



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 'Ale' Stew																230	7	2	0	45	110	400	26	3	8	17	50	2.5
EDI	Braised BBQ Beef																850	16	6	0	165	3000	2300	81	9	37	91	10	39
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	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	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	Chicken and Ribs																1480	118	28	0	220	1060	900	44	6	22	65	75	3.5
EDI	Chicken Dinner																547	16.5	2.6	0.1	126	1802	354	54.1	5.9	12	41.3	141	2.5
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	Classic Mini Grilled Cheese Sandwich																940	67	18	1	75	1870	650	66	4	3	21	450	2.25
EDI	Ginger Beef																680	9	1.5	0	30	3280	650	132	3	55	20	100	3.5
EDI	Ginger Tofu																690	9	1.5	0	30	3280	700	134	3	56	20	100	4
EDI	Kielbasa																480	12	4.5	0	60	2090	950	63	6	25	30	150	4.5
EDI	Loaded Pulled BBQ Beef Sandwich																550	12	4.5	0	50	1770	650	81	4	9	31	125	5.5
EDI	Pasta Your Way With Chicken																												
EDI	Pasta Your Way With Chorizo																												
EDI	Pasta Your Way With 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 - Pesto Chicken (Gluten-free)																1100	50	24	1	150	2710	700	101	5	9	58	1050	4.5
EDI	Pizza - Spicy Italian (Gluten-free)																1100	54	29	1.5	195	2890	750	105	7	10	53	1150	4
EDI	Pizza - Pesto Chicken																1340	51	22	1	105	3630	650	151	8	14	68	750	11
EDI	Pizza - Spicy Italian																1340	55	28	1	150	3810	700	154	10	15	62	850	11
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	Sirloin Steak																770	68	150	0	195	230	1400	76.6	6	3	45	6	31
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	Warm Taco Bowl With Beef																850	38	6	0	100	1500	1500	85	16	10	50	225	3.5
EDI	Warm Taco Bowl With Chicken																830	38	7	0	100	1400	1500	85	16	10	43	225	3.5
EDI	Warm Taco Bowl With Tofu																780	38	5	0	90	1300	1450	85	16	10	40	225	3.2