

Recipe Name	Comment	Serving (g)	Calories (kcal)	Protein (g)	Carbohydrates (g)	Fiber (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Side included?
Bongo Burgers- Bacon Mozzarella Burger	1 burger	329	896	40	42	2	63	21	3	854	no
Bongo Burgers- Bacon Mozzarella Burger, Jungle Size	1 burger	497	1376	66	42	2	105	37	5	964	no
Bongo Burgers- BBQ Bacon Cheddar	1 burger	333	885	38	49	2	59	20	3	1147	no
Bongo Burgers- BBQ Bacon Cheddar, Jungle Size	1 burger	501	1365	64	49	2	101	36	5	1257	no
Bongo Burgers- Chipotle Steakhouse Burger	1 burger	384	1123	40	53	3	83	21	3	1049	no
Bongo Burgers- Chiptole Steakhouse Burger, Jungle Size	1 burger	552	1603	66	53	3	125	37	5	1159	no
Bongo Burgers- Hungry Hippo	1 burger	363	895	39	50	2	60	20	3	1330	no
Bongo Burgers- Hungry Hippo, Jungle Size	1 burger	531	1375	65	50	2	102	36	5	1440	no
Bongo Burgers- Inferno Burger	1 burger	372	971	40	53	4	66	22	3	1586	no
Bongo Burgers- Inferno Burger, Jungle Size	1 burger	540	1451	66	53	4	108	38	5	1696	no
Bongo Burgers- Normie Burger	1 burger	389	993	38	52	2	70	20	3	1277	no
Bongo Burgers- Normie Burger, Jungle Size	1 burger	557	1473	64	52	2	112	36	5	1387	no
Bongo Burgers- The Headhunter	1 burger	790	2048	98	55	2	160	58	8	2118	no
Breakfast Add Ons- 1 Greek Yogurt	1 order	175	170	14	22	0	3	2	0	50	n/a
Breakfast Add Ons- 1 Pancake	1 order	25	91	3	16	1	2	0	0	400	n/a
Breakfast Add Ons- 2 Eggs (fried)	1 order	92	178	12	1	0	14	4	1	303	n/a
Breakfast Add Ons- 2 Slices Texas Toast (white)	1 order	94	280	7	40	2	10	2	1	390	n/a
Breakfast Add Ons- 3 Sausages	1 order	75	240	9	5	1	20	7	0	610	n/a
Breakfast Add Ons- 3 Slices of Turkey Bacon	1 order	54	129	7	1	0	11	4	0	0	n/a
Breakfast Add Ons- 3 Strips of Bacon	1 order	45	180	5	0	0	18	6	0	300	n/a
Breakfast Add Ons- Silver Dollar Fries	1 order	155	315	3	32	2	20	2	0	50	n/a
Breakfast- Bacon & Cheese Skillet	1 order	511	1077	33	81	6	69	18	2	1298	White Texas Toast
Breakfast- Breakfast Quesadilla	1 order	549	1079	35	82	6	68	21	1	1774	Silver Dollar Fries
Breakfast- Classic Jungle Breakfast (fried eggs)	1 order	467	1144	29	83	6	77	19	1	1280	Bacon
Breakfast- Henhouse Burger	1 order	540	1503	48	77	4	109	29	3	1236	Silver Dollar Fries
Breakfast- Hungry Hippo Breakfast (fried eggs)	1 order	382	980	39	50	4	69	20	2	1754	White Texas Toast, Bacon
Breakfast- Pancake Breakfast	1 order	203	672	15	80	3	33	15	2	1610	Bacon
Breakfast- Safari Kid's Breakfast (fried egg)	1 order	153	363	13	24	2	24	7	1	546	Bacon (juice not included)
Breakfast- Slim Jim Breakfast	1 order	413	467	36	47	2	16	5	0	473	n/a
Breakfast- Traditional Breakfast (fried eggs)	1 order	261	651	24	45	3	42	11	1	993	Bacon, White Texas Toast
Breakfast- Western Breakfast Quesadilla	1 order	607	1093	45	93	7	59	19	1	2719	Silver Dollar Fries
Chicken- Bahama Mama Stir Fry	1 order	716	769	39	112	7	17	2	0	1709	Baguette
Chicken- Bahama Mama Stir-Fry, 6 Jumbo Shrimp	1 order	750	761	34	113	7	16	1	0	1703	Baguette
