



# ALLERGENS + NUTRITIONAL INFORMATION

TYPE	ITEM	Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Tree Nuts	Mustard	Sesame	Soy	Sulphites	Gluten	Barley	Wheat	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
EDI	½ lb. Chicken Wings w/ Crudite & Ranch (Hot Sauce)																354	19	2.7	0.2	139	894	301	5.8	0.6	3	29.5	130	1.5
EDI	½ lb. Chicken Wings w/ Crudite & Ranch (Salt & Pepper)																332	15.3	2	0.1	139	3878	298	8	1.6	3.5	29.9	233	1.8
EDI	½ lb. Chicken Wings w/ Crudite & Ranch (Teriyaki)																342	16.6	2.2	0.1	139	853	298	7.8	1.6	3.9	30.2	256	1.5
EDI	½ lb. Chicken Wings w/ Crudite & Ranch (Vegan Teriyaki)																502	21.9	3.8	0	0	1008	972	44.6	4	5.7	22.9	390	5
EDI	Appy Mixer																680	39.3	12	0.3	118	2726	189	40.6	6.5	19.1	25.5	273	2.9
EDI	Basket Fries																534	16	1.1	0.3	0	107	1334	96.1	5.3	5.3	5.3	53	1.6
EDI	Beef and Broccoli Bowl																1030	62	13	1.5	95	3460	1350	74	7	28	45	300	6.5
EDI	Beef Chow Ho Fun																521	12.35	4.075	0.375	53	850		65.4	3.7	6.42	207.15	23	2.25
EDI	Beyond Meat Burger																497	26.6	7.2	0.2	15	1618	523	45.1	5.4	5.4	32.1	77	3.4
EDI	Borealis Chicken Burger																1611	19.6	3.1	0	30	1466	370	81.5	3.4	12.7	20	34	0.4
EDI	Buffalo Chicken Pizza																1500	66	33	2.5	180	3670	550	159	8	14	68	800	10.5
EDI	Buffalo Chicken Pizza (Keto)																690	50	25	2.5	175	1880	225	17	2	6	41	700	1.25
EDI	Burger Your Way																611	39.8	14.2	4.7	89	1593	96	39.8	3.5	8	26	57	0.5
EDI	Cauliflower Bites																583	22.5	5.4	0.5	13	1617	427	60.1	2.7	7.4	8.3	27	4
EDI	Cheese Perogies /w Smoked Sausage																1196	60.9	25.6	1.5	184	2509	746	114	7.7	14	47.7	268	10.1
EDI	Cheeseburger Sliders																980	45	16	1	95	2440	1100	108	8	2	40	225	7.5
EDI	Chicken and Shrimp Stir-fry																545	6	1.5	0	168	6823	681	91.7	11.9	38.6	35	684	1.3
EDI	Chicken Biryani Bowl																1280	41	7	0.5	205	3220	1700	154	16	17	76	650	10
EDI	Chicken Fingers (No Dipping Sauce)																480	24	8	4.5	115	810		29	2	3	33	55	0.84
EDI	Chicken Fingers (With Dipping Sauce)																494	24.3	7.9	4.3	114	905		32.6	1.6	7.2	33.2	55	0.8
EDI	Chicken Picata																1051	42.3	20.1	1	117	2799	884	116.3	18.9	14.7	34.6	1181	18.2
EDI	Chicken Picata (Vegan)																1130	44	19	1	70	2750	860	112	20	14	67	1236	29.35
EDI	Chicken Tortilla Soup																560	26	11	0	110	2490	800	45	10	6	45	500	5.5
EDI	Chimichurri Salmon																590	19	4	0	90	460	800	64	3	3	39	75	1.75
EDI	Cioppino																1190	59	8	0	150	2610	1550	112	9	16	54	250	7
EDI	Deluxe Pizza																737	22.4	10.2	0.5	76	2110	471	91	4.8	10.7	38.3	380	5.6
EDI	Deluxe Pizza (Keto)																1084	26.3	10.6	0.5	76	2960	534	166.5	11.9	20	30.1	433	5.7
EDI	Double Mushroom & Cheeseburger (Beef)																1165	80	31	5.7	207	3157	416	53.4	5.4	13.1	62.1	329	1.2
EDI	Double Mushroom & Cheeseburger (Crispy Chicken)																873	56.9	19	4.7	107	2583	695	65.4	3.4	15.1	27.9	329	1.2
EDI	Double Mushroom & Cheeseburger (Grilled Chicken)																708	42.3	17.1	4.7	149	2403	416	41.4	3.4	11.1	38.8	329	1.4
EDI	Double Mushroom & Cheeseburger (Veggie)																881	61.4	23.3	4.7	77	2453	813	46.2	6	11.2	38.3	411	5.7
EDI	Fish & Chips																990	58.9	5	0.4	101	2196	990	81.3	2.8	3.1	35.2	91	3.7
EDI	Foot-Long Coney Island Hot-Dog																1169	73.6	19.2	0.8	163	3997	1582	81.5	6.3	25.4	45	151	6
EDI	Garlic Toast With Cheese																900	52.6	21.6	0.6	88	2426	346	66	7.7	11.1	33.2	302	7.1
EDI	Greek Style Calamari																519	44.1	6.7	0.1	147	987	25	18.8	15.4	0.9	12.2	160	2.1
EDI	Grilled Chicken Breast Dinner																547	16.5	2.6	0.1	126	1802	354	54.1	5.9	12	41.3	141	2.5
EDI	Hawaiian Pizza																656	15.1	7	0.4	67	1950	330	92.3	4.8	15	36.6	366	5.3
EDI	Hawaiian Pizza (Keto)																1003	19	7.5	0.4	67	2740	393	167.9	11.9	24.3	28.3	419	5.4
EDI	Hot Hamburger Steak																540	36.73	15.37	0.09	188	442	64	11.5	0.8	1.81	37.73	14	2.24
EDI	Hot Hamburger Steak (GF)																495	35.98	15.23	0	188	301	48	3.19	0.5	1.25	36.76	14	1.86
EDI	Hot Hamburger Steak (Vegan)																82	3.64	1.31	0.03	2	626	101	9.14	0.4	1.92	2.72	18	0.6
EDI	Kentucky Fried Pork Steak																870	29	10	0	220	1470	1200	94	6	11	54	250	7.5
EDI	Mac and Cheese Add Bacon																726	24.2	11.2	0.4	34	3530	56	96.6	4.2	17.1	25.2	404	2.7
EDI	Margherita Pizza																1140	37	21	0	75	2650	950	156	9	15	48	650	11
EDI	Margherita Pizza (Keto)																290	22	14	0	85	650	100	3	0	1	20	550	0.3
EDI	Meat Lovers Pizza (Keto)																1640	67	37	1	235	3810	1450	193	8	15	68		