



Nutritional Information - September 2015

Portion Size	Grams	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbs (gm)	Fiber/Dtry (gm)	Sugars (gm)	Protein (gm)
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Digital (Finger Food to Share)

Mike's Spin Dip	160 grams	294	908	56.1	8.73	0.213	42+	1615	93.3	11.9	1.9+	21.4
Crispy Panko Shrimp	24 pieces	339	541.5	25	no info	0	216+	2293	87.02	2.87	no info	36.82
Crispy Honey Sriracha Panko Shrimp	24 pieces	362	1000	66.8	14.01+	1.248+	234+	2514	66.1	2.3+	15.4	30.7
Crackling Sirloin Bites	1 serving	415	866	54.8	12.65+	0.341+	134+	3338	45.5+	3.1+	6.5+	48.0
miniMikes	3 each	418	1068	60.9	15.88+	0.175+	164	2404	82.1	1.8	10.6	43.6
Left & Right Wings - Hot	12 pieces	507	986	74.2	17.54+	0.881+	280+	4757	8.6+	0.0+	3.3+	68.2
Honey Sriracha Wings	12 pieces	513	1327	108	28.85+	1.784+	334+	3220	17.4	0.1+	13.2	68.7
Honey Garlic Wings	12 pieces	465	994	64.6	16.36	0.881+	280+	2299	32.0	0.0+	23.1+	68.4
Salt & Pepper Wings	12 pieces	452	992	74.2	17.55+	0.881+	280+	3187	13.4+	0.2+	3.7+	68.5
I Yam what I Yam Fries	240 grams	306	714	47.3	4.90+	0.508+	5+	1100	70.5	4.1+	28.1+	3.8
Crispy Calamari	1 serving	402	676.23	40.55	no info	0	292.92	2815	47.11	2.3	no info	29.43
Deep Fried Pickles	1 serving	390	708	38.0	3.69+	0.460+	0+	3163	78.8+	7.8+	12.8+	9.8
Traditional Poutine	500 grams	648	1260	79.4	21.23	0.847	86	3204	105	7.6	0.0	28
Nachos	1 serving	789	2108	121	57.97+	2.850+	231	4606	183	20.9	10.6	93.1
Add Guacamole	1 serving	120	138	11.8	1.71	0	0	210	9.5	5.8	2.4	2
Add Sweet Chili Chicken	1 serving	189	238	0.6	0.2	0	40+	1168	24.5	0.1	21.2	17.3
Bacon Wrapped Scallops	6 pieces	214	244	10.1	3.56	0.000	35	814	21.8	1.7	15.7	18.2
Cheesy Garlic Bread	2 pieces	60	209	15	7	0	25	400	10	0	0	9
Lodge Chips	1 serving	524	1202	90.2	9.62+	0.927+	10+	3342	95.8	7.4+	21.0+	7.0
Hot Lobster Dunk	1 serving	317	850	43.8+	16.73+	0.530+	134+	1731	93.3	9.8+	3.0+	32.9
Stuffed Shrooms	1 serving	264	494	30.4	no info	0.78	154	995	30.78	3.26	no info	23.2
Pemberton Skins	1 serving	403	618	30.2	no info	0	91	916	60.41	5.97	no info	28.69

