

Recipe Name	Comment	Serving	Calories	Protein (g)	Carbohydrates (g)	Sugars (g)	Dietary Fiber (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)
Bongo Burgers- "The Canadian" Burger	1 burger	16.3 oz	1191	59	61	19	3	78.7	31.3	1934
Bongo Burgers- Bacon Mozzarella Burger	1 burger	11.6 oz	896	40	42	6	2	63.2	20.9	854
Bongo Burgers- Bacon Mozzarella Burger, Jungle Size	1 burger	17.5 oz	1376	66	42	6	2	105.2	36.9	964
Bongo Burgers- BBQ Bacon Cheddar	1 burger	11.8 oz	885	38	49	12	2	59.4	20.0	1147
Bongo Burgers- BBQ Bacon Cheddar, Jungle Size	1 burger	17.7 oz	1365	64	49	12	2	101.4	36.0	1257
Bongo Burgers- Chipotle Steakhouse Burger	1 burger	13.5 oz	1123	40	53	3	3	83.4	21.4	1049
Bongo Burgers- Chiptole Steakhouse Burger, Jungle Size	1 burger	19.5 oz	1603	66	53	3	3	125.4	37.4	1159
Bongo Burgers- Hungry Hippo	1 burger	12.8 oz	895	39	50	12	2	59.9	20.0	1330
Bongo Burgers- Hungry Hippo, Jungle Size	1 burger	18.7 oz	1375	65	50	12	2	101.9	36.0	1440
Bongo Burgers- Inferno Burger	1 burger	13.1 oz	971	40	53	7	4	66.1	21.7	1586
Bongo Burgers- Inferno Burger, Jungle Size	1 burger	19.1 oz	1451	66	53	7	4	108.1	37.7	1696
Bongo Burgers- The Headhunter	1 burger	27.9 oz	2048	98	55	16	2	160.0	58.1	2118
Bongo Burgers- Whiskey BBQ Bacon Burger	1 burger	16.3 oz	1338	53	72	17	3	90.6	32.3	1791
Bowls & Salads- Apple Pecan Chicken Salad	n/a	20.5 oz	857	58	60	43	9	46.3	8.5	1465
Bowls & Salads- Cajun Chicken Caesar Salad	baguette included	13.0 oz	831	65	31	5	3	37.2	8.6	1729
Bowls & Salads- Cajun Chicken Caesar Salad, Cajun Jumbo Shrimp	baguette included	11.2 oz	694	35	32	5	3	33.6	7.3	1489
Bowls & Salads- Fresh-Mex Fajita Bowl	n/a	22.3 oz	1042	51	182	15	10	14.3	3.7	3855
Bowls & Salads- Greek Salad	baguette included	14.6 oz	435	12	55	13	7	21.2	5.0	1093
Bowls & Salads- Greek Salad with Chicken Breast	baguette included	18.4 oz	645	51	58	12	6	26.1	6.3	1700
Bowls & Salads- Honey Garlic Chicken Bowl	baguette included	18.6 oz	639	30	106	6	4	9.9	0.9	1074
Bowls & Salads- Jungle Chicken Salad	n/a	23.9 oz	883	65	42	25	9	53.9	12.3	1908
Bowls & Salads- Viva Las Vegans Bowl	n/a	20.9 oz	428	13	84	11	10	6.2	0.3	545
Breakfast Add Ons- 2 Eggs	Texas toast included	3.2 oz	178	12	1	1	0	13.6	3.7	303
Breakfast Add Ons- 2 Slices Texas Toast	hashbrowns included	3.3 oz	280	7	40	3	2	10.0	1.5	390
Breakfast Add Ons- 3 Sausages	hashbrowns included	2.6 oz	240	9	5	1	1	20.0	7.0	610
Breakfast Add Ons- 3 Strips of Bacon	hashbrowns included	1.6 oz	180	5	0	0	0	18.0	6.0	300
Breakfast- Bacon & Cheese Skillet	bacon included	18.0 oz	1096	34	83	7	7	69.5	17.3	1843
Breakfast- Breakfast Poutine	Texas toast included	24.5 oz	1612	46	116	14	9	110.3	40.8	3465
Breakfast- Breakfast Quesadilla	bacon (not juice) included	19.3 oz	1098	36	85	9	7	68.2	20.8	2320
