

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](http://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 February 26, 2013 and is based on our standard product formulations, variations may occur. Other than the Health Check items, nutrition information was obtained through analysis by HealthLinkBC using NutriBase 10 and information provided by our suppliers.

# 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)



## HEALTH CHECK™ MENU ITEMS

Each menu item identified with the Health Check™ symbol has been reviewed by the Heart and Stroke Foundation's™ registered dietitians to ensure they meet the specific nutrient criteria developed by the Health Check program based on recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. [healthcheck.org](http://healthcheck.org).

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Chana	265	290	11	1	0.1	0	400	36	10	2	12	25	30	10	35
Likkle Greens	95	70	5	0.5	0	0	40	2	2	2	3	25	20	2	8
Maracas Bay Mahi	465	520	16	8	0.1	125	790	55	6	9	38	4	35	6	35
Curry Chicken	370	420	13	2.5	0.1	50	860	50	5	9	26	45	45	8	40
Kids Chicken Dinner	255	290	3.5	1	0	85	330	33	3	3	30	45	25	6	20
Kids Fish Dinner	230	250	3.5	0.5	0	75	250	31	3	3	23	45	25	6	20

## 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)
Johnnycake (nutrition info for 1 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	0.2	30	0	0	0
Island of Eggs	662	910	37	17	0	435	1450	101	4	6	42	50	30	50	60
Sam Lord's Breakfast with Fried Eggs (no meat)	280	640	32	8	0.5	365	680	71	6	3	21	30	35	10	30
Sam Lord's Breakfast with Poached Eggs (no meat)	288	610	28	8	0	370	520	71	6	3	22	25	35	10	35
Sam Lord's Breakfast with Scrambled Eggs (no meat)	282	670	34	11	0	400	590	72	6	4	22	25	40	10	40
+ Bacon	24	130	10	3.5	0	25	550	0	0	0	9	0	0	0	2
+ Veggie Sausage	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
+ Jerk Chicken Sausage	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6
+ Chorizo Sausage	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6
Huevos Rancheros	433	970	56	21	1	420	1120	91	9	4	32	35	40	35	30

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

	*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)
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## Brunch *...continued*

Callaloo Benny	486	1040	59	28	0.1	590	1250	100	8	4	30	50	60	35	50
Jamaica Me Crabby	493	1270	84	29	0.1	630	1490	99	7	5	33	35	60	25	50
Jerk Salmon Benny	461	1060	56	26	0.1	615	1460	98	7	5	42	30	50	25	50
Kitty's Scrambler (no meat)	439	960	59	25	0	465	1030	75	7	5	36	50	130	45	35
+ Jerk Chicken Sausage	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6
+ Veggie Sausage	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
+ Chorizo Sausage	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6
Jerk Chilaquiles with Chicken	330	730	45	12	0.1	260	810	49	7	8	32	30	25	30	25
Jerk Chilaquiles with Tofu	333	800	53	12	0.1	215	680	54	8	9	29	30	20	50	40
Wee Little Pirate with Hashbrowns and Fried Egg	174	440	26	7	0.1	205	640	38	3	1	16	10	30	4	15
Wee Little Pirate with Hashbrowns and Poached Egg	169	400	21	7	0	200	630	38	3	2	16	10	30	4	15
Wee Little Pirate with Hashbrowns and Scrambled Egg	180	420	23	7	0.4	185	650	38	3	2	16	15	30	6	15
Wee Little Pirate with Toast and Fried Egg	139	350	22	5	0.1	200	550	23	2	3	16	15	10	6	15
Wee Little Pirate with Toast and Poached Egg	134	310	18	4.5	0	200	550	23	2	3	16	15	10	6	15
Wee Little Pirate with Toast and Scrambled Egg	145	330	19	5	0.4	185	580	24	2	3	16	20	10	8	15

## Sides

Bacon	24	130	10	3.5	0	25	550	0	0	0	9	0	0	0	2
Chorizo Sausage	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6
Jerk Chicken Sausage	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6
Veggie Sausage	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
Whole Wheat Toast	55	150	6	1	0	0	120	21	2	1	4	6	0	4	10

## Beverages

Espresso	30	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0
Latte	100	130	9	6	0.3	30	240	7	0	6	6	0	0	0	0
Cappuccino	275	35	0	0	0	5	50	3	0	3	5	0	0	15	2

\*Portion size ordinarily served to the guest

# 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 (nutrition info for 1 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	0.2	30	0	0	0

