
CACTUS CLUB CAFE

NUTRITION INFORMATION

DAILY CALORIE AND SODIUM REQUIREMENTS

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender.

Source: Health Canada

NUTRITION FACTS TABLE LABEL ROUNDED REPORT
LAST UPDATED: APRIL 23, 2024
PREPARED BY: KATHY ROMSES, REGISTERED DIETITIAN

The information contained in this guide is based on standard preparation procedures and ingredient requirements.
Seasonal and manufacturer variations may affect nutritional values for each item.

	SERVING SIZE (G)	CALS (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANSFAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARB (G)	DIETARY FIB (G)	SUGAR (G)	PROTEIN (G)
START + SHARE											
Ravioli & Prawn Trio	199	560	45	22	1.5	235	1100	19	1	3	17
Individual Ravioli & Prawn	66	190	15	7	0.5	80	370	6	0	1	6
Chicken Wings	259	850	55	15	0.5	350	330	0	0	0	83
Hot sauce	75	15	0.4	0	0	0	2520	3	1	1	1
Salt & Pepper	260	860	55	16	0.5	350	530	0	0	0	83
Creamy Parmesan Dip	30	170	20	4	0	20	80	1	0	0	1
Crispy Yam Fries	292	840	48	3.5	0.2	0	1500	98	11	29	5
Garlic Mayo	45	290	35	6	0	30	150	1	0	0	0.1
Edamame	228	280	12	1.5	0	0	600	23	12	5	25
Mini Burgers	356	980	67	26	1	200	1110	41	4	24	44
Individual Mini Burger	119	330	22	9	0.3	65	370	14	1	8	15
Mini Crispy Chicken Sandwiches (trio)	345	930	65	19	1	180	1680	49	4	26	34
Individual Mini Crispy Chicken Sandwich	115	310	22	6	0.3	60	560	16	1	9	11
Potato Skins	299	1050	87	25	1	110	1870	39	4	3	32
Szechuan Chicken Lettuce Wraps	671	1320	81	10	0.1	145	1950	100	6	39	66
Szechuan Tofu Lettuce Wraps	608	1160	92	11	0.1	20	1870	73	6	38	33
Creole Fries (12oz)	289	980	81	13	0.5	45	1250	64	6	3	7
Creole Fries (8oz)	209	760	67	11	0.4	45	910	43	4	2	5
Creole Fries (4oz)	129	530	52	9	0.2	40	600	22	2	1	3
Truffle Fries	249	670	47	5	0.2	10	2480	60	5	3	9
Garlic Mayo	45	290	35	6	0	30	150	1	0	0	0.1
Wagyu Beef Carpaccio	297	1090	89	31	2	135	1890	56	4	3	25
Crab Cake	204	540	48	9	0.5	95	490	15	2	1	15
Tuna Stack	298	470	28	3.5	0	35	1150	35	7	8	22
Hot Chicken & Pickles	277	790	39	4	0.1	130	1380	56	2	14	51
Creamy Parmesan Dip	45	250	29	6	0	25	120	1	0	1	2
Avocado Dip	217	390	25	5	0.1	15	1050	39	9	2	9
Chili Citrus Calamari	254	590	30	3.5	0.1	420	740	46	2	2	34

