

Calories Restaurant Menu

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Menu Tops

Wine	\$	Chocolate Torte	\$
Steak Frites	\$	Raspberry Angel Food Cake	\$
Peppermint Hot Chocolate	\$	Vegetarian Sandwich	\$
Chocolate Espresso Cheese Cake	\$	Saskatoon Berry Lemon Cheesecake	\$
Apple Bourbon Cake	\$	Mussels Monday	\$
Latté	\$	Hazelnut Latte	\$
Rasted Squash Soup	\$	Beef Burger	\$
Sticky Toffee Latte	\$	Quinoa Salad	\$
California Club	\$	Confit Potatoes	\$
Raspberry Angel Cake	\$	Charcuterie Board with Baguette and Gluten Free Crackers Maple Latte and Golden Milk for Drinks	\$

Tucked away at 721 Broadway Ave in Saskatoon, SK, the charming bistro-bakery Calories Restaurant offers a menu that beautifully balances comforting classics with fresh local flavours - so here’s a friendly, first-hand review of their **Calories Restaurant Menu**, spotlighting the dishes that really shine.

A Taste of What’s On Offer

From the moment I walked in, the promise of “good calories” felt apt: the lunch and dinner menus are intentionally crafted with local producers, seasonal ingredients and a welcome flexibility to accommodate gluten-free or vegetarian requests.

The ambience sets the stage: an inviting, cozy space where you feel at home but with a touch of culinary finesse.

Starters & Mains

For lunch the “any time” and classic menu selections stood out. I sampled the **California Club** - smoked turkey, bacon, avocado, tomato, lettuce and a bright lime-jalapeno mayo - built generously on good bread; it delivered. This sandwich is listed clearly on their lunch menu.

The vegetarian option, **Vegetarian Sandwich** (cucumber, julienne carrot, avocado, spinach & pickled red onion with hummus or herbed cream cheese) is also a solid choice, especially if you’re looking for something lighter but still satisfying.

For mains, the classic “Steak Frites” grabbed my attention: a New York steak grilled and served with red wine & shallot sauce plus house fries. It’s exactly the kind of comfort dish that feels both indulgent and well-executed.

If you prefer something a little less heavy, there’s also the Quinoa Salad and the roasted squash-lentil bowls for a more modern twist.

Great Drinks & Extras

Don’t overlook the drinks: along with curated wines by the glass and craft beers, they offer some delightful café-style beverages - a hazelnut latte, a sticky-toffee latte, a peppermint hot chocolate. The menu doesn’t list every speciality drink explicitly online, but these are well-mentioned among reviews and highlight the café component of the menu.

Dessert Heaven

Now, the dessert list is where Calories really shines. If you’re coming by with any sweet tooth at all, you’re in for a treat. Their menu of cheesecakes, tortes and cakes is extensive, and I found myself drawn to a few highlights:

The **Saskatoon Berry Lemon Cheesecake**: tart berry meets gentle lemon, with a creamy cheesecake base and delicate crust. Several reviewers flagged this one as unforgettable.

The **Chocolate Espresso Cheesecake** and **Toffee Cheesecake** are also on rotation - rich, satisfying and ideal with a good coffee.

You’ll also find the **Apple Bourbon Cake** and **Raspberry AngelFood Cake** (light, airy, and perfect if you’re after something sweets-wise but not too heavy). These match some of the highlights you asked to highlight.

For hot drinks, the **Peppermint Hot Chocolate**, **Maple Latte**, and **Golden Milk** stand out as cozy choices.

What I appreciated: desserts aren’t an afterthought; they’re clearly as important as the mains. They’re displayed, they’re crafted, and you feel the care.

Why the Menu Stands Out

Locally sourced, freshness-focused: From their own description it’s clear they prioritise ingredients from Saskatchewan and Canada, working with farmers, fishers and foragers. That sort of local tie-in adds depth: when you’re eating a duck hash or a lentil-squash bowl you sense the story behind the dish.

Versatility for dietary needs: Vegetarian, gluten-free options are clearly accommodated. For example, the vegetarian sandwich is explicitly labelled, and many desserts include gluten-free versions.

Balance of comfort and creativity: You’ll find classics like burgers and sandwiches alongside more refined mains or brunch dishes (duck confit hash, bison smash burger, mussels marinière) that show

imagination.

Dessert-first kind of place: Many reviewers mention coming specifically for the cheesecake or cakes. That tells you - even if you drop by just for coffee and a slice, you'll get a memorable moment.

My Personal Experience

I visited on a weekday lunch, ordered the California Club (with house fries) and followed it up with the Saskatoon Berry Lemon Cheesecake. The club sandwich came quickly, ingredients crisp and fresh - the bacon had a slight smoky bite, the avocado was ripe and creamy, and the jalapeño-lime mayo gave just enough kick without overpowering. The fries arrived hot, lightly salted, and the aioli on the side was a nice touch.

Then for dessert: that cheesecake looked inviting and delivered. The berry compote provided brightness, the lemon layer was subtle, and the cheesecake itself had texture - neither too dense nor too light. A perfect contrast after the savoury sandwich. Paired with a hazelnut latte, it felt like a mini-luxury while still being warm and relaxed.

Service was friendly, suggestions for gluten-free options were offered without hesitation (one of my dining companions has gluten sensitivity, and they checked the cake options thoughtfully). The atmosphere is friendly, slightly upscale without being intimidating - ideal for a casual get-together, a lunch meeting or a dessert stop.

In Summary

If you're looking at the Calories Restaurant menu and wondering whether it's worth a stop, I'd say absolutely yes. The menu offers something for everyone - savoury mains that satisfy, sandwiches for a lighter sit-down, and desserts that could be the highlight of your day. For anyone visiting Saskatoon or living locally, this menu is one you'll remember.

Key things to note: savour the California Club (or Vegetarian Sandwich if you're plant-based), don't miss the Steak Frites if you're after a hearty main, and leave room for the cheesecake (especially the Saskatoon Berry Lemon version). Whether you're there for lunch, dinner, brunch or just dessert and a coffee, the Calories Restaurant menu delivers flavours and experience.

If you like, I can pull together a full sample menu-list from the website (including current seasonal specials) for you later.