

Informed Dining

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been obtained through analysis using nutritional analysis software, on behalf of the Province of British Columbia, using information supplied by the restaurant, and is based on standard nutrient databases and product formulations. Variations in nutrition information obtained through analysis may occur for reasons including differences in suppliers, ingredient substitutions, recipe revisions, and/or season of the year.

NUTRITION MENU

the Reef

The information in this guide is effective as of March 26, 2012 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by HealthLinkBC using NutriBase 9 and information provided by our suppliers.



HealthyFamiliesBC 

NUTRITION INFORMATION

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)

BRUNCH	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Brunch Johnnycake (per Johnnycake)	81	200	12	1	0	0	310	23	1	6	2	6	4	0	6
Coconut Mango Butter (for full ramekin)	31	210	23	5	0	0	200	1	0	0	0	30	0	0	0
Island of Eggs	662	910	37	17	0	435	1450	101	9	6	42	50	30	50	60
Sam Lord's Breakfast with Fried Eggs (no meat)	280	650	33	9	0	430	570	71	2	4	22	25	35	10	35
Sam Lord's Breakfast with Poached Eggs (no meat)	288	610	28	8	0	370	520	71	2	3	22	25	35	10	35
Sam Lord's Breakfast with Scrambled Eggs (no meat)	282	670	34	11	0	400	590	72	2	4	22	35	40	10	40
+ Bacon Add-on	24	130	10	3.5	0	25	550	0	0	0	9	0	0	0	2
+ Chorizo Add-on	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6
+ Veggie Sausage Add-on	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
+ Jerk Chicken Sausage Add-on	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6
Paradise Beach	632	390	3	2	0	15	95	86	3	81	7	4	0	15	10
Huevos Rancheros	433	980	56	22	0.2	480	1000	91	4	5	33	35	40	35	35
Callaloo Benny	486	1040	59	28	0.1	590	1250	100	3	5	31	45	60	35	50
+ Bacon Add-on	24	130	10	3.5	0	25	550	0	0	0	9	0	0	0	2
Jerk Salmon Benny	460	1060	56	26	0.1	615	1480	98	2	6	42	30	50	25	50
Jamaica Me Crabby	493	1270	84	29	0.1	630	1490	99	2	6	33	35	60	25	50
Kitty's Scrambler (no meat)	494	1100	65	26	0	465	1150	96	4	7	40	60	130	50	45
+ Chorizo Add-on	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6
+ Veggie Sausage Add-on	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
+ Jerk Chicken Sausage Add-on	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6

