



Casey's Nutrition Guide

Appetizers

SERVING SIZE	ENERGY	TOTAL FAT	SATURATED FAT	PROTEIN	CARBO	DIETARY FIBER	SUGAR	CHOLESTEROL	SODIUM	
Artichoke Dip	198g	460	43g	18g	11g	10g	2g	5g	125mg	580mg
Calamari & Shrimp**	475g	860	34g	5g	37g	133g	5g	25g	465mg	3620mg
Chicken Pecan Lollipops**	333g	880	65g	5g	42g	35g	4g	11g	175mg	480mg
Chicken Wings-Classic 1 lb	468g	1130	82g	18g	77g	14g	1g	4g	420mg	360mg
Chicken Wings-Dusted 1 lb	525g	1300	82g	18g	83g	52g	2g	6g	420mg	2280mg
Fiesta Nachos**	1108g	2060	102g	47g	71g	221g	23g	29g	190mg	7060mg
Cheesy Garlic Bread	380g	1080	71g	49g	42g	82g	4g	2g	200mg	1650mg
Lobster Crab Dip	181g	380	30g	19g	22g	6g	0g	5g	165mg	850mg
Caps	394g	450	29g	10g	22g	30g	3g	5g	195mg	1060mg
Sweet and Spicy Shrimp**	337g	710	33g	2g	28g	72g	1g	21g	90mg	1550mg
Chicken Quesadilla**	463g	910	45g	27g	61g	67g	7g	11g	210mg	1770mg
Tornado Potato**	565g	1330	114g	15g	13g	68g	5g	7g	190mg	850mg

** items include everything served with this menu item (ie dipping sauces, coleslaw, etc.)

Salads / Soups

Asian Chicken-no dressing	549g	410	3.5g	.3g	43g	53g	6g	24g	100mg	370mg
Cobb Salad-no dressing	631g	520	27g	12g	54g	15g	4g	10g	355mg	670mg
Caesar Salad-no dressing	212g	230	12g	6g	17g	16g	4g	3g	35mg	1120mg
Spinach Salad with Shrimp-no dressing	406g	390	21g	9g	29g	23g	5g	7g	450mg	1860mg
Salmon Nicoise Salad-no dressing	532g	420	24g	5g	35g	17g	5g	7g	285mg	500mg
Chicken Noodle Soup	356g	140	5g	1g	16g	8g	1g	3g	40mg	1090mg
French Onion Soup	397g	200	11g	6g	12g	13g	1g	4g	25mg	910mg
Roasted Red Pepper Soup	386g	320	25g	15g	4g	20g	5g	14g	80mg	1460mg

Sandwiches / Burgers

	Sandwiches & Burgers no not include a side									
Buffalo Chicken Strip (includes medium sauce)	425g	1270	90g	26g	40g	77g	4g	7g	170mg	3210mg
Stacked Sandwich	470g	840	47g	18g	54g	51g	4g	14g	220mg	1360mg
Steak Sandwich (Ontario only)	259g	670	36g	12g	66g	19g	1g	2g	200mg	590mg
Prime Rib Baguette (Quebec only)	256g	750	48g	20g	38g	38g	3g	1g	115mg	590mg
The Club	468g	1040	63g	22g	51g	72g	8g	8g	150mg	2380mg
Amazing Vegetarian Burger	397g	460	17g	4.5g	23g	54g	8g	7g	15mg	1390mg
Bacon Cheese Burger	562g	1020	60g	28g	52g	67g	5g	9g	180mg	1630mg
Burger2	770g	1770	120g	56g	89g	76g	3g	6g	355mg	2530mg
Butcher Block	522g	850	46g	20g	42g	66g	5g	9g	140mg	1200mg
Surf-n-Turf Burger	433g	910	52g	24g	55g	52g	5g	9g	185mg	1740mg
Three Cheese Bison Burger	449g	840	47g	25g	62g	42g	3g	4g	170mg	1280mg

