

Allergens

[illegible]

	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
Salads (incl dressing)																								
Caesar salad, small	1 plate	527	20	30	2.4	1	37	9	0.2	34	1277	20	23	31.5	16	*	*		*	*				
Caesar salad, large	1 plate	892	33	47	6.6	4	64.5	16.5	0.4	68	1985	73.5	93	63	32	*	*		*	*				
Greek salad, small	1 plate	253	7.5	11.5	1.7	4	21	9	0	46	777	23.5	33	29	14		*							
Greek salad, large	1 plate	423	11.5	18.5	2.7	6	35	15	0	69	1210	43.5	61	46	26	*	*							
cider glazed chicken salad	1 plate	504	41	42	9.4	25.5	21	2.5	0.3	146	1877	23	33	15	23						*			*
turkey cobb salad	1 plate	702	52	36	11	19.5	40	12.5	0	321	2288	42	59	36	30	*	*							*
pub salad, small	1 plate	254	9.3	21.2	5	7.7	15	5.2	0	11.5	480	17	17.5	8	14		*		*		*			*
pub salad, large	1 plate	501	18.7	40.4	10	14.3	30.5	10.4	0	23	960	34.5	32.5	16	28		*		*		*			*
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	69	0	0	0	30	13	0	226	86	0	0	0	30									
turkey breast	3oz	80	19	0	0	0	0.5	0.2	0	40	370	0	0	0	6									
basa	4oz	344	18	1	0.15	0.07	28	15	1	110	591	16.5	6	3	9.5		*	*						
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	50	1	10	1	10	1	0	0	0	218	0	2	14	0.25									*
Greek dressing	1 fl oz	75	0	1.4	0.15	0.5	8	1.4	0	0	21	0	1	1	3									
caesar dressing	1 fl oz	180	0.4	2	0	0	18	3	0.2	10	230	0	0	0	0	*	*		*					
cider vinaigrette	1 fl oz	47	0.6	9.5	0.6	8.6	0.8	0	0.0	0	192	0	2	12	0.2									*
balsamic dressing	1 fl oz	80	0.2	4	0	2	7	1	0.2	0	320	0	0	0	0			*						*
Burgers (excl sides)																								
Firkin	1 plate	1238	56	77	5.7	16	67	22	0	185	2702	25	46	29	66.5	*	*		*	*	*		*	*
turkey	1 plate	977	54	73	3.2	15	46.5	11	0	44	2444	32	135	11	45.5	*	*		*	*	*		*	*
black bean veggie	1 plate	815	19	93	10	17	35	5	0	5.5	1529	27	120	9.5	30.5	*	*		*	*	*		*	*
old fashioned	1 plate	981	38	70	5	14	51.5	15.5	0	133	1368	19.5	40	9	57	*	*		*	*	*		*	*
Sandwiches (excl sides)																								
coronation chicken wrap	1	893	39	83	16.7	12	49.5	7.2	0	129	1556	13	29	32	40	*			*	*				*
pot roast au jus	1	1224	48	78	3.7	5.6	75.5	13	0.6	109	1203	10	27.5	6.5	42	*	*		*	*	*			
turkey avocado club, multigrain	1	822	43	69	13	5.75	44.5	5.6	0	78	1903	15	73	9.5	51	*	*		*	*	*			*
turkey, avocado club, white	1	742	43	61	11	1.75	39.5	4.8	0	78	1705	15	73	6	41	*	*		*	*	*			*
London porker	1	972	40.5	54	3	14	63	31	2	200	2024	39	43	6	29		*		*	*	*		*	*
grilled vegetable foldover	1	503	10	79	4.6	11	19	5	0.1	24	1229	23	287	11.5	23	*	*		*	*				*
parm crusted grilled cheese, mg	1	1104	52	56	6	4	101	60	2.0	268	1828	72	33	121	38.5		*		*	*	*			
parm crusted grilled cheese, wht	1	1024	52	48	4	0.28	96	59	2.0	268	1629	72	33	117	28.5		*		*	*	*			
crispy fried chicken	1	1187	42	91	7	11	68	10	0.0	227	2995	50	56	10	47		*		*	*	*		*	

