
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: DECEMBER 5 2022
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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.

Vitamin C values have been decreased by 50% and then rounded using Canadian label regulations because this vitamin is lost easily with cooking and exposure to air



	SERVING SIZE (G)	CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANSFAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
START + SHARE															
Beef Carpaccio & Crostini	396	1320	102	54	3.5	280	2640	62	10	5	45	70	15	70	40
Ravioli & Prawn Trio	199	560	45	22	1.5	235	1100	19	1	3	17	20	4	15	6
Individual Ravioli & Prawn	66	190	15	7	0.5	80	370	6	0	1	6	6	2	4	2
Chipotle Aioli (calamari dip 45 g, 1.5 fl oz)	45	270	32	5	0	25	160	1	0	0	0	0	2	0	0
Ceviche	333	570	21	2.5	0.1	40	2360	69	7	5	33	8	20	8	20
Chicken Wings (no sauce)	259	850	55	15	0.5	350	330	0	0	0	83	20	4	4	30
Hot Sauce or Extra Hot Sauce	75	15	0.4	0	0	0	2520	3	1	1	1	15	2	0	2
Salt + Pepper	260	860	55	16	0.5	350	530	0	0	0	83	20	4	6	30
Creamy Parmesan Dip	30	170	20	4	0	20	80	1	0	0	1	2	0	4	0
Crispy Yam Fries	292	840	48	3.5	0.2	0	1500	98	11	29	5	350	25	10	6
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1	0	2	0	0
Edamame	228	280	12	1.5	0	0	600	23	12	5	25	0	15	15	35
Mini Burgers (trio)	356	980	67	26	1	200	1110	41	4	24	44	30	20	20	40
Individual Mini Burger	119	330	22	9	0.3	65	370	14	1	8	15	10	5	8	15
Mini Crispy Chicken Sandwiches (trio)	345	930	65	19	1	180	1680	49	4	26	34	20	5	20	30
Individual Mini Crispy Chicken Sandwich	115	310	22	6	0.3	60	560	16	1	9	11	6	2	8	10
Potato Skins	299	1050	87	25	1	110	1870	39	4	3	32	20	15	50	20
Spicy Chicken	316	610	25	2.5	0.1	130	1140	56	0	37	54	2	4	4	25
Szechuan Chicken Lettuce Wraps	591	990	59	6	0.2	130	2270	69	7	25	67	10	15	10	35
Szechuan Tofu Lettuce Wraps	608	1140	95	12	0.2	20	2420	64	7	27	34	20	15	50	45
Creole Fries (12oz)	289	960	81	13	0.5	45	3550	61	5	3	7	8	55	4	20
Creole Fries (8oz)	209	750	67	11	0.4	45	2510	41	4	2	5	6	35	4	15
Creole Fries (4oz)	129	530	51	9	0.2	40	1740	21	2	1	2	4	15	2	8
Truffle Fries (12 oz, No Mayo)	249	670	47	5	0.2	10	2480	60	5	3	9	2	60	10	20
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1	0	2	0	0
Tuna Stack	298	470	28	3.5	0	35	1150	35	7	8	22	10	25	8	15
Wagyu Beef Carpaccio	297	1090	89	31	2	135	1890	56	4	3	25	30	5	20	35
Tuna Tataki & Slaw & Dressing	247	240	11	1.5	0	35	2160	16	3	9	21	35	45	6	8
Corn Ribs	210	640	36	5	0.1	20	660	78	4	7	5	8	15	2	10