The Green Party

Lobster Avocado Salad	1 serving	393	491	31.5+	6.10+	0.300+	65+	810+	39.7	7.9	18.6+	17.6
Big Creek Salad	1 serving	551	572	30.0	9.37+	0.346+	246+	1574	31.4+	4.9+	11.3+	34.7
Antler Ale Steak Salad	1 serving	462	654	34.1	11.35+	0.725+	132+	1244+	35.0+	4.1+	14.7+	50.9
Kickass Chicken Salad	1 serving	487	765	49.7	6.69+	0.323+	64+	2049	41.6	7.7+	14.6+	32.8
Crab & Lobster Chowder - Bowl	10 ounces	312	399	24.8+	10.68+	0.807+	95	1189	31.5	3.0	9.9	12.6
Crab & Lobster Chowder - Cup	6.5 ounces	196	246	15.6+	6.75+	0.505+	60	737	18.8	1.9	6.2	7.8
French Onion Soup	350 ml	466	288	15.0	9.57+	0.469+	44	1471	17.7	1.8	10.3	19.0+
Cascadia Salad - Full	1 serving	238	403	29.8	5.27+	0.300+	15+	465+	32.2	5.0	21.9+	7.4
Cascadia Salad - Half	1/2 serving	149	320	23.4	4.43+	0.300+	15+	313+	26.0	3.7	18.4+	6.0
Caesar Salad - Full	1 serving	267	460.63	41.13	no info	0.400+	7.9	847.94	17.27	4.48	no info	7.96
Caesar Salad - Half	1/2 serving	133.5	230.32	20.56	no info	0.200+	3.9	423.97	8.63	2.24	no info	3.98
Add Grilled Chicken	5 ounces	144	133	0.6	0.20+	0	40+	658	2	0.1+	0.2	17.2
Add Cajun Chicken	5 ounces	152	131	0.6	0.2	0	40	1412	0	0	0	18.1



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Mikeburgers (burger only)

Classic Mikeburger	1 serving	278	775	56.7	14.80+	0.246+	135+	1423	33.3	0.9	6.8	30.4
Bacon Mushroom Mikeburger	1 serving	453	951	72.0	17.10+	0.246+	143+	1791	38.7	2.3+	9.9+	34.8
Bacon Mikeburger	1 serving	336	846	63.1	17.05+	0.246+	143+	1552	35.5	1.5	8.1	31.9
Sriracha Mikeburger	1 serving	356	961	71.8	15.71+	0.344+	135+	1575	43.3	3.5+	5.5	33.5

Bun Lovers (sandwich only)

Antler Ale Steak Sandwich	1 serving	470	1080	74.9	10.52+	0.602+	141+	1810+	48.7	1.7+	22.3	50.3
Mikes Original Steak sandwich	1 serving	259	580	25.8	4.35+	0.567+	107+	838	42.2	1.3+	3.6+	43.5
Sir Loin Steak Sandwich	1 serving	290	635	21.7	5.67	0.408	133+	579	42	1.3	3.7	60.8
Rib Eye Steak Dip	1 serving	525	928	72.6	20.39+	0.000+	97+	2230	34.0	1.2	9.1	32.7
Skookumchuk Chicken Burger	1 serving	432	862	64.4	9.23+	0.218+	82+	1573	24.3	1.5+	3.1+	31.5
Cajun Chicken Club	1 serving	364	672	33.0	7.70+	0.200+	68+	2077	50.1+	2.5+	6.2+	33.2
Garden Burger	1 serving	306	757	46.1	5.35+	0.420+	18	1095	74.3	5.6	10.0	14.6
Add Fries	400 grams	432	871	50.8	3.96	1.020	0	2000	96.0	7.6	0.0	8.4
Add Garden Salad	1 serving	150	111	5.3	0.70+	0.000+	0	164	14.3	2.5	9.8	2.8

