

Hands On (Starters)	Portion Size	Grams (gm)	Calories (kcal)	Total 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	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	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	4.9	0.508	5	1100	70.5	4.1	28.1	3.8
Deep Fried Pickles	1 serving	345	612	33.4	2.92	0.397	0	2829	66	5.6	11.7	9
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
Roman Table Bread	2- 4 servings	168	928	49.4	13.6	0.8	50.0	1801	83	5.4	10.1	29.9
Fresh Tomato Bruschetta Share	6 pieces	322	825	49	6.6	0.114	13	1238	74	4.3	7.8	15
Fresh Tomato Bruschetta Starter	4 pieces	215	548	32.4	3.98	0.069	8	813	50	2.9	5.3	10
Mushroom Bruschetta Share	6 pieces	401	796	38.6	8.5	0.17	16	2237	91	5.5	10.1	22
Mushroom Bruschetta Starter	4 pieces	284	550	26.9	5.6	0.112	11	1580	63	3.9	7.2	15.5
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	7
Hot Lobster Dunk	1 serving	303	792	42	16.7	0.5	134	1714	83	8.7	3	31

Soup & Greens	Portion Size	Grams (gm)	Calories (kcal)	Total 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	389	562	36.7	8	0.3	65	723	46	7.0	28.9	16.0
BBQ Steak Salad	1 serving	470	680	33.8	11	0.725	134	1525	44.5	4	23.7	50.9
Kickass Chicken Salad	1 serving	483	655	32.2	6	0.319	55	3883	51.5	6.7	24.6	30
French Onion Soup	350 ml	466	288	15	10	0.469	44	1471	17.7	1.8	10.3	19
Cascadia Salad (Full)	1 serving	235	457	33.6	6	0.3	15	400	37	4.4	29.6	6.2
Cascadia Salad (Half)	1/2 serving	131	266	19.7	5	0.3	15	276	20	2.2	15.9	4.6
Cascadia Salad with Cajun Chicken	1 serving	387	587	34.2	7	0.3	55	3761	37	4.4	29.6	23.3
Mikeburgers® (*Burger only)	Portion Size	Grams (gm)	Calories (kcal)	Total 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	14.8	0.25	135	1423	33.3	0.9	6.8	30.4
Bacon Mushroom Mikeburger	1 serving	453	951	72	17.1	0.25	143	1791	38.7	2.3	9.9	34.8
Bacon Mikeburger	1 serving	336	846	63.1	17.1	0.25	143	1552	35.5	1.5	8.1	31.9
Big Mike	1 serving	418	1002	99.0	43.0	5.00	349	1562	45.0	6.0	10.0	71.0
Lodge Burgers (*Burger only)	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Bourbon BBQ Lodge Burger	1 serving	618	1370	85.1	23.07	3.385	170	3015	99	5.8	28.4	48.6
Shroomanoff Lodge Burger	1 serving	591	1330	88.8	22.74	3.084	167	3181	86	5.8	27.5	47.2
Double Cheese Lodge Burger	1 serving	583	1247	82.0	28	3	199	2042	76	5	26	53.0
Bun Lovers (*Sandwich only)	Portion Size	Grams (gm)	Calories (kcal)	Total 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	4.4	0.57	107	838	42.2	1.3	3.6	43.5
Sir Loin Steak Sandwich	1 serving	290	635	21.7	5.7	0.41	133	579	42	1.3	3.7	60.8
Rib Eye Steak Dip	1 serving	525	928	72.6	20.4	0.00	97	2230	34	1.2	9.1	32.7

