

**HuskyHouse**  
RESTAURANT

# HUSKY HEALTH CHECK™ MENU CHOICES



† The **Heart and Stroke Foundation's** registered dietitians have reviewed these menu choices to ensure they meet the specific nutrient criteria developed by the **Health Check™** program based on the 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. For more information, visit [healthcheck.org](http://healthcheck.org).

# HUSKY HEALTH CHECK™ MENU CHOICES

## Poached Egg Breakfast

A poached egg on a toasted English muffin. Served with mixed fruit, fat-free French vanilla yogurt, light cream cheese and jam.

**Nutritional Facts\*** (Serving Size = 589g)

Calories 530 | Total Fat 7g | Saturated Fat 3g | Trans Fat 0.1g  
Sodium 550mg | Carbohydrates 96g | Fibre 5g | Protein 22g

## Granola, Fruit and Yogurt Breakfast

A traditional breakfast that's healthy, filling and delicious! Served with skim milk, mixed fruit and fat-free French vanilla yogurt.

**Nutritional Facts\*** (Serving Size = 731g)

Calories 720 | Total Fat 10g | Saturated Fat 7g | Trans Fat 0g  
Sodium 270mg | Carbohydrates 136g | Fibre 11g | Protein 22g

## Hearty Oatmeal, Fruit and Yogurt

A whole grain breakfast classic, served with fat-free French vanilla yogurt, mixed fruit, skim milk and raisins.

**Nutritional Facts\*** (Serving Size = 1120g)

Calories 820 | Total Fat 10g | Saturated Fat 1.5g | Trans Fat 0g  
Sodium 240mg | Carbohydrates 155g | Fibre 16g | Protein 27g

## Chicken Garden Salad

Fresh crisp greens, cherry tomatoes, green pepper, grated carrot and cucumber topped with a lightly seasoned chicken breast with Renee's poppy seed light dressing on the side.

**Nutritional Facts\*** (Serving Size = 438g)

Calories 250 | Total Fat 8g | Saturated Fat 1g | Trans Fat 0g  
Sodium 210mg | Carbohydrates 17g | Fibre 7g | Protein 27g

## Hearty Chicken and Rice

Flavourful, tender grilled chicken breasts, served with vegetables of the day and whole grain brown rice.

**Nutritional Facts\*** (Serving Size = 459g)

Calories 480 | Total Fat 6g | Saturated Fat 1.5g | Trans Fat 0g  
Sodium 120mg | Carbohydrates 50g | Fibre 7g | Protein 57g

Ask your server for more Husky **Health Check™ Menu Choices** nutritional facts.