

# SWISS CHALET ALLERGY GUIDE

|  | PEANUTS AND PEANUT PRODUCT | TREE NUTS AND THEIR DERIVATIVES | SESAME | MILK AND MILK PRODUCTS | EGGS AND EGG SOURCES | FISH | SHELLFISH | SOY | WHEAT AND GLUTEN | SULPHITE |
|--|----------------------------|---------------------------------|--------|------------------------|----------------------|------|-----------|-----|------------------|----------|
| <b>STARTERS</b>  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Garden Salad (not including dressing)                                    |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Caesar Salad   |                            |                                 |        | •                      | •                    | •    |           | •   | •                |          |
| Greek Salad  |                            |                                 |        | •                      |                      |      |           | •   | •                |          |
| Chalet Chicken Soup  |                            |                                 |        | •                      | •                    |      |           | •   | •                |          |
| Chicken Spring Rolls*  | •                          | •                               |        | •                      | •                    |      |           | •   | •                | •        |
| Sundried Garlic Cheese Loaf  |                            |                                 |        | •                      |                      |      |           | •   | •                |          |
| Sundried Garlic Loaf (without cheese)                                    |                            |                                 |        | •                      |                      |      |           | •   | •                |          |
| Perogies*  |                            |                                 |        | •                      | •                    |      |           | •   | •                |          |
| Chalet Chicken Wings (8 mild wings)*                                     |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Dry Ribs*  |                            |                                 |        |                        |                      |      |           | •   | •                |          |
| <b>WRAPS, SANDWICHES &amp; BURGERS (not including the Side Servings)</b> |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Messy Chicken Sandwich (white meat)                                      |                            | •                               | •      | •                      |                      |      |           | •   | •                | •        |
| Messy Chicken Sandwich (dark meat)                                       |                            | •                               | •      | •                      |                      |      |           | •   | •                | •        |
| Chicken Club Wrap  |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Chicken on a Kaiser (white meat)   |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Chicken on a Kaiser (dark meat)  |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Chicken Quesadilla (without sour cream and salsa)                        |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Grilled Santa Fe Chicken Sandwich  |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Hamburger (without bun and garnishes)                                    |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Hamburger (with bun)   |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Bacon Cheese Burger (without bun and garnishes)                          |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Bacon Cheese Burger (with bun)   |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Veggie Burger (without bun and garnishes)                                |                            | •                               | •      | •                      | •                    |      |           | •   | •                | •        |
| Veggie Burger (with bun)   |                            | •                               | •      | •                      | •                    |      |           | •   | •                | •        |
| <b>ROTISSERIE CHICKEN</b>  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Quarter Chicken Breast (with skin)                                       |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Quarter Chicken Breast (skinless)  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Quarter Chicken Leg (with skin)  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Quarter Chicken Leg (skinless)   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Half Chicken (with skin)   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Double Leg   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Chicken Pot Pie  | •                          |                                 |        | •                      |                      |      |           | •   | •                | •        |
| <b>FROM THE GRILL</b>  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Feature Cut BBQ Ribs   |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Regular Cut BBQ Ribs   |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Large Cut BBQ Ribs   |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Grilled Chicken Breast (without rice & flatbread)                        |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Grilled Chicken Breast (with rice and flatbread)                         |                            |                                 |        | •                      | •                    |      |           | •   | •                | •        |
| Grilled Chicken Caesar (without flatbread)                               |                            |                                 |        | •                      | •                    | •    |           | •   | •                | •        |
| <b>SIDE SERVINGS</b>   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Fresh Cut Fries*   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Baked Potato   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Sour Cream & Chives  |                            |                                 |        |                        |                      |      |           |     |                  | •        |
| Butter   |                            |                                 |        | •                      |                      |      |           |     |                  |          |
| Mashed Potatoes  |                            |                                 |        | •                      |                      |      |           | •   |                  |          |
| Gravy  |                            | •                               |        | •                      |                      |      |           | •   | •                | •        |
| Side Garden Salad (without dressing)                                     |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Side Caesar Salad  |                            |                                 |        | •                      | •                    | •    |           | •   | •                |          |
| Side Greek Salad   |                            |                                 |        | •                      |                      |      |           | •   | •                |          |
| Traditional Coleslaw   |                            |                                 |        | •                      | •                    |      |           | •   | •                |          |
| Rice Pilaf   |                            |                                 |        | •                      |                      |      |           | •   | •                | •        |
| Corn   |                            |                                 |        | •                      |                      |      |           | •   | •                |          |
| Sautéed Mushrooms  |                            |                                 |        | •                      |                      |      |           | •   | •                |          |
| Fresh Vegetables   |                            |                                 |        |                        |                      |      |           |     |                  |          |