Chicken- Chicken Taquitos Platter, Baked	1 order	384	659	35	78	5	21	10	0	1536	no
Chicken- Chicken Taquitos Platter, BBQ	1 order	339	681	33	93	6	19	9	0	2049	no
Chicken- Chicken Taquitos Platter, Fried	1 order	393	738	35	78	5	30	11	0	1536	no
Chicken- Monkey Finger Platter	1 order	600	1229	23	140	6	65	5	0	1559	no
Chicken- Seven-Veggie Stir Fry	1 order	714	669	15	116	9	15	1	0	1501	Baguette
Chicken- The Bathroom Sink	1 order	521	1139	38	109	4	61	13	1	4310	no
Desserts- Berry Chimi Cheesecake	1 order	294	865	21	133	3	26	12	0	1052	n/a
Desserts- Chimi Cheesecake Bites	1 order	206	614	15	98	2	18	8	0	723	n/a
Desserts- Chocolate Chip Chimi Cheesecake	1 order	298	949	21	140	3	34	19	0	1009	n/a
Desserts- Cinnamon-Sugar Coated Caramel Apple Chimi Cheesecake	1 order	312	930	22	149	3	27	12	0	1095	n/a
Desserts- Ooey Goey Brownie Sundae	1 order	342	746	7	108	3	33	17	0	435	n/a
Desserts- Turtle Cheesecake	1 order	149	381	6	58	1	13	3	0	273	n/a
Desserts- White Chocolate Brownie Cheesecake	1 order	236	894	9	64	3	46	25	1	195	n/a
Fajitas- 7-oz Sirloin Steak	1 order	843	1285	62	127	6	56	20	0	2621	Uncle Ben's Mex Rice
Fajitas- Chicken	1 order	831	1149	77	127	6	36	12	0	2991	Uncle Ben's Mex Rice
Fajitas- Veggie	1 order	771	1014	30	135	7	39	13	0	2432	Uncle Ben's Mex Rice
Handhelds- California Chicken Wrap	1 order	347	707	42	53	6	38	10	0	1516	no
Handhelds- Chipotle Chicken Tacos	1 order	245	541	31	44	1	28	1	0	1101	no
Handhelds- Crispy Fish Tacos	1 order	249	529	22	39	1	29	3	0	1100	no

Handhelds- Jungle Cheese Steak	1 order	696	962	64	87	9	44	19	0	1439	no
Handhelds- Jungle Crunch	1 order	331	653	49	57	2	24	2	0	1312	no
Handhelds- Philly Chicken Melt	1 order	487	662	50	82	8	20	10	0	1413	no
Handhelds- Safari Club	1 order	418	866	69	86	4	26	7	0	2167	no
Handhelds- Safari Wrap	1 order	314	659	40	55	3	31	10	0	1515	no
Handhelds- Sweet Chili Chicken	1 order	384	794	48	76	2	29	4	0	1568	no
Jim's Favourite Add-Ons- 4 Buffalo Wings (no sauce)	1 order	113	244	14	6	0	18	4	0	500	n/a
Jim's Favourite Add-Ons- 4 Jumbo Shrimp	1 order	80	80	14	1	0	1	0	0	152	n/a
Jim's Favourite Add-Ons- 5 Bacon Wrapped Scallops	1 order	121	358	17	2	0	31	7	0	397	n/a
Jim's Favourite Add-Ons- Mushrooms and Onions	1 order	141	280	2	7	2	27	2	0	5	n/a
Jim's Favourite Add-Ons- Sour Cream & Onion Rings	1 order	144	314	4	42	2	15	2	0	1076	n/a
Pasta- Chicken Linguine Carbonara	1 order	470	1008	59	77	6	50	20	1	2599	Caesar Salad and Baguette
Pasta- Linguine Alfredo	1 order	316	703	22	74	6	34	13	1	1737	Caesar Salad and Baguette
Pasta- The Godfather	1 order	402	831	48	74	6	37	14	1	1971	Caesar Salad and Baguette
Quesadillas- Chicken	1 order	317	579	34	49	3	26	13	0	1398	no
Quesadillas- Veggie	1 order	264	496	20	47	3	25	13	0	1094	no
Safari Kids- Alfredo Pasta	1 order	194	405	12	56	5	15	6	0	862	Baguette
Safari Kids- Apple Slices & Caramel Dip	1 order	220	290	1	66	3	3	1	0	186	no
Safari Kids- Baked Chicken Rappers	4 pieces	179	589	19	43	2	36	9	0	1123	no
