WAPASU CREEK LODGE | ALLERGENS + NUTRITIONAL INFORMATION

TYPE	ITEM	Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Tree Nuts	Mustard	Seasame	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 w\ Crudite & Ranch (Cajun Spice)	✓	✓														332	16	2	0.1	139	853	298	8	1.6	3.5	29.9	256	1.8
EDI	½ lb. Chicken Wings w\ Crudite & Ranch (Lemon Pepper)	✓	✓														332	16	2	0.1	139	894	298	8	1.6	3.5	29.9	130	1.8
EDI	½ lb. Chicken Wings w\ Crudite & Ranch (Salt & Pepper)	✓	✓														332	16	2	0.1	139	826	298	8	1.6	3.5	29.9	233	1.8
EDI	Beef and Broccoli Bowl								✓		✓	✓	✓	✓		✓	1030	62	13	1.5	95	3460	1350	74	7	28	45	300	6.5
EDI	Braised BBQ Beef		✓			✓				✓		✓	✓	✓		✓	850	16	6	0	165	3000	2300	81	9	37	91	10	39
EDI	Cantonese Chicken and Shrimp Chow Mein		✓	✓	✓						✓	✓	✓	✓		✓	580	12	3.5	0	210	4370	1600	67	8	21	54	27	36
EDI	Cantonese Chicken Chow Mein with Tofu		✓								✓	✓	✓	✓		✓	500	10	3	0	70	3780	1500	66	8	21	38	23	33
EDI	Cantonese Shrimp Chow Mein		✓	✓	✓						✓	✓	✓	✓		✓	480	10	3	0	160	4320	1350	67	8	21	33	27	33
EDI	Cantonese Vegetable Chow Mein		✓								✓	✓	✓	✓		✓	400	9	3	0	15	3730	1200	66	8	21	18	19	33
EDI	Cheeseburger Sliders	✓	✓							✓		✓		✓		✓	980	45	16	1	95	2440	1100	108	8	2	40	225	7.5
EDI	Chicken Bahn Mi	✓								✓		✓		✓		✓	780	50	8	0	95	920	800	44	4	3	36	10	19
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 Tikka Masala	✓	✓								✓	✓	✓	✓		✓	930	34	16	1	220	320	1600	111	13	6	44	19	44
EDI	Chipotle Chicken Tacos	✓	✓							✓		✓		✓		✓	680	25	5	0.5	105	770	1000	68	6	8	46	12	28
EDI	Chips and Dip	✓	✓									✓					810	63	7	0	30	1190	800	55	5	3	36	2	10
EDI	Build Your Own Burger 2 Patties: Beef	✓	✓				✓			✓	✓	✓	✓	✓		✓	1165	80	31	5.7	207	3157	416	53.4	5.4	13.1	62.1	329	1.2
EDI	Build Your Own Burger: Crispy Chicken	✓	✓				✓				✓	✓	✓	✓		✓	873	56.9	19	4.7	107	2583	695	65.4	3.4	15.1	27.9	329	1.2
EDI	Build Your Own Burger: Grilled Chicken	✓	✓				✓				✓	✓	✓	✓		✓	708	42.3	17.1	4.7	149	2403	416	41.4	3.4	11.1	38.8	329	1.4
EDI	Build Your Own Burger: Veggie	✓	✓								✓	✓	✓	✓		✓	881	61.4	23.3	4.7	77	2453	813	46.2	6	11.2	38.3	411	5.7
EDI	Chicken Dinner											✓	✓				547	16.5	2.6	0.1	126	1802	354	54.1	5.9	12	41.3	141	2.5
EDI	Marinated Grilled Pork Chop						✓				✓	✓	✓				700	24	7	0	250	660	1700	37	7	9	33	10	22
EDI	Pasta Your Way: Chicken	✓	✓									✓		✓		✓													