Breakfast- Classic Jungle Breakfast	hashbrowns & Texas toast included	15.5 oz	1123	30	79	6	6	76.5	17.9	1816
Breakfast- Eggs Jimmy	hashbrowns included	17.4 oz	1143	44	81	11	6	74.2	27.1	3082
Breakfast- Hungry Hippo Breakfast	n/a	13.5 oz	980	39	50	8	4	68.5	20.0	1754
Breakfast- Safari Kid's Breakfast	n/a	5.4 oz	363	13	24	5	2	23.9	6.6	546
Breakfast- Steak & Eggs	n/a	20.4 oz	1101	68	78	4	6	54.7	16.4	4308
Breakfast- Western Breakfast Quesadilla	n/a	20.4 oz	1072	45	89	13	7	58.4	18.6	3255
Carnivore's Grill- Jungle Cheese Steak	n/a	24.6 oz	962	64	87	17	9	43.7	19.1	1439
Carnivore's Grill- Monster Grill	steamed veggies included	38.2 oz	2293	165	47	25	2	160.4	52.2	4430
Carnivore's Grill- New York Striploin Steak, 12-oz	steamed veggies included	15.4 oz	917	70	7	2	2	66.3	22.1	1518
Carnivore's Grill- New York Striploin Steak, 8-oz	coleslaw included	11.2 oz	655	47	7	2	2	48.3	14.1	942
Carnivore's Grill- Ribs & Shrimp	coleslaw included	22.3 oz	1213	97	40	27	3	75.1	28.3	2695
Carnivore's Grill- Ribs & Taquitos	coleslaw included	32.1 oz	1735	117	103	30	7	94.7	38.2	3625
Carnivore's Grill- Ribs & Wings	coleslaw included	25.2 oz	1416	103	53	35	2	89.8	32.1	3469
Carnivore's Grill- St. Louis-Style Ribs, Half Rack	coleslaw included	20.3 oz	1138	82	34	3	1	76.9	28.3	2003

Carnivore's Grill- St. Louis-Style Ribs, Jungle Rack	n/a	37.7 oz	2153	164	57	6	1	144.9	55.9	3808
Chicken- Bahama Mama Stir Fry	n/a	25.3 oz	769	39	112	11	7	17.0	1.5	1709
Chicken- Bahama Mama Stir Fry, 6 Jumbo Shrimp	n/a	26.5 oz	761	34	113	11	7	16.1	1.1	1703
Chicken- Chicken Taquitos Platter, Baked	n/a	13.5 oz	659	35	78	14	5	20.8	10.1	1536
Chicken- Chicken Taquitos Platter, BBQ	n/a	12.0 oz	681	33	93	29	6	18.5	8.6	2049
Chicken- Chicken Taquitos Platter, Fried	n/a	13.9 oz	738	35	78	14	5	29.5	10.8	1536
Chicken- Monkey Finger Platter	n/a	21.2 oz	1229	23	140	20	6	65.0	4.9	1559
Chicken- Seven-Veggie Stir Fry	baguette included	25.2 oz	669	15	116	13	9	15.0	0.8	1501
Desserts- Apple Crisp	n/a	9.0 oz	632	5	101	57	4	24.0	10.7	364
Desserts- Berry Chimi Cheesecake	n/a	10.4 oz	865	21	133	64	3	26.5	11.7	1052
Desserts- Chimi Cheesecake Bites	n/a	7.3 oz	614	15	98	53	2	17.8	8.0	723
Desserts- Chocolate Chip Chimi Cheesecake	n/a	10.5 oz	949	21	140	72	3	34.5	19.0	1009
Desserts- Cinnamon-Sugar Coated Caramel Apple Chimi Cheesecake	n/a	11.0 oz	930	22	149	80	3	27.0	12.1	1095
Desserts- Funky Funnel Cake Fries	n/a	3.1 oz	755	7	117	50	0	22.1	13.1	633
Desserts- Ooey Goopy Brownie Sundae	n/a	12.1 oz	746	7	108	79	3	32.8	17.3	435
Desserts- Sticky Toffee Pudding Cake	n/a	8.8 oz	795	6	124	83	2	31.1	19.4	489
Desserts- White Chocolate Brownie Cheesecake	n/a	8.3 oz	894	9	64	53	3	45.5	25.2	195
