

Earls

Nutrition Guide

CANADA

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)											
Earls CANADA	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
TO START											
Chicken + Wontons	299	860	32	3	0.3	120	1,680	89	2	50	46
Crispy Chicken Tenders, Fries - No Sauce	355	1,160	61	8	0.5	105	2,930	105	5	1	51
Crispy Chicken Tenders, Fries + Plum Sauce	391	1,240	61	8	0.5	105	3,060	123	6	15	51
Crispy Chili Tofu	269	590	26	3	0	0	1,456	60	5	20	37
Earls Famous Clam Chowder	327	420	32	19	0.4	120	960	22	2	5	13
Earls Wings - No Dip	266	810	53	15	0.5	325	1,360	1	0	1	78
Earls Wings + Dip	297	940	65	17	0.5	340	1,550	2	0	1	80
French Fries	150	470	23	4	0.3	0	830	59	3	1	6
Leroy's Crispy Ribs	225	870	74	27	0	135	1,270	1	0	0	48
Nashville Chicken Sliders	377	1,150	69	17	0.4	175	2,160	99	4	23	39
Szechuan Shrimp + Pork Dumplings	215	570	31	4	0	20	1,350	51	3	6	21
Truffle Fries	197	740	50	9	0.4	20	1,350	62	3	1	9
Warm Spinach + Three Cheese Dip w/ Chips	305	880	48	22	1	130	1,360	87	11	5	29
Warm Spinach + Three Cheese Dip w/ Ciabatta	436	980	47	23	1	130	1,760	107	9	4	40
Yam Fries + Garlic Aioli	181	590	32	2	0	10	1,110	67	8	19	3
Yuzu Calamari	424	960	51	3	0.5	595	1,860	79	16	1	41
SUSHI + RAW											
Aburi Salmon Sushi Press	278	780	31	2	0	75	1,290	100	3	8	20
Ahi Tuna Tataki	137	180	7	1	0	30	880	11	1	5	17
Crispy Prawn Sushi Tacos	197	630	43	3	0.2	70	1,070	50	2	7	12
Crispy Rice Sushi - Salmon	314	700	20	3	0	50	1,350	103	3	10	22
Crispy Rice Sushi - Tuna	300	620	11	1	0	45	1,330	103	3	10	24
Crispy Tofu Sushi Tacos	242	600	43	4	0.2	0	1,250	39	1	13	16
Dynamite Roll	310	730	34	3	0.2	35	1,810	91	5	19	12
Oysters on the Half Shell	228	140	3	1	0	40	300	20	2	5	10
Prawn Cocktail	168	200	6	1	0	240	1,280	11	1	5	27
Seafood Platter with Spicy California Roll (4 servings)	208	320	11	1	0	110	1,040	32	2	6	22
Seafood Tower with Spic California Roll (6 servings)	211	290	9	1	0	165	1,150	24	1	5	26
Spicy California Roll	281	690	27	1	0	65	1,450	89	4	7	18
Spicy Tuna Roll	311	680	31	3	0	30	1,710	78	4	17	18
Spicy Tuna Sushi Tacos	199	490	31	2	0.1	50	620	31	1	7	21
Wagyu Beef Oshi Press	262	740	29	5	0.5	40	1,310	105	3	12	14
White Sturgeon Caviar	129	470	27	6	0	180	1,750	44	8	0	16
MAINS <i>(includes sides unless otherwise noted, information on sides available below)</i>											
BBQ Back Ribs (Full)	1132	2,230	139	40	0.2	400	3,630	132	10	90	104
BBQ Back Ribs (Half)	752	1,510	100	25	0.2	225	2,320	88	7	48	56
BBQ Back Ribs + Cajun Chicken (Full)	1321	2,620	159	46	0.4	555	4,550	135	11	91	151
BBQ Back Ribs + Cajun Chicken (Half)	846	1,700	110	28	0.3	300	2,780	89	8	48	79
Cajun Blackened Chicken	561	1,180	82	16	0.4	205	1,920	47	6	7	55
Fettuccini Alfredo	478	1,060	63	37	1	120	1,020	86	5	3	26
Garlic Prawn Spaghetтини	715	1,480	82	31	3	350	2,750	118	5	5	51
Hunan Kung Pao	754	1,100	47	5	0.1	0	2,650	149	10	54	22
Hunan Kung Pao - Vegan	676	920	32	4	0.1	0	2,880	142	7	40	15
Hunan Kung Pao with Chicken	763	1,110	49	5	0	65	2,340	126	9	47	43
Hunan Kung Pao with Crispy Tofu - Vegan	886	1,440	79	8	0.2	0	3,780	146	8	41	37
Hunan Kung Pao with Prawns	751	1,070	48	5	0.1	135	2,900	127	9	47	33
Korean Beef Bibimbap	709	1,340	77	13	1	259	3,442	118	7	15	43
Korean Bibimbap - Vegan	858	1,421	75	10	0	187	3,234	146	12	20	44
Mediterranean Linguini	571	1,130	77	15	0.4	45	2,440	84	6	7	27
Oven Roasted Salmon - Cajun Blackened	359	670	27	7	0.4	140	2,280	65	6	2	41
Oven Roasted Salmon - Feta Caper Dill Aioli	370	660	27	4	0.1	135	3,220	60	3	1	40
Oven Roasted Salmon - Plain <i>(salmon only)</i>	135	240	11	4	0.2	135	680	0	0	0	34
Truffle Tortellini	548	1,200	77	32	1.5	175	2,000	91	8	7	34
Truffle Tortellini with 4 oz Sirloin	625	1,330	82	33	1.5	235	2,630	91	8	7	56
BOWLS + SALADS											
Ahi Tuna Poke Bowl	524	1,120	56	4	0	95	2,430	121	13	16	34
Ahi Tuna Poke Bowl with Greens	609	1,140	57	4	0	95	2,450	125	15	18	36
Caesar Salad	310	700	68	10	0.5	75	1,020	16	5	4	11

