Nutritional Information | Allergens

FIRKIN PUBS	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
		kcal	g	g	g	g	g	g	g	mg	mg	%DV	%DV	%DV	%DV									
Get Started																								
french onion soup	8fl oz	270	5	20	1.0	5	14	8	0	36	1130	8	18	31	7		*		*	*			*	
roasted vegetable naan	1 plate	690	15	76	4.3	12	34	17	0.0	82	1657	27	277	57	33	*	*		*	*				
stuffed yorkie, short ribs	1 plate	279	13.7	23	2.4	1.5	13.4	6	0.3	66.5	1074	1	12.5	6.5	15	*	*		*	*			*	
calamari	1 plate	468	42	27	0	0	21	5	0.0	591	450	5	0	12	21		*	*		*				
irish nachos	1 plate	1322	51	87	4.4	1.3	112	44	0.5	196	2914	48	23	118	16		*			*				
fish tacos	1 plate	852	19	72	8.4	0.4	52	9.4	0	3	1365	16.5	28	28	35		*	*	*	*				
fried pickles	1 plate	271	4	29	2.7	4	15	1	0	0	1237	5	0	2.5	5		*		*	*				
spinach, artichoke, goat cheese	1 plate	1140	23	132	5.5	11	51.5	26	0.5	115	2701	28	42.5	21	28.5		*		*	*				*
ploughmans lunch	1 plate	860	44	54	2.3	8	51	28	0	332	2364	38	0	78.5	25	*	*	*		*				*
bangers in a blanket	1 plate	990	24	50	2	5	76.5	28.5	0.4	22.5	1450	2	0	2	58.5	*	*		*	*				
sweet potato fries	11oz	752	4.4	75	4.5	25	48.5	4.7	0	0	717	83	32	8.5	9									
loaded nachos	1 plate	2459	132	193	24	5	197	104	0	475	4925	126	74	333	45		*			*				
potato & cheddar perogies	1 plate	840	22	108	5	4	30.5	3	0	0	2388	0	14	14	40	*	*		*	*				*
meatball sliders	1 plate	938	38.5	58.5	4.5	8.5	69	37	1.5	181	2004	47	45	110	46		*		*	*				
beef sliders	1 plate	816	42	45	3	1.5	49	18	0	151	1491	8	3	24	39	*	*		*	*				*
hodge podge platter	1 plate	2678	80	263	12	40	178	48	0.6	770	5553	130	80	72	65	*	*		*	*				*
Spuds & Sauce																								
classic spuds	1 plate	820	21	112	3.6	1	57	15	1	70	712.5	16	13	55	50		*		*	*				
buffalo chicken spuds	1 plate	1249	27	122	4.4	5	98	20	1.2	88	2105	2.5	15	50	11		*		*	*				
the big hog	1 plate	1003	33	130	3.6	13	64	17	1.0	96	1520	16	19	53	14		*		*	*			*	
braised beef spuds	1 plate	1017	40.4	125	4.5	3	64	18	1.3	120	901	16	18	52	27		*		*	*				
Salads (incl dressing)																								
small house	1 plate	161	2.2	13.5	3	5	10	0.4	0	0	217	33.5	35	6	8									*
side house	1 plate	161	2.2	13.5	3	5	10	0.4	0	0	217	33.5	35	6	8									*

FIRKIN PUBS	Serving Size	Calories	Protein	Carbohydrate	Fibre	Sugar	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Vitamin A	Vitamin C	Calcium	Iron	Eggs	Milk/Dairy	Fish/Seafood	Soy	Wheat/Gluten	Tree Nuts	Peanuts	Sulphites	Mustard
house main	1 plate	313	4	24	5	9	20	0.8	0	0	432	65	62	12	15									*
small caesar	1 plate	667	21	32	2.4	1	43	8	0	44	1347	20	23	39	16	*	*	*		*			*	*
side caesar	1 plate	667	21	32	2.4	1	43	8	0	44	1347	20	23	39	16	*	*	*		*				
large caesar	1 plate	785	30	34	3.6	2	51	12	0.0	68	1740	39	47	67	23.5	*	*	*		*			*	*
side Greek	1 plate	538	9	10	1.5	3.5	53	12	0.4	66	1036	23.5	47	67	23.5	*	*							
small Greek	1 plate	538	9	10	1.5	3.5	53	12	0.4	66	1036	23.5	32	28	11	*	*							
large Greek	1 plate	633	13	16	2.4	5	59	16	0.4	89	1448	43.5	58	43.5	20	*	*							
