

Digital (Finger Food to Share)	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Mikes Spin Dip	160 grams	298	853	54.4	8.7	0.195	42+	1599	84	11.1	2.4	20
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
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	0.1+	13.2	69
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
Deep Fried Pickles	1 serving	390	708	38.0	3.69+	0.460+	0+	3163	78.8+	7.8+	12.8+	9.8
Poutine	500 grams	561	1086	69.2	20.4	0.7	86	2804	86	6.1	0.0	26
Poutine (Side)	250 grams	281	543	34.6	10.2	0.4	43	1402	43	3.1	0.0	13
Sweet Chili Chicken Nachos	1 serving	441	1525	95.7	29.36+	1.440+	134+	3401	119	9.7	16.2+	54
Korean BBQ Beef Nachos	1 serving	495	1421	86.3	30.5	1.483+	156	3423	110	11.3	10.1	62
Add Guacamole	1 serving	120	138	11.8	1.7	0.0	0.0	210	10	5.8	2.4	2
Add Sweet Chili Chicken	1 serving	189	238	0.6	0.2	0.0	40+	1168	25	0.1	21.2	17
Bacon Wrapped Scallops	6 pieces	214	244	10.1	3.6	0.0	35	814	22	1.7	15.7	18
Cheesy Garlic Bread	2 pieces	60	209	15	7.0	0.0	25	400	10	0.0	0.0	9
Lodge Chips	1 serving	524	1202	90.2	9.62+	0.927+	10+	3342	95.8	7.4+	21.0+	7
Hot Lobster Dunk	1 serving	303	792	42	16.7	0.5	134	1714	83	8.7	3	31

The Green Party	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
LoBster Avocado Salad	1 serving	393	491	31.5+	6.10+	0.30+	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
BBQ Steak Salad	1 serving	470	680	33.8	11.22+	0.725+	134+	1525	44.5+	4	23.7	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	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	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+	0.30+	15+	465+	32.2	5.0	21.9+	7.4
Cascadia Salad (Half)	1/2 serving	149	320	23.4	4.43+	0.30+	15+	313+	26	3.7	18.4+	6.0
Add Grilled Chicken	5 ounces	144	133	0.6	0.20+	0.0	40+	658	2	0.1+	0.2	17.2
Add Cajun Chicken	5 ounces	152	131	0.6	0.2	0.0	40	1412	0	0.0	0.0	18.1
Mikeburgers® (*Burger only)	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
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	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)	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
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	5.7	0.408	133+	579	42	1.3	3.7	60.8
Rib Eye Steak Dip	1 serving	525	928	72.6	20.39+	0.00+	97+	2230	34	1.2	9.1	32.7
Skookumchuk Chicken Burger	1 serving	486	909	57	9.5	0.218+	82+	1611	52	3.9+	5.5+	36.3
Cajun Chicken Club	1 serving	364	672	33	7.70+	0.20+	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	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	1/2 serving	150	111	5.3	0.70+	0.00+	0	164	14.3	2.5	9.8	2.8

Lunch Items	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Soup N' Salad (with Chowder)	1 serving	519	689	40.1+	11.46+	0.807+	95+	1647	65.1	5.6	20.1	18
Bacon Mac N' Cheese	1 serving	499	831	43.1	20.48+	0.757+	92	1290	70.9	4.4	14.8	36.1
Cajun Chicken Spaghettini	1 serving	469	648	23.1	14.74+	0.742+	106	2294	57.4	3.5	4.1	33.6
Signature Steaks	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
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	10.1	0.9	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	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	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	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
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
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	2.7+	14.3+	60.9
Sirloin & Cheesy Lobster Mac	1 serving	586	1163	54.7+	26.67+	1.562+	246+	1566	80	3.2+	8.2+	79.1
Steak Sides	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
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	48	3.7+	10.5+	3.5
Double Stuffed Baked Potato	1 each	238	370	12	5.92	0.276+	24	794	54.3	7	2.3+	12.1
Roasted Garlic Mashed Potatoes	225 grams	228	257	10	2.29	0.136+	0	771	38	5	2.3	3.7
Summer Vegetables	120 grams	121	100	7.3	4.45	0.376+	18	31	8.8	1.6	3	1.8