Casual Favourites

Bugaboo Ribs	1 serving	741	1494	91.9	20.00+	1.006+	188+	3031+	114.7	4.8	42.6	54.5
Add A Rack	1 each	267	629	49.9	17.33	0.533	184	155	0.0	0.0	0.0	45.3
Bacon Mac N' Cheese	1 serving	681	1334	67.2	37.86+	1.514+	164	1784	113.5	4.0	10.2	59.0
Strips & Frites	1 serving	498	1066	64	6.04	0.791	84	2346	90.6	9.1	30.3	40.6
Teriyaki Chicken Rice Bowl	1 serving	825	849	18.3	2.41+	0.349+	90+	3604+	133.2	6.0+	44.7+	28.3
Oscar's Salmon Lobster	1 serving	591	1048	73.2+	18.94+	0.919+	287+	1696	46.5	4.5+	6.4+	52.2
Oven Roasted Salmon	1 serving	490	671	35.4	13.99+	0.889+	123+	1481	56.7	5.5+	16.9+	35.7
West Coast Chicken Filo	1 serving	688	1348	91.9	25.05+	1.544+	326+	2569	74.1	6.6	6.1+	46.2
Cajun Chicken Spaghettini	1 serving	788	1169	46.0	29.48+	1.494+	173	3186	114.9	7.0	8.3	49.5
Crispy Panko Shrimp Tacos	1 serving	749	1250.17	44.4	no info	0.05	228.22	3129	165.81	13.12	no info	51.74
Smuggler's Cove Chicken	1 serving	611	773	34.3	no info	0.79	234.44	3559	48.14	5.92	no info	62.16
Grilled Chicken Quesadee-ya	1 serving	576	1050.54	56.65	no info	0.41	116.64	1778	89.27	7.13	no info	45.07
Thai Steak & Noodles	1 serving	1092	1116.59	33.91	no info	0.86	183.22	3673	128.57	13.98	no info	55.93
Chinatown Stirfry (Prawn)	1 serving	726	675.15	5.6	no info	0	224.22	3390.18	111.5	7.87	no info	38.57
Chinatown Stirfry (Chicken)	1 serving	768	981.47	28.67	no info	0	136.86	3885.57	134.46	9.69	no info	40.76
Seafood Spaghettini	1 serving	779	927	20.4+	3.66+	0.300+	167+	1799	117.5	10.1+	15.0+	42.8
Peppercorn Sirloin Pasta	1 serving	784	1193	55.2	15.18+	0.693+	134+	2246	109.9	5.4+	7.3+	58.5

Lunch Items

Soup N' Salad (with chowder)	1 serving	519	689	40.1+	11.46+	0.807+	95+	1647	65.1	5.6	20.1	18.0
Bacon Mac N' Cheese w/Salad	1 serving	499	831	43.1	20.48+	0.757+	92	1290	70.9	4.4	14.8	36.1
Cajun Chicken Spaghettini w/Salad	1 serving	469	648	23.1	14.74+	0.742+	106	2294	57.4	3.5	4.1	33.6
Chinatown Stirfry (Lunch size) (Prawn)	1 serving	363	337.575	2.8	no info	0	112.11	1695.09	55.75	3.935	no info	19.285
Chinatown Stirfry (Lunch size) (Chicken)	1 serving	384	490.735	14.335	no info	0	68.43	1942.79	67.23	4.845	no info	20.38



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Mikes Signature Steaks (Includes steak, onion rings & steak butter)

6oz Top Sirloin	1 serving	206	481	22.1	8.63+	0.806+	116+	576	23.5	1.3+	3.2+	44.4
8oz Top Sirloin	1 serving	250	582	26.3	10.09	0.94	149	679	24	1.4	3.3	58.3
10oz Top Sirloin	1 serving	297	700	32.4	11.70+	1.117+	182+	931	25.5	1.4+	3.4+	72.3
9oz New York	1 serving	285	771	41.7	15.40+	1.431+	191+	673	24.0	1.4+	3.3+	71.7
6oz Filet Mignon	1 serving	312	630	29.4	9.01+	0.726+	146+	953	26.1	1.3+	4.3+	60.3
12oz Rib Eye	1 serving	336	871	50.6	19.19+	1.574+	191+	701	24.0	1.4+	3.3+	78.3
Ragin' Cajun Rib Eye	1 serving	340	868	50.4	19.05+	1.562+	191+	1187	23.6	1.3+	3.3+	78.7

Beef N' Reef (Includes steak, onion rings, seafood topper/butter)