NUTRITION INFORMATION

BRUNCH	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
MID-DAY TINGS															
Yardie Yam Fries	529	1060	59	7	0	25	590	128	19	4	7	6	130	8	20
Yardie Yam Fries (side order)	286	660	44	6	0	25	490	65	9	3	4	4	70	4	8
Plantain Chips	220	680	42	8	0.2	25	680	73	6	39	3	25	2	2	8
Plantain Chips (half order)	132	470	35	6	0.1	25	530	37	3	20	2	10	2	0	4
Chana	331	460	23	2.5	0	5	790	52	7	9	15	25	20	15	35
Greens	304	270	19	2	0	0	280	20	5	8	7	45	30	10	20
Greens (side salad)	125	100	7	1	0	0	115	8	2	3	3	25	15	4	10
Greens with Jerk Chicken	464	520	29	4.5	0	110	1290	29	5	14	37	50	35	10	30
Greens with Jerk Tofu	361	410	29	3	0	0	650	28	5	11	14	45	35	20	35
Jerk Chicken Poutine	496	1510	87	24	1	115	2370	138	11	10	44	15	70	50	25
Kingston Quesadilla (Chicken) with Greens	608	1020	61	15	0.2	135	1830	75	10	14	53	50	180	30	35
Kingston Quesadilla (Chicken) with Plantain Chips	614	1380	88	20	0.2	160	2350	105	11	31	51	40	170	30	30
Kingston Quesadilla (Tofu) with Greens	549	1080	75	15	0.2	40	1870	76	13	15	40	50	180	60	60
Kingston Quesadilla (Tofu) with Plantain Chips	555	1440	102	21	0.2	65	2390	105	14	32	39	40	170	60	60
CARIBBEAN SPECIAL TINGS															
West Indian Curry (Chicken)	862	750	20	3.5	0.2	130	970	102	10	12	42	15	120	20	60
West Indian Curry (Ital)	680	570	11	1.5	0	5	1410	108	12	15	14	120	120	20	35
West Indian Curry (Goat)	612	620	14	2.5	0	90	1410	82	7	12	41	15	110	15	60
West Indian Curry (Prawn)	854	870	28	2.5	0	305	1640	104	11	15	54	110	110	30	50
Trini Roti (Chicken)	825	1140	50	5	0.2	125	1320	131	11	9	47	6	110	15	80
Trini Roti (Chicken) with Dahlpouri Roti	861	1260	55	6	0.2	125	1530	143	13	10	55	10	120	15	90
Trini Roti (Ital)	643	950	40	3	0	0	1760	137	12	12	19	110	110	15	60
Trini Roti (Ital) with Dahlpouri Roti	679	1080	45	4	0	0	1970	149	15	13	26	120	110	15	70
Trini Roti (Jerk Chicken)	873	1250	58	5	0.2	125	2050	142	11	15	49	6	120	15	80
Trini Roti (Jerk Chicken) with Dahlpouri Roti	909	1380	63	6	0.2	125	2270	154	14	16	56	10	120	15	90
Trini Roti (Prawn)	764	1200	56	4	0	230	1910	132	11	12	49	100	100	20	70
Trini Roti (Prawn) with Dahlpouri Roti	800	1330	61	4.5	0	230	2120	144	14	12	56	100	100	20	80

NUTRITION INFORMATION

BRUNCH	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	Trini Roti (Jerk Tofu)	623	1060	51	4.5	0	0	2200	136	11	16	25	80	100	25
Trini Roti (Jerk Tofu) with Dahlpouri Roti	660	1190	56	5	0	0	2420	147	13	17	32	90	100	25	80
Trini Roti (Goat)	575	1000	43	4	0	85	1750	111	8	9	46	4	100	10	80
Trini Roti (Goat) with Dahlpouri Roti	611	1120	48	5	0	85	1970	123	10	10	53	8	100	10	90
Ackee and Salt Fish	916	1130	44	6	0	75	4480	135	13	14	51	35	100	25	70
Calypso Oxtail	1170	1930	103	37	0	0	1940	170	16	23	83	N/A	N/A	N/A	N/A
The Jamaican Jerk (Chicken)	719	910	25	4	0	95	3170	122	10	23	48	4	60	15	60
The Jamaican Jerk (Pork)	756	990	28	6	0	95	3820	128	10	28	57	2	60	15	60
The Jamaican Jerk (Salmon)	697	980	37	3.5	0	75	2380	114	10	17	47	10	60	15	60
The Jamaican Jerk (Tofu)	594	780	26	3	0	0	1720	116	11	14	25	2	50	30	70