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HANDHELDS											
Chicken Tenders	283	760	38	4	0.1	260	1360	54	2	1	51
Honey Mustard	45	260	29	5	0	25	190	5	0	4	0.3
Sea salted fries	154	400	26	2	0.1	0	830	40	3	2	5
Cajun Chicken Sandwich	312	810	54	17	0.5	155	1180	43	3	9	40
BBQ Chicken Club Sandwich	328	840	52	13	0.3	150	1590	53	4	17	39
Crispy Chicken Sandwich	430	970	60	13	0.3	130	2180	67	4	17	46
Pesto Chicken Quesadilla	277	840	40	16	0.5	120	1370	73	5	10	52
Honey Lime Dip	30	140	16	3	0	15	150	3	0	3	0.3
Chicken Fajitas	856	1490	72	31	2	255	5590	125	14	21	87
Boja Fish Tacos	330	760	36	5	0.1	30	1430	85	6	7	24
Chipotle Chicken Tacos	409	830	41	9	0	100	1820	75	8	5	41
FRESH GREENS											
Kale Salad	277	450	32	5	0.1	10	1020	38	9	6	10
Chicken Kale Salad	357	580	34	5	0.1	75	1120	38	10	6	35
Kale Dressing	45	230	24	2.5	0.2	5	310	1	0	1	1
Side/Sub/Add Kale Salad	82	90	5	1	0	5	220	9	2	2	3
Kale Dressing	20	100	11	1	0.1	0	140	1	0	0	0.5
Sherry Vinaigrette	30	170	18	1.5	0.1	0	110	1	0	1	0.2
Raincoast Salad	430	490	31	7	0.2	260	460	18	10	5	38
Sherry Vinaigrette	15	80	9	1	0.1	0	55	1	0	1	0.1
Lemon-Thyme Vinaigrette	30	170	18	1.5	0.1	0	115	3	0	3	0.2
Starter Fresh Greens	140	150	12	3	0.2	10	270	5	2	3	4
Lemongrass Chicken Salad	417	670	33	4	0.1	65	850	60	7	15	35
Lemongrass Prawn Salad	411	630	32	4	0.1	160	1430	60	7	15	27
Green Goddess Chicken Salad	392	490	27	6	0.1	285	760	16	7	6	47
Green Goddess Salmon Salad	404	420	27	6	0.1	270	860	16	7	6	32
Green Goddess Veg Salad	297	290	22	4.5	0.1	190	440	16	7	6	11
Maple Mustard Vinaigrette	30	130	12	1	0.1	0	340	4	0	3	0.3
Green Goddess	10	30	3	1	0	5	25	0	0	0	0.4
BOWLS											
Crispy Tofu Bowl	604	900	50	6	0.1	0	1550	87	10	25	27
Teriyaki Chicken Rice Bowl	691	1070	49	7	0.2	100	2640	121	7	32	42
Tuna Poke Bowl	577	880	50	6	0.3	60	1890	78	11	22	31
The Med Bowl - Vegan	444	700	35	5	0.1	0	1900	76	8	12	11
The Med Bowl - Falafel	459	680	29	6	0.2	15	1970	79	8	15	14
The Med Bowl - Chicken	548	870	40	10	0.4	90	1880	78	8	16	39
SUSHI											
Prawn Crunch Roll	258	560	23	1.5	0.1	85	1350	68	4	16	15
Zen Roll	220	320	5	0.5	0	0	880	57	4	13	6
Salmon Aburi Sushi	268	500	22	3	0	45	1170	60	4	14	14
Hamachi Sashimi	87	170	10	3	0	50	540	6	0	2	12

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BURGERS											
Cheddar Bacon Burger	378	890	50	17	0.2	135	2020	62	3	20	52
Cheddar Burger	403	830	45	15	1	125	1640	62	3	20	47
The Feenie Burger	537	1170	80	34	1.5	195	2030	64	4	22	54
GardenBurger	359	950	64	20	1	85	1600	72	6	13	25
Impossible Burger	383	650	29	10	0	5	2410	72	7	22	29
JD BBQ Burger	378	910	59	15	0	110	1480	56	3	17	39
Side Sea Salted Fries	154	400	26	2	0.1	0	830	40	3	2	5
Side Truffle Fries	166	450	31	3.5	0.2	5	1490	40	3	2	6
Yam Fries	167	480	28	2	0.1	0	860	56	6	17	3
Garlic Mayo	45	290	35	6	0	30	150	1	0	0	0.1
Side Fresh Greens	78	70	6	1.5	0.1	5	130	3	1	1	2
MAINS											
Blackened Creole Chicken	503	800	48	22	0.5	220	1840	42	6	3	52
Butternut Squash Prawn Ravioli	373	920	69	33	2.5	440	1830	40	2	6	34
Butternut Squash Vegetarian Ravioli	254	700	55	30	2	235	870	39	2	5	14
Rigatoni Bolognese	465	980	43	17	0.5	105	1950	111	14	21	41
Spaghetti Portofino	475	1060	69	31	1.5	295	1650	73	4	6	31
Pane Romano (Crostini)	54	180	9	5	0.4	20	300	20	1	1	4
Grilled Salmon	475	710	46	16	0.4	160	1750	42	6	3	35
Grilled Dijon Salmon	516	720	43	20	0.5	180	2270	47	8	5	36
Baked Chimichurri Salmon	413	680	40	7	0	80	2180	52	6	2	30
Thai Green Curry + Prawns	633	740	34	20	0.1	215	2640	76	5	9	31
Thai Green Curry + Chicken	651	850	44	21	0.1	95	1850	76	5	10	37
Truffle Chicken	550	1400	97	24	1	295	2320	50	5	4	82
Crab Cake Frites	558	1660	142	23	1	215	1760	74	7	6	35
Miso Cod	489	930	55	27	2.5	185	1900	63	4	6	45
Halibut Main	408	940	83	27	1.5	110	2000	30	4	6	16
Thai Red Curry + Chicken	657	1020	36	19	0	65	1850	132	6	13	39
Thai Red Curry + Cod	648	970	37	19	0	45	2280	127	6	11	29
Thai Red Curry + Tofu	683	1140	55	20	0.1	0	1590	129	6	11	28
STEAKS											
8 oz sirloin	169	330	14	7	0.5	120	190	0	0	0	47
8 oz sirloin Chimichurri Steak	203	470	28	9	0.5	120	1710	3	1	0	48
7oz AAA filet	132	320	15	8	0.5	110	180	0	0	0	41
7oz AAA filet Chimichurri Steak	167	460	30	10	0.5	110	1700	3	1	0	41
12 oz NY Striploin	240	540	24	11	1	180	230	0	0	0	76
12 oz NY Striploin Chimichurri Steak	275	680	38	13	1	180	1750	3	1	0	76
16 oz Ribeye Chimichurri Steak	362	1100	79	30	2.5	235	1790	3	1	0	90
7oz AAA filet, lobster, veg, potatoes	578	860	48	26	1	240	1830	47	8	3	65
12 oz NY Striploin, lobster, veg, potatoes	686	1090	56	29	1.5	305	1880	47	8	3	100
Truffle Mushroom Steak, veg, potatoes	637	990	61	26	1	200	2710	48	8	6	64
8 oz Sirloin, brandy peppercorn sauce, veg, potatoes	560	970	60	29	1	230	3200	45	7	3	61
12 oz Sirloin, brandy peppercorn sauce, veg, potatoes	642	1130	67	32	1	285	3250	45	7	3	83
7oz AAA filet, brandy peppercorn sauce, veg, potatoes	524	930	57	29	1	215	3190	45	7	3	55
14 oz Ribeye, brandy peppercorn sauce, veg, potatoes	679	1460	99	46	2	315	3260	45	7	3	93
Sides:											
Mashed Potatoes, Roasted veg	312	420	28	15	0	80	1190	36	3	5	6
Fries, Kale Salad, Horseradish Cream	299	670	48	7	0.2	15	990	54	5	4	10
Steakhouse Lobster Tail	98	150	10	6	0.5	70	550	3	1	0	14

