

# Swiss Chalet

## Nutrition Information

	Serving Size (g)	Calories	Kilojoules	Protein (g)	Fat (g)	Polyunsaturated (g)	Monounsaturated (g)	Saturated (g)	Cholesterol (mg)	Carbohydrates (g)	Sodium (mg)	Potassium (mg)
<b>STARTERS</b>												
Hot Spinach and Artichoke Dippin' Pot	443	1125	4696	29.2	71.8	15.9	27.5	16.4	33	90.4	1435	1068
Ranchero Corn and Chicken Quesadilla	422	928	3882	45.6	42.6	4.6	13.9	18.6	102	89.5	2144	802
Baked Garlic Cheese Loaf	240	696	2904	25.7	28.8	1.4	6.5	18.7	72	84.0	1229	396
Perogies	187	393	1640	11.0	11.0	1.4	5.5	1.9	4	62.0	793	292
Wings Plain - 2lbs.	268	799	3340	86.0	50.0	6.6	25.0	11.0	222	0.3	327	705
Medium Wings	292	759	3180	83.0	40.0	5.1	19.0	9.2	214	17.0	794	800
Honey Garlic Wings	320	869	3630	89.0	48.0	6.4	24.0	10.0	234	20.0	883	768
Hot Wings	339	903	3780	97.0	55.0	6.6	27.0	12.0	267	5.6	1125	922
Mild Wings	322	874	3660	98.0	54.0	7.0	26.0	12.0	241	0.5	654	902
<b>GARDEN SALADS</b>												
Santa Fe Grilled Chicken Salad	370	274	1147	31.5	8.9	3.0	3.3	2.2	74	16.7	1965	1162
Sunshine Penne Spinach Salad	360	533	2232	16.6	24.5	5.8	12.2	5.0	18	61.6	907	558
Golden Grilled Chicken Caesar Salad	388	832	3482	49.0	53.0	12.0	27.0	9.9	81	41.0	1980	850
Warm Chicken Salad Amandine	483	868	3633	40.0	60.0	20.0	30.0	10.0	164	42.0	2220	965
<b>SOUP</b>												
Chalet Chicken Soup	230	97	406	9.0	2.0	traces	traces	traces	25	11.0	820	172
<b>SIDE SALADS</b>												
Garden Salad	162	33	138	3.0	0.0	0.0	0.0	0.0	0	7.0	26	296
Hail Caesar Salad	117	345	1444	2.0	19.0	5.0	10.0	2.0	10	12.0	350	573
<b>WRAPS AND SANDWICHES</b>												
Club Wrap	270	621	2592	44.0	24.0	3.8	9.5	8.1	62	57.5	1280	554
Messy Chicken Sandwich	603	1007	4214	58.0	41.0	3.0	15.0	10.0	126	102.0	1320	1690
Grilled Santa Fe Chicken Breast Sandwich	323	523	2196	39.1	14.9	3.9	7.4	2.3	58	58.5	2225	808
Chicken on a Kaiser	218	434	1816	50.0	9.0	2.0	4.0	3.0	153	37.0	410	350
Our Famous Chicken Duo	448	531	2222	59.0	11.0	2.0	4.0	3.0	178	48.0	1230	522
<b>BURGERS</b>												
Big Beef Burger	231	623	2610	43.0	30.0	1.1	13.0	14.0	85	45.0	1465	589
Veggie Burger	168	404	1690	25.0	11.0	0.9	2.3	3.2	0	51.0	1037	541
Burger Garnish	81	14	60	0.7	0.1	0.0	0.0	0.0	0	2.7	262	142
Bacon Cheese Burger	300	825	3450	60.3	42.9	2.1	15.6	22.2	93	49.5	2148	678
7 oz. Bacon Cheese Burger Garnish	65	12	52	0.6	0.1	0.1	0.0	0.1	0	2.1	307	119
<b>ROTISSERIE CHICKEN</b>												
Signature Quarter Chicken												
¼ Chicken White (with Skin)	159	381	1594	47.0	22.0	3.0	9.0	4.0	159	0.0	175	813
¼ Chicken White (Skinless)	124	225	942	40.0	8.0	1.0	3.0	2.0	114	0.0	84	599
¼ Chicken Dark (with Skin)	139	313	1310	40.0	17.0	3.0	7.0	5.0	175	0.0	200	570
¼ Chicken Dark (Skinless)	116	232	971	35.0	10.0	1.0	4.0	3.0	160	0.0	130	430
Half Chicken												
½ Chicken (with Skin)	298	694	2904	87.0	39.0	6.0	16.0	9.0	334	0.0	375	1383
½ Chicken (Skinless)	240	457	1913	75.0	18.0	2.0	7.0	5.0	274	0.0	214	1029
Double Leg	278	626	2620	80.0	34.0	6.0	14.0	10.0	350	0.0	400	1140
Famous Chalet Sauce	100	24	100	0.4	0.5	0.1	0.2	0.2	0	4.4	570	100
<b>FIRE GRILLED</b>												
Regular Cut BBQ Back Ribs	160	405	1695	37.0	26.0	2.0	11.0	9.0	115	6.0	304	320
Large Cut BBQ Back Ribs	320	810	3390	74.0	52.0	4.0	22.0	18.0	230	12.0	608	640
Grilled Chicken Breast	457	627	2624	45.0	9.2	1.8	3.6	3.2	72	91.0	2420	870
Chicken and Rib Combo	299	718	3005	77.0	43.0	5.0	18.0	14.0	290	6.0	504	890
<b>STIR FRY/POT PIE</b>												
Chicken Stir Fry	524	372	1572	39.3	6.8	1.6	3.1	1.6	67	38.8	2395	1048
Veggie Stir Fry	411	218	904	5.3	2.9	0.8	1.2	0.8	2	42.3	1130	600
Chicken Pot Pie	317	494	2067	17.0	24.0	1.0	8.0	5.0	64	53.0	951	539