Crab Cake	224	580	52	10	0.5	100	530	16	2	2	15	20	15	10	10
Calamari Bravas	417	1000	77	10	0.2	500	1260	45	2	4	36	15	50	15	20
Hot Chicken & Pickles	322	1060	70	10	0.2	160	1360	58	2	14	54	15	2	10	15

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HANDHELDS															
Chicken Tenders (No Fries or Dip)	283	760	38	4	0.1	260	1360	54	2	1	51	6	5	4	45
Honey Mustard (1.5 fl oz)	45	260	29	5	0	25	190	5	0	4	0.3	0	0	0	0
Sea salted fries (8oz)	154	400	26	2	0.1	0	830	40	3	2	5	0	35	2	15
Cajun Chicken Sandwich	312	790	57	17	0.5	155	2350	41	3	8	40	15	8	25	25
BBQ Chicken Club Sandwich	328	830	52	13	0.3	150	2960	52	3	17	39	10	15	4	20
Crispy Chicken Sandwich	390	840	59	16	0.5	165	1900	45	3	18	42	25	10	35	20
Pesto Chicken Quesadilla (No dip)	277	840	40	16	0.5	120	1370	73	5	10	52	20	2	60	30
Honey Lime Dip (30 g, 1 fl oz)	30	140	16	3	0	15	150	3	0	3	0.3	0	2	0	0
Chicken Fajitas	856	1480	71	31	2	255	7880	122	14	21	87	70	110	60	60
Baja Fish Tacos (3 tacos)	330	760	36	5	0.1	30	1430	85	6	7	24	10	30	6	35
GREENS															
Kale Salad (No Dressing)	277	450	32	5	0.1	10	1020	38	9	6	10	140	80	20	25
Chicken Kale Salad (No Dressing)	357	580	34	5	0.1	75	1120	38	10	6	140	170	80	20	30
Kale Dressing (45 g)	45	230	24	2.5	0.2	5	310	1	0	1	1	0	0	2	2
Side/Sub/Add Kale Salad (No Dressing)	82	90	5	1	0	5	220	9	2	2	3	70	35	8	8
Kale Dressing (20 g)	20	100	11	1	0.1	0	140	1	0	0	0.5	0	0	0	0
Sherry Vinaigrette 1 fl oz, 30 g (simple syrup)	30	170	18	1.5	0.1	0	110	1	0	1	0.2	0	0	0	0
Raincoast Salad (No Dressing)	430	490	31	7	0.2	260	460	18	10	5	38	40	80	8	20
Sherry Vinaigrette .5 fl oz, 15 g (simple syrup)	15	80	9	1	0.1	0	55	1	0	1	0.1	0	0	0	0
Lemon-Thyme Vinaigrette (1 fl oz, 30 g)	30	170	18	1.5	0.1	0	115	3	0	3	0.2	0	2	0	0
Starter Fresh Greens (Includes Dressing, 70g)	140	150	12	3	0.2	10	270	5	2	3	4	15	20	4	2
Bandara Salad & Cajun Chicken (No Dressing)	350	400	11	4.5	0.3	85	3160	44	6	22	32	80	70	6	15
Honey Lime Vinaigrette (2 fl oz, 60 g)	60	320	35	6	0	30	350	6	0	5	0.2	0	2	0	0
Lemongrass Chicken Salad	417	670	33	4	0.1	65	850	60	7	15	35	60	30	10	20
Lemongrass Prawn Salad	411	630	32	4	0.1	160	1430	60	7	15	27	70	30	15	15
BOWLS															
Crispy Tofu Bowl	604	900	50	6	0.1	0	1550	87	10	25	27	8	30	50	35
Teriyaki Chicken Rice Bowl	691	1070	49	7	0.2	100	2640	121	7	32	42	30	50	15	30
Tuna Poke Bowl	577	880	50	6	0.3	60	1890	78	11	22	31	10	30	10	25
The Med Bowl - Vegan	444	700	35	5	0.1	0	1900	76	8	12	11	45	45	10	35
The Med Bowl - Falafel	459	680	29	6	0.2	15	1970	79	8	15	14	50	45	15	40