## Salads

Barbadian Sun	380	270	10	1	0.2	120	600	26	5	13	19	140	140	15	30
Chana	310	470	23	2.5	0	5	710	54	8	9	15	30	15	15	30
Greens	254	290	19	2	0	0	80	24	5	8	7	50	25	2	10
Spinach Salad	450	790	56	9	0	65	1620	42	17	7	30	10	70	35	35
<b>ADD</b>															
Jerk Chicken	182	260	11	2.5	0	110	970	10	0	7	30	2	4	2	10
Jerk Tofu	78	140	10	1.5	0	0	350	8	1	4	7	0	2	15	15
Bajan Prawns	82	80	1.5	0.2	0	95	430	2	0	0	13	6	6	4	15

## Breakfast

Island of Eggs	662	910	37	17	0	435	1450	101	4	6	42	50	30	50	60
Sam Lord's Breakfast with Fried Eggs (no meat)	280	640	32	8	0.5	365	680	71	6	3	21	30	35	10	30
Sam Lord's Breakfast with Poached Eggs (no meat)	288	610	28	8	0	370	520	71	6	3	22	25	35	10	35
Sam Lord's Breakfast with Scrambled Eggs (no meat)	282	670	34	11	0	400	590	72	6	4	22	25	40	10	40
+ Bacon	24	130	10	3.5	0	25	550	0	0	0	9	0	0	0	2
+ Veggie Sausage	90	150	7	7	0	0	480	8	4	1	13	25	0	8	10
+ Jerk Chicken Sausage	85	190	13	4	0	55	890	5	0	2	11	4	0	0	6
+ Chorizo Sausage	60	270	23	9	0	55	740	1	0	0	14	0	0	0	6

## Small Tings

Jamaican Patty (Beef)	285	680	31	7	0	30	990	81	3	10	19	25	15	2	35
Jamaican Patty (Tofu)	340	700	30	6	0	5	1390	91	5	13	18	20	20	6	40
Jamaican Patty (Salt Fish)	356	720	30	6	0	50	2780	84	3	9	27	20	20	6	30
Jamaican Patty (Curry Chicken)	268	640	29	6	0	15	750	82	3	9	12	15	10	2	30
Doubles	198	360	19	2	0	5	680	40	4	6	9	20	6	10	25
Yardie Yam Fries	529	1060	59	7	0	25	590	128	19	4	7	6	130	8	20
Plantain Chips	220	680	42	8	0.2	25	680	73	6	39	3	25	2	2	8

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

	*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)
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## Small Tings *...continued*

Poutine with Jerk Chicken	457	1150	65	20	8	185	2560	84	6	14	57	20	15	45	30
Poutine with Jerk Tofu	457	1310	85	22	8	60	2170	97	8	16	49	15	15	100	70
Coco Prawns	308	740	36	20	0	195	770	75	8	45	33	20	40	10	20
Island Crab Cakes	260	780	74	11	0	125	1060	14	2	6	15	15	40	8	4
Jerk Wings	415	890	53	15	0	230	2560	24	1	18	78	30	15	6	25
Tasting Platter for 2 (nutrition info per person)	398	980	57	15	0.1	150	1650	73	8	32	44	15	10	10	30
Tasting Platter for 4 (nutrition info per person)	338	850	46	12	0.1	115	1300	77	7	29	35	15	8	8	30

## Taco Central

Carmen Tacos with Jerk Chicken	224	400	18	8	0	100	940	30	3	7	29	15	15	25	10
Carmen Tacos with Jerk Tofu	224	490	29	9	0	30	740	37	3	8	24	15	10	50	35
Tuxpan Tacos	275	380	19	2	0.1	55	370	29	4	5	25	8	30	6	15