Jim's Favourite Add-Ons- 4 Bacon Wrapped Scallops	n/a	3.8 oz	345	15	2	0	0	31.1	6.7	374
Jim's Favourite Add-Ons- 4 Buffalo Wings (no sauce)	n/a	4.0 oz	244	14	6	2	0	18.3	4.0	500
Jim's Favourite Add-Ons- 4 Jumbo Shrimp	n/a	2.8 oz	80	14	1	0	0	1.2	0.2	152
Jim's Favourite Add-Ons- Mushrooms and Onions	n/a	5.0 oz	280	2	7	4	2	27.4	2.1	5
Jim's Favourite Add-Ons- Sour Cream & Onion Rings	n/a	5.1 oz	314	4	42	5	2	14.9	1.7	1076
Mexican - Chicken Fajitas	Uncle Ben's mex rice included	31.4 oz	1164	77	141	14	8	29.8	11.7	3092
Mexican - Chicken Quesadillas	n/a	11.2 oz	579	34	49	9	3	26.2	13.2	1398
Mexican - Chipotle Chicken Tacos	n/a	8.7 oz	541	31	44	10	1	27.9	1.1	1101
Mexican - Crispy Fish Tacos	n/a	9.8 oz	599	23	49	5	3	30.5	4.6	1250
Mexican - Mexi-Combo	n/a	17.0 oz	956	47	77	19	4	48.1	18.7	2669
Mexican - Pulled Pork Tacos	n/a	10.6 oz	599	21	66	16	5	26.6	6.8	1479
Mexican - Sirloin Steak Fajitas	Uncle Ben's mex rice included	32.1 oz	1310	63	142	15	8	50.4	20.0	2751
Mexican - Ancho Chiptole Sirloin Steak Taco	2 tacos	9 oz	538	28	50	6	2	23.4	5.6	780
Mexican - Veggie Fajitas	Uncle Ben's mex rice included	26.5 oz	1012	37	168	17	10	22.0	10.0	3266
Mexican - Veggie Quesadillas	n/a	9.3 oz	496	20	47	8	3	24.5	12.7	1094
Mexican- Thai Chicken Tacos	n/a	11.2 oz	566	22	78	23	5	16.6	2.5	1245
Pasta- Bruschetta Chicken Parmesan	n/a	29.9 oz	2040	68	321	26	18	51.1	19.8	3234
Pasta- Chicken Linguine Carbonara	n/a	12.8 oz	757	51	61	4	5	33.8	15.4	1947
Pasta- Linguine Alfredo	n/a	7.4 oz	452	14	58	3	5	17.8	8.2	1084
Pasta- The Godfather	n/a	10.4 oz	581	40	58	3	5	20.5	9.1	1319
Safari Kids- Alfredo Pasta (with baguette)	baguette included	6.9 oz	405	12	56	3	5	15.0	6.1	862
Safari Kids- Apple Slices & Caramel Dip	n/a	7.7 oz	290	1	66	45	3	3.2	0.9	186
Safari Kids- Baked Chicken Rappers	n/a	6.3 oz	589	19	43	3	2	36.4	8.5	1123
Safari Kids- Baked Chicken Rappers, Whole Wheat	n/a	6.3 oz	579	21	41	3	4	36.2	8.2	1027
Safari Kids- BBQ Chicken Rappers	n/a	7.4 oz	649	20	58	16	3	36.4	8.5	1603
Safari Kids- BBQ Chicken Rappers, Whole Wheat	n/a	7.4 oz	639	21	56	16	5	36.2	8.2	1507
Safari Kids- Bongo Burger	n/a	4.4 oz	370	16	38	1	1	17.0	4.5	560
Safari Kids- Fish & Chips (fish only)	n/a	3.7 oz	194	16	6	0	0	11.4	0.8	302

Safari Kids- G'rilla Cheese Sandwich	n/a	4.8 oz	412	15	43	6	2	19.2	7.3	1052
Safari Kids- Jungle Mac N Cheese (with baguette)	baguette included	8.6 oz	473	15	36	2	4	18.4	7.9	1235
Safari Kids- Kid-Sized Salad, Side	n/a	6.9 oz	274	2	8	3	3	25.9	3.8	444
Safari Kids- Kids Cheese Pizza	curly fries included	10.5 oz	710	19	76	2	3	36.4	9.8	1165
Safari Kids- Monkey Fingers	n/a	4.4 oz	296	8	41	20	0	11.4	0.8	773
Safari Kids- Safari Buddies	n/a	5.6 oz	372	10	43	20	0	17.7	2.9	665
