

WAPASU | 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 (mg) | 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 | 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 | 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 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 | Chipotle Chicken Tacos | | | | | | | | | | | | | | | | 680 | 25 | 5 | 0.5 | 105 | 770 | 1000 | 68 | 6 | 8 | 46 | 12 | 28 |
| EDI | Classic Mini Grilled Cheese Sandwich | | | | | | | | | | | | | | | | 940 | 67 | 18 | 1 | 75 | 1870 | 650 | 66 | 4 | 3 | 21 | 450 | 2.25 |
| EDI | Dry Garlic Ribs | | | | | | | | | | | | | | | | 620 | 36 | 13 | 0 | 265 | 4030 | 750 | 0 | 0 | 0 | 70 | 100 | 4 |
| EDI | Ginger Beef | | | | | | | | | | | | | | | | 680 | 9 | 1.5 | 0 | 30 | 3280 | 650 | 132 | 3 | 27.5 | 20 | 100 | 3.5 |
| EDI | Ginger Tofu | | | | | | | | | | | | | | | | 690 | 9 | 1.5 | 0 | 30 | 3280 | 700 | 134 | 3 | 28 | 20 | 100 | 4 |
| EDI | Halifax Style Beef Donair | | | | | | | | | | | | | | | | 740 | 26 | 9 | 0.5 | 150 | 540 | 700 | 65 | 3 | 25 | 62 | 175 | 7.5 |
| EDI | Pasta Your Way (Chicken) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| EDI | Pasta Your Way (Chorizo) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| EDI | Pasta Your Way (Meatballs) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| EDI | Pho-Bowl - Beef | | | | | | | | | | | | | | | | 600 | 8 | 3 | 0 | 95 | 1110 | 400 | 89 | 3 | 3 | 40 | 125 | 4.5 |
| EDI | Pho-Bowl - Chicken | | | | | | | | | | | | | | | | 480 | 2 | 0.5 | 0 | 55 | 1580 | 700 | 89 | 3 | 3 | 26 | 100 | 1.25 |
| EDI | Pho-Bowl - Tofu | | | | | | | | | | | | | | | | 520 | 9 | 1.5 | 0 | 0 | 190 | 450 | 88 | 5 | 1 | 25 | 400 | 3 |
| EDI | Pizza - Deluxe | | | | | | | | | | | | | | | | 1110 | 37 | 22 | 1.5 | 105 | 3490 | 450 | 137 | 7 | 9 | 59 | 950 | 8 |
| EDI | Pizza - Deluxe (Gluten-free) | | | | | | | | | | | | | | | | 1260 | 49 | 33 | 2 | 165 | 3630 | 600 | 143 | 7 | 11 | 61 | 1450 | 2.25 |
| EDI | Pizza - Greek | | | | | | | | | | | | | | | | 970 | 31 | 12 | 0.5 | 55 | 3110 | 500 | 130 | 7 | 11 | 44 | 500 | 8 |
| EDI | Pizza - Greek (Gluten-free) | | | | | | | | | | | | | | | | 1110 | 44 | 23 | 1 | 120 | 3250 | 700 | 136 | 7 | 13 | 46 | 1000 | 2.5 |
| EDI | Pizza - Tropical Chicken | | | | | | | | | | | | | | | | 1590 | 35 | 15 | 3 | 160 | 4025 | 1150 | 218 | 49 | 18 | 98 | 850 | 8 |
| EDI | Pizza - Tropical Chicken (Gluten-free) | | | | | | | | | | | | | | | | 1730 | 47 | 26 | 3.5 | 225 | 3940 | 1350 | 224 | 50 | 16 | 100 | 1350 | 5.5 |
| EDI | Pork Meatloaf | | | | | | | | | | | | | | | | 630 | 31 | 11 | 0 | 205 | 1370 | 700 | 46 | 6 | 9 | 43 | 100 | 2 |
| EDI | Quinoa Protein Bowl (With Chicken) | | | | | | | | | | | | | | | | 620 | 16 | 3.5 | 0 | 280 | 60 | 850 | 71 | 12 | 6 | 48 | 150 | 6.5 |
| EDI | Quinoa Protein Bowl (With Salmon) | | | | | | | | | | | | | | | | 760 | 29 | 6 | 0 | 295 | 200 | 580 | 69 | 12 | 6 | 55 | 175 | 6.5 |
| EDI | Quinoa Protein Bowl (With Tofu) | | | | | | | | | | | | | | | | 680 | 25 | 4.5 | 0 | 210 | 160 | 1150 | 71 | 14 | 6 | 46 | 550 | 9 |
| EDI | Salmon with Lemon Herb Dressing | | | | | | | | | | | | | | | | 700 | 33 | 7 | 0 | 95 | 480 | 800 | 60 | 3 | 4 | 40 | 12 | 7 |
| EDI | Sirloin Steak | | | | | | | | | | | | | | | | 420 | 14 | 6 | 0.5 | 90 | 870 | 800 | 38 | 6 | 3 | 39 | 50 | 27 |
| EDI | Southern Fried Chicken | | | | | | | | | | | | | | | | 930 | 37 | 11 | 1 | 170 | 3909 | 800 | 94 | 27 | 9 | 56 | 225 | 8 |
| EDI | Turkey Chili Bowl | | | | | | | | | | | | | | | | 560 | 37 | 11 | 0 | 165 | 184 | 350 | 22 | 4 | 8 | 37 | 300 | 2.25 |
| 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 |