
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: JUNE 8TH, 2023
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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.

	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)
START + SHARE											
Ravioli & Prawn Trio	199	560	45	22	1.5	235	1100	19	1	3	17
Individual Ravioli & Prawn	66	190	15	7	0.5	80	370	6	0	1	6
Ceviche	333	570	21	2.5	0.1	40	2360	69	7	5	33
Chicken Wings (no sauce)	259	850	55	15	0.5	350	330	0	0	0	83
Hot Sauce or Extra Hot Sauce	75	15	0.4	0	0	0	2520	3	1	1	1
Salt + Pepper	260	860	55	16	0.5	350	530	0	0	0	83
Creamy Parmesan Dip	30	170	20	4	0	20	80	1	0	0	1
Crispy Yam Fries	292	840	48	3.5	0.2	0	1500	98	11	29	5
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1
Edamame	228	280	12	1.5	0	0	600	23	12	5	25
Mini Burgers (trio)	356	980	67	26	1	200	1110	41	4	24	44
Individual Mini Burger	119	330	22	9	0.3	65	370	14	1	8	15
Mini Crispy Chicken Sandwiches (trio)	345	930	65	19	1	180	1680	49	4	26	34
Individual Mini Crispy Chicken Sandwich	115	310	22	6	0.3	60	560	16	1	9	11
Potato Skins	299	1050	87	25	1	110	1870	39	4	3	32
Szechuan Chicken Lettuce Wraps	671	1320	81	10	0.1	145	1950	100	6	39	66
Szechuan Tofu Lettuce Wraps	608	1160	92	11	0.1	20	1870	73	6	38	33
Creole Fries (12oz)	289	960	81	13	0.5	45	3550	61	5	3	7
Creole Fries (8oz)	209	750	67	11	0.4	45	2510	41	4	2	5
Creole Fries (4oz)	129	530	51	9	0.2	40	1740	21	2	1	2
Truffle Fries (12oz, no mayo)	249	670	47	5	0.2	10	2480	60	5	3	9
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1
Wagyu Beef Carpaccio	297	1090	89	31	2	135	1890	56	4	3	25
Crab Cake	204	540	48	9	0.5	95	490	15	2	1	15
Calamari Bravas	327	680	43	3.5	0.2	465	810	40	2	2	34
Tzatziki (1.5 fl oz)	45	40	2	1.5	0	5	100	4	0	2	2
Paprika Aioli (1.5 fl oz)	45	280	32	5	0	25	350	2	0	0	0.4
Hot Chicken + Pickles	277	790	39	4	0.1	130	1380	56	2	14	51
Creamy Parmesan Dip (1.5 fl oz)	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

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HANDHELDS											
Chicken Tenders (no fries or dip)	283	760	38	4	0.1	260	1360	54	2	1	51
Honey Mustard (1.5 fl oz)	45	260	29	5	0	25	190	5	0	4	0.3
Sea salted fries (8oz)	154	400	26	2	0.1	0	830	40	3	2	5
Cajun Chicken Sandwich	312	790	57	17	0.5	155	2350	41	3	8	40
BBQ Chicken Club Sandwich	328	830	52	13	0.3	150	2960	52	3	17	39
Crispy Chicken Sandwich	390	840	59	16	0.5	165	1900	45	3	18	42
Pesto Chicken Quesadilla (no dip)	277	840	40	16	0.5	120	1370	73	5	10	52
Honey Lime Dip (30g, 1 fl oz)	30	140	16	3	0	15	150	3	0	3	0.3
Chicken Fajitas	856	1480	71	31	2	255	7880	122	14	21	87
Baja Fish Tacos (3 tacos)	330	760	36	5	0.1	30	1430	85	6	7	24