Safari Kids- Baked Chicken Rappers, Whole Wheat	4 pieces	179	579	21	41	4	36	8	0	1027	no
Safari Kids- BBQ Chicken Rappers	4 pieces	209	649	20	58	3	36	9	0	1603	no
Safari Kids- BBQ Chicken Rappers, Whole Wheat	4 pieces	209	639	21	56	5	36	8	0	1507	no
Safari Kids- Bongo Burger	1 burger	125	370	16	38	1	17	5	0	560	no
Safari Kids- Cheetah's Cheetza-Meatza	1 pizza	160	430	19	46	3	20	7	0	1000	no
Safari Kids- Fish & Chips	fish only	104	194	16	6	0	11	1	0	302	no
Safari Kids- G'rilla Cheese Sandwich	1 sandwich	136	412	15	43	2	19	7	1	1052	no
Safari Kids- Jungle Mac N Cheese	1 order	243	361	15	36	4	18	0	0	1212	Baguette
Safari Kids- Kid-Sized Salad, Side	1 order	197	274	2	8	3	26	4	0	444	no
Safari Kids- Monkey Fingers	2 fingers	126	296	8	41	0	11	1	0	773	no
Safari Kids- Safari Buddies	4 nuggets	160	372	10	43	0	18	3	0	665	no
Safari Kids- Smartie Pantz Sundae	1 order	112	230	2	36	1	9	6	0	115	n/a
Safari Kids- Veggie Stix 'n' Ranch Dip, Side	1 order	134	265	1	7	1	26	4	0	428	n/a
Safari Kids-Curly Fries, Side	1 order	143	229	3	34	2	9	2	0	500	n/a
Safari Lunch- BBQ Chicken Taquitos & Caesar Salad	1 order	339	681	33	93	6	19	9	0	2049	Caesar Salad
Safari Lunch- Buffalo Chicken Crunch	1 burger	333	849	49	59	2	44	9	0	1243	no
Safari Lunch- Chicken Quesadillas	1 order	317	579	34	49	3	26	13	0	1398	no
Safari Lunch- Chipotle Chicken Tacos	1 order	245	541	31	44	1	28	1	0	1101	no
Safari Lunch- English-Style Fish & Chips	1 order	521	966	23	90	6	57	4	0	872	Home Fries
Safari Lunch- French Onion Soup and Grilled Bacon Cheese	1 order	539	814	31	68	5	48	18	1	2366	n/a
Safari Lunch- Hot Turkey Sandwich	1 order	630	1220	40	155	12	48	10	1	1071	Home Fries
Safari Lunch- Lunch-Size Chicken Taquitos, Baked	1 order	224	413	22	49	3	13	6	0	904	no
Safari Lunch- Lunch-Size Chicken Taquitos, BBQ	1 order	259	474	23	63	3	13	6	0	1344	no
Safari Lunch- Lunch-Size Chicken Taquitos, Fried	1 order	230	465	22	49	3	19	7	0	904	no
Safari Lunch- Normie Burger	1 burger	389	1013	41	52	2	70	21	0	1257	no
Safari Lunch- Safari Chicken Wrap	1 wrap	418	866	69	86	4	26	7	0	2167	no
Safari Lunch- Taquitos & Nachos	1 order	473	935	36	97	6	41	16	0	2316	n/a
Safari Lunch- Thai Chicken Tacos	2 tacos	285	698	14	81	1	36	1	0	1336	no
Salads- Apple Pecan Chicken Salad	1 order	581	857	58	60	9	46	9	0	1465	n/a
Salads- Cajun Chicken Caesar Salad	1 order	370	719	65	31	3	37	8	0	1707	Baguette
Salads- Cajun Chicken Caesar Salad, Cajun Jumbo Shrimp	1 order	318	582	35	32	3	34	7	0	1466	Baguette
Salads- Jungle Chicken Salad	1 order	677	883	65	42	9	54	12	0	1908	Baguette
Side Dishes- Caesar Salad	1 order	107	250	8	16	1	16	5	0	652	n/a
Side Dishes- Greek Salad	1 order	186	219	6	12	2	17	6	0	863	n/a
Side Dishes- Green Salad	1 order	279	124	9	13	4	6	2	0	744	n/a

Side Dishes- Home Cut Fries	1 order	309	605	6	70	5	33	3	0	102	n/a
Side Dishes- Sweet Balsamic Mixed Greens	1 order	93	101	1	7	1	7	1	0	333	n/a