small grilled vegetable/ goat	1 plate	383	10.4	32.5	4.3	7	22.5	5	0	11.5	582	31	190	9	16		*			*				*
large grilled vegetable/goat	1 plate	689	19	55	7.6	12.7	42	10	0	23	1051	59	356	16.5	29		*			*				*
cider chicken	1 plate	504	41	42	9.4	25.5	21	2.5	0.3	146	1877	22	33	15	23					*	*		*	*
turkey cobb	1 plate	702	52	36	11	19.5	40	12.5	0	321	2288	42	59	36	30	*	*						*	*
Salad Add Ons																								
chicken breast	1	112	25	0	0	0	1.4	0.14	0	119	532	2.5	0	3	3									
steak	4oz	191	23	0	0	0	10	4.3	0	75	43	0	0	0	15									
steak	8oz	382	46	0	0	0	20	8.6	0	150	86	0	0	0	30									
Salad Dressings																								
blue cheese dressing	1 fl oz	100	0.4	2	0	2	10	2	0	10	260	0	0	0	0	*	*		*	*				*
ranch dressing	1 fl oz	120	0.4	2	0	0	12	2	0.2	0	170	0	0	0	0	*	*		*					
honey citrus dressing	1 fl oz	58	1	12	1	12	1	0	0	0	255	0	4	1	0									*
Greek dressing	1 fl oz	180	0.8	0	0	0	20	2	0.2	10	140	0	0	0	0	*	*							
caesar dressing	1 fl oz	160	0.6	2	0	0	16	1	0.0	10	150	0	0	4	0	*	*	*						*
cider vinaigrette	1 fl oz	47	0.3	10	0.7	8.7	0.8	0	0.0	0	192	0	1	1	0									*
balsamic dressing	1 fl oz	120	0.2	4	0	2	10	0.8	0	0	170	0	0	0	0									*
Burgers (excl sides)																								
Firkin	1 plate	1174	57	70.5	5.2	13.5	69	28	4.5	224	2466	19	152	33	58	*	*		*	*			*	*
Turkey	1 plate	977	55	70	3.2	13.7	50.5	16.5	0	83	2467	31	125	14	41	*	*		*	*			*	*
black bean chipotle	1 plate	881	19.3	96	14	17	47.5	9	0	44	1428	27	125	5	30	*	*		*	*				*
old fashioned	1 plate	961	39	67	5	13	55.5	21	0	172	1391	19	58	12	52	*	*		*	*				*
Sandwiches (excl sides)																								
coronation curry chicken	1	856	36	74	7.6	10	49	9	0.3	136	1893	20	30	30	32	*	*			*				*
turkey and avo club	1	842	45	67	13	4	44.5	5	0	78	1744	15	40	9.5	41	*	*			*				*
steak sandwich	6oz	697	44.5	50	3	3	34	14.5	0	116	901	11	22	40	59		*			*				
maple BBQ pulled pork	1	968	52	53	6	1	63.5	31	0.9	223	2456	300	5	38	33		*			*			*	
smoked brisket beef dip	1	1383	58	73	3.7	5	45	24	0	189	1875	11	208	70	25	*	*		*	*			*	*
crispy fried chicken	1	1277	43	89	7	10	82	25	0.5	319	2969	51	74	70	71	*	*			*				
parmesan crusted grilled cheese	1	1064	54	54	2	1	96	59	2.0	268	1788	61	183	117	18.5		*			*				

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deep fried pickles	1	39	0.5	4	0.4	0.6	2	0.1	0	0	178	0.5	0	0	0									
Pub Favs (excl sides)																								
fish	1 plate	779	32	39	0	0	53	5.5	0	80.5	1081	4.5	0	4.5	4	*	*	*		*				
shepherd's pie	1 plate	525	29	36	4	10.3	29.3	13.5	1	113	1134	43	25.5	9.5	28.5		*		*	*			*	*
chef's chicken curry, small	1 plate	664	20	100	5.5	6	16	4	0.0	50.5	1131	7.5	55	8.5	23		*		*	*				
chef's chicken curry, large	1 plate	944	35	140	9	8.3	22	5	0.0	91	1400	12.5	106	12	35		*		*	*				
butter chicken pie	1 plate	540	35	32	1	7	20	12	0.1	145	950	8	33	4	23.5	*			*	*				
meatball mac & cheese sm	1 plate	918	44	61	3.25	7	63	36	0.8	186	1469	40	8.5	85	27	*	*			*			*	
meatball mac & cheese lg	1 plate	1664	73	118	6.4	13.6	104	60	1.5	309	2406	80	17	129	38	*	*			*			*	