Bun Lovers (*Sandwich only)	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Chicken Parmesan Sandwich	1 serving	514	1037	54.0	8.0	1.00	67	2014	93	5.0	13.0	41.0
Skookumchuk Chicken Burger	1 serving	486	909	57	9.5	0.22	82	1611	52	3.9+	5.5	36.3
Garden Burger	1 serving	306	757	46.1	5.4	0.42	18	1095	74.3	5.6	10	14.6
Add Fries	280 grams	278	428	14.6	1.2	0.22	0	1316	68.6	5.6	0.0	5.6
Add Garden Salad	1/2 serving	150	111	5.3	0.7	0.00	0	164	14.3	2.5	9.8	2.8
Our Steaks <small>Values do not include choice of side or side vegetable</small>	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
6oz Top Sirloin <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	206	481	22.1	8.63	1.16	116	896	24	1.3	3.2	44.4
8oz Top Sirloin <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	250	582	26.3	10.1	0.9	149	1000	24	1.4	3.3	58.3
10oz Top Sirloin <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	297	700	32.4	11.7	1.117	182	1331	26	1.4	3.4	72.3
6oz Filet Mignon <small>(includes 65g Onion Rings and 2 bacon slices only)</small>	1 serving	312	630	29.4	9.01	0.726	146	1273	26	1.3	4.3	60.3
12oz Rib Eye <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	336	655	35.6	12.84	1.166	143	1185	24	1.4	3.3	59.6
16oz Rib Eye <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	422	794	42.1	15.81	1.3	186	1233	24	1.4	3.3	78.6
12oz Gaucho Rib Eye <small>(includes 90ml Chimichurri Sauce only)</small>	1 serving	354	858	66.5	14.57	0.612	127	2194	16	0.7	2.5	58.6
16oz Gaucho Rib Eye <small>(includes 90ml Chimichurri Sauce only)</small>	1 serving	439	997	73.1	17.28	0.816	170	2241	16	0.7	2.5	77.5
Beef N' Reef <small>Values do not include choice of side or side vegetable</small>	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Smuggler's Cove Sirloin <small>(includes 65g Onion Rings only)</small>	1 serving	423	796	44.6	21.84	1.935	264	2494	31	2.7	6.4	63.4
Oscar's Sirloin Lobster <small>(includes 65g Onion Rings only)</small>	1 serving	316	786	50.6	8.92	0.501	236	1168	27	1.8	4	51.7
Shrimpin' Sirloin <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	396	857	36.4	9.58	1.019	212	2114	67	3.3	18	61.0
Sriracha Shrimpin' Sirloin <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	426	1106	66.4	18.72	1.695	251	2445	62	2.8	14.3	60.9

Sirloin & Cheesy Lobster Mac <small>(includes 65g Onion Rings and 10ml Garlic Herb Butter)</small>	1 serving	587	1164	54.7	26.68	1.562	246	1886	80	3.3	8.2	79.2
Steak Sides	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Classic Baked Potato	1 each	233	342	17.8	10.63	0.644	47	107	37.8	3.3	2.8	8.3
Double Stuffed Baked Potato	1 each	238	370	12	5.92	0.276	24	794	54.3	7	2.3	12.1
Lodge Chips	1 serving	262	601	45.1	4.8	0.463	5	1671	48	3.7	10.5	3.5
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
Roasted Garlic Mashed Potatoes	225 grams	228	257	10	2.29	0.136	0	771	38	5	2.3	3.7
Seasonal Vegetables	120 grams	121	100	7.3	4.45	0.376	18	31	8.8	1.6	3	1.8
Garlic Toast	2 pieces	55	179	10	0.08	0	0	294	19.2	0.0	0.4	2.5
Add Ons	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Garlic Parmesan Fries	1 serving	457	975	59.7	6.3	1.26	7	2367	99	7.9	0.1	12.1
Oscar's Lobster Topper	1 serving	118	361	34.6	4.2	0.03	137	308	4.3	0.4	0.8	7.5
1 Dozen Panko Shrimp <small>(with cocktail sauce)</small>	12 pieces	190	375	14.3	0.9	0.28	96	1217	43.4	1.9	14.8	16.6
1 Dozen Honey Sriracha Shrimp <small>(with aioli)</small>	12 pieces	201	556	38	7.4	0.67	125	1366	35.4	1.4	8.1	16.5
Peppercorn'd Mushroom Sauce	1 serving	169	136	10.6	0.5	0.10	5	491	6.1	0.9	2.7	3.7
Garlic Sautéed Mushrooms	1 serving	117	104	8.9	0.0	0.00	0	239	3.3	0.9	1.8	2.8
Smuggler's Cove Topper	1 serving	216	358	28.2	17.1	1.46	168	2705	6	1.2	2.8	18.9
Cheesy Lobster Mac	1 serving	377	675	32.7	18.1	0.76	130	994	55	1.8	5	34.5
Casual Favourites	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
White Cheddar Mac N' Cheese	1 serving	666	1255	59.7	36.30	1.51	159	1635	111.2	3.8	10.1	57.9