Safari Kids- Smartie Pantz Sundae	n/a	3.9 oz	230	2	36	26	1	8.6	6.0	115
Safari Kids- Veggie Stix 'n' Ranch Dip, Side	n/a	4.7 oz	265	1	7	2	1	25.7	3.8	428
Safari Kids-Curly Fries, Side	n/a	5.0 oz	229	3	34	0	2	8.8	2.2	500
Safari Lunch - BBQ Chicken Panini Combo - Crispy	1 order	7.5 oz	410	21	40	22	3	18	5	1385
Safari Lunch - BBQ Chicken Panini Combo - Grilled	1 order	7.0 oz	355	26	30	22	2	14	5	1346
Safari Lunch- BLT & French Onion Soup	n/a	18.3 oz	860	25	61	8	5	48.5	15.3	1686
Safari Lunch- Chicken Quesadillas	n/a	11.2 oz	579	34	49	9	3	26.2	13.2	1398
Safari Lunch- Crispy Chipotle Wrap	n/a	17.6 oz	794	44	73	8	6	35.7	8.5	2257
Safari Lunch- English-Style Fish & Chips (1 piece)	home fries included	18.4 oz	966	23	90	3	6	57.4	4.1	872
Safari Lunch- French Onion Soup and Grilled Bacon Cheese	n/a	19.0 oz	808	31	68	11	5	47.4	18.0	2334
Safari Lunch- Fresh-Mex Fajita Bowl	n/a	22.3 oz	1042	51	182	15	10	14.3	3.7	3855
Safari Lunch- Honey Garlic Chicken Bowl	n/a	18.6 oz	639	30	106	6	4	9.9	0.9	1074
Safari Lunch- Lunch-Size Chicken Taquitos, Baked	n/a	7.9 oz	413	22	49	8	3	13.0	6.2	904
Safari Lunch- Lunch-Size Chicken Taquitos, BBQ	n/a	9.1 oz	474	23	63	19	3	13.2	6.2	1344
Safari Lunch- Lunch-Size Chicken Taquitos, Fried	n/a	8.1 oz	465	22	49	8	3	18.8	6.7	904
Safari Lunch - One Half BBQ Chicken Panini - Crispy	1 order	5.9 oz	384	15	48	11	3	14	3	1032
Safari Lunch - One Half BBQ Chicken Panini Combo - Grilled	1 order	5.5 oz	317	15	45	12	3	8	3	995
Safari Lunch - One Half Pesto Chicken Panini Combo - Crispy	1 order	6.8 oz	558	20	40	4	2	35	9	1088
Safari Lunch - One Half Pesto Chicken Panini Combo- Grilled	1 order	6.6 oz	527	23	35	3	2	33	9	1068
Safari Lunch - Pesto Chicken Panini Combo - Crispy	1 order	9.4 oz	757	32	23	7	2	59	17	1497
Safari Lunch - Pesto Chicken Panini Combo - Grilled	1 order	8.9 oz	696	36	13	5	1	56	17	1457
Safari Lunch- Small BBQ Chicken Nachos	n/a	15.5 oz	939	40	75	22	5	50.7	16.6	2114
Safari Lunch- Thai Chicken Tacos	n/a	11.2 oz	566	22	78	23	5	16.6	2.5	1245
Safari Lunch- Viva Las Vegans Rice Bowl	n/a	20.9 oz	428	13	84	11	10	6.2	0.3	545
Sandwiches & Wraps - California Chicken Wrap	n/a	19.6 oz	876	70	69	8	7	37.0	9.3	2525
Sandwiches & Wraps - Crispy Chiptole Wrap	n/a	16.6 oz	731	42	61	8	5	34.7	8.7	2031
Sandwiches & Wraps - Inferno Crunch	n/a	11.8 oz	910	51	65	4	4	48.5	11.6	1341
Sandwiches & Wraps - Jungle Crunch	n/a	11.7 oz	653	49	57	4	2	23.8	1.6	1312
Sandwiches & Wraps - Safari Club	n/a	14.7 oz	866	69	86	24	4	26.5	6.7	2167
Sandwiches & Wraps - Safari Wrap	n/a	17.6 oz	853	68	77	20	4	30.3	9.3	2739
Sandwiches & Wraps - Saucy Hog Pulled Pork Sandwich	n/a	10.9 oz	846	29	76	27	3	46.8	11.9	2254
Seafood- Fish & Chips	home fries included	22.8 oz	1205	39	98	5	6	72.6	5.0	1444