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<b>SALAD DRESSING AND DIPS</b>												
Mayonnaise	7	43	180	0.0	4.6	1.5	2.6	0.3	2	0.6	28	1
Hellman's French Dressing	15	58	240	0.0	5.7	3.3	1.3	0.8	0	2.0	118	3
Hellman's Creamy Garlic Peppercorn Ranch	15	66	270	0.1	7.0	4.0	1.6	1.0	3	0.9	132	8
Hellman's Light Italian*	15	30	130	9.8	2.2	1.3	0.5	0.3	0	2.6	174	13
Hellman's Creamy 1000 Isle Dressing	15	59	250	0.1	5.8	3.3	1.4	0.8	2	1.9	118	11
BBQ Dipping Sauce	33	54	226	0.0	0.0	0.0	0.0	0.0	0	13.0	454	60
Honey Mustard Dipping Sauce	33	75	314	0.0	1.0	1.0	traces	traces	0	19.0	154	13
Sweet & Sour Dipping Sauce	33	49	205	0.0	0.0	0.0	0.0	0.0	0	13.0	66	60
Plum Dipping Sauce	33	66	276	0.0	0.0	0.0	0.0	0.0	0	17.0	334	10
<b>SIDE SERVINGS</b>												
"Best Anywhere" French Fries	160	470	1968	8.0	25.1	1.6	14.6	2.6	0	53.1	103	1394
Baked Potato	250	272	1138	6.0	traces	traces	traces	traces	0	62.0	19	1041
Sour Cream and Chives	30	49	205	1.0	4.0	0.0	1.0	3.0	2	2.0	15	50
Butter	14	100	419	0.0	11.0	traces	2.0	7.0	31	0.0	116	4
Mashed Potatoes	182	215	900	4.1	8.5	3.0	1.9	3.0	7	31.0	779	400
Gravy	100	38	159	1.6	0.9	0.1	0.3	0.3	0	6.1	26	0
Rice	177	228	950	5.0	1.3	0.1	0.2	0.4	0	49.0	1018	114
Vegetables	157	58	240	3.6	1.8	0.5	0.8	0.3	0	6.8	54	355
Corn	100	95	398	3.1	2.1	0.4	0.5	1.0	4	15.8	19	155
Coleslaw	64	92	384	0.8	6.5	1.9	3.8	0.6	11	7.6	287	110
Roll	51	145	610	6.2	0.6	0.3	0.1	0.1	0	29.0	340	44
<b>DESSERTS</b>												
Apple Pie	179	427	1787	4.1	17.0	0.6	7.1	2.8	11	66.0	340	130
Pecan Pie	114	412	1724	7.0	24.0	4.0	14.0	5.0	94	53.0	422	94
Lemon Meringue	149	410	1716	3.0	16.0	3.0	4.0	8.0	52	66.0	201	26
Coconut Cream Pie	124	410	1716	2.0	27.0	2.0	3.0	22.0	0	41.0	252	46
Sugar Pie (Quebec only)	114	394	1649	3.0	21.0	1.0	11.0	7.0	26	52.0	193	121
Raspberry Frozen Yogurt	150	246	1030	6.0	5.0	1.0	1.0	1.0	17	39.0	99	270
Vanilla Ice Cream	150	333	1394	6.0	14.0	1.0	4.0	9.0	38	30.0	111	291

\*Suitable for Calorie Reduced Diets

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