NUTRITION INFORMATION

MAIN MENU

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Johnnycake (per Johnnycake)	66	190	12	1	0	0	310	19	0	4	2	4	0	0	6
Coconut Mango Butter (for full ramekin)	31	210	23	5	0	0	200	1	0	0	0	30	0	0	0
SALADS & SUCH															
Chana	331	460	23	2.5	0	5	790	52	7	9	15	25	20	15	35
Reef Caesar	324	330	30	4.5	0	10	710	12	6	4	9	190	120	25	20
Reef Casear (side salad)	181	140	13	1.5	0	5	250	7	4	2	4	110	80	10	10
Spinach Salad	450	790	56	9	0	65	1620	42	17	7	30	10	70	35	35
Spinach Salad (side salad)	225	400	29	3.5	0	40	970	19	8	3	16	4	35	15	15
Greens	304	270	19	2	0	0	280	20	5	8	7	45	30	10	20
Greens (side salad)	125	100	7	1	0	0	115	8	2	3	3	25	15	4	10
Greens with Jerk Chicken	464	520	29	4.5	0	110	1290	29	5	14	37	50	35	10	30
Greens with Jerk Tofu	361	410	29	3	0	0	650	28	5	11	14	45	35	20	35
Red Pepper Tomato Coconut Soup	347	400	33	24	0.2	0	960	20	2	8	4	20	130	6	15
BREAKFAST															
Island of Eggs	662	910	37	17	0	435	1450	101	9	6	42	50	30	50	60
Sam Lord's Breakfast with Fried Eggs (no meat)	280	650	33	9	0	430	570	71	2	4	22	25	35	10	35
Sam Lord's Breakfast with Poached Eggs (no meat)	288	610	28	8	0	370	520	71	2	3	22	25	35	10	35
Sam Lord's Breakfast with Scrambled Eggs (no meat)	282	670	34	11	0	400	590	72	2	4	22	35	40	10	40
+ Bacon Add-on	24	130	10	3.5	0	25	550	0	0	0	9	0	0	0	2
+ Chorizo Add-on	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6
+ Veggie Sausage Add-on	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
+ Jerk Chicken Sausage Add-on	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6
SMALL TINGS															
Jamaican Patty (Beef)	298	710	35	7	0	20	850	83	3	14	17	25	25	2	30
Jamaican Patty (Vegetable)	305	690	32	5	0	0	990	87	5	15	15	30	25	6	35
Yardie Yam Fries	529	1060	59	7	0	25	590	128	19	4	7	6	130	8	20
Yardie Yam Fries (side order)	286	660	44	6	0	25	490	65	9	3	4	4	70	4	8
Plantain Chips	220	680	42	8	0.2	25	680	73	6	39	3	25	2	2	8
Plantain Chips (half order)	132	470	35	6	0.1	25	530	37	3	20	2	10	2	0	4