Pasta / Asian Inspired

	Pastas do not include a side of garlic crustini									
Pad Thai – Vegetarian	661g	740	23g	4.5g	36g	102g	8g	42g	215mg	2040mg
Pad Thai – Chicken	718g	810	21g	4g	62g	99g	8g	42g	310mg	2140mg
Pad Thai – Shrimp	718g	720	20g	4g	40g	99g	8g	42g	380mg	2810mg
Chicken Penne	594g	800	30g	5g	52g	76g	5g	12g	110mg	1150mg
Cashew Chicken Stir Fry	809g	1380	60g	6g	64g	153g	13g	31g	120mg	1150mg
Green Tiger Shrimp Linguine	696g	810	40g	7g	32g	79g	5g	12g	185mg	1950mg
Korean Fire Beef	497g	570	33g	5g	39g	35g	4g	15g	55mg	740mg
Louisiana Jambalya	906g	1060	55g	8g	41g	94g	9g	21g	160mg	2210mg
Shanghai Noodles	737g	1270	45g	3g	60g	162g	14g	52g	120mg	2840mg

Seafood a la carte

Fish & Chips – 1 piece	165g	330	16g	1g	17g	29g	1g	5g	30mg	760mg
Pistachio Salmon (with maple galze)	285g	770	55g	10g	51g	15g	3g	8g	140mg	750mg
Mahi Mahi (with mango salsa)	299g	420	24g	15g	32g	20g	2g	17g	185mg	740mg

Steak & Ribs a la carte

8 oz New York Striploin	234g	370	22g	10g	40g	0g	0g	0g	125mg	120mg
10 oz New York Striploin	291g	450	26g	11g	50g	0g	0g	0g	155mg	150mg
14 oz New York Striploin	404g	610	34g	14g	70g	0g	0g	0g	210mg	210mg
Steak Oscar	463g	820	51g	24g	74g	14g	2g	2g	225mg	1190mg
Full Rack Ribs	559g	1240	97g	36g	80g	6g	2g	3g	385mg	2720mg
Half Rack Ribs	280g	620	49g	18g	40g	3g	1g	1g	195mg	1360mg

Chicken & Fajitas

1/2 Roast Chicken-a la carte	340g	750	42g	12g	86g	5g	0g	5g	360mg	1250mg
1/4 Roast Chicken (white meat)	170g	310	13g	4g	45g	2g	0g	2g	150mg	570mg
1/4 Roast Chicken (dark meat)	170g	440	29g	8g	41g	3g	0g	3g	210mg	680mg
Buffalo Chicken Strips – includes fries	243g	640	33g	2g	48g	39g	1g	3g	120mg	2060mg
Chicken Crock	712g	600	37g	17g	23g	70g	5g	9g	110mg	2760mg
Crispy Chicken Strips – a la carte	243g	640	33g	2g	48g	39g	1g	3g	120mg	2060mg
1/2 lb Chicken Fajita	571g	670	36g	2g	61g	26g	5g	17g	170mg	3300mg
Fajita Set-Up	389g	600	35g	18g	23g	56g	12g	11g	65mg	1530mg



Sides

	SERVING SIZE	ENERGY	TOTAL FAT	SATURATED FAT	PROTEIN	CARBO	DIETARY FIBER	SUGAR	CHOLESTEROL	SODIUM
Naan Bread for dips	184g	460	7g	.8g	16g	82g	2g	4g	0mg	960mg
Nacho Chips for dips	80g	263	8g	.5g	6g	43g	3g	0g	0mg	685mg
Carrots & Celery	113g	35	0g	0g	1g	8g	2g	4g	0mg	70mg
Coleslaw	90g	50	2g	0g	1g	8g	2g	6g	0mg	230mg
Day Veg (served with Salmon and Mahi)	113g	40	.2g	0g	2g	8g	2g	4g	0mg	25mg
Fries	255g	680	45g	2.5g	8g	61g	13g	3g	0mg	640mg
Garlic Bread(side for pasta)	65g	160	8g	5g	4g	19g	1g	1g	20mg	230mg
Baked Potato-sour cream & onion	342g	410	12g	3g	9g	66g	7g	5g	15mg	280mg
Mashed Potato	140g	120	4g	1.5g	2g	20g	1g	0g	5mg	500mg
Sweet Potato Fries	255g	760	53g	3g	5g	67g	8g	19g	0mg	1130mg
Rice Pilaf	224g	470	6g	2.5g	12g	98g	4g	4g	10mg	1010mg
Jasmine Rice	234g	310	0g	0g	5g	70g	0g	0g	0mg	710mg
Sauteed Green Zucchini & Red Peppers	174g	120	9g	4g	2g	7g	2g	3g	15mg	750mg
Baby Bok Choy in Butter	122g	70	6g	3.5g	2g	3g	1g	1g	15mg	660mg