Casual Favourites	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Thai Steak and Noodles	1 serving	1092	1116.59	33.91	no info	0.86	183.22	3673	128.57	13.98	no info	55.93
China Town Stir Fry (Prawns)	1 serving	726	675.15	5.6	no info	0	224.22	3390.2	111.5	7.87	no info	38.57
China Town Stir Fry (Chicken)	1 serving	768	981.47	28.67	no info	0	136.86	3885.57	134.46	9.69	no info	40.76
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
Cajun Chicken Spaghettini	1 serving	788	1169	46.0	29.48+	1.494+	173	3186	114.9	7.0	8.3	49.5
Seafood Spaghettini	1 serving	779	927	20.4+	3.66+	0.30+	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
Bugaboo Ribs	1 serving	741	1494	91.9	20+	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	684	1338	67.4	38	1.157+	165	1793	113.7	4.0	10.3	59.2
White Cheddar Mac N' Cheese	1 serving	666	1255	59.7	36.3	1.514+	159	1635	111.2	3.8	10.1	57.9
Strips & Frites	1 serving	498	1066	64	6	0.8	84	2346	91	9.1	30.3	40.6
Add-Ons	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
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 Dozen Panko Shrimp (with Cocktail Sauce)	12 pieces	190	375	14.3	0.90+	0.278+	96+	1217	43.4	1.9+	14.8	16.6
1 Dozen Honey Sriracha Shrimp (with Aioli)	12 pieces	201	556	38	7.38+	0.673+	125+	1366	35.4	1.4+	8.1	16.5
Cheesy Lobster Mac	1 serving	766	1369	65.4	36.25	1.51	260	1988	113	3.8	10.1	69.7
Cajun Chicken Mac N' Cheese	1 serving	818	1386	60.3	36.45	1.51	200	3046	111	3.8	10.1	76
Garlic Sautéed Mushrooms	1 serving	117	104	8.9	0.04+	0.00+	0+	239	3.3	0.9+	1.8+	2.8
Peppercorn'd Mushroom Sauce	1 serving	169	136	10.6	0.54+	0.10+	5+	491	6.1	0.9+	2.7+	3.7
Beer Battered Jalapenos	45 grams	50	137	9.2	1.10	0.170	0	334	12.6	2.2	1.1	1.1
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	1 serving	324	692	25.5	2.37	0.555	0	780	105	6.0	15	12
Garlic Toast	2 pieces	55	179	10	0.08+	0.00+	0+	294	19.2	0.0	0.4	2.5

Kid's Meals	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Chicken Fingers	1 serving	289	607	34.4	3.1	0.5	34	1335	61	5.0	19.4	17.8
Mac N' Cheese with Garlic Toast	1 serving	226	390	14.0	2.55+	0.10+	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	12.0+	0.60+	50	496	21.2	2.2	0.0	17.8
Add Fries	155 grams	167	338	19.7	1.53	0.395	0	775	37.2	2.9	0.0	3.3
Add Kid's Veg & Mikes Dip	1 serving	145	204	16.8	1.56	0.00+	8	319	12.6	1.2	8.5	0.7
Kid's Pasta	1 serving	342	537	14.3	1.62+	0.055+	4+	645	78	4.3	8.5	14.3
Kid's Churros & Chocolate	1 serving	87	325	16.6	2.8	0.058+	11	131	43	1.2	26.3	1.8
Desserts	Portion Size	Grams (gm)	Calories (kcal)	Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Rocky Mountain Madness	1 serving	260	848	53	28.24	0.756	111	399	93	4.2	70.9	8.8
Mikes 'Oh My' Apple Pie	1 serving	234	591.19	26.95	13.37	0	71.01	434.02	81.28	2.16	37.06	5.43
Sticky Toffee Pudding Cake	1 serving	181	559	25.38	16	0.2	111.56	19.78	77.9	2	49.22	6.49
1/2 Sticky Toffee Pudding Cake	1/2 serving	90.5	279.5	12.69	9	0.1	55.78	9.89	38.95	1	24.61	3.245
Churros & Chocolate	1 serving	225	881	47.9	7.61	0.2+	31	377	108	2.4	62.7	4.6
Uber Brownie	1 serving	349	1202	55	14.3	0.659+	76	511	171	6.1	114.1	11.3
Blueberry Cheesecake Gyoza	1 serving	188	587	25.1	9.72	0.634+	51	211	88	1.7	46.4	6.3