White Cheddar Mac N' Cheese (add Cajun chicken)	1 serving	818	1386	60.3	36.45	1.51	200	3046	111.0	3.8	10.1	76
Bacon Mac N' Cheese	1 serving	684	1338	67.4	38.00	1.16	165	1793	113.7	4.0	10.3	59.2
Cheesy Lobster Mac	1 serving	766	1369	65.4	36.25	1.51	260	1988	113.0	3.8	10.1	69.7
China Town Stir Fry (Prawns)	1 serving	726	675	5.6	no info	0.00	224	3390	111.5	7.87	no info	38.57
China Town Stir Fry (Chicken)	1 serving	773	1207	31.8	8.49	0.32	126	4551	172.0	9.1	37.9	51.4
Teriyaki Chicken Rice Bowl	1 serving	793	849	20.1	4.32	0.32	40	2612	125.0	6	54.5	26.2
Coconut Crusted Cod incl. veg & jasmine rice	1 serving	737	1080	47.7	7.60	0.60	32	2665	127.0	6.5	24.1	41.5
Fettucine Pomodoro	1 serving	641	650	35.3	18.80	1.01	77	922	45.0	5.5	12.4	25
Cajun Chicken Fettuccine Pomodoro	1 serving	796	892	50.4	27.55	1.65	178	3497	45.0	5.5	12.5	52
Seafeast Fettuccine	1 serving	732	797	42.9	13.60	0.56	266	1776	44.0	1.9	7.5	51.9
Smuggler's Cove Chicken incl. jasmine rice	1 serving	570	737	28.8	17.26	1.46	205	2819	66.0	1.3	3.1	40.2
Peppercorn Sirloin Pasta	1 serving	784	1193	55.2	15.18	0.69	134	2246	109.9	5.4	7.3	58.5
Bugaboo Ribs	1 serving	741	1494	91.9	20.00	1.01	188	3031	114.7	4.8	42.6	54.5
- Add A Rack	1 each	267	629	49.9	17.33	0.53	184	155	0.0	0.0	0.0	45.3
Tenders & Fries	1 serving	498	1066	64	6.00	0.80	84	2346	91.0	9.1	30.3	40.6
Lunch	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Cajun Chicken Fettuccine Pomodoro - lunch with salad	1 serving	543	562	31.3	14.66	0.83	89	1946	37	5.2	16	28.7
White Cheddar Mac N' Cheese with salad	1 serving	485	751	36.1	19.44	0.79	82	1014	70	4.4	14.8	32.7
China Town Stir Fry (Chicken)	1 serving	387	603	15.7	4.10	0.15	63	2276	86	4.6	19	25.8