Side Dishes- Uncle Ben's Mex Rice	1 order	198	216	2	47	0	2	0	0	897	n/a
Snack Attacks- Buffalo Wings	1 order	226	488	28	11	0	37	8	0	1000	n/a
Snack Attacks- Buffalo Wings, Buffalo Ranch	1 order	283	692	28	21	0	54	10	0	1703	n/a
Snack Attacks- Buffalo Wings, Honey Garlic	1 order	285	576	28	33	0	37	8	0	1344	n/a
Snack Attacks- Buffalo Wings, Hot & Honey	1 order	284	557	28	27	0	37	8	0	1889	n/a
Snack Attacks- Buffalo Wings, Hot Buffalo	1 order	283	538	28	21	0	37	8	0	2434	n/a
Snack Attacks- Buffalo Wings, Insanity-Style	1 order	283	601	28	11	0	37	8	0	1113	n/a
Snack Attacks- Buffalo Wings, Medium Buffalo	1 order	283	571	29	28	0	37	8	0	1900	n/a
Snack Attacks- Buffalo Wings, Mild Buffalo	1 order	283	588	29	35	0	37	8	0	1567	n/a
Snack Attacks- Buffalo Wings, Original BBQ	1 order	283	585	28	34	0	37	8	0	1704	n/a
Snack Attacks- Buffalo Wings, Salt & Vinegar	1 order	228	488	28	11	0	37	8	0	1608	n/a
Snack Attacks- Buffalo Wings, Seasoning Salt	1 order	228	488	28	11	0	37	8	0	1760	n/a
Snack Attacks- Buffalo Wings, Sour Cream & Onion	1 order	228	493	28	12	0	37	8	0	1180	n/a
Snack Attacks- Buffalo Wings, Suicide	1 order	285	547	28	23	0	37	8	0	3542	n/a
Snack Attacks- Buffalo Wings, Sweet & Spicy Thai	1 order	283	601	28	38	0	37	8	0	1397	n/a
Snack Attacks- Caesar Salad	1 order	123	311	9	22	2	21	5	0	758	n/a
Snack Attacks- Cheezy Queso Stuffers	1 order	185	466	15	41	6	26	11	0	1104	n/a
Snack Attacks- Chicken Taquitos, Baked	1 order	294	591	32	70	4	19	9	0	1329	n/a
Snack Attacks- Chicken Taquitos, BBQ	1 order	339	681	33	93	6	19	9	0	2049	n/a
Snack Attacks- Chicken Taquitos, Fried	1 order	303	671	32	70	4	27	9	0	1329	n/a
Snack Attacks- Crispy Home-Style Wings	1 order	294	792	37	22	2	61	13	1	1336	n/a
Snack Attacks- Crispy Home-Style Wings, Buffalo Ranch	1 order	350	995	37	32	2	79	15	1	2040	n/a
Snack Attacks- Crispy Home-Style Wings, Honey Garlic	1 order	353	880	38	44	2	61	13	1	1681	n/a
Snack Attacks- Crispy Home-Style Wings, Hot & Honey	1 order	352	861	38	38	2	61	13	1	2226	n/a
Snack Attacks- Crispy Home-Style Wings, Hot Buffalo	1 order	350	842	37	32	2	61	13	1	2771	n/a
Snack Attacks- Crispy Home-Style Wings, Insanity-Style	1 order	350	905	37	22	2	61	13	1	1450	n/a
Snack Attacks- Crispy Home-Style Wings, Medium Buffalo	1 order	350	875	38	39	2	61	13	1	2237	n/a
Snack Attacks- Crispy Home-Style Wings, Mild Buffalo	1 order	350	892	38	46	2	62	13	1	1903	n/a
Snack Attacks- Crispy Home-Style Wings, Original BBQ	1 order	350	889	38	46	3	62	13	1	2040	n/a
Snack Attacks- Crispy Home-Style Wings, Salt & Vinegar	1 order	296	792	37	22	2	61	13	1	1944	n/a
Snack Attacks- Crispy Home-Style Wings, Seasoning Salt	1 order	296	792	37	22	2	61	13	1	2096	n/a
Snack Attacks- Crispy Home-Style Wings, Sour Cream & Onion	1 order	295	797	37	23	2	61	13	1	1516	n/a
Snack Attacks- Crispy Home-Style Wings, Suicide	1 order	353	851	37	34	2	61	13	1	3878	n/a
Snack Attacks- Crispy Home-Style Wings, Sweet & Spicy Thai	1 order	350	905	37	49	2	61	13	1	1733	n/a