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Earls CANADA	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
Caesar Salad - No Dressing	230	180	12	5	0.2	30	200	12	4	3	8
Cobb Salad	462	910	82	19	3.5	250	1,360	21	7	9	25
Cobb Salad - No Dressing	373	530	44	15	3.5	240	810	14	7	4	22
Garden Greens (Full)	208	380	34	5	0.1	10	500	15	3	6	6
Garden Greens (Full) - No Dressing	148	100	6	1	0	5	150	10	3	2	3
Garden Greens (Start)	153	270	24	4	0.1	5	350	10	2	4	4
Garden Greens (Start) - No Dressing	108	50	3	1	0	0	85	6	2	1	2
Grilled Cajun Chicken Caesar Salad	411	920	77	14	1	160	1,920	19	6	4	39
Grilled Cajun Chicken Caesar Salad - No Dressing	325	390	20	9	0.5	120	1,110	17	6	4	37
Grilled Garlic Chicken Caesar Salad	405	900	76	14	1	160	1,720	16	5	4	38
Grilled Garlic Chicken Caesar Salad - No Dressing	315	320	14	6	0.2	100	840	12	5	3	35
Santa Fe Cajun Chicken Salad	462	1,000	58	10	0.4	100	2,340	80	16	25	46
Santa Fe Cajun Chicken Salad - No Dressing	402	670	23	7	0.3	100	2,040	76	16	25	44
ADD-ONS FOR BOWLS + SALADS											
Add 1/2 Chicken Breast	111	180	3	1	0	95	670	0	0	0	36
Add 1/2 Cajun Chicken Breast	100	200	6	2	0.1	75	1,470	6	3	1	29
Add 1/2 Garlic Chicken Breast	88	150	4	2	0.1	75	530	0	0	0	27
Add 4 oz Sirloin	84	160	7	3	0.2	55	630	0	0	0	23
Add Crispy Tofu	97	230	20	2	0.1	0	40	1	0	0	11
Add Salmon	130	210	7	2	0	125	680	0	0	0	34
Add Salmon - Cajun	147	280	12	4	0.2	130	1,520	6	3	1	35
Add Sauteed Prawns	112	270	14	8	0.5	305	1,230	4	1	0	30
Add Sauteed Cajun Prawns	124	350	29	8	0.5	160	1,860	8	3	1	16
Artisan Garlic Bread	55	170	8	4	0.3	15	260	20	1	0	4
Pan Bread	152	400	9	2	0	0	550	67	3	2	12
Oil and Vinegar	52	330	36	5	0	0	5	3	0	2	0
PIZZAS											
California Pizza	506	1,250	57	22	0.5	210	2,450	128	7	6	63
California Pizza - Gluten Aware	506	1,140	54	20	0.5	210	2,680	117	16	9	54
Kale + Mushroom Pizza	591	1,610	100	21	1	60	3,210	141	9	9	50
Kale + Mushroom Pizza - Gluten Aware	591	1,500	97	19	1	60	3,440	129	18	12	41
Kale + Mushroom Pizza - Gluten Aware (Vegan)	591	1,480	93	13	0.4	0	3,390	152	18	12	22
Kale + Mushroom Pizza (Vegan)	591	1,590	96	15	0.4	0	3,170	164	10	9	31
Margherita Pizza	457	940	35	17	0	35	1,610	122	6	2	43
Margherita Pizza - Gluten Aware	457	830	32	15	0	35	1,840	111	15	5	35
Queen Bee Pizza	572	1,230	54	24	0.1	90	2,570	135	8	13	59
Queen Bee Pizza - Gluten Aware	515	960	38	17	0.1	50	2,010	123	15	16	39
STEAKS (steak only, add your choice of sides shown below)											
Sirloin - 4 oz	84	160	7	3	0.2	55	630	0	0	0	23
Sirloin - 6oz	128	310	18	7	0.7	117	630	0	0	0	35
Filet - 6 oz	125	340	20	11	1	110	630	0	0	0	35
Striploin - 12 oz	195	490	26	11	1	140	690	0	0	0	58
Ribeye - 14 oz	283	700	38	16	1	195	610	0	0	0	84
4 oz Sirloin Steak Frites	420	950	40	4	0	125	3,020	100	4	15	42
6 oz Sirloin Steak Frites	498	1,310	65	13	1	112	2,870	129	7	3	52
6 oz Filet Steak Frites	495	1,340	67	17	1	105	2,870	129	7	3	52
12 oz Striploin Steak Frites	617	1,690	89	25	2	185	2,930	129	7	3	88
14 oz Ribeye Steak Frites	668	1,800	96	28	2	210	2,950	129	7	3	101
4 oz Sirloin + Sushi: Spicy California Roll	383	890	40	4	0	60	2,640	96	4	12	30
6 oz Sirloin + Sushi: Spicy California Roll	457	1,010	43	2	0	157	2,550	96	4	12	55
6 oz Filet + Sushi: Spicy California Roll	454	1,040	45	6	0.3	150	2,550	96	4	12	55
12 oz Striploin + Sushi: Spicy California Roll	576	1,390	67	15	1	235	2,610	96	4	12	90
14 oz Ribeye + Sushi: Spicy California Roll	628	1,610	88	24	2	265	3,210	97	4	12	98
SAUCES FOR STEAKS											
Black Truffle Butter (1 tbsp)	14	90	11	6	0.5	25	100	0	0	0	0
Cajun Blackened (spice and butter)	18	90	8	4	0.3	15	830	4	2	0	1
Horseradish (1 tbsp)	14	5	0	0	0	0	140	0	0	0	1
Peppercorn Sauce	60	80	5	4	0.1	20	250	4	1	1	4
Soy Sauce (1 tbsp)	16	10	0	0	0	0	920	0	0	0	2