Digital (Finger Food to Share)	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Bacon Wrapped Scallops						×	×	×	×		×		May contain traces of wheat
Calamari	×					×	×	×		×	×		May contain soy
Cheesy Garlic Bread						×		×		×			
Crab & Lobster Chowder							×	×		×	×	×	
Crackling Sirloin Steak Bites	×					×		×		×	×	×	
Deep Fried Pickles	×					×		×	×	×	×	×	
Hot Lobster Dunk	×					×	×	×	×	×	×	×	
Lodge Chips	×					×			×	×	×	×	
Sweet Chili Chicken Nachos	×					×		×	×	×			May contain traces of sulphites
Korean BBQ Beef Nachos	×				×	×		×		×	×		
miniMikes™		×		×	×	×		×	×	×			May contain traces of nuts & sesame
Panko Shrimp	×					×	×	×	×	×	×		May contain traces of sulphites
Pemberton Skins	×									×			
Poutine	×				×	×		×		×	×	×	May contain sesame, mustard
Shrimp Stuffed Shrooms		×				×	×	×		×	×		
Spinach & Artichoke Dip	×					×		×	×	×	×		
Sriracha Honey Panko Shrimp	×					×	×	×	×	×	×		May contain sulphites
Wings - Honey Garlic	×					×		×	×	×	×	×	May contain egg, milk, sulphites, & mustard
Wings - Hot	×					×		×	×	×	×	×	May contain traces of wheat & egg
Wings - Salt & Pepper	×					×		×	×	×	×	×	May contain traces of wheat & egg
Wings - Sriracha Honey Glazed	×					×		×	×	×	×	×	May contain traces of wheat, sulphites & mustard
Yam Fries	×								×	×		×	

Please note: Recipes and 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 "×" may have come in contact with these items during manufacturing or during the cooking process and cannot be guaranteed to be free of allergens. FD7649

Soups & Greens	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
BBQ Steak Salad	×	×				×		×		×	×	×	
Big Creek Grilled Chicken Salad	×	×				×			×	×	×	×	
Caesar Salad						×	×	×	×	×		×	
Cajun Chicken Cascadia Salad		×	×	×		×				×	×	×	May contain traces of peanuts
Cascadia Salad			×	×		×				×	×	×	May contain traces of peanuts
French Onion Soup					×	×		×	×	×	×		May contain traces of sesame, egg & sulphites
Garden Salad			×	×		×					×		May contain peanuts & tree nuts
Grilled Chicken Caesar Salad		×				×	×	×	×	×		×	
Kickass Chicken Salad	×		×	×		×				×	×	×	May contain peanuts
Lobster Avocado Salad						×	×			×	×	×	
Soup (Chowder) & Salad		×	×	×			×	×		×	×	×	May contain peanuts & tree nuts
Mikeburgers (sandwich only)	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Bacon Mikeburger		×				×		×	×	×		×	
Bacon Mushroom Mikeburger		×				×		×	×	×		×	
Classic Mikeburger		×				×		×	×	×		×	
Mushroom Mikeburger		×				×		×	×	×		×	
Sriracha Mikeburger	×	×				×		×	×	×	×	×	May contain sulphites
Bun Lovers (sandwich only)	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
8oz Sirloin Steak Sandwich		×				×		×		×		×	
Cajun Chicken Club	×	×		×	×	×		×		×	×	×	
Garden Burger		×		×	×	×		×	×	×	×	×	May contain tree nuts & sesame
Mikes Steak Sandwich		×				×		×		×		×	May contain tree nuts, sesame, & sulphites
Rib Eye Steak Dip		×				×		×	×	×	×		
Skookumchuck Chicken Burger	×	×		×	×	×		×	×	×	×	×	May contain tree nuts, sesame, & sulphites

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Our Steaks	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Filet 6oz	×	×						×		×	×	×	
New York 9oz	×	×						×		×	×	×	
Ragin' Cajun Rib Eye 12oz	×	×		×				×		×	×	×	May contain tree nuts
Rib Eye 12oz	×	×						×		×	×	×	
Top Sirloin 6oz, 8oz & 10oz	×	×						×		×	×	×	
Beef n' Reef	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Crabbin' Sirloin	×	×					×	×		×	×	×	
Oscar's Sirloin Lobster	×	×				×	×	×	×	×	×	×	May contain sulphites
Shrimp'n' Sirloin	×	×				×	×	×	×	×	×	×	
Sirloin & Cheesy Lobster Mac	×	×		×			×	×		×	×	×	May contain tree nuts
Sirloin & Sriracha Honey Shrimp	×	×				×	×	×	×	×	×	×	
Smuggler's Cove Sirloin	×	×					×	×		×	×	×	
Add-Ons	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Bairdi Snow Crab							×			×	×	×	
Cheesy Lobster Mac				×		×	×	×		×	×		May contain tree nuts & sulphites
Lobster Oscar						×	×	×	×	×	×		May contain sulphites
Panko Shrimp	×					×	×	×	×	×	×		
Panko Shrimp Sriracha Honey Glazed	×					×	×	×	×	×	×		May contain sulphites
Peppercorn Mushroom Sauce						×				×	×	×	
Sautéed Mushrooms						×				×	×	×	
Smuggler's Cove							×			×	×	×	