Smuggler's Cove Sirloin	1 serving	421	803	46.1	22.05+	1.979+	267+	1618	31.1	2.6+	5.2+	64.1
Oscar's Sirloin Lobster	1 serving	315	786	50.6+	8.91+	0.501+	236+	848	27.2	1.7+	4.0+	51.7
Shrimpin' Sirloin	1 serving	395	856	36.4	9.58+	1.019+	212+	1794	66.9	3.2+	18.0+	61.0
Crabbin' Sirloin	1 serving	371	1007	69.6	37.95+	3.323+	302+	1478	28.5	1.9+	3.9+	66.9
Sriracha Shrimpin' Sirloin	1 serving	425	1106	66.4	18.72+	1.695+	251+	2125	62.0	2.7+	14.3+	60.9
Sirloin & Cheesy Lobster Mac	1 serving	586	1163	54.7+	26.67+	1.562+	246+	1566	80.0	3.2+	8.2+	79.1

Steak Sides

Rice Pilaf	170 grams	163	178	4.1	2.17+	0.177+	9+	1179	31.7	2.2	2.3+	5.2
Classic Baked Potato	1 each	233	342	17.8	10.63	0.644+	47	107	37.8	3.3	2.8	8.3
Lodge Chips	1 serving	262	601	45.1	4.8+	0.463+	5+	1671	47.9	3.7+	10.5+	3.5
Double Stuffed Baked Potato	1 each	238	370	12.0	5.92	0.276+	24	794	54.3	7.0	2.3+	12.1
Roasted Garlic Mashed Potatoes	225 grams	228	257	10.0	2.29	0.136+	0	771	38.0	5.0	2.3	3.7
Summer Vegetables	120 grams	121	100	7.3	4.45	0.376+	18	31	8.8	1.6	3.0	1.8

Steak Add-ons

Smuggler's Cove Topper	1 serving	216	355	27.9	17.14+	1.456+	168+	783	6.0	1.2+	1.8+	19.7
1/2lb Snow Crab	1 serving	176	528	47.5	29.33+	2.517+	186+	902	5.9	0.8+	0.9+	22.6
Oscar's Lobster Topper	1 serving	118	361	34.6+	4.17+	0.030+	137	308	4.3	0.4	0.8	7.5
1 doz Crispy Panko Shrimp	12 pieces	190	375	14.3	0.90+	0.278+	96+	1217	43.4	1.9+	14.8	16.6
1 doz Honey Sriracha Panko Shrimp	1 serving	201	556	38.0	7.38+	0.673+	125+	1366	35.4	1.4+	8.1	16.5
Cheesy Langostino Lobster Mac	1 serving	381	682	32.6+	18.05+	0.755+	130	989	56.5	1.9	5.0	34.7
Garlic Sauteed Mushrooms	1 serving	117	104	8.9	0.04+	0.000+	0+	239	3.3	0.9+	1.8+	2.8
Peppercorn'd Mushroom Sauce	1 serving	169	136	10.6	0.54+	0.100+	5+	491	6.1	0.9+	2.7+	3.7
Beer Battered Bottle Cap Jalapenos	45 grams	50	137	9.2	1.10	0.170	0	334	12.6	2.2	1.1	1.1

Add-ons/Sides

Side of Yam Fries (with dip)	1 serving	306	714	47.3	4.82+	0.612+	5+	1100	70.5	4.1+	28.1+	3.8
Side of Onion Rings	15 pieces	324	692	25.5	2.37	0.555	0	780	105.0	6.0	15.0	12.0
Garlic Toast	2 pieces	55	179	10.0	0.08+	0.000+	0+	294	19.2	0.0	0.4	2.5