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Toppings/Sauces:											
Pernod Peppercorn Demi-Glace	60	100	4.5	3	0.1	15	410	5	0	1	7
Brandy Peppercorn Sauce	70	190	15	9	0.1	50	350	4	1	1	5
Creole Butter	15	100	10	7	0.5	30	55	1	0	0	0.2
Sautéed Creole Jumbo Prawns	113	280	21	8	0.5	190	780	3	0	0	18
Truffle Butter	10	60	6	3.5	0.3	15	55	0	0	0	0.2
Mushrooms + Red Wine Demi	90	110	8	2	0.2	5	320	3	1	2	6
DESSERTS											
Chocolate Lava Cake	252	880	46	22	0.2	335	280	111	3	90	12
Key Lime Pie	253	840	40	24	1	305	460	107	1	86	13
Chocolate Peanut Butter Crunch Bar	187	720	42	19	0.4	85	340	76	4	58	11
New York Cheesecake	247	780	56	33	2	260	500	60	2	48	13
6 Layer Chocolate Cake	480	1730	80	40	1.5	180	1270	239	12	166	19
<i>Dressings serving size = 30 g = 1 fl oz</i>											
<i>Creamy Parmesan Dressing</i>	30	170	20	4	0	20	80	1	0	0	1
<i>Goma Dressing</i>	30	180	18	1	0.4	20	340	4	0	4	1
<i>Honey Lime Vinaigrette</i>	30	160	18	3	0	15	180	3	0	3	0.1
<i>Lemon Thyme Vinaigrette</i>	30	170	18	1.5	0.1	0	115	3	0	3	0.2
<i>Ponzu Mirin Sauce</i>	30	35	0	0	0	0	700	6	0	4	1
<i>Yuzu Vinaigrette</i>	30	60	5	0.5	0	0	660	3	0	2	1
<i>Sesame Ginger Vinaigrette</i>	30	70	2.5	0.4	0	0	470	10	0	8	1
<i>Sherry Vinaigrette</i>	30	170	18	1.5	0.1	0	110	1	0	1	0.2
Sauces											
<i>Miso sauce</i>	30	150	16	2.5	0	10	380	3	0	1	1
<i>Soy Chili Sauce</i>	30	100	6	1	0	0	430	11	0	9	0.4
<i>Truffle Beurre Blanc</i>	60	370	39	25	2	105	300	4	0	3	0.5
<i>Spicy Yogurt</i>	45	170	19	3.5	0	20	150	3	0	2	1
Sides											
<i>Fries</i>	276	900	74	9	0.2	30	1640	60	5	3	7
<i>Truffle Fries</i>	249	670	47	5	0.2	10	2480	60	5	3	9
<i>Garlic Mayo</i>	45	290	35	6	0	30	150	1	0	0	0.1