NUTRITION INFORMATION

MAIN MENU	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	Jerked Wings	410	890	53	15	0	230	2690	23	1	18	78	25	15	6
Doubles	208	350	19	2	0	5	730	38	4	6	9	15	8	10	25
J.A.H. Dip	391	860	57	24	0	140	1290	81	9	9	21	170	35	30	20
Jerk Chicken Poutine	496	1510	87	24	1	115	2370	138	11	10	44	15	70	50	25
Mission Tacos (Jerk Chicken)	509	890	51	22	0.2	220	1910	50	6	13	61	50	40	50	20
Mission Tacos (Jerk Tofu)	380	760	52	20	0.2	80	1080	50	7	9	32	50	35	70	25
Coco Prawns	283	690	38	21	0	200	700	56	8	28	35	15	10	15	25
Island Crab Cakes	265	780	74	11	0	125	1090	13	2	6	15	15	40	8	6
Tasting Platter for 2 (nutrition info per person)	426	1030	60	15	0.1	150	1770	80	7	32	45	25	15	10	35
Tasting Platter for 4 (nutrition info per person)	347	830	45	12	0.1	115	1300	74	6	29	34	20	10	8	30
CARIBBEAN SPECIAL TINGS															
West Indian Curry (Chicken)	862	750	20	3.5	0.2	130	970	102	10	12	42	15	120	20	60
West Indian Curry (Ital)	680	570	11	1.5	0	5	1410	108	12	15	14	120	120	20	35
West Indian Curry (Goat)	612	620	14	2.5	0	90	1410	82	7	12	41	15	110	15	60
West Indian Curry (Prawn)	854	870	28	2.5	0	305	1640	104	11	15	54	110	110	30	50
Trini Roti (Chicken)	825	1140	50	5	0.2	125	1320	131	11	9	47	6	110	15	80
Trini Roti (Chicken) with Dahlpouri Roti	861	1260	55	6	0.2	125	1530	143	13	10	55	10	120	15	90
Trini Roti (Ital)	643	950	40	3	0	0	1760	137	12	12	19	110	110	15	60
Trini Roti (Ital) with Dahlpouri Roti	679	1080	45	4	0	0	1970	149	15	13	26	120	110	15	70
Trini Roti (Prawn)	764	1200	56	4	0	230	1910	132	11	12	49	100	100	20	70
Trini Roti (Prawn) with Dahlpouri Roti	800	1330	61	4.5	0	230	2120	144	14	12	56	100	100	20	80
Trini Roti (Goat)	575	1000	43	4	0	85	1750	111	8	9	46	4	100	10	80
Trini Roti (Goat) with Dahlpouri Roti	611	1120	48	5	0	85	1970	123	10	10	53	8	100	10	90
Trini Roti (Jerk Tofu)	623	1060	51	4.5	0	0	2200	136	11	16	25	80	100	25	60
Trini Roti (Jerk Tofu) with Dahlpouri Roti	660	1190	56	5	0	0	2420	147	13	17	32	90	100	25	80
Trini Roti (Jerk Chicken)	873	1250	58	5	0.2	125	2050	142	11	15	49	6	120	15	80
Trini Roti (Jerk Chicken) with Dahlpouri Roti	909	1380	63	6	0.2	125	2270	154	14	16	56	10	120	15	90
Ackee and Salt Fish	916	1130	44	6	0	75	4480	135	13	14	51	35	100	25	70
Calypso Oxtail	1170	1930	103	37	0	0	1940	170	16	23	83	N/A	N/A	N/A	N/A

NUTRITION INFORMATION

MAIN MENU	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	The Jamaican Jerk (Chicken)	719	910	25	4	0	95	3170	122	10	23	48	4	60	15
The Jamaican Jerk (Pork)	756	990	28	6	0	95	3820	128	10	28	57	2	60	15	60
The Jamaican Jerk (Salmon)	697	980	37	3.5	0	75	2380	114	10	17	47	10	60	15	60
The Jamaican Jerk (Tofu)	594	780	26	3	0	0	1720	116	11	14	25	2	50	30	70
BIG TINGS															
Tobago Wrap with Greens	398	530	21	3.5	0	75	450	48	6	7	41	30	25	10	25
Tobago Wrap with Plantain Chips	436	930	51	9	0.1	100	900	79	7	25	41	25	15	8	20
The Jamaican Bun (Chicken) with Greens	347	540	17	4.5	0.1	95	1240	55	3	17	42	20	30	8	25
The Jamaican Bun (Chicken) with Plantain Chips	384	930	46	10	0.2	115	1790	86	5	35	41	15	20	6	25
The Jamaican Bun (Pork) with Greens	427	680	26	8	0.1	95	2680	67	3	27	47	20	35	10	30
The Jamaican Bun (Pork) with Plantain Chips	464	1070	54	13	0.2	120	3230	99	5	45	46	15	30	8	30
The Jamaican Bun (Tofu) with Greens	260	440	21	4.5	0.1	10	680	53	3	14	15	15	25	20	35
The Jamaican Bun (Tofu) with Plantain Chips	297	830	50	10	0.2	35	1230	85	5	32	14	15	15	15	30
Kingston Quesadilla (Chicken) with Greens	608	1020	61	15	0.2	135	1830	75	10	14	53	50	180	30	35
Kingston Quesadilla (Chicken) with Plantain Chips	614	1380	88	20	0.2	160	2350	105	11	31	51	40	170	30	30
Kingston Quesadilla (Tofu) with Greens	549	1080	75	15	0.2	40	1870	76	13	15	40	50	180	60	60
Kingston Quesadilla (Tofu) with Plantain Chips	555	1440	102	21	0.2	65	2390	105	14	32	39	40	170	60	60
Mo-Ca Burger (Beef) with Greens	475	960	58	17	0	110	1400	63	5	21	44	35	70	25	45
Mo-Ca Burger (Beef) with Plantain Chips	522	1340	86	22	0.1	130	2020	95	6	39	42	25	60	25	45
Mo-Ca Burger (Tofu) with Greens	407	800	49	12	0	35	1440	68	5	23	23	35	70	40	40
Mo-Ca Burger (Tofu) with Plantain Chips	454	1180	77	17	0.1	60	2060	100	7	40	21	25	60	35	40
Mo-Ca Burger (Chicken) with Greens	495	900	46	11	0	120	2000	69	5	25	50	35	80	25	35
Mo-Ca Burger (Chicken) with Plantain Chips	541	1280	73	17	0.1	140	2620	101	6	43	48	25	70	25	30
Maracas Bay Mahi	546	930	51	22	0	125	1190	74	4	10	40	60	60	10	35
Vincy Fish	601	840	38	20	0	85	1380	78	3	11	42	10	50	10	25
Island Thyme Chicken	557	900	60	32	0.2	120	1240	47	4	6	38	50	70	4	20
Dominica Beef	476	840	54	13	0	120	1310	42	4	7	47	50	70	6	50
St. Bart's Lamb Shank	725	1410	101	58	0	305	1730	25	2	12	90	50	50	10	60

