

WAPASU | ALLERGENS + NUTRITIONAL INFORMATION

TYPE	ITEM	Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Mustard	Seesame	Soy	Sulphites	Gluten	Rye	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	4 Cheese Pizza																1040	39	23	1.5	125	2440	600	126	5	7	52	850	8.5
EDI	4 Cheese Pizza GF																1920	70	45	2.5	245	3910	1150	252	10	17	77	1900	5
EDI	Asian Rice Bowl (Chicken)																520	4.5	1	0	85	1520	100	86	3	20	36	125	4
EDI	Asian Rice Bowl (Crispy Beef)																690	12	2	0	25	2040	850	127	4	51	19	125	4.5
EDI	Asian Rice Bowl (Tofu)																600	15	1.5	0	0	1080	950	89	6	20	27	700	5.5
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 & 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	Char Siu Pork																490	10	3	0	85	500	750	37	7	11	33	100	3.5
EDI	Chef's Salad Chicken																600	40	12	0.5	320	1200	1150	16	3	9	1150	300	2.25
EDI	Chef's Salad Salmon																480	42	12	0.5	310	1170	1200	17	3	11	43	300	2.25
EDI	Chef's Salad Steak																660	45	14	0.5	330	850	1250	16	3	9	49	300	5
EDI	Chef's Salad Tofu																680	52	13	0.5	255	770	100	19	6	9	34	800	4
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	Dry Garlic Ribs																620	36	13	0	265	4030	750	0	0	0	70	100	4
EDI	Jerk Chicken Pizza																1110	36	18	1	145	3050	800	131	7	13	63	650	9
EDI	Jerk Chicken Pizza GF																1990	67	40	2	270	4520	1350	256	11	23	88	1650	5.5
EDI	Meat lovers Pizza																1560	73	33	1.5	265	4550	1900	133	6	10	94	900	10.5
EDI	Meat lovers Pizza GF																2440	104	55	3	390	6020	2450	259	10	19	119	1950	7
EDI	Meatball Sliders																620	43	12	0.5	100	1290	200	41	3	9	21	30	3
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	Salmon with lemon caper vinaigrette																1110	47	11	0	135	570	1350	97	3	4	61	100	3.5
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	Tortilla Chips and Dips																750	36	5	1	0	1040	550	102	12	4	13	175	2.5
	Turkey Club Sandwich																690	41	11	0	110	2420	800	50	4	3	36	225	3.5
	Vegan Chicken Fingers (No Dipping Sauce)																640	40	13	4.5	25	1700	70	54	7	3	17	331	3.86
	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