



**FOUR Menu Nutritional Analysis - Updated November 2009**

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV
<b>Lunch Menu Plates 2009-11</b>															
<b>Appetizers</b>															
Persian Spaghetti Squash Soup	1serv	188	9	1	0	0	1273	25	1.7	7	2.3	100	50	6	7
Malaysian Coconut Soup	1 serv	247	15	12	0	17	86	16	3	5	11	8	44	4	9
Prosciutto Salad	1 serv	352	18.5	7	0	53	1193	30	5.3	11.4	20	9	50	22	13
Raw Pickled Beet Salad	1 serv	504	27	5	0	12	363	64	3	9	6	23	52	15	21
Corn & Dungeness Crab Cake	1 serv	513	33	4.8	0	52	713	31	7	6	26	7	96	13	6
Miso Romaine Salad	1 serv	86	6	0.7	0	0	120	7	1.5	1.5	1	76	42	4	8
Black Bean Calamari	1 serv	269	17	5.7	0	109	692	23	2	12	7	16	64	3.5	5.5
Steamed Edename	1 serv	163	7	0	0	0	267	10.5	3	0	14	0	22	52	11
Hummus	1 serv	324	16	2	0	0	583	35	8	3	12	2	40	5	21
<b>Sandwiches</b>															
Bison Burger	1 serv	489	24	11	0	87	486	37	1	0.5	30	10	14	18	39
Brie and Apple Burger	1 serv	650	33	7.5	0	115	403	75	6	16	19	22	31	20	19
Chicken Burger	1 serv	621	25	5	0	193	1165	52	2	6	51	5	0	6	38
<b>Main Course Salads</b>															
Smoked Flat Iron	1 serv	243	8	2.5	0	79	378	12	2.6	5	28	19	125	3	25
Lamb Greek	1 serv	489	20	9	0	177	444	11.5	1	2	54	11	39	16	31
Grilled Atlantic Salmon	1 serv	464	24	5	0.5	83	660	30	4	16	35	4	28	6	18
Tiger Shrimp	1 serv	412	14	2	0	200	1103	15	4	4	26	44	79	21	35
Prosciutto	1 serv	352	18.5	7	0	53	1193	30	5.3	11.4	20	9	5	22	13
<b>Mains</b>															
Striped Bass	1 serv	473	20	2.5	0	122	1173	33	7	15	32	16	66	14	35
Jail Island Salmon	1 serv	448	30	5.5	0.5	83	941	11.7	1	7.5	33	3	18	1	6
Grilled Beef Tenderloin	1 serv	340	14	2	0	79	1668	17	3	2	33	13	18	3	28
Grilled Chicken Breast	1 serv	650	16	2.7	0	86	562	92	7.5	5.6	42	36	11	11	19
Smoked Sable Fish	1 serv	584	38	7	0	74	568	29	7	8	25	103	46	26	28
Spanish Mussels	1 serv	591	20	3	0	56	487	68	3.6	2.6	33	35	91	9	82
<b>Pastas</b>															
Spelt Rigatoni	1 serv	434	13	5	0	10	1400	68	8.5	25	19	21	40	20	43
Chicken Meatballs	1 serv	620	21	6	0	100	951	64	6.5	3.5	39	4	9	2	36
Shrimp Fusilli	1 serv	627	21	2.5	0	130	1089	69	9	8	32	36	200	31	49
Whole Wheat Squash Ravioli	1 serv	521	25	6	0.1	49	1193	61	6	5	16	8	38	27	22

<b>Dinner Menu Plates 2009-11</b>															
<b>Small Bites</b>															
Chicken Yakotori Slider	1 serv	621	25	5	0	193	1165	53	1.8	6	51	5	2	6	38
Steamed Edename	1 serv	163	7	0	0	0	267	10.5	3	0	14	0	22	52	11
Mini Bison Burger	1 serv	490	24	10.5	0.1	87	486	37	1.3	0.75	29	9	12	18	39
Tiger Shrip Skewer	1 serv	172	0.7	0	0	200	325	11.5	1.6	9	23	26	12	17	25
Baked Chicken Wings	1 serv	221	7	2	0	26	243	30	0	26	10	1	0	0	3
Beef Quesadilla	1 serv	236	9	4.5	0	45	425	18	0.5	1	14	8	13	16	11
Proscuitto Flatbreads	1 serv	650	43	11	0	48	1149	43	6	2	19	23	69	19	31
Hummus	1 serv	324	16	2	0	0	583	35	8	3	12	2	40	5	21
<b>Appetizers</b>															
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Proscuitto Salad	1 serv	352	18.5	7	0	53	1193	30	5.3	11.4	20	9	50	22	13
Raw Pickled Beet Salad	1 serv	504	27	5	0	12	363	64	3	9	6	23	52	15	21
Corn & Dungeness Crab Cake	1 serv	513	33	4.8	0	52	713	31	7	6	26	7	96	13	6
Miso Romaine salad	1 serv	86	6	0.7	0	0	120	7	1.5	1.5	1	76	42	4	8
Black Bean Calamari	1 serv	269	17	5.7	0	109	692	23	2	12	7	16	64	3.5	5.5
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Spanish Mussels	1 serv	591	20	3	0	56	487	68	3.6	2.6	33	35	91	9	82
<b>Sir Corp Dessert Shots</b>															
Banana Pecan Caramel	60g	200	14	7	0	17	48	23	0.3	18	1	11	0	2	0
Tiramisu	35g	142	8.5	5	0	54	38	14.5	0.4	11.5	2.5	3	0	4	0
Double Chocolate Cream	55g	194	15	9	0	54	75	13	0.1	9.5	1.5	15	0	3	0
Chocolate Cherry Crunch	40g	150	7	4	0	18	49	10	0.5	7	1	5	0	1.5	0
Fruit Salad	60g	74	0	0	0	0	0.9	19	2	16	0	0	5	1	0

This nutrition information is based on data provided by the Canadian & USDA Nutrient File and data received from our suppliers. We try to provide complete and current nutrition information, but changes in recipes and the artisanal approach to our menu items means that variations from these values may occur from time to time. Therefore, the values shown here should be considered as approximations. In addition, guests who have special food sensitivities or dietary needs, should not rely solely on this information as the basis for deciding to consume a particular food item and are individually responsible for ensuring that any such item meets their dietary requirements. FOUR Restaurant assumes no liability for the use of this information.