

# BOREALIS 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	Basket of Fries																534	16	1.1	0.3	0	107	1334	96.1	5.3	5.3	5.3	53	1.6
EDI	Beyond Meat Burger																497	26.6	7.2	0.2	15	1058	523	45.1	5.4	5.4	32.1	77	3.4
EDI	Borealis Chicken Burger																550	19.6	3.1	0	30	906	370	81.5	3.4	12.7	20	34	0.4
EDI	Burger Your Way																611	39.8	14.2	4.7	89	1033	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 With 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 Stirfry																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	Fish and 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	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	Half Pound Hamburger Steak																540	36.73	15.37	0.09	188	442	64	11.5	0.8	1.81	37.73	14	2.24
EDI	Mac and Cheese With Bacon																726	24.2	11.2	0.4	34	3530	56	96.6	4.2	17.1	25.2	404	2.7
EDI	Meatlovers Rigatoni																1400	64.3	22	0.2	143	3759	1179	138.4	24.7	25.8	68.2	414	26.6
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	Pub Style Beef Nachos																1004	56.4	11.3	0.2	16	4374	544	102	19.5	9.1	13.3	373	10.4
EDI	Pub Style Chicken Nachos																567	25.7	10.4	0.2	138	3867	739	25.3	7.9	7.5	55.9	209	2.7
EDI	Pub Style Nachos With Veg Crumble																627	25.3	9.7	0.2	36	6448	410	43.7	14.7	9.2	59.4	315	6
EDI	Sweet and Sticky Pork Riblets																949	41.4	16.9	0.4	95	6597	89	71.9	2.4	61.5	27.1	502	1.1
EDI	Vietnamese Pho Beef																546	18.1	7.6	0.1	192	6677	589	54.7	2.2	32.1	41.9	124	2.1
EDI	Vietnamese Pho Chicken																332	1.9	0.5	0	68	3935	292	47.3	2.3	29.3	32.9	20	0.7