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| <b>SIDE SERVINGS</b>   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Fresh Corn Chips*  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Oven-baked Roll  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Chinese Noodles  |                            |                                 |        |                        |                      | •    |           |     | •                | •        |
| Flatbread  |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| <b>SALAD DRESSINGS &amp; DIPS</b>  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Famous Chalet Sauce  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Fat-Free Raspberry Vinaigrette   |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Ranch Dressing   |                            |                                 |        |                        |                      | •    | •         |     | •                | •        |
| Chalet Dressing  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Light Italian Dressing   |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Balsamic Vinaigrette   |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Light Mayonnaise   |                            |                                 |        |                        |                      | •    | •         |     | •                | •        |
| Greek Dressing   |                            |                                 |        |                        |                      | •    | •         |     | •                | •        |
| Asian Sesame Dressing  |                            |                                 | •      |                        |                      |      |           |     | •                | •        |
| Blue Cheese Dip  |                            |                                 |        | •                      | •                    |      |           |     | •                | •        |
| Cajun Sauce Dip  |                            |                                 |        | •                      | •                    |      |           |     | •                | •        |
| Tangy Plum Sauce   |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Salsa  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Caesar Dressing  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| <b>WHOLESOME CHOICES</b>   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Garden Fresh Quarter Chicken Breast Dinner (including garden salad & fresh vegetables) |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Santa Fe Grilled Chicken Salad (without flatbread)                                     |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Oriental Rotisserie Chicken Salad (without dressing)                                   |                            |                                 |        |                        |                      | •    |           | •   | •                | •        |
| Oriental Noodles   |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Spinach Rotisserie Chicken Salad (without dressing)                                    |                            |                                 |        |                        |                      | •    |           |     | •                | •        |
| Tortillas*   |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Vegetable Stir Fry   |                            |                                 |        |                        |                      | •    |           |     | •                | •        |
| Vegetable Stir Fry with Grilled Chicken Breast   |                            |                                 |        |                        |                      | •    |           |     | •                | •        |
| <b>KIDS' MEALS (not including sides)</b>   |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Chicken Strips*  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| Mini Burger (with bun)   |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Cheesy Pizza   |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Mini Chicken Sandwich  |                            |                                 |        |                        |                      |      |           | •   | •                | •        |
| Grilled Cheese   |                            |                                 |        |                        |                      | •    | •         |     | •                | •        |
| Chicken Thigh & Drumstick (with skin)  |                            |                                 |        |                        |                      |      |           |     | •                | •        |
| <b>DESSERTS</b>  |                            |                                 |        |                        |                      |      |           |     |                  |          |
| Colossal Caramel Fudge Cheesecake  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Chocolate Eruption Cheesecake  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Coconut Cream Pie  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Carrot Cake  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Perfect Pecan Pie  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Swiss Alps Chocolate Layer Cake (Cake Only)  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Baked Apple Blossom  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Lemon Meringue Pie   |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Classic Apple Pie  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Ice Cream - Vanilla  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Ice Cream - Chocolate  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Ice Cream - Cookies & Cream  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Cranberry Raspberry Frozen Yogurt  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Orange Sherbert  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Sauce - Butterscotch   |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Sauce - Chocolate  |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |
| Sauce - Strawberry   |                            |                                 |        | •                      | •                    | •    |           |     | •                | •        |

\* All fried products may contain one or all of the following dairy, corn or wheat. There are sliced almonds on the premises.

