

# BOREALIS & SITKA LODGE | ALLERGENS + NUTRITIONAL INFORMATION

TYPE	ITEM	Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Tree Nuts	Mustard	Seesame	Soy	Sulphites	Gluten	Barley	Wheat	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (g)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
EDI	½ lb. Chicken Wings: Hot Sauce w/ Crudité & Ranch																354	19	2.7	0.2	139	894	301	5.8	0.6	3	29.5	130	1.5
EDI	½ lb. Chicken Wings: Salt & Pepper w/ Crudité & Ranch																332	15.3	2	0.1	139	3878	298	8	1.6	3.5	29.9	233	1.8
EDI	½ lb. Chicken Wings: Teriyaki w/ Crudité & Ranch																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: Vegan Teriyaki w/ Crudité & Ranch																502	21.9	3.8	0	1008	972	44.6	4	5.7	22.9	390	5	
EDI	Appetizer Mixer																680	39.3	12	0.3	118	2726	189	40.6	6.5	19.1	25.5	273	2.9
EDI	Basket of Fries																534	16	1.1	0.3	0	107	1334	96.1	5.3	5.3	5.3	53	1.6
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	Beef Shawarma																1871	57.4	14.7	2	113	2972	404	252.1	22.4	15.7	52.9	531	9
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	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	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 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 Shawarma																1650	28	9	0.3	165	2560	500	241	19	16	61	5016	10.15
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 (GLUTEN-FREE)																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	Mac and Cheese (+BACON)																726	24.2	11.2	0.4	34	3530	56	96.6	4.2	17.1	25.2	404	2.7
EDI	Meat-lovers Rigatoni																1400	64.3	22	0.2	143	3759	1179	138.4	24.7	25.8	68.2	414	26.6
EDI	Moqueca																350	13	16.2	0	0	1350	380	71	5.6	8.55	13.42	3997	2.64
EDI	Pasta Your Way: Chicken																												
EDI	Pasta Your Way: Chorizo And Peppers																												
EDI	Pasta Your Way: Meatballs																												
EDI	Pasta Your Way: Seafood																												
EDI	Pasta Your Way: Vegan Meatballs																												
EDI	Philly Beef Dip																1445	65.5	29.7	5.1	188	5465	159	106.2	6.8	5.6	76.8	319	4.5
EDI	Pork Adobo																656	44.35	13.45	0.117	116	1129	196	27.03	2.1	14.12	37.45	83	3.05
EDI	Pub Style Nachos: Beef																1004	56.4	11.3	0.2	16	4374	544	102	19.5	9.1	13.3	373	10.4
EDI	Pub Style Nachos: Chicken																567	25.7	10.4	0.2	138	3867	739						