Snack Attacks- Crocodile Skins	1 order	568	1016	34	91	9	57	17	1	1387	n/a
Snack Attacks- Deep-Fried Pickles	1 order	214	403	4	38	1	26	2	0	1455	n/a
Snack Attacks- French Onion Soup	1 order	382	303	14	24	3	18	8	0	1172	n/a
Snack Attacks- Greek Salad	1 order	223	331	7	15	2	27	8	0	434	n/a
Snack Attacks- Guacamole, Jungle Size	1 order	113	151	4	11	8	13	0	0	454	n/a
Snack Attacks- Guacamole, Regular Size	1 order	50	66	2	5	3	6	0	0	198	n/a
Snack Attacks- Home-Cut Fries	1 order	311	605	6	70	5	33	3	0	862	n/a
Snack Attacks- Jungle Poutine	1 order	381	864	20	80	5	50	13	0	1231	n/a
Snack Attacks- Jungle Rings	1 order	316	868	8	83	3	57	6	0	2731	n/a
Snack Attacks- Mozzarella Cheese Sticks	1 order	208	671	22	47	0	43	13	1	1319	n/a
Snack Attacks- Spinach Dip	1 order	316	740	16	66	3	41	19	1	915	n/a
Snack Attacks- Spudmania!	1 order	419	1049	24	51	4	82	19	0	3738	n/a
Snack Attacks- Super Super Nachos	1 order	682	1414	42	120	9	76	29	1	1916	n/a
Snack Attacks- Super Super Nachos, Spicy Beef	1 order	753	1579	52	123	10	90	33	1	2194	n/a
Snack Attacks- Super Super Nachos, Tex-Mex Chicken	1 order	685	1418	42	120	9	76	29	1	1928	n/a
Snack Attacks- Sweet Balsamic Mixed Greens	1 order	93	101	1	7	1	7	1	0	333	n/a
Snack Attacks- Sweet Potato Fries	1 order	261	818	3	61	4	62	4	0	604	n/a
Snack Attacks- The Kitchen Sink	1 order	1486	3581	92	354	25	200	35	2	8932	n/a

Steak 'n' Ribs- Fish & Chips	1 order	339	601	33	28	1	39	2	0	1342	Home Fries
Steak 'n' Ribs- Great Big Splash	1 order	441	887	49	20	2	68	8	0	1709	Steamed Veggies
Steak 'n' Ribs- Monster Grill	1 order	1082	2293	165	47	2	160	52	1	4430	no
Steak 'n' Ribs- New York Striploin Steak, 12-oz	1 order	435	917	70	7	2	66	22	0	1518	no
Steak 'n' Ribs- New York Striploin Steak, 8-oz	1 order	318	655	47	7	2	48	14	0	942	no
Steak 'n' Ribs- Pan-Fried Cod	1 order	440	813	49	21	2	58	7	0	1422	Steamed Veggies
Steak 'n' Ribs- St. Louis-Style Ribs, Half Rack	1 order	577	1138	82	34	1	77	28	1	2003	no
Steak 'n' Ribs- St. Louis-Style Ribs, Jungle Rack	1 order	1069	2153	164	57	0	145	55	-0	3808	no
Steak 'n' Ribs- Surf & Turf	1 order	516	1123	79	8	2	85	21	0	982	Steamed Veggies

Notes:

1. Menu item analysis includes all additions provided with meal, such as sauces, salad dressings, sour cream, salsa, cheese, and baguette, where applicable.
2. 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.'
3. % Daily Values are based on a 2000 kcal diet, with reference standards provided by the Canadian Food Inspection Agency.
4. Ingredient substitutions can be made by Jungle Jim's without prior notice, which may result in minor variations from nutrition information provided.
5. Substitutions or special requests made on behalf of guest will result in variations of nutrition information provided.
6. 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).
7. 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.

Analysis completed April 9 2018