Dressing & Sauces

Balsamic Dressing	67g	220	25g	1.5g	0g	4g	0g	3g	0mg	410mg
Beef Jus (Quebec Only)	121g	25	.1g	0g	.2g	6g	0g	1g	0mg	930mg
Blue Cheese Dressing	60g	140	14g	3g	1g	2g	0g	1g	10mg	310mg
Caesar Dressing	60g	220	22g	4g	2g	2g	0g	2g	10mg	620mg
Chicken Rotisserie Dipping Sauce	67g	45	.5g	0g	0g	9g	0g	1g	10mg	700mg
Double Shot Bar-B-Q Sauce	60g	120	0g	0g	1g	28g	0g	26g	0mg	340mg
Gravy (chicken)	80g	30	.5g	0g	1g	5g	0g	1g	0mg	520mg
Honey Bar-B-Q Sauce	60g	120	0g	0g	0g	28g	2g	20g	0mg	620mg
Honey Lime Dressing	60g	280	26g	4g	1g	11g	0g	10g	65mg	250mg
Hot Wing Sauce	60g	170	18g	11g	0g	3g	0g	0g	45mg	1060mg
Medium Wing Sauce	60g	170	18g	11g	0g	2g	0g	0g	45mg	1030mg
Mild Wing Sauce	68g	119	.1g	0g	.3g	27g	1g	24g	0mg	680mg
Nicoise Dressing (salmon salad)	56g	340	37g	5g	0g	1g	0g	0g	0mg	260mg
Orange Poppy Seed Dressing	62g	300	30g	2.5g	1g	9g	0g	4g	65mg	200mg
Pecan Bourbon Dipping Sauce	54g	260	25g	2.5g	1g	7g	0g	3g	50mg	150mg
Ranch Dressing	58g	300	31g	5g	1g	3g	0g	2g	15mg	570mg
Smokin Cajun Sauce	65g	260	27g	4.5g	2g	2g	0g	2g	60mg	340mg

Dessert Sauces

Chocolate	56g	280	14g	11g	2g	41g	0g	27g	0mg	110mg
Strawberry	56g	120	0g	0g	0g	28g	0g	28g	0mg	0mg
Caramel Drizzle	67g	170	7g	4g	0g	29g	0g	29g	25mg	5mg

Dessert

Mini Strawberry Shortcake (all inclusive)	100g	190	4.5g	2g	3g	36g	0g	2g	45mg	80mg
Mini Peanut Butter Sundae (all inclusive)	135g	410	19g	8g	6g	57g	3g	41g	55mg	190mg
Bacardi Rum Cake (all inclusive)	291g	760	34g	12g	3g	64g	0g	83g	135mg	420mg
Cheesecake (no sauce)	182g	610	44g	27g	11g	44g	1g	37g	210mg	550mg
Apple Mary (all inclusive)	746g	1080	33g	19g	11g	194g	14g	132g	90mg	40mg
Chocolate Cake (all inclusive)	421g	1670	78g	25g	17g	231g	8g	162g	145mg	1440mg
Banana Fosters (all inclusive)	220g	750	41g	25g	6g	86g	1g	71g	120mg	250mg
Ice Cream - Vanilla	85g	80	4g	1.5g	1g	12g	0g	9g	15mg	35mg
Ice Cream - Peanut Butter Chocolate	85g	130	7g	3g	2g	15g	1g	11g	10mg	30mg

Burger Thursdays

Double Swiss Burger with Mushrooms	416g	980	61g	28g	53g	54g	3g	2g	170mg	1310mg
Gouda Burger	534g	1130	67g	29g	55g	75g	4g	8g	220mg	1830mg
Memphis Burger	471g	950	53g	22g	46g	72g	4g	19g	170mg	1180mg