<i>*include Tomato Bisque Soup</i>	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
*Bacon White Bread Grilled Cheese	1 serving	397	1143	74.5	28.84	2.10	168	2468	82	6.6	22.4	37.0
*Big Cheese Grilled Cheese	1 serving	339	976	65.1	27.43	1.96	149	1722	74	6.2	21.4	24.3
*Steakhouse Style Grilled Cheese	1 serving	372	1453	103.3	45.04	1.87	236	1811	74	6.3	21.6	55.5
*The Italian Job Grilled Cheese	1 serving	414	1124	76.7	30.17	2.01	162	1799	77	7	22.9	27.8
Add Cheesy Decker Bacon	Add	80	308	19.2	11.51	1.00	47	426	24	1.0	2	9.1
Add Cheesy Decker Big Cheese	Add	80	313	20.4	12.64	0.94	54	426	23	1.0	2	9.1
Add Cheesy Decker Steakhouse	Add	80	305	19.0	11.77	0.90	52	326	23	1.0	2	10.4
Add Cheesy Decker Italian Job	Add	80	305	18.8	13.24	0.97	58	384	23	1.0	2	10.4
Bowls	Portion Size	Grams (gm)	Calories (kcal)	Total Fat (gm)	SFA (gm)	FA Trans (gm)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (gm)	Dietary Fiber (gm)	Sugars (gm)	Protein (gm)
Butter Chicken Bowl	1 serving	647	1186	55.8	19.73	1.173	102	3961	125	10	23.7	44.2
Crispy Chicken Potsticker Bowl	1 serving	434	1199	53.6	5.98	0.213	44	3546	164	11.0	37.0	23.3
Kid's Meals	Portion Size	Grams (gm)	Calories (kcal)	Total 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	0.50	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	3.6	0.43	101	383	2.0	0.1	0.2	36.5
Lil' Mikeburgers	1 serving	244	707	40.7	10.68	0.12	110	1472	53.3	0.7	6.4	28.9
Kid's Quesadilla	1 serving	88	322	19.6	12	0.60	50	496	21.2	2.2	0.0	17.8
Add Fries	155 grams	167	338	19.7	1.53	0.40	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	0.06	4	645	78	4.3	8.5	14.3

Desserts	Portion Size	Grams (gm)	Calories (kcal)	Total 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	0.76	111	399	93	4.2	70.9	8.8
Sticky Toffee Pudding Cake	1 serving	181	559	25.38	16	0.20	112	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	0.10	56	9.89	38.95	1	24.61	3.245
Uber Brownie	1 serving	349	1202	55	14.3	0.66	76	511	171	6.1	114.1	11.3
New York Cheesecake	1 serving	247	690	47.7	28.13	1.76	226	434	56	1.9	39.6	11.3
The Junkbowl 5000 (4 servings)	per serving	222	417	21.2	9.08	0.55	77	246	53	1.3	35.7	5.1

Hands On	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
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	
miniMikes™		X		X	X	X		X	X	X		X	May contain traces of nuts & sesame.
Mushroom Bruschetta				X	X		X	X	X	X	X	X	May contain tree nuts and sesame
Panko Shrimp	X					X	X	X	X	X	X		May contain traces of sulphites.
Potato Skins	X									X			
Poutine	X				X	X		X		X	X	X	May contain sesame, mustard.
Roman Table Bread						X		X		X	X		
Shrimp Stuffed Shrooms		X				X	X	X		X	X		
Spinach & Artichoke Dip	X		X	X	X	X	X	X	X	X	X	X	May contain soy, seafood, peanuts , tree nuts egg, mustard, sesame.
Sriracha Honey Panko Shrimp	X					X	X	X	X	X	X		May contain sulphites.
Tomato Bruschetta					X	X		X	X	X			May contain soy and sesame seeds
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.

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.

Wings - Sriracha Honey Glazed	X					X		X	X	X	X	X	May contain traces of wheat, sulphites & mustard.
Yam Fries	X								X	X		X	
Eat Green	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
BBQ Steak 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	X	May contain peanuts.
Lobster Avocado Salad						X	X			X	X	X	
Bowls	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Butter Chicken Bowl		X	X	X		X		X		X	X		May contain tree nuts and peanuts
Crispy Chicken Potsticker Bowl	X				X	X		X	X		X		
Soup of Today													Please confirm with server based on selection of the day
Mikeburgers (sandwich only)	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Bacon Mikeburger		X				X		X	X	X		X	
Bacon Mushroom Mikeburger		X				X		X	X	X		X	

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Classic Mikeburger		X				X		X	X	X		X	
Mushroom Mikeburger		X				X		X	X	X		X	
Big Mike		X				X		X	X	X		X	
Lodgeburgers (sandwich only)	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Bourbon BBQ		X			X	X		X	X	X	X	X	May contain sesame
Shroomanoff		X		X	X	X	X	X	X	X	X	X	May contain tree nuts and sesame
Double Cheese		X			X	X		X	X	X		X	May contain sesame
Nice Buns (sandwich only)	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
8oz Sir Loin Steak Sandwich		X				X		X		X		X	
Chicken Parmesan Sandwich	X							X	X	X	X	X	May contain eggs, milk, sulphites, mustard
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	X	May contain tree nuts, sesame, & sulphites.
Our Steaks	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Filet 6oz	X	X						X		X		X	
Gaucha Rib Eye 12oz - 16 oz	X	X								X		X	
Rib Eye 12oz - 16 oz.	X	X						X		X		X	
Top Sirloin 6oz, 8oz & 10oz	X	X						X		X		X	

