

FOUR Menu Nutritional Analysis - Updated Jan 2012



| | 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 |
|---|------------------|----------|---------------|-------------------|---------------|------------------|-------------|------------------|-----------|------------|-------------|---------------|---------------|-------------|----------|
| Appetizers | | | | | | | | | | | | | | | |
| Red and Yellow Beet Salad | 1 serv | 547 | 39 | 9 | 0 | 29 | 587 | 38 | 4.5 | 9 | 22.5 | 16 | 45 | 37 | 39 |
| Tomato Salad | 1 serv | 167 | 2.4 | 0.3 | 0 | 0 | 1330 | 27 | 1.4 | 6.4 | 2 | 9 | 83 | 3 | 8 |
| Malaysian Coconut Soup | 1 serv | 247 | 15 | 12 | 0 | 17 | 86 | 16 | 3 | 5 | 11 | 8 | 44 | 4 | 9 |
| Corn and Crab Cake | 1 serv | 513 | 33 | 5 | 0 | 52 | 713 | 31 | 7 | 5.75 | 26 | 7 | 98 | 13 | 6 |
| Miso Romaine Salad | 1 serv | 157 | 17 | 1 | 0 | 0 | 120 | 7 | 1.5 | 1 | 1 | 76 | 43 | 4 | 8 |
| Black Bean Calamari | 1 serv | 269 | 17 | 5.7 | 0 | 109 | 692 | 23 | 2 | 12 | 7 | 16 | 64 | 3.5 | 5.5 |
| Hummus | 1 serv | 324 | 16 | 2 | 0 | 0 | 583 | 35 | 8 | 3 | 12 | 2 | 40 | 5 | 21 |
| Steamed Edamame | 1 serv | 163 | 7 | 0 | 0 | 0 | 267 | 10.5 | 3 | 0 | 14 | 0 | 22 | 52 | 11 |
| | | | | | | | | | | | | | | | |
| Small Bites | | | | | | | | | | | | | | | |
| Pulled Pork Chalupa | 1 serv | 493 | | 22 | 6 | 0 | 11 | 633 | 515 | 13 | 25.5 | 8 | 44 | 8 | 14 |
| Chicken Yakitori Slider | 1 serv | 621 | 25 | 5 | 0 | 193 | 1165 | 52 | 2 | 6 | 51 | 5 | 0 | 6 | 38 |
| Baked Chicken Wings | 1 serv | 221 | 7 | 2 | 0 | 26 | 243 | 30 | 0 | 26 | 10 | 1 | 0 | 0 | 3 |
| Mini Bison Burgers | 1 serv | 490 | 24 | 10.5 | 0.1 | 87 | 486 | 37 | 1.3 | 0.75 | 29 | 9 | 12 | 18 | 39 |
| Hummus | 1 serv | 324 | 16 | 2 | 0 | 0 | 583 | 35 | 8 | 3 | 12 | 2 | 40 | 5 | 21 |
| Steamed Edamame | 1 serv | 163 | 7 | 0 | 0 | 0 | 267 | 10.5 | 3 | 0 | 14 | 0 | 22 | 52 | 11 |
| Fish Taco | 1 serv | 399 | 17.6 | 3.8 | 0 | 83 | 433 | 40 | 5.4 | 2.4 | 22 | 9 | 76 | 9 | 12.5 |
| Mezze Plate | 1 serv | 809 | 39 | 11 | 0 | 92 | 875 | 46 | 7 | 3.4 | 36 | 0 | 13 | 25 | 35 |
| Main Course Salads | | | | | | | | | | | | | | | |
| Smoked Flat Iron | 1 serv | 243 | 8 | 2.5 | 0 | 79 | 378 | 12 | 2.6 | 5 | 28 | 19 | 125 | 3 | 25 |
| Lamb Salad | 1 serv | 489 | 20 | 9 | 0 | 177 | 444 | 11.5 | 1 | 2 | 54 | 11 | 39 | 16 | 31 |
| Grilled Atlantic Salmon | 1 serv | 454 | 30 | 5.7 | 0.5 | 83 | 384 | 16 | 3.5 | 3 | 34.5 | 11 | 61 | 4 | 12 |
| Tiger Shrimp Salad | 1 serv | 412 | 14 | 2 | 0 | 200 | 1103 | 15 | 4 | 4 | 26 | 44 | 79 | 21 | 35 |
| Main Entrees | | | | | | | | | | | | | | | |
| Thai Roasted Chicken Breast | 1 serv | 499 | 21 | 10 | 0 | 90 | 1987 | 28 | 5 | 9.546 | 46 | 10 | 140 | 17 | 34 |
| Moroccan Crusted Tuna | 1 serv | 486 | 22 | 4 | 71 | 647 | 30 | 4 | 14 | 48 | 48 | 47 | 113 | 13 | 36 |
| Jail Island Salmon | 1 serv | 425 | 23 | 5 | 0.5 | 83 | 513 | 21 | 3 | 10 | 35 | 4 | 28 | 6 | 18 |
| Grilled Beef Tenderloin | 1 serv | 472 | 30 | 2.3 | 0 | 79 | 413 | 21 | 3 | 4.25 | 29 | 48 | 13 | 4 | 29 |
| Halibut | 1 serv | 559 | 31 | 7 | 2 | 73 | 1083 | 41 | 6.5 | 5 | 42 | 11 | 70 | 14 | 19 |
| Pasta | | | | | | | | | | | | | | | |
| Spelt Rigatoni | 1 serv | 434 | 13 | 5 | 0 | 10 | 1400 | 68 | 8.5 | 25 | 19 | 21 | 40 | 20 | 43 |
| Spaghetti + Meatballs - Four Style | 1 serv | 620 | 21 | 6 | 0 | 100 | 951 | 64 | 6.5 | 3.5 | 39 | 4 | 9 | 2 | 36 |
| Shrimp & Soba Noodles | 1 serv | 308 | 12.5 | 0 | 0 | 40 | 1176 | 40 | 7 | 3.5 | 14 | 62 | 32 | 4 | 18 |
| Spinach Gnocchi | 1 serv | 438 | 22 | 1 | 0 | 71 | 722 | 39 | 3 | 3.3 | 15 | 16 | 67 | 16 | 26 |
| Sandwiches | | | | | | | | | | | | | | | |
| 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 |
| Side Orders | | | | | | | | | | | | | | | |
| Shrimp Dumplings with Kabayaki Sauce | 3ea. | 24 | 0.3 | 0 | 0 | 4 | 160 | 0.6 | 0 | 0 | 4 | 1 | 0 | 1.5 | 5 |
| Nicoise Roasted Fingerling Potatoes | | | | | | | | | | | | | | | |
| Roasted Hummitas | 1 serv | 75 | 1 | 0.7 | 0 | 4 | 164 | 13 | 1 | 2.5 | 3.5 | 1 | 4 | 4 | 2 |
| Grilled Vegetable with Wheatberry Salad | | | | | | | | | | | | | | | |
| Steamed Bok Choy with Green Beans | 1 serv | 16 | 1 | 0.1 | 0 | 0 | 13 | 1 | 0.2 | 0.5 | 0.1 | 0.5 | 18 | 0 | 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.