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plum sauce	2 fl oz	100	0.2	28	0	26	0	0	0.0	0	130	8	0	0	0									
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	216	0.6	8	0	2.6	21	3.2	0.0	10	394	1	1	0	1	*	*							*
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									
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 chicken	4oz	166	25.4	12	0	11	1.4	0	0.3	119	921	3	14	3	5				*	*				
pulled pork	4oz	160	22	0	0	0	8	3	0.0	74	1094	0	2	2	9				*	*			*	
Grilled Cheese																								
pulled pork	2oz	80	11	0	0	0	4	1.5	0.0	37	547	0	1	1	4.5				*	*			*	
pot roast	2oz	146	18	1	0	0	7	3	0.2	50	157	0	0	21	14									
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									
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	43	0	3.6	0.5	1.3	2.3	0	0.0	0	292	0	4	1	3.5									
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		*							
fried egg	1	86	6	1	0	0	7	1.8	0.0	183	161	118	0	23	0.7	*								
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	14	0	0	0	0	1	0	0.0	0	0.25	0	0	0	0		*							
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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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	*	*			*			*	
Brunch																								
English fry up	1 plate	1057	55	84	10	12	55.5	20	0.2	468	2579	32	50	16	55.5	*	*		*	*	*			
breakfast spuds	1 plate	609	29	47.5	3.5	2	31.6	13.7	0.8	182	1237	28	40	46	11	*	*							
beer brats, beans, eggs	1 plate	1120	55	57	6	10	71	26	0.2	507	2575	28	24	17	46	*	*		*	*	*			
big Firkin omelette	1 plate	573	34	28.6	2.4	1	40.4	16.4	0.2	704	944	40	20	38	26	*	*		*	*	*			
yogurt and granola	1 serv	395	16.2	70	7	18	10	3	0	6.7	62	5.5	6	21	25		*		*	*	*	*		
eggs benedict	1 plate	585	34	34	1.5	6	33.5	16	0.2	335	1672	20	2	20	27	*	*			*				
turkey avocado bennies	1 plate	500	20.6	38	5.5	5	30	14	0.2	107	1057	6	0	13	14	*			*	*	*			
home fries	6 oz	174	2.7	34.4	2.6	1.4	2.4	0	0	0	226	5	30	1.5	2									
french toast	1 plate	453	23.6	48	5	2.4	19	4	0	219	741	17	33	10	33	*	*		*	*	*			
peameal stack	1 plate	745	48	34.5	1.5	6.3	45	19	0.6	324	2275	29	4	28	24.5	*	*		*	*	*			
Kids Menu																								
brunch, fried egg	1 plate	324	14	24	1.7	1	19.3	6.5	0.2	211	709	19	20	3	27.5	*	*							
brunch, poached egg	1 plate	311	14	23	1.7	1	17.3	6	0.2	134	698	14	20	3.6	9	*	*							
grilled cheese, whole grain	1 plate	575	38	27	3	2	56	39	1	188	1085	50	17	88	15		*		*	*	*			
grilled cheese, white	1 plate	535	38	23	2	0	53.5	38.5	1.0	188	987	50	17	86	10		*		*	*				
macaroni and cheese	1 plate	717	42.4	63.4	2.7	7.2	45	26	0.6	135	1363	26	0	91	22		*			*				
beef sliders	1 plate	470	26	40	3	2	23	10	0.2	90	693	3	6	2	37		*		*	*	*			
wings	1 plate	284	25	0	0	0	17.5	4.2	0.9	41	396	0	0	6	20		*		*				*	
chicken fingers	1 plate	231	8	10	0.6	2.4	28	1	0	12	252	0	0	0	4		*			*				

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