Seafood- Great Big Splash	steamed veggies included	15.1 oz	874	47	19	6	2	67.5	7.8	1686
Seafood- Pan-Fried Cod	steamed veggies included	15.5 oz	813	49	21	6	2	58.2	6.7	1422
Seafood- Surf & Turf	steamed veggies included	17.7 oz	1110	76	8	1	2	84.6	20.9	959
Side Dishes- Caesar Salad	n/a	3.8 oz	250	8	16	3	1	16.4	4.5	652
Side Dishes- Greek Salad	n/a	6.6 oz	219	6	12	4	2	17.2	6.0	863
Side Dishes- Green Salad	n/a	9.8 oz	124	9	13	7	4	5.9	2.0	744
Side Dishes- Home Cut Fries	n/a	10.9 oz	605	6	70	0	5	33.5	2.6	102

Side Dishes- Sweet Balsamic Mixed Greens	n/a	3.3 oz	101	1	7	4	1	7.4	1.0	333
Side Dishes- Uncle Ben's Mex Rice	n/a	7.0 oz	216	2	47	0	0	2.1	0.0	897
Snack Attacks- Buffalo Wings	n/a	8.0 oz	488	28	11	4	0	36.5	8.0	1000
Snack Attacks- Buffalo Wings, BBQ Ancho Chiptole	n/a	10.0 oz	615	29	37	26	2	38.7	8.4	1842
Snack Attacks- Buffalo Wings, Buffalo Ranch	n/a	10.0 oz	692	28	21	12	0	53.7	10.5	1703
Snack Attacks- Buffalo Wings, Honey Garlic	n/a	10.1 oz	576	28	33	4	0	36.5	8.0	1344
Snack Attacks- Buffalo Wings, Hot & Honey	n/a	10.0 oz	557	28	27	7	0	36.5	8.0	1889
Snack Attacks- Buffalo Wings, Hot Buffalo	n/a	10.0 oz	538	28	21	10	0	36.5	8.0	2434
Snack Attacks- Buffalo Wings, Medium Buffalo	n/a	10.0 oz	571	29	28	20	0	36.5	8.0	1900
Snack Attacks- Buffalo Wings, Mild Buffalo	n/a	10.0 oz	588	29	35	24	0	36.8	8.0	1567
Snack Attacks- Buffalo Wings, Original BBQ	n/a	10.0 oz	585	28	34	22	0	36.9	8.0	1704
Snack Attacks- Buffalo Wings, Salt & Vinegar	n/a	8.0 oz	488	28	11	6	0	36.5	8.0	1608
Snack Attacks- Buffalo Wings, Salted Maple	n/a	10.5 oz	806	37	26	8	2	61.4	12.9	1460
Snack Attacks- Buffalo Wings, Seasoning Salt	n/a	8.1 oz	488	28	11	4	0	36.5	8.0	1760
Snack Attacks- Buffalo Wings, Sour Cream & Onion	n/a	8.0 oz	493	28	12	5	0	36.5	8.0	1180
Snack Attacks- Buffalo Wings, Super Hot	n/a	10.1 oz	547	28	23	13	0	36.5	8.0	3542
Snack Attacks- Buffalo Wings, Sweet & Spicy Thai	n/a	10.0 oz	601	28	38	26	0	36.5	8.0	1397
Snack Attacks- Buffalo Wings, Whiskey BBQ Ranch	n/a	10.0 oz	648	29	36	20	0	41.4	8.7	1769
Snack Attacks- Buffalo Wings, Wild Buffalo	n/a	10.4 oz	797	37	23	5	2	61.4	12.9	1492
Snack Attacks- Caesar Salad	baguette included	4.4 oz	311	9	22	3	2	20.6	4.5	758
Snack Attacks- Chicken Taquitos, Baked	n/a	10.4 oz	591	32	70	9	4	18.5	8.6	1329
Snack Attacks- Chicken Taquitos, BBQ	n/a	12.0 oz	681	33	93	29	6	18.5	8.6	2049
Snack Attacks- Chicken Taquitos, Fried	n/a	10.7 oz	671	32	70	9	4	27.3	9.3	1329
Snack Attacks- Crispy Home-Style Wings	n/a	10.4 oz	792	37	22	4	2	61.4	12.9	1336
Snack Attacks- Crispy Home-Style Wings, Buffalo Ranch	n/a	12.4 oz	995	37	32	12	2	78.6	15.4	2040
Snack Attacks- Crispy Home-Style Wings, Honey Garlic	n/a	12.4 oz	880	38	44	4	2	61.4	12.9	1681
