

Earls

Nutrition Guide

USA

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 USA	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											
Charred Corn + Avocado Dip	372	870	43	6	0.2	15	1,520	108	19	9	16
Crispy Birria Tacos	367	910	63	27	2	125	2,060	42	4	2	44
Crispy Chicken Tenders, Fries - No Sauce	355	1,160	61	8	0.5	105	2,930	105	5	1	51
Crispy Chicken Tenders, Fries + Honey Mustard Mayo	390	1,230	61	8	0	105	3,340	117	5	12	51
Crispy Chili Tofu	269	590	26	3	0	0	1,456	60	5	20	37
Earls Hot Wings - No Dip	266	810	53	15	0.5	325	1,360	1	0	1	78
Earls Hot Wings + Dip	297	960	69	17	0.5	325	1,670	2	0	1	79
French Fries	150	470	23	4	0.3	0	830	59	3	1	6
Jumbo Lump Crab Cake	208	390	29	4	0	140	990	11	6	2	18
Sticky Korean Ribs	387	960	52	18	0	165	1,940	76	4	52	46
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
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 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
Oysters on the Half Shell	228	140	3	1	0	40	300	20	2	5	10
Seafood Platter with Spicy California Roll (4 servings)	208	320	11	1	0	110	1,040	32	2	6	22
Seafood Tower with Spicy 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
Wagyu Beef Oshi Press	262	740	29	5	0.5	40	1,310	105	3	12	14
MAINS (includes sides unless otherwise noted, information on individual sides available below steaks section)											
Cajun Blackened Chicken	561	1,180	82	16	0.4	205	1,920	47	6	7	55
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
Miso-Glazed Chilean Sea Bass	506	910	42	4	0	75	3,470	81	11	10	55
Oven Roasted Salmon - Plain	135	240	11	4	0.2	135	680	0	0	0	34
Oven-Roasted Atlantic Salmon - Cajun Blackened	359	670	27	7	0.4	140	2,280	65	6	2	41
Oven-Roasted Atlantic Salmon - Feta Capers Dill Aioli	370	660	27	4	0.1	135	3,220	60	3	1	40
Shrimp + Scallop Spaghetini	757	1,340	65	18	1	205	3,210	116	6	6	49
Spicy Calabrian Pasta	752	1,550	100	36	0.5	205	1,880	97	7	8	62
Spicy Calabrian Pasta Vegetarian	662	1,290	77	29	0.4	155	1,500	96	6	8	49
Tomahawk Maple-Glazed Pork Chop	554	1,160	78	31	0	210	2,050	51	4	13	58
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
Cobb Salad	433	790	70	19	3.5	255	1,350	18	7	6	23
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
Little Gem Caesar Salad (Full)	271	510	45	8	0	105	1,210	17	4	3	11
Little Gem Caesar Salad (Full) - No Dressing	212	220	16	4	0	20	470	15	4	2	8
Little Gem Caesar Salad (Start)	139	270	24	4	0	55	650	9	2	1	6
Little Gem Caesar Salad (Start) - No Dressing	108	120	8	3	0	10	250	8	2	1	4
Southwest Chicken Avocado Salad	448	930	56	10	0.4	100	2,300	69	15	25	45
Southwest Chicken Avocado Salad - No Dressing	388	600	21	7	0.3	100	1,990	65	15	24	43
ADD-ONS FOR BOWLS + SALADS											
Add 1/2 Cajun Chicken Breast	100	200	6	2	0.1	75	1,470	6	3	1	29
Add 1/2 Chicken Breast	111	180	3	1	0	95	670	0	0	0	36
Add 4 oz Sirloin	84	160	7	3	0.2	55	630	0	0	0	23
Add Cajun Salmon	147	280	12	4	0.2	130	1,520	6	3	1	35
Add Crispy Tofu	97	230	20	2	0.1	0	40	1	0	0	11
Add Grilled Jumbo Garlic Shrimp	195	250	7	3	0.2	370	1,660	5	1	0	40
Add Salmon	130	210	7	2	0	125	680	0	0	0	34

