

BOREALIS & SITKA LODGES | ALLERGENS + NUTRITIONAL INFORMATION

		Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Tree Nuts	Mustard	Sesame	Soy	Sulphites	Gluten	Wheat & Triticale	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)
TYPE	ITEM																											
EDI	Basket of Fries															365	11.5	0.9	0.1	0	1352	835	65.4	4.9	2.2	5.6	35	1
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	Chicken Finger Dinner															609	16.2	3.2	0.1	133	1323	1025	62.3	3.9	18.8	52	86	1.1
EDI	Cobb Salad															1081	77.3	39.1	1.5	592	2848	927	28.3	8.2	6.5	72.9	658	3.4
EDI	Double Chicken Breast Dinner															547	16.5	2.6	0.1	126	1803	355	54.1	5.9	12	41.3	142	2.5
EDI	Fettuccine Alfredo (Chicken)															830	19.3	5.9	0.1	91	1345	457	118	5.5	16.2	50.8	482	2.9
EDI	Fettuccine Alfredo (Shrimp)															760	15.8	4.8	0.1	273	1639	65	115.2	5.5	16.2	43.8	510	3.3
EDI	Fettuccine Alfredo															662	15.1	4.5	0.1	14	841	65	115.2	5.5	16.2	22.8	448	2.9
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	Hamburger With Cheese															452	20.3	7.3	0.5	65	1093	96	40.7	3.5	7.1	28.9	57	1
EDI	Korean BBQ Button Bones																											
EDI	Loaded Cheese Potato Skins															446	31	15.9	0.4	70	463	526	28.4	2.3	1.9	16.6	312	0.5
EDI	Onion Rings															400	18.8	2.4	0.1	0	894	176	58.8	2.4	4.7	4.7	47	2.4
EDI	Pad Thai (Chicken)															1344	34	9.9	0	55	1594	536	182.3	9	9.6	42.6	94	3.1
EDI	Pad Thai (Prawns)															1326	33.9	9.5	0	125	1785	661	181.9	9	9.3	40	149	3.3
EDI	Pad Thai (Tofu)															1358	38.3	10.1	0	0	1226	536	184.2	11.4	9.3	36	106	3.3
EDI	Philly Beef Dip															1002	60.1	19.9	0.1	143	3955	854	52.7	3.3	5.7	56.6	489	4.3
EDI	Slow Roasted Pork Side Ribs (BBQ Sauce)															588	43	15.4	0	90	1596	16	17.6	4.1	10.8	30.1	24	1.3
EDI	Slow Roasted Pork Side Ribs (Greek Style)															786	46.9	18.3	0	90	948	124	13.7	2.5	6.5	30.1	94	3
EDI	Slow Roasted Pork Side Ribs (Honey Garlic)															652	43	15.4	0	90	1482	76	33.6	0.6	30.3	29.5	24	1.1
EDI	Spaghetti and Meatballs															1515	67	22.6	2.6	160	4504	744	132.7	9.4	20.1	66.5	273	11.1
	Thai Chicken Bites															534	107	1334	96.1	5.3	5.3	1.6	1.1	0.3	0	16	5.3	53
	Vegan Chicken Filet																											
	Wor Wonton Bowl															853	11.8	4.3	0.1	203	2159	516	74.5	6.3	9.4	51.8	969	4.5
	Zucchini Sticks															483	26.3	5.1	0.2	3	1241	459	45.2	3.3	11	5.9	71	2.5