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Kid's Meals

Chicken Fingers	1 serving	289	607	34.4	3.1	0.494	34	1335	60.7	5	19.4	17.8
Mac & Cheese with Garlic Toast	1 serving	226	390	14.0	2.55+	0.100+	15+	698	53.7	2.0	8.2	11.3
Kid's Steak	1 serving	132	250	10.3	3.60+	0.433+	101+	383	2.0	0.1+	0.2+	36.5
Lil' Mikeburgers	1 serving	244	707	40.7	10.68+	0.123+	110	1472	53.3	0.7	6.4	28.9
Kid's Quesadilla	1 serving	88	322	19.6	12.00+	0.600+	50	496	21.2	2.2	0.0	17.8
With Fries	155 grams	167	338	19.7	1.53	0.395	0	775	37.2	2.9	0.0	3.3
With Kid's Veg & mike Dip	1 serving	145	204	16.8	1.56	0.000+	8	319	12.6	1.2	8.5	0.7
Kid's Ice Cream	1 serving	36	72	3.96	no info	no info	15.84	28.8	8.5	0.25	no info	6.1

Dessert

Brownie Heaven	1 serving	336	1143	54.9	no info	0.3	146.2	517.71	153	4.23	no info	11.8
Messy Mikes Ice Cream Sandwich	1 serving	265	817	44.8	no info	no info	152.21	533.3	96.89	3.28	no info	9.76
Mikes 'Oh My' Apple Pie	1 serving	234	591.19	26.95	no info	no info	71.01	434.02	81.28	2.16	no info	5.43
Rocky Mountain Madness	1 serving	168	534	38.5	20.13	0.875	83	324	59.5	2.6	47.3	6.1
Sticky Toffee Pudding Cake	1 serving	181	559	25.38	no info	0.2	111.56	19.78	77.9	2	no info	6.49
1/2 Sticky Toffee Pudding Cake	1/2 serving	90.5	279.5	12.69	no info	0.1	55.78	9.89	38.95	1	no info	3.245

Allergens in our menu may include one or more of the following: Eggs, Milk, Mustard, Peanuts, Seafood (Fish, Crustaceans, Shellfish), Sesame, Soy, Sulphates, Tree Nuts, Wheat. Disclaimer: The information presented is to be used as a guideline only. Figures are estimates based on manufacturer's ingredient and nutritional declarations, the USDA nutritional database, the Canadian Nutrient Database and standard recipes. Preparation, recipes, ingredients and figures may change without notice and vary from location to location.

Trans Fats: All fried foods are cooked in Trans Fat Free Oil and our menu meets the new BC Trans Fat Regulations requirements.



Allergy Awareness - June 2015

	Deep Fried	Cooked Broiler /Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	
Digital (Finger food to share)													Comments:
Bacon Wrapped Scallops						X	X	X	X		X		May contain traces of wheat.
Calamari	X					X	X	X		X	X		May contain soy.
Cheesy Garlic Bread						X		X		X			
Crab & Lobster Chowder							X	X		X	X	X	
Crackling Sirloin Steak Bites	X					X		X		X	X	X	
Deep Fried Pickles	X					X		X	X	X	X	X	
Hot Lobster Dunk	X					X	X	X	X	X	X	X	
Lodge Chips	X					X			X	X	X	X	
Macho Nachos	X					X		X		X			
miniMikes™		X		X	X	X		X	X	X		X	May contain traces of nuts & sesame.
Panko Shrimp	X					X	X	X	X	X	X		May contain traces of sulphites.
Pemberton Skins	X									X			
Poutine	X				X	X		X		X	X	X	May contain sesame, mustard.
Shrimp Stuffed Shrooms		X				X	X	X		X	X		
Spinach & Artichoke Dip	X					X		X	X	X	X		
Sriracha Honey Panko Shrimp	X					X	X	X	X	X	X		May contain sulphites.
Wings - Honey Garlic	X					X		X	X	X	X	X	May contain egg, milk, sulphites, & mustard.
Wings - Hot	X					X		X	X	X	X	X	May contain traces of wheat & egg.
Wings - Salt & Pepper	X					X		X	X	X	X	X	May contain traces of wheat & egg.
Wings - Sriracha Honey Glazed	X					X		X	X	X	X	X	May contain traces of wheat, sulphites & mustard.
Yam Fries	X								X	X		X	
Soups & Greens													Comments:
Antler Ale Marinated Steak Salad	X	X				X		X		X	X	X	
Big Creek Grilled Chicken Salad	X	X				X			X	X	X	X	
Caesar Salad						X	X	X	X	X		X	
Cajun Chicken Cascadia Salad		X	X	X		X				X	X	X	May contain traces of peanuts.
Cascadia Salad			X	X		X				X	X	X	May contain traces of peanuts.
French Onion Soup					X	X		X	X	X	X		May contain traces of sesame, egg & sulphites.
Garden Salad			X	X		X					X		May contain peanuts & tree nuts.
Grilled Chicken Caesar Salad		X				X	X	X	X	X		X	
Kickass Chicken Salad	X		X	X		X				X	X	X	May contain peanuts.
Lobster Avocado Salad						X	X			X	X	X	
Soup (Chowder) & Salad		X	X	X			X	X		X	X	X	May contain peanuts & tree nuts.