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SIDES FOR STEAKS & MAINS											
Artisan Garlic Bread	55	170	8	4	0.3	15	260	20	1	0	4
Coleslaw	106	210	18	2	0	10	450	5	1	2	1
Fettuccini Alfredo - Side	156	340	20	12	0.4	35	320	29	2	1	8
Lobster Tail	113	140	4	2	0.2	85	450	2	0	0	22
Mashed Potato with Crispy Potato Garnish	213	420	29	13	0	50	810	37	3	2	3
Sauteed Button Mushrooms	157	130	12	7	0.5	30	300	5	1	3	5
Sauteed Cajun Prawns	188	430	30	8	0.5	295	2,480	9	3	1	31
Sauteed Prawns	176	270	14	8	0.5	305	1,230	4	1	0	30
Seasonal Vegetables - Asparagus	129	160	12	7	0.5	30	300	11	6	0	3
Seasonal Vegetables - Broccolini	113	110	8	1	0	0	240	8	1	2	4
Seasonal Vegetables - Green Beans	130	165	12	7	0.3	10	720	10	3	3	4
Seasonal Vegetables - Maple-Roasted Squash	180	140	6	4	0.2	15	25	22	3	7	2
Spring Onion Jasmine Rice	159	300	9	2	0	0	630	49	2	1	4
Truffle Mashed Potatoes	241	610	51	26	1	105	1,020	37	3	2	3
Warm Potato Salad	249	490	35	7	0.2	40	540	38	3	3	7
HANDHELDS (sandwich only, add your choice of sides and add-ons shown below)											
Bigger Better Burger	248	570	32	10	0.5	120	1,120	28	3	5	37
Cajun Chicken Cheddar Sandwich	316	750	40	12	0.5	120	1,620	52	5	2	45
California Burger	326	1,040	75	25	1	225	1,900	32	4	4	57
California Chicken Burger	337	990	76	25	0.2	175	2,440	33	4	5	43
Chicken, Brie + Fig Sandwich	380	750	33	11	0.1	130	1,300	72	5	20	44
Deluxe Burger	395	960	60	28	1	135	2,230	57	4	13	53
Garden Burger	289	500	25	4	0.4	35	1,730	55	8	9	12
Garden Burger - Vegan	339	570	26	3	0.5	0	1,950	78	10	9	11
Nashville Crispy Chicken Sandwich	504	1,520	91	17	0.3	170	2,330	123	5	28	48
Pulled Chicken Clubhouse	403	1,240	96	39	2	325	2,000	48	4	1	44
TACOS (tacos only, add your choice of sides shown below)											
Baja	353	710	37	4	0	40	2,580	61	6	5	27
Carne	293	630	36	7	0	70	2,150	43	8	7	32
Pollo	292	590	32	5	0	80	1,130	39	5	6	36
SIDES AND ADD-ONS FOR HANDHELDS + TACOS											
Add Cheddar Cheese	61	210	17	11	0.5	5	0	1	0	0	12
Add Dry-Cured Bacon (2 slices)	18	70	6	2	0	15	190	1	0	0	3
Add Half Avocado	34	60	5	1	0	0	3	3	2	0	1
Add Sauteed Mushrooms	130	130	12	7	0.5	30	590	4	1	2	4
French Fries	150	470	23	4	0.3	0	830	59	3	1	6
Gravy	60	70	5	3	0.1	15	270	4	0	1	3
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0
Side Caesar Salad	155	350	34	5	0.2	40	510	8	2	2	5
Side Garden Greens	104	190	17	3	0.1	5	250	8	1	3	3
Substitute Gluten Aware Bun	110	260	5	0	0	0	480	52	4	4	5
Tortilla Chips and Salsa Roja	147	270	9	1	0	0	1,350	43	5	3	6
Truffle Fries	197	740	50	9	0.4	20	1,350	62	3	1	9
Yam Fries	151	410	14	0	0	0	930	65	8	19	3
DESSERTS											
Bourbon Pecan Pie	287	1,070	76	37	2	335	500	92	3	80	12
Caramelized Vanilla Cheesecake	264	710	50	29	1	295	630	57	3	46	13
Chocolate Banana Cream Pie	680	1,270	59	31	1	145	310	183	10	101	14
Lemon Meringue Pie	278	865	32	14	0	200	341	127	0	98	17
Pumpkin Pie	346	1,010	70	37	1	250	470	86	2	49	11
Sticky Toffee Chocolate Pudding	263	850	45	26	2	170	570	111	7	83	11
White Chocolate Creme Brulee	338	1,150	95	57	1	565	310	70	2	61	11
BRUNCH											
Almond Berry Pancake	594	1,349	72	42	3	455	1,835	154	4	83	24
Avocado Benedict	392	890	68	24	1	565	1,790	53	9	3	23
Breakfast Burger	602	1,650	121	39	1	400	3,300	72	6	9	72
"The Cure" Breakfast Sandwich	284	800	52	19	0.5	460	1,660	46	2	10	34
Breakfast Tacos	528	1,110	71	21	1	105	2,910	68	7	6	47

