The Niner	230	620	34	11	0.5	105	910	42	0	8	34
Cactus Burger (no side)	448	1280	93	28	1.5	225	1950	48	4	9	67
Bacon Cheddar Burger (no side)	398	1170	79	27	1.5	215	2130	48	3	10	64
Garden Burger (no side)	308	660	35	11	0	40	2190	68	6	11	21
Sides:											
sea salted fries	154	400	26	2	0.1	0	830	40	3	2	6
yam fries	167	480	28	2	0.1	0	860	56	6	17	3
truffle fries	166	450	31	3.5	0.2	5	1490	40	3	2	6
kale salad (no dressing)	90	100	5	1	0	5	240	10	2	2	3
kale dressing	20	100	11	1	0.1	0	140	1	0	0	0.5
fresh greens	71	35	2	1	0	5	85	3	1	1	2
maple mustard vinaigrette	7.5	30	3	0.2	0	0	70	1	0	1	0.1
garlic mayo	45	290	35	6	0	30	150	1	0	0	0.1
ketchup	30	35	0	0	0	0	280	9	0	7	0

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MAINS											
Blackened Creole Chicken	503	800	48	22	0.5	220	1840	42	6	3	52
Butternut Squash Prawn Ravioli	373	920	69	33	2.5	440	1830	40	2	6	34
Bolognese (no crostini)	477	1080	56	21	1	120	1370	110	11	23	39
Spaghetti Portofino (no crostini)	525	950	56	24	1	250	1650	72	5	8	30
side crostini	57	170	8	5	0.4	20	290	19	1	1	4
Soy Dijon Salmon	516	720	43	20	0.5	180	2270	47	8	5	36
Pan Seared Salmon	399	1020	82	24	1	165	1660	32	5	12	36
Miso Caramel Sea Bass	505	690	38	20	1.5	150	2680	47	2	16	38
Truffle Chicken	550	1400	97	24	1	294	2320	50	5	4	82
Thai Red Curry + Chicken	657	1020	36	19	0	65	1850	132	6	13	39
Thai Red Curry + Tofu	683	1140	55	20	0.1	0	1590	129	6	11	28
STEAKS											
8 oz sirloin (steak only)	184	290	9	4	0.3	115	1330	0	0	0	49
6oz filet mignon (steak only)	138	280	13	6	0.5	95	900	0	0	0	36
12 oz NY Striploin (steak only)	275	640	23	10	1	220	1270	0	0	0	100
14oz ribeye (steak only)	320	650	31	13	1	200	1420	0	0	0	89
Sides:											
mashed potatoes	227	330	18	11	0	55	990	37	4	2	7
seasonal vegetables	90	70	6	0.5	0	0	20	5	2	2	2
sea salted fries	154	400	26	2	0.1	0	830	40	3	2	6
kale salad (no dressing)	90	100	5	1	0	5	240	10	2	2	3
kale dressing	20	100	11	1	0.1	0	140	1	0	0	0.5
atlantic lobster tail	98	150	10	6	0.5	70	550	3	1	0	14
Toppings/Sauces:											
brandy peppercorn sauce	70	190	15	9	0.1	50	350	4	1	1	5
creole butter	15	100	10	7	0.5	30	55	1	0	0	0.2
cajun blackening spice	5	15	0.3	0	0	0	460	3	1	1	0.3
sautéed creole prawns	113	280	21	8	0.5	190	780	3	0	0	18
white wine sautéed prawns	102	240	18	8	1	175	920	2	0	0	16
truffle butter	10	60	6	3.5	0.3	15	55	0	0	0	0.2
horseradish cream sauce	45	60	5	3	0	15	220	4	0	2	1
mushrooms + red wine jus	90	110	8	2	0.2	5	320	3	1	2	6
DESSERTS											
Chocolate Lava Cake	252	880	46	22	0.2	335	280	111	30	90	12
Key Lime Pie	248	840	48	26	1	310	340	94	2	72	13
Chocolate Peanut Butter Crunch Bar	235	960	66	31	0.2	150	270	74	5	47	17
New York Cheesecake	231	770	55	32	0.1	255	500	59	1	47	13
6 Layer Chocolate Cake	480	1730	80	40	1.5	180	1270	239	12	166	19
London Fog Crème Brulee	182	460	36	21	0.1	365	220	29	0	26	6

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TEST LOCATIONS ONLY											
Pumpkin Spice Pot de Creme	220	600	46	24	0.5	410	250	40	2	14	9
Chocolate Peanut Butter Crunch Bar (TEST)	235	960	66	31	0.2	150	270	74	5	47	17
Caesar Salad (no dressing)	169	110	6	2	0.1	10	230	13	3	6	5
Caesar dressing	60	330	39	7	0	35	230	1	2	0	1
Protein:											
Grilled Short Rib Steak	92	300	25	12	1.5	95	590	0	0	0	20
Chicken Tenders & Caesar	430	560	15	4	0.1	240	1520	45	4	6	61
Honey Mustard	45	250	24	4	0	20	90	11	0	10	0.3
Steak & Sushi - Salmon Aburi	374	850	59	23	2	180	2480	44	1	23	34
Steak & Sushi - Tuna Temaki	320	700	44	20	2.5	155	2210	37	2	19	36
Sides:											
Side Caesar (no dressing)	60	40	2	0.5	0	5	80	4	1	2	2
Caesar Dressing	20	110	13	2	0	10	75	0	1	0	0.3
Chocolate Espresso Mousse	61	200	15	8	0.1	120	75	15	0	10	3