Please note: Recipes & Ingredients are subject to change. All deep fried products may contain one or all of the 10 allergens recognized in Canada (peanuts, tree nuts, sesame, soy, seafood, wheat, eggs, milk, sulphites & mustard) as the fryer oil can be a source of cross-contamination of allergens.

Items with allergens labelled "X" may have come in contact with these items during manufacturing or during the cooking process and cannot be guaranteed to be free of allergens.



Allergy Awareness - June 2015

	Deep Fried	Cooked Broiler /Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	
Mikeburgers (sandwich only)													Comments:
Bacon Mikeburger		X				X	X	X	X	X		X	
Bacon Mushroom Mikeburger		X				X		X	X	X		X	
Classic Mikeburger		X				X		X	X	X		X	
Mushroom Mikeburger		X				X		X	X	X		X	
Sriracha Mikeburger	X	X				X		X	X	X	X	X	May contain sulphites.
Bun Lovers (sandwich only)													Comments:
8oz Sirloin Steak Sandwich		X				X	X	X		X		X	
Antler Ale Steak Sandwich		X				X		X	X	X	X	X	
Cajun Chicken Club	X	X		X	X	X		X		X	X	X	May contain tree nuts & sesame.
Garden Burger		X		X	X	X		X	X	X	X	X	May contain tree nuts, sesame, & sulphites.
Mikes Steak Sandwich		X				X		X		X		X	
Rib Eye Steak Dip		X				X		X	X	X	X		
Skookumchuck Chicken Burger		X		X	X	X		X	X	X	X	X	May contain tree nuts, sesame, & sulphites.
Our Steaks													Comments:
Filet 6oz	X	X						X		X	X	X	
New York 9oz	X	X						X		X	X	X	
Ragin' Cajun Rib Eye 12oz	X	X						X		X	X	X	
Rib Eye 12oz	X	X						X		X	X	X	
Top Sirloin 6oz, 8oz & 10oz	X	X						X		X	X	X	
Beef n' Reef													Comments:
Crabbin' Sirloin	X	X					X	X		X	X	X	
Oscars Sirloin Lobster	X	X				X	X	X	X	X	X	X	May contain sulphites.
Shrimpin' Sirloin	X	X					X	X	X	X	X	X	
Sirloin & Cheesy Lobster Mac	X	X		X		X	X	X		X	X	X	May contain tree nuts.
Sirloin & Sriracha Honey Shrimp	X	X				X	X	X	X	X	X	X	
Smuggler's Cove Sirloin	X	X					X	X		X	X	X	
Add-ons													Comments:
Bairdi Snow Crab							X			X	X	X	
Cheesy Lobster Mac				X		X	X	X		X	X		May contain tree nuts & sulphites.
Lobster Oscar						X	X	X	X	X	X		May contain sulphites.
Panko Shrimp	X					X	X	X	X		X		
Panko Shrimp Sriracha Honey Glazed	X					X	X	X	X	X	X		May contain sulphites.
Peppercorn Mushroom Sauce						X				X	X	X	
Sautéed Mushrooms						X				X	X	X	
Smuggler's Cove							X			X	X	X	