NUTRITION INFORMATION

MAIN MENU

	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
DRINKS															
Coffee, Black (per cup)	246	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tea, Black (per cup)	246	0	0	0	0	0	5	1	0	0	0	0	0	0	0
Tea, Herbal (per cup)	248	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coke	360	100	0	0	0	0	10	27	0	27	0	0	0	0	0
Diet Coke	360	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Gingerale	360	80	0	0	0	0	40	23	0	22	0	0	0	0	0
Sprite	360	90	0	0	0	0	50	25	0	25	0	0	0	0	0
Tonic	360	90	0	0	0	0	35	23	0	22	0	0	0	0	0
Batido de Pina	332	140	2.5	1.5	0	10	65	25	1	24	4	0	6	15	2
Kola Champagne	480	180	0	0	0	0	25	44	0	44	0	0	0	0	0
Day-O Smoothie	327	140	3.5	2	0	15	80	22	1	15	6	2	15	20	4
Ting	356	130	0	0	0	0	240	33	0	29	0	0	0	0	0
Soursop Juice	357	130	0	0	0	0	0	32	1	28	0	0	0	0	0
Guava Juice	360	140	0	0	0	0	5	34	0	33	0	0	0	0	0
Passionfruit Juice	360	130	0	0	0	0	10	32	0	32	0	0	0	0	0
Apple Juice	360	110	0	0	0	0	5	28	0	26	0	0	120	10	0
Cranberry Juice	357	140	0	0	0	0	15	35	0	32	0	0	100	10	0
Grapefruit Juice	360	100	0	0	0	0	0	25	0	20	0	0	140	10	0
Orange Juice	360	120	0	0	0	0	10	27	0	23	1	0	100	2	0
Pineapple Juice	360	130	0	0	0	0	10	30	0	26	1	0	100	4	0
Virgin Banana Smoothie	358	430	6	5	0	0	40	88	1	70	2	0	480	10	4
Virgin Rum Punch	345	170	0	0	0	0	15	42	1	38	1	0	90	2	2
Ginger Beer	385	70	0	0	0	0	25	19	0	17	0	0	4	0	0
DESSERTS															
Fried Bananas	398	810	39	12	0	45	140	117	7	82	5	8	35	10	10
Fried Bananas (half order)	208	430	20	6	0	25	70	63	3	46	2	4	20	6	4