## Caribbean Special Tings

West Indian Curry (Chicken & Potato)	862	770	21	3.5	0	150	830	105	11	12	43	15	120	20	50
West Indian Curry with Roti (Chicken & Potato)	825	1140	50	5	0	145	1320	132	11	9	47	4	110	15	70
West Indian Curry with Dahlpouri Roti (Chicken & Potato)	861	1260	55	6	0	145	1540	143	13	10	54	10	120	15	90
West Indian Curry (Ital)	680	580	11	1.5	0	5	1270	110	13	15	15	150	90	20	35
West Indian Curry with Roti (Ital)	643	950	40	3	0	0	1760	137	12	12	19	140	80	15	60
West Indian Curry with Dahlpouri Roti (Ital)	679	1080	45	4	0	0	1970	148	15	13	26	140	80	15	70
West Indian Curry (Goat & Potato)	612	630	14	2.5	0	90	1260	85	8	12	42	15	110	15	60
West Indian Curry with Roti (Goat & Potato)	575	1000	43	4	0	85	1750	111	8	9	46	4	100	10	80
West Indian Curry with Dahlpouri Roti (Goat & Potato)	611	1120	48	5	0	85	1970	123	10	10	53	8	100	10	90
+ Jerk Tofu	41	100	7	1	0	0	110	5	0	2	6	0	0	10	15
+ Jerk Sauce	72	80	6	0.5	0	0	470	7	1	4	1	0	2	0	2
Ackee and Salt Fish	916	1130	44	6	0	75	4480	135	8	14	51	35	100	25	70
Calypso Oxtail	881	1580	98	37	0	0	1370	104	8	21	73	N/A	N/A	N/A	N/A
The Jamaican Jerk (Chicken Breast)	757	910	25	4	0	90	3080	123	6	23	47	4	60	15	60
The Jamaican Jerk (Pork Tenderloin)	628	690	16	1.5	0	0	2630	119	6	20	18	2	60	15	50

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

	*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)
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## Caribbean Special Tings *...continued*

The Jamaican Jerk (Tofu)	634	790	27	3	0	0	1690	116	6	14	25	2	50	30	70
The Jamaican Jerk (Salmon)	723	870	24	2.5	0	75	2320	114	6	16	47	10	60	15	60
The Jamaican Jerk (Beef Tenderloin Tips)	746	930	26	6	0.4	80	2710	119	6	20	53	2	60	15	80

## Sandwich Tings *(Sandwich only. Add "Sandwich Side" below.)*

The Jamaican Bun (Jerk Chicken)	337	640	25	13	0.2	120	1100	63	3	10	40	8	20	8	45
The Jamaican Bun (Jerk Chicken) with Gluten Free Bun	284	530	22	10	0.1	115	1370	50	1	11	36	6	20	6	10
The Jamaican Bun (Jerk Pork Tenderloin)	406	760	29	15	0.2	105	2520	75	3	20	50	8	30	10	40
The Jamaican Bun (Jerk Pork Tenderloin) with Gluten Free Bun	353	660	27	12	0.1	100	2790	63	1	22	46	4	25	8	10
The Jamaican Bun (Jerk Tofu)	286	670	37	13	0.3	20	630	67	4	9	25	6	15	30	60
The Jamaican Bun (Jerk Tofu) with Gluten Free Bun	233	570	34	10	0.2	10	900	54	1	11	20	4	15	30	25
Kingston Quesadilla (Chicken)	457	880	52	14	0.2	115	1540	66	8	10	44	30	120	30	25
Kingston Quesadilla (Whole Wheat Tortilla with Tofu)	425	980	69	15	0.2	40	1730	68	12	12	37	25	110	60	50
Mo-Ca Burger (Beef)	398	890	53	16	0	110	1270	58	4	19	41	20	80	25	40
Mo-Ca Burger (Tofu)	330	740	45	11	0	35	1310	63	4	21	20	20	80	35	35
Mo-Ca Burger (Chicken)	428	830	41	11	0	120	1830	64	4	23	47	20	80	25	25
Tobago Wrap	299	460	16	3	0	75	340	43	4	5	39	15	15	6	15
Saba Sub	255	590	35	6	0.2	75	720	34	2	8	32	6	30	4	20
V-ital Burger	390	670	23	3	0.3	40	620	99	16	13	20	40	70	15	60

### SANDWICH SIDES

Organic Greens	104	110	7	1	0	0	30	10	2	3	3	25	10	2	6
Plantain Chips	132	470	35	6	0.1	25	530	37	3	20	2	10	2	0	4
Yam Fries	286	660	44	6	0	25	490	65	9	3	4	4	70	4	8

## Big Tings

Island Thyme Chicken	542	800	48	30	0.2	120	850	47	4	6	38	40	70	4	20
Dominica Beef	461	740	43	11	0	120	920	42	4	7	47	40	70	6	50
Maracas Bay Mahi	465	520	16	8	0.1	125	790	55	6	9	38	2480	80	15	40
St. Bart's Lamb Shank	710	1310	89	56	0	305	1340	25	2	12	90	35	50	10	60

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*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)
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## Sides & Such