Snack Attacks- Crispy Home-Style Wings, Hot & Honey	n/a	12.4 oz	861	38	38	7	2	61.4	12.9	2226
Snack Attacks- Crispy Home-Style Wings, Hot Buffalo	n/a	12.4 oz	842	37	32	10	2	61.4	12.9	2771
Snack Attacks- Crispy Home-Style Wings, Medium Buffalo	n/a	12.4 oz	875	38	39	20	2	61.4	12.9	2237
Snack Attacks- Crispy Home-Style Wings, Mild Buffalo	n/a	12.4 oz	892	38	46	24	2	61.7	12.9	1903
Snack Attacks- Crispy Home-Style Wings, Original BBQ	n/a	12.4 oz	889	38	46	22	3	61.8	12.9	2040
Snack Attacks- Crispy Home-Style Wings, Salt & Vinegar	n/a	10.4 oz	792	37	22	6	2	61.4	12.9	1944
Snack Attacks- Crispy Home-Style Wings, Seasoning Salt	n/a	10.4 oz	792	37	22	4	2	61.4	12.9	2096
Snack Attacks- Crispy Home-Style Wings, Sour Cream & Onion	n/a	10.4 oz	797	37	23	5	2	61.4	12.9	1516
Snack Attacks- Crispy Home-Style Wings, Super Hot	n/a	12.4 oz	851	37	34	13	2	61.4	12.9	3878
Snack Attacks- Crispy Home-Style Wings, Sweet & Spicy Thai	n/a	12.4 oz	905	37	49	26	2	61.4	12.9	1733
Snack Attacks- Crocodile Skins	n/a	20.0 oz	1016	34	91	9	9	57.4	16.9	1387
Snack Attacks- Deep-Fried Pickles	5 pickles	7.5 oz	403	4	38	1	1	25.7	2.1	1455
Snack Attacks- French Onion Soup	baguette included	5.1 oz	456	21	57	7	4	20.6	8.1	1483
Snack Attacks- Greek Salad	n/a	7.9 oz	331	7	15	4	2	27.2	7.5	434
Snack Attacks- Guacamole, Jungle Size	n/a	4.0 oz	151	4	11	0	8	13.2	0.0	454
Snack Attacks- Guacamole, Regular Size	n/a	1.7 oz	66	2	5	0	3	5.8	0.0	198
Snack Attacks- Home-Cut Fries	n/a	11.0 oz	605	6	70	0	5	33.5	2.6	862
Snack Attacks- Jungle Poutine	n/a	13.4 oz	864	20	80	0	5	50.5	13.1	1231
Snack Attacks- Jungle Rings	about 16 rings	11.2 oz	868	8	83	9	3	57.1	5.5	2731

Snack Attacks- Jungle Trio	n/a	30.5 oz	1399	44	184	33	14	55.2	13.7	8546
Snack Attacks- Mozzarella Cheese Sticks	6 mozza sticks	7.3 oz	671	22	47	14	0	42.9	12.7	1319
Snack Attacks- Spinach Dip with Half & Half	n/a	14.4 oz	840	22	85	10	4	42.9	20.1	1542
Snack Attacks- Spinach Dip with Nacho Chips	n/a	13.0 oz	758	19	69	10	3	41.7	20.7	1467
Snack Attacks- Spinach Dip with Pita Chips	n/a	15.8 oz	927	26	101	10	4	44.1	19.4	1797
Snack Attacks- Spudmania!	n/a	14.8 oz	1049	24	51	6	4	82.2	19.4	3738
Snack Attacks- Super Super Nachos	n/a	25.7 oz	1441	47	125	20	9	77.3	32.6	3016
Snack Attacks- Super Super Nachos, Chipotle Chicken Nachos	n/a	22.4 oz	1566	60	129	25	8	85.3	32.2	3442
Snack Attacks- Super Super Nachos, Spicy Beef	n/a	28.2 oz	1606	57	128	21	10	90.9	36.9	3294
Snack Attacks- Super Super Nachos, Tex-Mex Chicken	n/a	25.8 oz	1445	47	125	20	9	77.4	32.7	3028
Snack Attacks- Sweet Balsamic Mixed Greens	n/a	3.3 oz	101	1	7	4	1	7.4	1.0	333
Snack Attacks- Sweet Potato Fries	n/a	9.2 oz	818	3	61	18	4	62.4	3.5	604
Snack Attacks- The Bathroom Sink	n/a	18.4 oz	1139	38	109	33	4	61.4	12.8	4310
