Each menu item identified with the Health Check™ symbol on our menu 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. www.healthcheck.org
**Healthy choices**

This program is a partnership with the Heart and Stroke Foundation. We recognize that choosing lower fat foods more often and emphasizing vegetables and fruit is a part of healthy eating.

All items on our Healthy Choices menu have been developed to meet the criteria of the Health Check™ program of the Heart and Stroke Foundation. They offer you not only a healthy choice, but a delicious one as well.

**Nutrition criteria**

The Health Check™ symbol located beside menu items provides a quick visual reference and makes it easier for consumers to quickly and confidently identify healthy choices. This symbol is your assurance that these menu items have been reviewed by the Foundation’s dietitians and meet specific nutrient criteria based on Canada’s Food Guide.

To participate in the Health Check™ program, restaurants work with the Health Check™ registered dietitian and an independent lab to develop and test menu items to ensure they meet the nutrient criteria for fat, sodium and protein. Regular evaluation helps restaurants continue to meet Health Check™ standards through the program.

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### Health Check™ MENU

**Breakfast**

**Smart Start Sandwich**

_Oven-roasted Health Check™ approved turkey breast, egg, fresh tomato and spinach, spicy salsa and Swiss cheese on a toasted English Muffin. Served with fresh fruit salad.*_

**Lunch & Dinner**

**Grilled Chicken Salad**

_Grilled chicken breast strips and a hard boiled egg served over a bed of mixed garden greens. Made fresh daily._

**Spinach Salad with Shrimp**

_A light and healthy salad served with crisp baby spinach leaves and succulent shrimp. Made fresh daily._

**White Spot Lifestyle Chicken Burger**

_Served on a multigrain bun. Grilled chicken breast with California dressing, lettuce, tomato, red onion and sliced hot banana peppers._

**Quinoa Vegetable Salad**

_Quinoa with chickpeas, lettuce, mixed vegetables and sunflower seeds. Try it with our Ravin’ Raspberry Dressing!_

**Baked BC Wild Salmon**

_A baked filet of salmon and fresh mango salsa served with quinoa and seasonal vegetables._

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*No added sugar or preservatives.

Health Check™ menu items available on select vessels.