EDI	Pasta Your Way: Chorizo	✓	✓				✓					✓		✓		✓													
EDI	Pasta Your Way: Meatballs	✓	✓							✓		✓	✓	✓		✓													
EDI	Pizza: 4 Cheese Pizza		✓										✓	✓		✓	1070	44	25	0	110	2810	650	121	6	10	51	69	44
EDI	Pizza: 4 Cheese Pizza (KETO)	✓	✓									✓	✓				830	40	22	0	110	1920	850	85	3	7	35	65	11
EDI	Pizza: Chipotle Chicken Pizza	✓	✓							✓		✓	✓	✓		✓	1160	54	15	0	95	2120	650	121	6	15	50	23	44
EDI	Pizza: Chipotle Chicken Pizza (KETO)	✓	✓							✓		✓	✓				920	50	12	0	90	1230	850	86	3	13	34	17	10
EDI	Pizza: True North Pizza		✓				✓					✓	✓	✓		✓	1230	56	30	0	165	3350	1200	123	7	12	62	65	50
EDI	Pizza: True North Pizza (KETO)	✓	✓				✓					✓	✓	✓		✓	990	52	26	0	160	2460	1400	87	4	10	46	62	17
EDI	Ramen Noodle Bowl: No Pork	✓	✓									✓		✓		✓	890	37	17	0	215	3420	450	114	6	4	26	8	50
EDI	Ramen Noodle Bowl: With Pork	✓	✓				✓					✓		✓		✓	1220	63	26	0	275	4330	900	121	7	10	44	12	61
EDI	Salmon with Lemon Herb Dressing		✓			✓							✓				700	33	7	0	95	480	800	60	3	4	40	12	7
EDI	Shawarma Platter: Beef		✓							✓	✓		✓	✓		✓	1860	46	12	1	214	2815	650	241	19	16	70	16	10.15
EDI	Shawarma Platter: Chicken		✓								✓		✓	✓		✓	1650	28	9	0.3	165	2560	500	241	19	16	61	12	10.15
EDI	Sirloin Steak		✓									✓	✓				770	68	150	0	195	230	1400	76.6	6	3	45	6	31
EDI	Southwest Salad Bowl	✓	✓							✓		✓	✓				750	40	6	0	5	510	1500	90	20	11	16	13	22
EDI	Southwest Salad: With Beef	✓	✓							✓		✓	✓				1050	60	15	1	105	620	1950	84	20	12	50	15	39
EDI	Southwest Salad: With Salmon	✓	✓			✓				✓		✓	✓				930	53	9	0	90	770	2050	85	20	12	47	17	31
EDI	Southwest Salad: With Tofu	✓	✓							✓		✓	✓				780	43	7	0	5	500	1650	86	21	12	25	35	33
EDI	Tofu and Broccoli Bowl								✓		✓	✓	✓	✓		✓	650	20	2.5	0	0	3540	1150	100	8	25	23	500	5.5
EDI	Vegan Chicken Fingers: No Dipping Sauce											✓		✓	✓	✓	640	40	13	4.5	25	1700	70	54	7	3	17	331	3.86
EDI	Vegan Chicken Fingers: With Dipping Sauce									✓		✓	✓	✓		✓	659	40.5	13.5	4.3	24	1790	71	58.1	7.3	7.2	17.4	331	3.9
EDI	Vegetable Samosas		✓							✓		✓	✓	✓		✓	480	29	9	4	15	1280	300	49	3	0	9	6	19
EDI	Vermicelli Bowl: With Tofu										✓	✓	✓	✓		✓	880	48	9	0	0	2160	750	103	7	11	14	10	13
EDI	Vermicelli Bowl: With Chicken										✓	✓	✓	✓		✓	1020	50	9	0	70	2220	1100	103	7	11	41	12	17
EDI	Vermicelli Bowl: With Salmon					✓					✓	✓	✓	✓		✓	1100	62	12	0	80	2430	1300	104	8	11	44	13	22