



Nutrition Facts

DV : Recommended Daily Value

g: gram mg: milligram

Menu	Portion	Calories	Fat (g)	% DV Fat	Saturated Fat (g)	Trans Fat (g)	% DV Saturated & Trans Fat	Cholesterol (mg)	Sodium (mg)	% DV Sodium	Carbohydrates (g)	% DV Carbohydrates	Fiber (g)	% DV Fiber	Sugars (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
Appetizers																				
Mozzarella cheese sticks (5) with marinara sauce	185g	440	24	37	7	0.2	36	30	1260	53	36	12	3	12	3	18	15	25	35	10
Calamari with cocktail sauce	345g	690	45	69	6	0.1	31	710	2340	98	29	10	1	4	1	43	0	6	6	15
Shrimp au gratin without garlic bread	200g	650	56	86	19	0.5	98	230	1740	73	4	1	0	0	1	32	70	2	35	4
Escargots bourguignons	79g	210	21	32	5	0.3	27	15	780	33	3	1	1	4	1	4	25	4	6	6
Escargots bourguignons au gratin	124g	360	32	49	12	0.3	62	55	1100	46	4	1	1	4	1	13	35	4	30	6
Mediterranean Pikilia	666g	1400	107	165	38	1.5	198	220	3930	164	59	20	10	40	8	49	110	60	70	25
Coho smoked salmon	156g	180	13	20	2.5	0.1	13	30	770	32	5	2	1	4	2	14	4	6	4	4
Spanakopita	227g	370	18	28	8	0.3	42	50	850	35	37	12	4	16	4	15	70	20	20	25
Tarama with pita bread	264g	890	66	102	10	0.1	51	55	2020	84	46	15	7	28	3	11	25	25	15	15
Tzatziki with pita bread	264g	620	37	57	14	0.5	73	40	1450	60	54	18	7	28	7	15	30	15	30	15
Side Dish																				
Potatoes (3)	112g	160	4	6	0.5	0	3	0	35	1	27	9	2	8	2	3	0	0	2	8
Vegetable rice	108g	160	1.5	2	0.2	0	1	0	620	26	34	11	0	0	2	3	0	2	0	10
House salad and dressing	217g	270	27	42	2	0	10	0	910	38	8	3	2	8	5	2	40	20	4	6
Salads																				
Ceasar salad	356g	900	87	134	11	0	55	85	850	35	20	7	6	24	4	14	210	15	20	15
"Suprême" chicken salad (with Ceasar salad)	538g	1130	92	142	11	0	55	215	1550	65	18	6	6	24	4	63	210	15	20	30
"Suprême" chicken salad (with house salad)	550g	730	52	80	5	0	25	145	2260	94	13	4	4	16	8	55	70	35	6	25
Greek salad	827g	1110	97	149	29	1	150	120	3710	155	38	13	9	36	15	34	90	160	60	20
Seafood and Grill with rice, house salad and potatoes																				
Hamburger steak	761g	1260	73	112	21	2	115	305	3160	132	76	25	5	20	11	75	40	25	8	80
New-York beef	732g	1480	77	118	14	0.5	73	165	1910	80	107	36	13	52	7	83	40	45	10	80
Chicken brochette no pepper sauce	668g	900	43	66	5	0	25	130	2370	99	73	24	5	20	10	56	40	60	6	40
Butterfly shrimp	654g	1200	84	129	15	0.5	78	150	3030	126	76	25	5	20	9	36	90	25	20	35
Walleye fillet	631g	1270	92	142	16	0.5	83	150	2620	109	77	26	5	20	10	37	90	25	10	35

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Vieux Duluth filet mignon	699g	930	43	66	8	0.3	42	140	2210	92	73	24	5	20	9	62	40	25	6	60
Authentic souvlaki with tzatziki	622g	970	51	78	9	0.1	46	150	2480	103	69	23	5	20	8	59	40	25	4	40
Spanakopita	604g	700	28	43	13	0.5	68	70	1860	78	90	30	9	36	13	23	100	110	30	40
Chicken breast and butterfly shrimp	762g	1380	89	137	16	0.5	83	210	3390	141	73	24	5	20	9	73	90	25	10	45
Oregano chicken	637g	910	44	68	5	0.1	26	145	2460	103	69	23	5	20	8	61	40	25	6	40
Chicken "au grilloir"	736g	1180	64	98	13	0.2	66	190	2850	119	80	27	5	20	18	72	50	25	25	45
Salmon fillet	697g	1380	98	151	18	0.5	83	130	2210	92	70	23	5	20	9	53	90	35	8	30
Shish-kebab with tzatziki	719g	1120	59	91	10	0.3	52	180	2360	98	76	25	7	28	11	70	45	35	15	50
Surf N'Turf Vieux Duluth	825g	1390	89	137	19	1	100	205	3130	130	77	26	5	20	9	74	90	25	15	60
Kid's Menu																				
Beef burger with fries	452g	1280	68	105	15	1	80	170	1300	54	120	40	9	36	11	47	4	20	10	60
Chicken burger with fries	445g	1140	55	85	7	0.2	36	100	1380	58	119	40	9	36	10	44	4	20	10	35
Chicken strips with honey sauce and fries	344g	1040	55	85	8	0.2	41	60	960	40	107	36	8	32	18	27	0	15	4	15
Souvlaki with fries and house salad	391g	860	48	74	8	0.1	41	75	1270	53	75	25	8	32	4	32	25	25	4	20
Souvlaki with rice and house salad	334g	500	24	37	4	0	20	75	1560	65	40	13	2	8	5	29	25	15	2	25
Tortellini	397g	970	48	74	23	0.5	118	165	1170	49	104	35	6	24	9	34	45	15	50	50
Lunch Menu - Salads																				
Cesar salad	356g	900	87	134	11	0	55	85	850	35	20	7	6	24	4	14	210	15	20	15
"Suprême" chicken salad (with Cesar salad)	474g	1030	88	135	10	0	50	165	1260	53	18	6	6	24	4	46	210	15	20	25
"Suprême" chicken salad (with house salad)	486g	630	48	74	4.5	0	23	100	1970	82	13	4	4	16	8	38	70	35	6	20
Greek salad	827g	1110	97	149	29	1	150	120	3710	155	38	13	9	36	15	34	90	160	60	20
Lunch Menu - Seafood and Grill with rice, house salad and potatoes																				
Beef burger	509g	1450	77	118	16	1	85	170	1420	59	143	48	11	44	11	49	4	25	10	60
Beef burger with cheese and bacon	539g	1580	87	134	21	1	110	200	1670	70	143	48	11	44	11	57	8	25	25	60
Chicken burger	569g	1420	67	103	9	0.2	46	150	1800	75	143	48	11	44	11	64	4	25	10	45
Chicken burger with cheese and bacon	599g	1550	78	120	15	0.2	76	175	2050	85	143	48	11	44	11	71	8	25	25	45
Butterfly shrimp	608g	1130	81	125	15	0.5	78	105	2760	115	75	25	5	20	9	28	90	25	15	35
Two pork medallions	631g	990	55	85	12	0.3	62	130	2540	106	73	24	5	20	9	48	50	25	8	40
Chicken strips with honey sauce	520g	1310	82	126	9	0.2	46	60	1860	78	114	38	9	36	22	28	30	30	6	20
Authentic souvlaki 1 stick, with tzatziki	586g	900	50	77	10	0.2	51	95	2190	91	74	25	7	28	10	37	45	25	15	35
Lunch chicken breast	571g	810	40	62	4.5	0	23	100	2170	90	69	23	5	20	8	43	40	25	4	35