Chipotle Chicken Tacos (3 tacos)	347	670	29	8	0	60	1400	75	8	6	30
GREENS											
Kale Salad (no dressing)	277	450	32	5	0.1	10	1020	38	9	6	10
Chicken Kale Salad (no dressing)	357	580	34	5	0.1	75	1120	38	10	6	140
Kale Dressing (45g)	45	230	24	2.5	0.2	5	310	1	0	1	1
Side/Sub/Add Kale Salad (no dressing)	82	90	5	1	0	5	220	9	2	2	3
Kale Dressing (20g)	20	100	11	1	0.1	0	140	1	0	0	0.5
Sherry Vinaigrette (30g, 1 fl oz) (simple syrup)	30	170	18	1.5	0.1	0	110	1	0	1	0.2
Raincoat Salad (no dressing)	430	490	31	7	0.2	260	460	18	10	5	38
Sherry Vinaigrette (15g, 0.5 fl oz) (simple syrup)	15	80	9	1	0.1	0	55	1	0	1	0.1
Lemon-Thyme Vinaigrette (30g, 1 fl oz)	30	170	18	1.5	0.1	0	115	3	0	3	0.2
Starter Fresh Greens (includes dressing, 70g)	140	150	12	3	0.2	10	270	5	2	3	4
Lemongrass Chicken Salad	417	670	33	4	0.1	65	850	60	7	15	35
Lemongrass Prawn Salad	411	630	32	4	0.1	160	1430	60	7	15	27
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 no soy sauce											
Prawn Crunch Roll	270	560	23	1.5	0.1	85	1430	68	4	10	15
Zen Roll	268	430	16	2.5	0	0	1700	60	4	11	8
Salmon Aburi Sushi	268	500	22	3	0	45	1170	60	4	14	14
Albacore Tuna Roll	275	410	10	1.5	0	25	1480	59	4	12	18
Tomato Poke Roll	258	370	9	1.5	0	0	1750	63	4	17	7

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BURGERS											
Cheddar Bacon Burger	378	830	47	18	0.3	170	1970	55	3	19	52
Cheddar Burger	403	770	42	17	1	160	1580	55	3	19	47
The Feenie Burger	537	1110	77	35	1.5	230	1980	58	3	21	54
GardenBurger	339	870	58	20	1	80	1530	64	5	10	24
Impossible Burger	363	570	23	9	0	0	2340	64	6	19	28
JD BBQ Burger	378	850	59	17	0.1	135	1230	49	3	15	39
Side Sea Salted Fries (8oz, no mayo)	154	400	26	2	0.1	0	830	40	3	2	5
Side Truffle Fries (8oz, no mayo)	166	450	31	3.5	0.2	5	1490	40	3	2	6
Yam Fries (8oz, no mayo)	167	480	28	2	0.1	0	860	56	6	17	3
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1
Side Fresh Greens (includes dressing, 40g)	78	70	6	1.5	0.1	5	130	3	1	1	2
MAINS											
Blackened Creole Chicken (potato, asparagus)	503	800	48	22	0.5	220	2760	41	6	3	52
Butternut Squash Prawn Ravioli	373	920	69	33	2.5	440	1830	40	2	6	34
Butternut Squash Vegetarian Ravioli	254	700	55	30	2	235	870	39	2	5	14
Rigatoni Bolognese	465	980	43	17	0.5	105	1950	111	14	21	41
Spaghetti Portafino	475	1060	69	31	1.5	295	1650	73	4	6	31
Pane Romano (crostini with garlic butter)	54	180	9	5	0.4	20	300	20	1	1	4
Hunter Chicken (3oz asparagus)	617	1020	68	25	1	225	2560	44	6	4	59
Grilled Salmon (8oz mash potatoes, 3oz asparagus)	475	710	46	16	0.4	160	1750	42	6	3	35
Grilled Dijon Salmon	516	720	43	20	0.5	180	2270	47	8	5	36
Thai Green Curry + Prawns	633	740	34	20	0.1	215	2640	76	5	9	31