Chips & Dip	245	700	37	4	0	5	1090	83	2	3	13	8	30	4	30
Mango Chutney	44	30	0.1	0	0	0	90	8	1	5	0.4	15	15	0	0
Dahi	45	30	1.5	1	0	5	50	3	0	2	2	2	0	6	4
Jerk Mayo	45	270	29	5	0	25	380	2	0	1	0.3	0	2	0	0
Plain Roti	197	640	33	2.5	0	0	880	78	2	2	11	0	0	0	25
Dahlpouri Roti	233	770	38	3	0	0	1100	90	4	2	18	6	2	2	40
Miss Kitty's Hot Sauce	60	35	1	0	0	0	180	6	1	5	0	0	2	0	2
Miss P's Fancy Jerk Marinade	60	30	0	0	0	0	1660	7	3	2	1	0	0	0	0

## Non-Alcoholic Drinks

Coffee, Black (per cup)	246	0	0	0	0	0	0	0	0	0	0.3	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-0 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

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*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)
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## Non-Alcoholic Drinks *...continued*

Pineapple Juice	360	130	0	0	0	10	30	0	26	1	0	100	4	0
Virgin Banana Smoothie	358	430	6	5	0	40	88	1	70	2	0	480	10	4
Virgin Rum Punch	345	170	0	0	0	15	42	1	38	1	0	90	2	2
Ginger Beer	385	70	0	0	0	25	19	0	17	0.1	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

\*Portion size ordinarily served to the guest



# 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)
Fish n' Chips (1 piece with Fries)	222	480	25	6	3.5	30	1070	50	5	3	16	2	40	4	25
Fish n' Chips (1 piece with Yam Fries)	425	880	55	8	0	55	1050	84	11	5	17	4	100	6	25
Fish n' Chips (1 piece with Plantain Chips)	271	700	46	9	0.1	55	1090	57	5	23	15	15	40	4	20
Fish n' Chips (2 pieces with Fries)	307	680	36	8	3.5	60	1520	65	5	3	29	2	40	6	35
Fish n' Chips (2 pieces with Yam Fries)	510	1080	65	11	0	80	1500	99	12	5	29	6	100	8	35
Fish n' Chips (2 pieces with Plantain Chips)	356	890	57	11	0.1	80	1550	71	5	23	27	15	40	6	30
Soft Tacos (One Taco with Chicken)	94	120	1.5	0.3	0	35	55	11	1	1	15	15	8	2	4
Soft Tacos (Two Tacos with Chicken)	188	250	3	0.5	0	70	115	23	3	2	30	35	15	4	10
Soft Tacos (One Taco with Tilapia)	119	160	4.5	1	0.1	35	65	11	1	1	18	15	8	2	6
Soft Tacos (Two Tacos with Tilapia)	239	320	9	1.5	0.1	75	125	23	3	2	36	30	15	4	10
Soft Tacos (One Taco with Tofu)	85	90	3.5	0.3	0.1	0	45	12	1	1	4	15	8	2	6
Soft Tacos (Two Tacos with Tofu)	167	170	4.5	0.4	0.1	0	90	24	3	3	7	30	15	4	10
Quesadilla	147	390	24	12	0	50	800	30	5	1	18	20	4	35	10
Roti & Dip	245	700	37	4	0	5	1090	83	2	3	13	8	30	4	30

## 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	45	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	40	23	0	22	0	0	0	0	0
Apple Juice	360	110	0	0	0	0	10	28	0	26	0	0	120	10	0
Orange Juice	360	120	0	0	0	0	15	27	0	23	1	0	100	2	0
Pineapple Juice	360	130	0	0	0	0	15	30	0	26	1	0	100	4	0
Grapefruit Juice	360	100	0	0	0	0	0	25	0	20	0	0	140	10	0
Batido de Pina	332	140	2.5	1.5	0	10	65	25	1	24	4	0	6	15	2
Virgin Rum Punch	345	170	0	0	0	0	15	42	1	36	1	0	90	2	2
Virgin Banana Smoothie	358	430	6	5	0	0	40	88	1	70	2	0	480	10	4
Kola Champagne	480	180	0	0	0	0	30	44	0	44	0	0	0	0	0

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*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)
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## Drinks *...continued*

Day-0 Smoothie	327	140	3.5	2	0	15	85	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	10	34	0	33	0	0	0	0	0
Passionfruit Juice	360	130	0	0	0	0	15	32	0	32	0	0	0	0	0

\*Portion size ordinarily served to the guest