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Chicken "au grilloir"	670g	1080	60	92	12	0.2	61	145	2560	107	80	27	5	20	18	55	50	25	25	40
Lunch skewered chicken no pepper sauce	549g	770	39	60	4	0	20	80	2070	86	69	23	5	20	8	37	40	25	4	35
Salmon	646g	1270	92	142	17	0.5	88	95	2170	90	70	23	5	20	9	42	90	35	8	30
Shish-kebab lunch with tzatziki	640g	980	53	82	9	0.2	46	125	2160	90	75	25	7	28	11	51	45	30	15	45
Extra																				
Vegetable brochette	213g	60	0.5	1	0.1	0	1	0	220	9	14	5	2	8	6	2	20	100	2	6
Butterfly shrimp (3)	69g	100	4.5	7	1	0	5	65	410	17	3	1	0	0	0	12	0	0	6	4
Fries	227g	710	33	51	5	0.1	26	0	480	20	94	31	9	36	1	8	0	20	4	15
Pita bread (1)	91g	240	5	8	1	0	5	0	420	18	39	13	2	8	2	7	0	0	15	15
Garlic sauce	57ml	360	41	63	10	0.5	53	0	520	22	2	1	0	0	0	0.2	50	2	0	0
Pepper sauce	57ml	80	7	11	4	0.2	21	20	440	18	4	1	0	0	1	1	8	0	2	2
Wine sauce	57ml	20	0.3	1	0.1	0	1	0	460	19	3	1	0	0	0	1	0	0	0	2
Cocktail sauce	57ml	80	5	8	0.3	0	2	0	115	5	9	3	1	4	1	1	0	4	0	2
Tarama	57ml	250	23	35	3	0	15	30	450	19	2	1	2	8	0	2	0	4	0	0
Tzatziki	57ml	110	9	14	4.5	0.2	24	20	170	7	6	2	2	8	2	4	4	0	8	0
Desserts																				
Brownie with ice cream, chocolate sauce and nuts	422g	990	46	71	19	1	100	50	370	15	142	47	6	24	98	11	15	0	20	25
Brownie without toppings	107g	390	14	22	1.5	0.3	9	0	170	7	65	22	3	12	45	5	0	0	4	15
Creme caramel	210g	500	15	23	7	0.1	36	285	120	5	83	28	0	0	82	9	25	0	10	8
Vanilla ice cream with chocolate sauce and nuts	435g	740	40	62	22	0.5	113	70	250	10	98	33	5	20	66	8	20	0	20	10
Cheesecake	210g	620	41	63	18	0	90	100	380	16	59	20	0	0	50	11	25	15	8	8
Carrot cake	230g	770	42	65	12	0.4	62	130	550	23	94	31	4	16	43	10	70	4	15	15
Double chocolate cake	190g	660	22	34	7	3	50	40	370	15	116	39	3	12	92	7	15	8	10	35
Greek yogurt cheesecake with coulis	203g	580	37	57	21	0.2	106	125	340	14	69	23	4	16	38	9	4	20	10	10
Greek yogurt cheesecake with coulis and nuts	203g	660	46	71	22	0.2	111	125	330	14	65	22	4	16	33	11	4	10	10	15
Greek yogurt cheesecake with nuts and honey	219g	730	46	71	22	0.2	111	125	330	14	84	28	4	16	53	11	4	4	10	15
Apple crumble pie	470g	960	38	58	12	0.5	63	50	540	23	153	51	6	24	87	7	20	20	15	10

Notes:

Nutrition facts are based on laboratory analysis, supplier's information and databases.

Percentage of daily values (%DV) are based on a 2 000 calories diet. Your daily values may vary depending on your needs.