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Earls USA	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)
HANDHELDS (sandwich only, add your choice of sides shown below)											
Deluxe Burger	374	910	52	20	1	145	2,590	58	4	15	46
Earls Classic Burger	283	640	34	10	1	105	1,240	42	3	8	38
Garden Burger	314	540	24	4	0	5	1,820	69	8	12	13
Garden Burger (Vegan)	314	530	25	4	0	0	1,850	70	8	12	13
Nashville Crispy Chicken Sandwich	504	1,520	91	17	0.3	170	2,330	123	5	28	48
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
Locally Caught Fish	353	710	37	4	0	40	2,580	61	6	5	27
Pollo	292	590	32	5	0	80	1,130	39	5	6	36
SIDES AND ADD-ONS HANDHELDS + TACOS											
Add American Cheddar	28	110	9	5	0.3	30	190	1	0	0	6
Add Dry-Cured Bacon (2 slices)	28	50	1	0	0	50	560	2	0	0	9
Add Half Avocado	34	60	5	1	0	0	3	3	2	0	1
Add Sautéed 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	90	8	3	0.2	10	230	5	1	1	2
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0
Side Garden Greens	104	190	17	3	0.1	5	250	8	1	3	3
Side Little Gem Caesar Salad	139	270	24	4	0	55	650	9	2	1	6
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
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 - 7 oz	145	280	12	5	0.4	100	670	0	0	0	40
Filet - 7 oz	155	310	12	5	0.5	145	540	0	0	0	48
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
7 oz Sirloin Steak Frites	506	1,350	73	20	1.5	130	2,730	116	6	3	55
7 oz Filet Steak Frites	524	1,380	69	16	0.5	130	2,880	129	7	3	58
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
7 oz Sirloin + Sushi: Spicy California Roll	488	1,100	47	7	0.4	165	3,060	100	4	15	60
7 oz Filet + Sushi: Spicy California Roll	454	1,040	45	6	0.3	150	2,550	96	4	12	55
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	113	7	3	0	20	627	7	1	1	3
Soy Sauce (1 tbsp)	16	10	0	0	0	0	920	0	0	0	2
SIDES FOR STEAKS & MAINS											
Coleslaw	106	210	18	2	0	10	450	5	1	2	1
Grilled Garlic Jumbo Shrimp	195	250	7	3	0.2	370	1,660	5	1	0	40
Jumbo Lump Crab Cake (Add-On)	156	340	24	3	0	140	970	7	4	1	17
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
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
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
DESSERTS											
Bourbon Pecan Pie	287	1,070	76	37	2	335	500	92	3	80	12
Chocolate Banana Cream Pie	680	1,270	59	31	1	145	310	183	10	101	14
Coconut Cream Pie	317	1,090	73	45	1	178	461	92	3	60	15
Creme Brulee Cheesecake	357	1,160	86	51	3	450	610	83	2	64	15
Key Lime Pie	314	1,070	59	31	1	295	470	117	1	81	17

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Sticky Toffee Chocolate Pudding	263	850	45	26	2	170	570	111	7	83	11
BRUNCH											
Almond Berry Pancake	594	1,349	72	42	3	455	1,835	154	4	83	24
American Breakfast (2 Eggs)	380	1,070	84	25	0.3	445	2,230	49	5	2	33
American Breakfast (3 Eggs)	433	1,170	91	27	0.3	625	2,510	50	5	2	39
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
Brunch Potato Pave	75	230	14	1	0	0	590	23	3	0	4
Chilaquiles Brunch Bowl	675	1,010	63	15	2.5	445	2,820	75	12	7	39
Eggs Benedict	363	870	61	24	1	595	2,120	50	5	4	32
Guava Pineapple Pancake	551	1,287	72	37	2	331	1,935	141	5	71	23
Nashville Crispy Chicken + Waffles	403	1,250	65	12	0.2	215	1,710	117	4	52	49
Steak and Eggs - 4oz Sirloin	356	750	44	10	0.5	435	2,060	47	5	2	44
Tomato + Feta Shakshuka	528	940	56	18	1	605	2,310	75	9	15	35
HAPPY HOUR EXCLUSIVES											
Chips + Salsa	147	270	9	1	0	0	1,350	43	5	3	6
Nashville Crispy Chicken + Pickle Skewers	407	1,170	80	15	0	170	2,300	67	5	31	36
Petite Steak Frites	198	670	47	8	0.4	65	1,540	30	1	0	27
Sticky Korean Ribs (Half Size)	185	450	23	8	0	83	900	39	2	23	23
KIDS MENU											
Burger & Fries	222	670	34	10	0.5	95	940	51	2	7	39
Buttered Noodles	221	570	28	14	1	60	450	62	3	1	15
Chicken + Cheese Quesadilla	302	860	41	19	1	120	1,940	67	4	0	49
Chicken Tenders & Fries + Honey Mustard Mayo	341	1,050	53	6	0	105	3,030	95	4	12	49
Fish + Chips	320	700	34	4	0.3	30	3,300	74	4	9	24
Waffles	228	760	36	20	0	75	460	103	3	67	7
Ice Cream Bowl	99	250	13	8	0	50	150	31	0	31	2
Ketchup 1 fl oz	30	35	0	0	0	0	240	8	1	8	0
BEVERAGES (ml)											
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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