Thai Green Curry + Chicken	651	850	44	21	0.1	95	1850	76	5	10	37
Truffle Chicken	550	1400	97	24	1	295	2320	50	5	4	82
Crab Cake Frites (no ketchup)	558	1660	142	23	1	215	1760	74	7	6	35
Miso Cod	489	930	55	27	2.5	185	1900	63	4	6	45
STEAKS											
8oz Sirloin (5g butter)	169	330	14	7	0.5	120	190	0	0	0	47
7oz AAA Filet (5g butter)	132	320	15	8	0.5	110	180	0	0	0	41
12oz NY Striploin (5g butter)	240	540	24	11	1	180	230	0	0	0	76
7oz AAA Filet, Lobster, Asparagus, Potatoes (5g butter)	578	860	48	26	1	240	1830	47	8	3	65
12oz NY Striploin, Lobster, Asparagus, Potatoes (5g butter)	686	1090	56	29	1.5	305	1880	47	8	3	100
Truffle Mushroom Steak, Asparagus, Potatoes (5g butter)	637	990	61	26	1	200	2710	48	8	6	64
Side: Mashed Potatoes, Roasted Asparagus	312	420	28	15	0	80	1190	36	3	5	6
Side: Fries, Kale Salad, Horseradish Cream	299	670	48	7	0.2	15	990	54	5	4	10
Side: Steakhouse Lobster Tail	98	150	10	6	0.5	70	550	3	1	0	14
Topping: 4 Mushroom Demi-Glace (steak, 177g)	132	250	22	6	0.5	20	150	3	1	1	7
Topping: Pernod Peppercorn Demi-Glace (steak, 60g)	60	100	4.5	3	0.1	15	410	5	0	1	7
Topping: Creole Butter (15g, 1 tbsp)	15	100	10	7	0.5	30	55	1	0	0	0.2
Topping: Sautéed Creole Jumbo Prawns (5)	113	280	21	8	0.5	190	780	3	0	0	18
Topping: Truffle Butter (10g)	10	60	6	3.5	0.3	15	55	0	0	0	0.2
Topping: Button Mushroom + Red Wine Demi-Glace	90	110	8	2	0.2	5	320	3	1	2	6

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DESSERTS											
Chocolate Lava Cake	252	880	46	22	0.2	335	280	111	3	90	12
Key Lime Pie	253	840	40	24	1	305	460	107	1	86	13
Chocolate Peanut Butter Crunch Bar	187	720	42	19	0.4	85	340	76	4	58	11
New York Cheesecake	238	740	46	28	0.5	185	350	69	2	59	10
6 Layer Chocolate Cake	480	1730	80	40	1.5	180	1270	239	12	166	19
DRESSINGS serving size 30g, 1 fl oz											
Creamy Parmesan Dressing	30	170	20	4	0	20	80	1	0	0	1
Goma Dressing	30	180	18	1	0.4	20	340	4	0	4	1
Honey Lime Vinaigrette	30	160	18	3	0	15	180	3	0	3	0.1
Lemon Thyme Vinaigrette	30	170	18	1.5	0.1	0	115	3	0	3	0.2
Ponzu Mirin Sauce	30	35	0	0	0	0	700	6	0	4	1
Yuzu Vinaigrette	30	60	5	0.5	0	0	660	3	0	2	1
Sesame Ginger Vinaigrette	30	70	2.5	0.4	0	0	470	10	0	8	1
Sherry Vinaigrette (simple syrup)	30	170	18	1.5	0.1	0	110	1	0	1	0.2
SAUCES											
Miso sauce	30	150	16	2.5	0	10	380	3	0	1	1
Soy Chili Sauce	30	100	6	1	0	0	430	11	0	9	0.4
Truffle Beurre Blanc (60g)	60	370	39	25	2	105	300	4	0	3	0.5
Spicy Yogurt (45g, 45ml)	45	170	19	3.5	0	20	150	3	0	2	1
SIDES											
Fries (12oz with 1.5 oz garlic mayo)	276	900	74	9	0.2	30	1640	60	5	3	7
Truffle Fries (12oz)	249	670	47	5	0.2	10	2480	60	5	3	9
Garlic Mayo (1.5 fl oz)	45	290	35	6	0	30	150	1	0	0	0.1