The Med Bowl - Chicken	548	870	40	10	0.4	90	1880	78	8	16	39	50	50	15	45
SUSHI No soy sauce															
Spicy Ahi Roll	265	440	12	1	0	25	1380	63	5	10	17	4	15	4	10
Prawn Crunch Roll	270	560	23	1.5	0.1	85	1430	68	4	10	15	6	15	4	15
Zen Roll	268	430	16	2.5	0	0	1700	60	4	11	8	8	20	4	10
Salmon Aburi Sushi	268	500	21	3	0	45	1220	60	4	11	14	4	15	4	8

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BURGERS															
Cheddar Bacon Burger	378	830	47	18	0.3	170	1970	55	3	19	52	15	8	30	40
Cheddar Burger	403	770	42	17	1	160	1580	55	3	19	47	15	8	30	40
The Feenie Burger	537	1110	77	35	1.5	230	1980	58	3	21	54	35	8	30	40
GardenBurger	339	870	58	20	1	80	1530	64	5	10	24	35	15	30	35
Impossible Burger	363	570	23	9	0	0	2340	64	6	19	28	6	4	20	50
JD BBQ Burger	378	850	59	17	0.1	135	1230	49	3	15	39	6	10	10	40
Side Sea Salted Fries (8 oz, No Mayo)	154	400	26	2	0.1	0	830	40	3	2	5	0	35	2	15
Side Truffle Fries (8 oz, No Mayo)	166	450	31	3.5	0.2	5	1490	40	3	2	6	2	35	6	15
Yam Fries (8 oz, No Mayo)	167	480	28	2	0.1	0	860	56	6	17	3	200	15	6	4
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1	0	2	0	0
Side Fresh Greens (Includes Dressing, 40 g)	78	70	6	1.5	0.1	5	130	3	1	1	2	8	15	2	2
MAINS															
Blackened Creole Chicken (Potato, Asparagus)	503	800	48	22	0.5	220	2760	41	6	3	52	35	4	4	25
Butternut Squash Prawn Ravioli	373	920	69	33	2.5	440	1830	40	2	6	34	80	4	30	10
Butternut Squash Vegetarian Ravioli	254	700	55	30	2	235	870	39	2	5	14	60	4	20	10
Rigatoni Bolognese	465	980	43	17	0.5	105	1950	111	14	21	41	80	35	50	30
Spaghetti Portofino	475	1060	69	31	1.5	295	1650	73	4	6	31	60	10	15	25
Pane Romano (Crostini with garlic butter)	54	180	9	5	0.4	20	300	20	1	1	4	8	1	4	10
Hunter Chicken (3 oz asparagus)	617	1020	68	25	1	225	2560	44	6	4	59	35	4	4	30
Short Rib Pappardelle	570	1440	92	39	1.5	325	1770	78	5	12	57	60	4	25	35
Grilled Salmon (8 oz mash potatoes, 3 oz asparagus)	475	710	46	16	0.4	160	1750	42	6	3	35	25	20	10	25
Grilled Dijon Salmon	516	720	43	20	0.5	180	2270	47	8	5	36	35	35	15	30
Thai Green Curry + Prawns	633	710	31	18	0.1	215	1590	75	5	9	31	110	65	30	30
Thai Green Curry + Chicken	651	820	42	19	0.1	95	800	75	5	9	37	100	70	20	30
Truffle Brick Chicken	418	850	55	16	0.5	165	2570	45	5	4	43	25	15	4	25
Crab Cake Frites (no ketchup)	558	1660	142	23	1	215	1760	74	7	6	35	90	80	20	35
STEAKS															
8oz Sirloin Steak (5 g butter)	164	290	10	4	0.3	110	190	0	0	0	47	0	0	0	35
7oz AAA Filet Steak (5 g butter)	146	320	12	6	0.5	115	190	0	0	0	46	0	0	0	40