Kids Menu

Kids Fish (fried) - 1 piece a la carte	165g	330	16g	1g	17g	29g	1g	5g	30mg	760mg
Kid's Pasta and Tomato Sauce	235g	280	6g	3g	8g	47g	3g	6g	10mg	560mg
Kid's Pasta with Butter	178g	430	28g	17g	7g	41g	2g	2g	70mg	115mg
Kid's Chicken Strips - a la carte	178g	400	17g	1g	27g	35g	0g	26g	70mg	1030mg
Kid's Burger - a la carte	250g	440	20g	8g	27g	41g	3g	3g	85mg	1010mg
Kid's Grilled Chicken Strips - a la carte	184g	280	1.5g	0g	33g	33g	0g	33g	95mg	720mg
Kid's Vegetable Stir Fry	288g	420	19g	1g	9g	55g	5g	33g	95mg	550mg
Kid's Quesadilla-a la carte	311g	560	32g	19g	32g	38g	5g	9g	135mg	1130mg
Kid's Fries	113g	300	20g	1g	4g	27g	6g	1g	0mg	290mg
Kid's Salad - no dressing	227g	45	0g	0g	2g	10g	3g	6g	0mg	20mg
Kid's Rice	224g	470	6g	2.5g	12g	98g	4g	4g	10mg	1010mg
Kid's Chicken Soup	170g	70	2.5g	.5g	8g	4g	0g	1g	20mg	520mg
Kid's Carrots and Celery - no dip	113g	35	0g	0g	1g	8g	2g	4g	0mg	70mg
Kid's Vanilla Ice Cream with Gummi Worms	101g	130	4g	1.5g	1g	24g	0g	17g	15mg	40mg
Kid's Peanut Butter Chocolate Ice Cream with Gummi worms	101g	180	7g	3g	2g	27g	1g	20g	10mg	35mg

NOTE:

- (a) Our nutritional and allergen information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (c) Calculations are based on the nutritional and allergen data as of the date of this posting only.
- (d) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (e) Limited time specials may not be included in the table.

ALSO NOTE:

If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts - a food item that can cause severe reactions for some people.



Casey's Nutrition Guide

Casey's Summer Menu 2010

	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Summer Menu 2010	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Baja Salad	681	980	68	21	0	180	1140	49	9	12	50	25	80	20	40
Shrimp Taquitos	278	500	37	9	0	125	1020	34	4	16	11	170	45	15	6
Grilled Chicken Pineapple Skewers	458	660	39	2.5	0	95	2420	48	4	31	36	4	250	6	15
Flat Iron Steak Sandwich - no Fries	486	760	47	17	0.4	150	1400	44	7	9	38	10	60	2	35
Flat Iron Steak Sandwich - with Fries	741	1430	92	19	0.4	150	2040	105	20	11	46	10	60	6	50
Sesame & Poppy Seed Chicken Sandwich - no fries	435	830	58	15	0.5	195	1950	28	3	7	51	80	300	60	20
Sesame & Poppy Seed Chicken Sandwich - with fries	690	1510	102	17	0.5	195	2600	90	17	10	59	80	300	60	35
Grilled Gouper	602	740	35	5	0	5	2820	75	5	7	42	120	90	15	25



Casey's Allergen Guide

Casey's Summer Menu 2010

	Corn	Dairy / Lactose	Eggs	Fats / Oils (animal)	Fish or Seafood	Sulphites	MSG	Peanuts	Soy Beans	Nuts & Seeds	Oils & Extracts	Wheat / Gluten
Baja Salad	✓	✓	✓	✓					✓		✓	✓
Shrimp Taquitos		✓			✓	✓			✓		✓	✓
Grilled Chicken Pineapple Skewers	✓		✓			✓			✓		✓	✓
Flat Iron Steak Sandwich	✓	✓	✓	✓		✓			✓	✓	✓	✓
Sesame & Poppy Seed Chicken Sandwich		✓	✓			✓			✓	✓	✓	✓
Grilled Grouper	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