

# SITKA | 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 (g)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	
EDI	½ lb. Chicken Wings - Hot Sauce (With Crudites and 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 and Pepper (With Crudites and 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 (With Crudites and 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 or Hot Sauce (With Crudites and Ranch)	🥚	🥛							🌱	🌰	🌱	🧄	🍷			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 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 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	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 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	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 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	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 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 Veg Crumble		🥛					🌱				🌱	🧄	🍷			627	25.3	9.7	0.2	36	6448	410	43.7	14.7	9.2	59.4	315	6	
EDI	Salmon Poke Bowl	🥚				🐟				🌱	🌱	🌱	🧄	🍷			1129	54.6	11.1	0.1	68	2916	904	86.7	7.4	34.2	23.1	88	2	
EDI	Spinach Artichoke Pizza		🥛											🍷			780	26.9	15.7	0.4	103	2130	234	91.7	6.7	11.8	40.7	720	6	
EDI	Spinach Artichoke Pizza (Keto)		🥛																											