chicken fingers	1 plate	430	13	17	1	4	35	3	0.2	20	430	0	0	0	27.5		*			*				
wings (no sauce)	1 plate	624	51	0	0	0	35	8.5	1.7	82.5	1293	0	0	6	20									
bangers and beans	1 plate	1346	40.5	83.5	11	21	93	32	0.5	86	3272	8.5	28	26	97					*				
Fine Fare (excl sides)																								
bacon cider chicken	1 plate	392	31	3.5	0.2	0.8	25	15	0.3	212	1099	29	1.5	8	6		*							
pan roasted snapper	1 plate	462	44	0.4	0	0	31	4.2	0.0	80	638	2	4.5	7	19			*						
braised short ribs	1 plate	606	48	9.5	0.4	1	35	13.5	0.0	195	1455	0	3	9	48		*		*				*	
Desserts																								
whipping cream	15g	40	0.4	3	0	1	3	2	0.1	10	4	0	2	0			*							
vanilla icecream	1scoop	120	1	17	1	11	6	3.5	0.2	20	40	60	0	44	0		*							
sticky toffee pudding	1	375	4.7	62	2.3	41	13	6	0.4	62	175	4.5	78	3	2	*	*			*			*	
salted caramel lava	1	573	6	84	3	56	26	4.5	0.3	46.5	326	3	0	0	15.5	*	*		*	*				
apple crumble pie	1	520	4	88	4	60	16	10	0.4	40	90	20	8	0	20		*			*				
crème brulee cheesecake	1	411	7	38	0	27	37	15	0.7	130	343	27	0	11	5	*	*			*			*	
Sides																								
french fries	8oz	306	5	52	3.6	1	9	1.3	0.0	0	83	0	13	0	8									
sweet potato fries	8oz	547	3.2	54.5	3.3	18	35	3.4	0.0	0	521	61	23	6.5	6.5									
grilled vegetables	5oz	78	3	14	2.3	6	2	0.2	0.0	0	172	12	263	2	6									*
day vegetables	5oz	143	2	8.5	3.7	3	11	6	0.0	26	99.5	37	124	34	18.5		*							
mashed potatoes	4oz	180	3	20	2	1	10	6	0	25	480	2	15	5.5	4		*							
lemon herb potatoes	5oz	145	2	29	2	1	2.2	0.3	0.0	0	187	0	18	1.5	2									
Guinness gravy	5 fl oz	53	0	7.5	0	0	1	0	0.0	0	485	0	0	0	0				*	*				
Guinness gravy	2fl oz	21	0	3	0	0	0.4	0	0.0	0	194	0	0	0	0				*	*				
onion rings	8oz	455	6.4	62	2.5	7	20	2.3	0.0	0	1346	0	0	0	0				*	*				
yorkshire pudding	1	50	2	8	1	0	1	0	0.0	15	65	0	0	2	4	*			*	*				

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Sauces																								
sour cream, 5% MF	2fl oz	30	1	3	0	2	1.5	1	0.0	5	35	2	0	4	0		*							
wing dip	2 fl oz	183	1.5	3	0.3	1.6	19	1.6	0.2	22	350	0	0	3	2	*	*							
tartar sauce	2 fl oz	267	0.7	10	0	3.3	26	4	0.0	12	485	3	3	1.5	4	*	*		*					*
plum sauce	2 fl oz	100	0.2	28	0	26	0	0	0.0	0	130	8	0	0	0									
sweet chili sauce	2 fl oz	105	0.2	28	0.4	9.5	0.05	0	0.0	0	573	1.5	0	0	0									
medium sauce	2 fl oz	50	0.7	11	0.6	9	0.16	0	0	0	150	1	0	0	0				*					*
chipotle mayo	2fl oz	368	0	5	0.2	0.3	40	6	0.0	18	398	4	0	1	3.5	*	*		*					
salsa	1fl oz	15	0.5	3	1	2	0.1	0	0	0	240	2	20	0	8									
guacamole	2fl oz	120	2	6	4	0	10	2	0.0	0	210	0	4	0	0									
40 creek BBQ	2fl oz	120	0.8	28	0	26	0.2	0	0	0	860	0	12	0	4				*	*				
branston pickle	2oz	64	0	16	4	14	0	0	0	0	960	0	0	0	0								*	
mango chutney	2fl oz	160	0	40	0	40	0	0	0	0	1000	16	8	0	0									
ghost pepper suicide	2 fl oz	6	0	1	0.4	0.4	0	0	0	0	1820	5	0	0	0									
honey garlic sauce	2 fl oz	120	0.2	30	0	28	0	0	0	0	300	0	0	0	0				*	*				
Frank's hot sauce	2 fl oz	13	0	2	0.7	0.7	0	0	0	0	743	9	0	0	0									
Extra Nacho/Irish Nachos																								