Snack Attacks- The Kitchen Sink	n/a	52.4 oz	3581	92	354	58	25	199.7	35.1	8932
Taco Tuesday - Ancho Chiptole Sirloin Steak Taco	1 order	4.5 oz	269	14	25	3	1	11.7	2.8	390
Taco Tuesday - Chipotle Chicken Taco	1 order	4.5 oz	246	15	25	4	2	9.3	1.4	549
Taco Tuesday - Crispy Cod Taco	1 order	4.4 oz	265	9	31	3	1	11.0	1.9	558
Taco Tuesday - Crispy Thai Chicken Taco	1 order	4.5 oz	269	25	30	5	2	11.0	1.0	482
Taco Tuesday - Pulled Pork Taco	1 order	6.4 oz	383	25	29	5	2	18.0	5.4	735

Notes: Menu item analysis includes all additions provided with meal, such as sauces, salad dressings, sour cream, salsa, cheese, whipped cream, ice cream, baguette, etc. where applicable. Unless otherwise stated, menu item does not include starch sides (e.g. fries, potato). These items must be added separately and can be found under 'Sides.'

Ingredient substitutions can be made by Jungle Jim's without prior notice, which may result in minor variations from nutrition information provided.

Substitutions or special requests made on behalf of guest will result in variations of nutrition information provided.

Actual nutritional content of recipes may vary depending on several factors including, but not limited to: ingredient brand, accuracy of measurements, physical changes during the cooking process, nutrient losses or gains during cooking, and serving sizes. Due to variations in ingredients and measurements, values are approximations and cannot be verified or guaranteed. Oil uptake in deep fried food items have been estimated based on average values of similar products from industry standard databases listed above. Natural variations in deep frying process (e.g. time, temperature) may result in minor alterations to nutrition information provided, particularly to calories and fat. Nutrition information has been derived using nutrient data from suppliers and industry standard databases, including the Canadian Nutrient File and National Nutrient Database for Standard Reference from the United States Department of Agriculture (USDA). Nutrition data has been collected and calculated by a registered dietitian. This nutrition data is used along with the professional judgement of the person performing the calculation. Although the information has been calculated by a registered dietitian, this information is not a substitute for medical advice, personal health evaluation, or professional recommendation. It should not be used in the treatment of medical conditions. This data should be interpreted and used at your own risk. We are not responsible for any loss, adverse reactions, or illness resulting in your reliance on this content.

Nutrient analysis compiled April 15th 2024