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Brunch Potato Pave	75	230	14	1	0	0	590	23	3	0	4
Chorizo Hash	535	1,040	77	27	1.5	480	2,860	55	11	10	37
Earls Breakfast (2 Eggs)	380	1,070	84	25	0.3	445	2,230	49	5	2	33
Earls Breakfast (3 Eggs)	433	1,170	91	27	0.3	625	2,510	50	5	2	39
Eggs Benedict	363	870	61	24	1	595	2,120	50	5	4	32
Fried Brunch Potatoes	299	470	24	12	1	45	440	58	5	3	6
Ham & Cheese Omelette	453	1,030	79	35	1.5	930	2,530	32	4	4	51
Prawn Benedict	419	920	66	26	1.5	695	2,250	51	7	3	36
Tomato + Feta Shakshuka	528	940	56	18	1	605	2,310	75	9	15	35

HAPPY HOUR EXCLUSIVES

Charred Corn + Avocado Dip (Half Size)	186	440	22	3	0.1	5	760	54	9	4	8
Nashville Crispy Chicken + Pickle Skewers	407	1,180	80	15	0.1	170	2,220	73	5	35	37
Tortilla Chips and Salsa Roja	147	270	9	1	0	0	1,350	43	5	3	6

[KIDS MENU](#)

Burger & Fries	187	600	34	10	0.5	120	810	31	1	3	37
Butter Noodles	228	580	28	14	1	60	460	64	4	1	15
Chicken Tenders & Fries	341	1,050	53	6	0.4	105	3,030	95	4	12	49
Fettuccine Alfredo	319	760	44	25	1	85	840	67	4	2	17
Ice Cream Bowl	80	190	12	8	0.2	40	85	20	0	19	2
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0

BEVERAGES	(ml)
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Coke	240	100	0	0	0	0	30	26	0	26	0
Diet Coke	240	0	0	0	0	0	30	0	0	0	0
Sprite	240	100	0	0	0	0	45	26	0	26	0
Ginger Ale	240	90	0	0	0	0	25	24	0	24	0

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