spicy beef	4oz	395	33	5	1	3	26.5	8.5	0.0	102	706	37	14	7.5	28.5									
chicken breast, diced	4oz	112	25	0	0	0	1.4	0.14	0.3	119	532	3	0	3	3									
pulled pork	4oz	160	22	0	0	0	8	3	0.0	74	1094	0	2	2	9								*	
Extra Grilled Cheese																								
pulled pork	2oz	80	11	0	0	0	4	1.5	0.0	37	547	0	1	1	4.5								*	
brisket	2oz	103	13.7	0.6	0	0	4.5	1.7	0.0	43	326	0	0	0	8.5				*				*	
bacon	2sl	87	6	0	0	0	7	2.2	0.0	17	369	0	0	0	1.5									
tomatoes	2sl	6	0.25	1.25	0.4	0.75	0	0	0	0	1.5	1	7	0	0									
Extra - Burger Toppings																								
avocado	1 pt	161	2	9	6.7	1	15	0	0	0	7	0	17	1	4									
deep fried pickles	2 pcs	77	1	8	0.8	1	4.2	0.3	0.0	0	353	1.5	1	0	1					*				
braised onions	1oz	33	2.3	3	0.4	1	1.75	0	0.0	0	270	0	3	2	3									
roasted red peppers	1oz	30	0.5	2	0.3	1	2	0	0.0	0	3	4	76	0	0									
blue cheese	1oz	88	5.5	0.5	0	0	7	5	0	19	349	5	0	12	1		*							
cheddar cheese	1oz	101	6	0.5	0	0	8.5	5.25	0.0	26	155	6.5	0	16	1		*							
goat cheese	1oz	67	4.5	0	0	0	5.5	3.7	0	11.5	92	7	0	3	3.5		*							
swiss cheese	1 sl	70	5	0	0	0	5	3.3	0.0	18	285	4	0	15	0		*							
sauteed mushrooms	1oz	19	1	1	0.3	0.5	1.5	0.75	0.0	3.25	10	1	2.5	3.5	3		*							
bacon	2sl	87	6	0	0	0	7	2.2	0.0	17	369	0	0	0	1.5									
monterey jack cheese	1sl	104	7	0.2	0	0.14	8.5	5.4	0	25	168	5.5	0	19	1		*							

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Brunch Menu																								
english fry up	1	1096	43.5	75	7.5	16.4	58	18.7	0.14	424	2463	33	15.5	25	70	*	*			*				
bangers, beans & eggs	1	1139	38	53.6	5	12.6	40	23	0.2	390	2261	30.5	4	19.5	7.5	*	*			*				
big firkin omelette	1	671	33	24.6	1.5	3.5	41.4	17.5	0	707	980	41	5.5	46.5	28	*	*			*				
peameal stack	1	799	48	35	1.5	6.6	38	14	0	305	2229	23	4	28	25	*	*			*				
french toast	1	419	19.6	38	2.5	6.4	20	4.7	0	219	795	17	0	19.5	31	*	*			*				
bacon for french toast	2 sl	87	6	0	0	0	7	2.2	0	17	369	0	0	0	1.5									
sausag e for french toast	1	280	9	5	0	1.4	26.3	8.3	0.1	6.3	555	1	0	0	21					*				
eggs benedict	1	645	34	34	1.5	6	33.5	16	0	335	1672	20	2	18	27	*	*		*	*			*	
pulled pork bennies	1	682	28.7	33.3	1.7	5.5	35	16	0	332	1581	20	2.5	20	29	*	*		*	*			*	
turkey & avocado bennies	1	610	20.6	38	5.5	5	30.3	14	0	107	1059	6	0	13	14	*	*		*	*			*	
home fries	6oz	174	2.7	34	2.6	1.4	2.4	0	0	0	219	5	30	1.5	2									
multigrain toast	1pc	160	6	26	3	1	3	0	0	0	230	0	0	2	10					*				
white toast	1pc	130	6	18	1	2	1	0.3	0	0	290	0	0	53	1.3					*				

The nutritional data has been compiled from from information received from our suppliers and from the Canadian Nutrient File. The Firkin Group of Pubs is not responsible for the accuracy of content. The Firkin Group of Pubs cannot control or eliminate the possibility of cross-contamination in our pubs or in products provided to you by our suppliers; therefore we cannot assume responsibility for particular sensitivity or allergy to any food at our pubs. If you have any question or concerns, please speak to the manager.