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Allergy Awareness - June 2015

	Deep Fried	Cooked Broiler /Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	
Casual Favourites/Entrees													Comments:
Bacon Mac & Cheese				X		X		X		X	X		May contain tree nuts & sulphites.
Bugaboo Ribs	X	X				X		X	X	X	X	X	
Cajun Chicken Breasts		X				X							Only 8oz contains soy.
Cajun Chicken Spaghettini		X		X		X		X		X	X	X	May contain tree nuts.
China Town Stir Fry - Chicken					X	X		X	X		X		
Chinatown Stir Fry - Prawn					X	X	X	X	X		X		
Crispy Panko Shrimp Tacos	X	X	X	X		X	X	X	X	X	X	X	May contain traces of peanuts & tree nuts.
Grilled Chicken Breasts		X				X							Only 8oz contains soy.
Grilled Chicken Quesadilla		X	X	X		X		X		X	X		May contain traces of peanuts & tree nuts.
Oscars Salmon Lobster						X	X	X	X	X	X	X	
Oven Roasted Salmon Fillet							X			X	X	X	
Peppercorn Sirloin Pasta				X		X		X		X	X	X	May contain tree nuts.
Seafood Spaghetti				X		X	X	X		X	X	X	May contain tree nuts & mustard.
Smuggler's Cove Chicken		X				X	X			X	X		
Strips & Frites	X					X		X	X	X	X	X	May contain egg, milk, sulphites, & mustard.
Teriyaki Chicken Bowl		X			X	X		X		X	X		
Thai Steak & Noodles		X			X	X		X	X		X		May contain egg & sulphites.
West Coast Chicken Filo		X		X	X	X	X	X	X	X	X		May contain tree nuts, sesame, & soy.
Sides													Comments:
Baked Potato (loaded)										X		X	
Baked Potato (plain)												X	
Coleslaw									X		X	X	
Double Stuffed Baked Potato										X		X	
Fries	X					X							May contain soy.
Garlic Toast		X				X		X		X			
Gravy					X	X		X		X	X	X	May contain sesame & mustard.
Lodge Chips	X					X			X	X	X	X	
Onion Rings	X							X		X			
Rice & Vegetable Pilaf										X	X		
Roasted Garlic Mashed Potatoes										X			
Yam Fries	X								X	X		X	

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Allergy Awareness - June 2015

	Deep Fried	Cooked Broiler /Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	
Kids Meals													Comments:
Kid's Cheese Quesadilla w/ fries	X	X				X		X		X	X		May contain soy & sulphites.
Kid's Cheese Quesadilla w/ veggies		X				X		X	X	X	X	X	May contain soy & sulphites.
Kid's Chicken Tenders & Fries	X					X		X	X	X	X	X	May contain egg, milk, sulphites & mustard.
Kid's Chicken Tenders & Veggies	X					X		X	X	X	X	X	May contain milk & sulphites.
Kid's Mac & Cheese		X				X		X		X			
Kid's Steak & Fries	X	X				X						X	May contain soy.
Kid's Steak & Veggies		X							X	X		X	
Lil' Mikeburger & Fries or Veggies	X	X		X	X	X		X	X	X		X	May contain tree nuts & sesame.
Kid's Ice Cream										X			
Dessert													Comments:
Brownie Heaven			X	X		X		X	X	X			May contain traces of peanuts.
Messy Mikes Ice Cream Sandwich			X	X		X		X	X	X	X		May contain peanuts, tree nuts, & sulphites.
Mikes 'Oh My' Apple Pie			X	X				X	X	X			May contain traces of peanuts & tree nuts.
Rocky Mountain Madness			X	X		X		X	X	X			May contain traces of peanuts.
Sticky Toffee Pudding Cake			X	X		X		X	X	X	X		May contain traces of peanuts & tree nuts.

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