† We've been serving delicious, wholesome meals to Canadians for over 50 years. We are proud to let you know that several of our classic menu items qualify for the Heart and Stroke Foundation's Health Check™ program. These same wholesome items you have always enjoyed from Swiss Chalet are now simply easier to find. Just look for this Health Check™ symbol.



The Heart and Stroke Foundation's Health Check™ program is your assurance that Swiss Chalet menu items identified with the Health Check™ symbol meet the program's nutrient criteria based on Canada's Food Guide to Healthy Eating. Choosing lower fat foods more often and emphasizing vegetables and fruit is part of healthy eating. Swiss Chalet pays a fee to help cover program costs. This is not an endorsement. Visit [www.healthcheck.org](http://www.healthcheck.org) for more information.

| MENU ITEM  | Serving Size | Total Fat | Sat Fat | Sodium | Protein |
|--|--------------|-----------|---------|--------|---------|
| Garden Fresh Quarter Chicken Dinner w/potato, veg          | 706g         | 11g       | 3.5g    | 1230mg | 53g     |
| Garden Fresh Quarter Chicken Dinner w/veg, corn            | 593g         | 15g       | 4.5g    | 1300mg | 53g     |
| Garden Fresh Quarter Chicken Dinner w/potato, corn         | 706g         | 14g       | 4.5g    | 1270mg | 53g     |
| Garden Fresh Quarter Chicken Dinner w/potato, salad*       | 658g         | 11g       | 3.5g    | 1210mg | 53g     |
| Garden Fresh Quarter Chicken Dinner w/corn, salad          | 545g         | 14g       | 4.5g    | 1290mg | 53g     |
| Garden Fresh Quarter Chicken Dinner w/veg, salad           | 545g         | 12g       | 3.5g    | 1240mg | 53g     |
| Chicken on a Kaiser with salad                             | 466g         | 8g        | 1.5g    | 1290mg | 53g     |
| Chicken on a Kaiser with fresh vegetables                  | 514g         | 8g        | 1.5g    | 1300mg | 53g     |
| Spinach Chicken Salad                                      | 511g         | 10g       | 3g      | 634mg  | 46g     |
| Garden Salad Appetizer with 60 mL of raspberry vinaigrette | 281g         | 0.4g      | 0.1g    | 310mg  | 0g      |
| SIDES:   |              |           |         |        |         |
| Garden Salad (no dressing)                                 | 122g         | 0.3g      | 0g      | 20mg   | 0g      |
| Fresh vegetables   | 170g         | 1g        | 0.1g    | 36mg   | 0g      |
| Corn   | 170g         | 2g        | 0.5g    | 47mg   | 0g      |
| Baked Potato, plain  | 284g         | 0.1g      | 0g      | 1mg    | 0g      |
| Raspberry Vinaigrette                                      | 60mL         | 0g        | 0g      | 260mg  | 0g      |

**People today are at an all time high in their health consciousness. And we think that's great. It's something we at Swiss Chalet have taken to heart since we began back in 1954. You'll see it and taste it in the care we bring to preparing our food. We wouldn't have it any other way.**

**FOR FURTHER INFORMATION, PLEASE WRITE, CALL OR EMAIL US AT**

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Swiss Chalet recognizes that health and safety are important concerns for our guests; use this information as a guide to make proper menu selections for you and your family. If you have an allergy or sensitivity, please let your server know. Cara Operations Ltd., its franchisees and employees, do not assume responsibility for a particular sensitivity or allergy to any food provided at its restaurants. We cannot control or eliminate the possibility of cross-contamination in our kitchens or products supplied to us by our suppliers. While the data is based on standard portion product guidelines, there may be variations due to seasonal influences, minor differences in product assembly per restaurant and other factors. The information contained in this guide is provided as of November 2007. Every effort to keep this information current is taken, however ingredient changes and product modifications may occur prior to our ability to update the guide. Nutritional and allergen information for regional, promotional and test products are not included. Updated information will be posted periodically on our website: [www.swisschalet.com](http://www.swisschalet.com)

# NUTRITION & ALLERGY GUIDE



**Swiss Chalet is proud to be the first national restaurant to introduce the Health Check™ program on its menu.**

**See back for details.**