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Beef n' Reef	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
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	May contain sulphites.
Sirloin & Cheesy Lobster Mac	X	X		X		X	X	X		X	X	X	May contain tree nuts and sulphites
Sirloin & Sriracha Honey Shrimp	X	X				X	X	X	X	X	X	X	May contain sulphites.
Smuggler's Cove Sirloin	X	X					X	X		X		X	
Add-ons	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Cheesy Lobster Mac				X		X	X	X		X	X		May contain tree nuts & sulphites.
Garlic Parmesan Fries	X									X			
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		
Casual Favourites/Entrees	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
White Cheddar Mac n Cheese				X		X		X		X	X		May contain tree nuts & sulphites.
White Ched Mac n Cheese add Bacon				X		X		X		X	X		May contain tree nuts & sulphites.
White Ched Mac n Chs add Caj Chicken		X		X		X		X	X	X	X	X	May contain tree nuts & sulphites.

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Casual Favourites/Entrees	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
White Ched Mac N Chs add Lobster				X		X	X	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							
Cajun Chicken Fettuccine								X		X			
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.
Coconut Crusted Cod	X		X	X	X	X	X	X	X	X	X		May contain traces of peanuts & tree nuts.
Grilled Chicken Breasts		X											
Grilled Chicken Quesadilla		X	X	X		X		X		X	X		May contain traces of peanuts & tree nuts.
Peppercorn Sirloin Pasta				X		X		X		X	X	X	May contain tree nuts.
Prairie Perogy Platter	X				X	X	X	X	X	X	X	X	May contain sesame, mustard, seafood, eggs.
Seafeast Fettuccine			X	X		X	X	X	X	X	X		May contain tree nuts & peanuts
Smuggler's Cove Chicken		X				X	X			X	X		
Tenders and Fries	X					X		X	X	X	X	X	May contain egg, milk, sulphites, & mustard.
Teriyaki Chicken Bowl		X			X	X		X		X	X		
Grilled Cheese	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Bacon White Bread Grilled Cheese		X	X	X		X	X	X		X	X		May contain traces of peanuts & tree nuts.
Big Cheese Grilled Cheese		X	X	X		X	X	X		X	X	X	May contain traces of peanuts & tree nuts.

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Steakhouse Style Grilled Cheese		X	X	X		X	X	X		X	X	X	May contain traces of peanuts & tree nuts.
The Italian Job Grilled Cheese		X	X	X		X	X	X		X	X	X	May contain traces of peanuts & tree nuts.
Add Cheesy Decker Bacon		X	X	X		X	X	X		X	X		May contain traces of peanuts & tree nuts.
Add Cheesy Decker Big Cheese		X	X	X		X	X	X		X	X	X	May contain traces of peanuts & tree nuts.
Add Cheesy Decker Steakhouse		X	X	X		X	X	X		X	X	X	May contain traces of peanuts & tree nuts.
Add Cheesy Decker Italian		X	X	X		X	X	X		X	X	X	May contain traces of peanuts & tree nuts.
Sides	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	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			
Roasted Garlic Mashed Potatoes										X			
Yam Fries	X								X	X		X	

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Kids Meals	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	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 Pasta						X		X		X			May contain sulphites
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	Deep Fried	Cooked Broiler/Grill	Peanuts	Tree Nuts	Sesame	Soy	Seafood	Wheat	Eggs	Milk	Sulphites	Mustard	Comments
Uber Brownie			X	X		X		X	X	X			May contain traces of peanuts.
New York Cheesecake			X	X		X		X	X	X			May contain 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.
The Junk Bowl 5000			X	X		X		X	X	X	X		May contain traces of peanuts & tree nuts.

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