NUTRITION INFORMATION

KIDS MENU	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	Yardie Yam Fries	529	1060	59	7	0	25	590	128	19	4	7	6	130	8
Yardie Yam Fries (side order)	286	660	44	6	0	25	490	65	9	3	4	4	70	4	8
Plantain Chips	220	680	42	8	0.2	25	680	73	6	39	3	25	2	2	8
Plantain Chips (half order)	132	470	35	6	0.1	25	530	37	3	20	2	10	2	0	4
Greens	304	270	19	2	0	0	280	20	5	8	7	45	30	10	20
Greens (side salad)	125	100	7	1	0	0	115	8	2	3	3	25	15	4	10
Greens with Jerk Chicken	464	520	29	4.5	0	110	1290	29	5	14	37	50	35	10	30
Greens with Jerk Tofu	361	410	29	3	0	0	650	28	5	11	14	45	35	20	35
Kingston Quesadilla (Chicken) with Greens	608	1020	61	15	0.2	135	1830	75	10	14	53	50	180	30	35
Kingston Quesadilla (Chicken) with Plantain Chips	614	1380	88	20	0.2	160	2350	105	11	31	51	40	170	30	30
Kingston Quesadilla (Tofu) with Greens	549	1080	75	15	0.2	40	1870	76	13	15	40	50	180	60	60
Kingston Quesadilla (Tofu) with Plantain Chips	555	1440	102	21	0.2	65	2390	105	14	32	39	40	170	60	60
Sliders	286	950	63	21	0.1	105	1150	66	5	22	27	10	2	30	20
Nachos	217	780	51	25	0.1	105	940	61	3	2	29	6	4	70	8
Chicken Dinner	313	430	16	3	0	70	810	37	2	2	33	50	45	6	10
Fish Dinner	375	580	31	4.5	0	75	1120	39	2	2	38	50	60	6	10
Quesadilla (Cheese)	206	470	27	16	0.1	75	520	38	2	2	24	6	4	45	0
DRINKS															
Coke	360	100	0	0	0	0	10	27	0	27	0	0	0	0	0
Diet Coke	360	0	0	0	0	0	30	0	0	0	0	0	0	0	0
Gingerale	360	80	0	0	0	0	40	23	0	22	0	0	0	0	0
Sprite	360	90	0	0	0	0	50	25	0	25	0	0	0	0	0
Tonic	360	90	0	0	0	0	35	23	0	22	0	0	0	0	0
Batido de Pina	332	140	2.5	1.5	0	10	65	25	1	24	4	0	6	15	2
Kola Champagne	480	180	0	0	0	0	25	44	0	44	0	0	0	0	0
Day-O Smoothie	327	140	3.5	2	0	15	80	22	1	15	6	2	15	20	4
Ting	356	130	0	0	0	0	240	33	0	29	0	0	0	0	0
Soursop Juice	357	130	0	0	0	0	0	32	1	28	0	0	0	0	0
Guava Juice	360	140	0	0	0	0	5	34	0	33	0	0	0	0	0

NUTRITION INFORMATION

KIDS MENU	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
	Passionfruit Juice	360	130	0	0	0	0	10	32	0	32	0	0	0	0
Apple Juice	360	110	0	0	0	0	5	28	0	26	0	0	120	10	0
Cranberry Juice	357	140	0	0	0	0	15	35	0	32	0	0	100	10	0
Grapefruit Juice	360	100	0	0	0	0	0	25	0	20	0	0	140	10	0
Orange Juice	360	120	0	0	0	0	10	27	0	23	1	0	100	2	0
Pineapple Juice	360	130	0	0	0	0	10	30	0	26	1	0	100	4	0
Virgin Banana Smoothie	358	430	6	5	0	0	40	88	1	70	2	0	480	10	4
Virgin Rum Punch	345	170	0	0	0	0	15	42	1	38	1	0	90	2	2
Ginger Beer	385	70	0	0	0	0	25	19	0	17	0	0	4	0	0