12oz NY Striploin Steak (5 g butter)	235	500	19	9	1	170	230	0	0	0	76	0	0	2	50
7oz AAA filet, lobster, asparagus, potatoes (5 g butter)	146	320	12	6	0.5	115	190	0	0	0	46	0	0	0	40
12oz NY Striploin, lobster, asparagus, potatoes (5 g butter)	235	500	19	9	1	170	230	0	0	0	76	0	0	2	50
Side: Mashed Potato + Asparagus	312	420	28	15	0	80	1190	36	3	5	6	25	15	10	10
Side: Fries, Kale Salad, Horseradish Cream	299	670	48	7	0.2	15	990	54	5	4	10	70	75	15	20
Side: Steakhouse Lobster Tail	98	150	10	6	0.5	70	550	3	1	0	14	10	12	6	4
Topping: 4 Mushroom Demi-Glace (Steak, 177 g)	132	250	22	6	0.5	20	150	3	1	1	7	8	2	2	2
Topping: Pernod Peppercorn Demi-Glace (Steak, 60 g)	60	100	4.5	3	0.1	15	410	5	0	1	7	4	0	0	4
Topping: Creole Butter (1 Tbsp or 15 g)	15	100	10	7	0.5	30	55	1	0	0	0.2	10	0	0	2
Topping: Sautéed Creole Jumbo Prawns (5)	113	280	21	8	0.5	190	780	3	0	0	18	20	2	8	4
Topping: Truffle Butter (10 g)	10	60	6	3.5	0.3	15	55	0	0	0	0.2	4	0	0	0
Topping: Button Mushroom +Red Wine Demi	90	110	8	2	0.2	5	320	3	1	2	6	2	0	0	2

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DESSERTS															
Apple Tart	274	670	35	15	0.5	110	390	80	3	41	9	8	0	8	20
Chocolate Lava Cake	252	880	46	22	0.2	335	280	111	3	90	12	25	0	15	15
Key Lime Pie	253	840	40	24	1	305	460	107	1	86	13	45	8	30	10
Chocolate Peanut Butter Crunch Bar	187	720	42	19	0.4	85	340	76	4	58	11	15	0	15	20
White Chocolate Cheesecake	238	740	46	28	0.5	185	350	69	2	59	10	30	4	10	4
DRESSINGS Serving Size = 30 g = 1 fl oz															
Creamy Parmesan Dressing	30	170	20	4	0	20	80	1	0	0	1	2	0	4	0
Goma Dressing	30	180	18	1	0.4	20	340	4	0	4	1	0	0	0	0
Honey Lime Vinaigrette	30	160	18	3	0	15	180	3	0	3	0.1	0	2	0	0
Lemon Thyme Vinaigrette	30	170	18	1.5	0.1	0	115	3	0	3	0.2	0	2	0	0
Ponzu Mirin Sauce	30	35	0	0	0	0	700	6	0	4	1	0	3	0	0
Yuzu Vinaigrette	30	60	5	0.5	0	0	660	3	0	2	1	0	4	0	0
Sesame Ginger Vinaigrette	30	70	2.5	0.4	0	0	470	10	0	8	1	2	2	0	0
Sherry Vinaigrette	30	170	18	1.5	0.1	0	110	1	0	1	0.2	0	0	0	0
SAUCES															
Miso sauce	30	150	16	2.5	0	10	380	3	0	1	1	0	0	0	0
Soy Chili Sauce	30	100	6	1	0	0	430	11	0	9	0.4	0	0	0	2
Truffle Beurre Blanc (60 g)	60	370	39	25	2	105	300	4	0	3	0.5	35	2	2	0
Spicy Yogurt (45 g, 45 ml)	45	170	19	3.5	0	20	150	3	0	2	1	2	0	4	0
SIDES															
Fries (12 oz & 1.5 oz Garlic Mayo)	276	900	74	9	0.2	30	1640	60	5	3	7	0	60	4	20
Truffle Fries (12 oz)	249	670	47	5	0.2	10	2480	60	5	3	9	2	60	10	20
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1	0	2	0	0