Please note: Recipes and 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 "×" may have come in contact with these items during manufacturing or during the cooking process and cannot be guaranteed to be free of allergens. FD7649

Casual Favourites	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
White Cheddar Mac N' Cheese				×		×		×		×	×		May contain tree nuts & sulphites
White Cheddar Mac N' Cheese (add Bacon)				×		×		×		×	×		May contain tree nuts & sulphites
White Cheddar Mac N' Cheese (add Cajan Chicken)		×		×		×		×	×	×	×	×	May contain tree nuts & sulphites
Bugaboo Ribs	×	×				×		×	×	×	×	×	
Cajun Chicken Breast		×				×							Only 8oz contains soy
Cajun Chicken Spaghetini		×		×		×		×		×	×	×	May contain tree nuts
China Town Stir Fry - Chicken					×	×		×	×		×		
China Town Stir Fry - Prawn					×	×	×	×	×		×		
Crispy Panko Shrimp Tacos	×	×	×	×		×	×	×	×	×	×	×	May contain traces of peanuts & tree nuts
Grilled Chicken Breast		×				×							Only 8oz contains soy
Grilled Chicken Quesadilla		×	×	×		×		×		×	×		May contain traces of peanuts & tree nuts
Oscar's Salmon Lobster						×	×	×	×	×	×	×	
Oven Roasted Salmon Filet							×	×		×	×	×	
Peppercorn Sirloin Pasta				×		×		×		×	×	×	May contain tree nuts
Seafood Spaghetini				×		×	×	×		×	×	×	May contain tree nuts & mustard
Smuggler's Cove Chicken		×				×	×			×	×		
Strips & Frites	×					×		×	×	×	×	×	May contain egg, milk, sulphites, & mustard
Teriyaki Chicken Bowl		×			×	×		×		×	×		
Thai Steak & Noodles		×			×	×		×	×		×		May contain egg & sulphites

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Sides	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Baked Potato (loaded)										×		×	
Baked Potato (plain)												×	
Coleslaw									×		×	×	
Double Stuffed Baked Potato										×		×	
Fries	×					×							May contain soy
Garlic Toast		×				×		×		×			
Gravy					×	×		×		×	×	×	May contain sesame & mustard
Lodge Chips	×					×			×	×	×	×	
Onion Rings	×							×		×			
Rice & Vegetable Pilaf										×	×		
Roasted Garlic Mashed Potatoes										×			
Yam Fries	×								×	×		×	
Kid's Meals	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Kid's Cheese Quesadilla w/ fries	×	×				×		×		×	×		May contain soy & sulphites
Kid's Cheese Quesadilla w/ veggies		×				×		×	×	×	×	×	May contain soy & sulphites
Kid's Chicken Tenders & Fries	×					×		×	×	×	×	×	May contain egg, milk, sulphites & mustard
Kid's Chicken Tenders & Veggies	×					×		×	×	×	×	×	May contain milk & sulphites
Kid's Mac & Cheese		×				×		×		×			
Kid's Steak & Fries	×	×				×						×	May contain soy
Kid's Pasta				×		×		×		×	×		May contain tree nuts & sulphites
Kid's Steak & Veggies		×							×	×		×	
Lil' Mikeburger & Fries or Veggies	×	×		×	×	×		×	×	×		×	May contain tree nuts & sesame
Kid's Ice Cream										×			
Kid's Churros & Chocolate	×			×		×		×	×				

Dessert	Deep Fried	Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Uber Brownie			×	×		×		×	×	×			May contain traces of peanuts
Churros & Chocolate	×		×	×		×		×	×	×	×		May contain peanuts, tree nuts, & sulphites
Mikes 'Oh My' Apple Pie			×	×				×	×	×			May contain traces of peanuts & tree nuts
Rocky Mountain Madness			×	×		×		×	×	×			May contain traces of peanuts
Sweet Blueberry Gyoza Bombs	×				×	×		×		×	×		May contain sesame & soy
Sticky Toffee Pudding Cake			×	×		×		×	×	×	×		May contain traces of peanuts & tree nuts