



# CASEY'S ALLERGEN GUIDE



	Corn	Dairy / Lactose	Eggs	Fats / Oils (animal)	Fish or Seafood	Mustard	Sulphites	MSG	Peanuts	Soy Beans	Nuts & Seeds	Oils & Extracts	Wheat / Gluten
<b>PASTA AND BOWLS</b>													
9 Vegetable Linguine	✓	✓					✓			✓	✓	✓	✓
Cashew Chicken Stir Fry	✓		✓	✓			✓			✓	✓	✓	✓
Chicken Penne (no garlic bread)	✓	✓		✓			✓			✓	✓	✓	✓
Louisiana Jambalaya (no garlic bread)	✓	✓		✓	✓		✓			✓	✓	✓	✓
Pad Thai – Chicken	✓		✓	✓	✓		✓		✓	✓	✓	✓	
Pad Thai – Shrimp	✓		✓	✓	✓		✓		✓	✓	✓	✓	
Pad Thai – Vegetable	✓		✓		✓		✓		✓	✓	✓	✓	
Seafood Pappardelle	✓	✓	✓		✓		✓			✓	✓	✓	✓
Singapore Street Noodle	✓		✓	✓			✓			✓	✓	✓	✓
<b>BURGERS (NO SIDE DISH)</b>													
Bacon and Cheese Burger		✓	✓	✓			✓			✓	✓	✓	✓
Bison Burger		✓	✓	✓	✓		✓			✓		✓	✓
Burger <sup>2</sup>		✓	✓	✓			✓			✓	✓	✓	✓
Butcher Block Burger		✓	✓	✓			✓			✓	✓	✓	✓
Grilled Vegetable Burger	✓	✓	✓				✓			✓	✓	✓	✓
Memphis BBQ	✓	✓	✓	✓			✓			✓	✓	✓	✓
Mushroom Brie		✓	✓	✓								✓	✓
The Big Cheese Burger		✓	✓	✓			✓			✓	✓	✓	✓
Turkey Burger		✓	✓	✓			✓			✓	✓	✓	✓
West Coast Burger		✓	✓	✓		✓	✓			✓	✓	✓	✓
<b>SANDWICHES (NO SIDE DISH)</b>													
Chicken Tacos	✓	✓		✓			✓			✓	✓	✓	✓
Club Sandwich	✓	✓	✓	✓						✓	✓	✓	✓
Pulled Pork Grilled Cheese	✓	✓	✓	✓			✓			✓	✓	✓	✓
Stacked Sandwich	✓	✓	✓	✓			✓			✓	✓	✓	✓
Steak Sandwich	✓	✓	✓	✓			✓			✓	✓	✓	✓
<b>STEAKS</b>													
12oz New York	✓	✓		✓						✓		✓	
8oz Sirloin with Mushrooms, Blue Cheese, and Peppercorn Sauce	✓	✓		✓			✓			✓		✓	

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<b>RIBS AND CHICKEN</b>													
½ Rack and Rotisserie Chicken – a la carte	✓	✓		✓		✓	✓	✓		✓	✓	✓	✓
Buffalo Chicken Strips(no sides)–with Medium Sauce		✓	✓	✓						✓		✓	✓
Chicken Quesadilla	✓	✓		✓			✓			✓		✓	✓
Classic Chicken Wings – no dip or veggies	✓	✓	✓	✓						✓		✓	
Crispy Chicken Strips (no sides)	✓	✓		✓						✓		✓	✓
Dusted Chicken Wings – no dip or veggies	✓		✓	✓						✓		✓	✓
Ribs – a la carte	✓	✓		✓	✓	✓				✓	✓	✓	✓
Rotisserie Chicken – a la carte	✓	✓		✓				✓		✓		✓	✓
<b>KIDS MENU</b>													
Kids Pasta with Butter		✓					✓			✓	✓	✓	✓
Kids Pasta with Tomato Sauce		✓					✓			✓	✓	✓	✓
Kids Chicken Strips	✓	✓		✓						✓		✓	✓
Kids Fish & Chips	✓	✓	✓		✓					✓	✓	✓	✓
Kids Burger and Fries		✓	✓	✓			✓			✓	✓	✓	✓
Kids Grilled Chicken Strips and Fries	✓			✓						✓		✓	
Kids Nachos	✓	✓										✓	
Kids Vegetable Stir Fry	✓		✓	✓			✓			✓	✓	✓	✓
Kids Vanilla Ice Cream with Gummie Worms		✓					✓		✓	✓	✓	✓	
Kid's Apple Slices and Caramel Sauce	✓	✓					✓						
Kids Peanut Butter Chocolate Ice Cream with Gummie Worms		✓					✓		✓	✓	✓	✓	
<b>DESSERTS (ALL INCLUSIVE)</b>													
Mini Strawberry Shortcake	✓	✓	✓										✓
Mini Cinnamon Sugar Donut Hole Sundae	✓	✓	✓				✓		✓	✓	✓	✓	✓
Mini Dessert Nachos	✓	✓	✓				✓		✓	✓	✓	✓	✓
Mini Cheesecake Trio	✓	✓	✓				✓		✓	✓		✓	✓
Apple Mary	✓	✓					✓		✓	✓	✓		✓
Chocolate Cake	✓	✓								✓		✓	✓
Cinnamon Sugar Donut Holes	✓	✓	✓				✓			✓		✓	✓
Dessert Nachos	✓	✓					✓			✓		✓	✓
Pecan Pie	✓	✓	✓						✓	✓	✓		✓
Ice Cream – Vanilla		✓							✓	✓	✓		
Ice Cream – Peanut Butter Chocolate		✓							✓	✓	✓	✓	

**NOTE:**

- (a) Our nutritional and allergen information is based upon data received from suppliers.
- (b) Serving sizes can vary, and ingredient substitution is possible.
- (c) Calculations are based on the nutritional and allergen data as of the date of this posting only.
- (d) Software used to compile the data for a particular dish from all the ingredients' data has inherent errors.
- (e) Limited time specials may not be included in the table.
- (f) All fried products may contain one or all of the allergens in this table as the fryer oil can be a source of cross-contamination of allergens.

**ALSO NOTE:**

If you or anyone in your party joining us have allergies, or are sensitive to any ingredients, please advise your server. In addition, we cannot guarantee that our restaurants and dishes will be 100% free of peanuts – a food item that can cause severe reactions for some people



. † Health Check™ item. The Heart and Stroke Foundation's registered dietitians have reviewed these menu items to ensure they meet the specific nutrient criteria developed by the Health Check TM program based on the recommendations in Canada's Food Guide. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program. See [healthcheck.org](http://healthcheck.org)



# CASEY'S NUTRITION GUIDE



## HEALTH CHECK



	Portion (g)	Calories (cal)	Fat (g)	Saturated Fat(g)	Protein (g)	Carbohydrate (g)	Fibre (mg)	Sugars (g)	Cholesterol (g)	Sodium (mg)
Thai Tenderloin Salad (1 oz dressing)	549	410	6	2.5	32	56	7	21	70	660
Cedar Plank Salmon (plain baked potato, steamed vegetables)	425	610	30	6	44	47	5	8	95	470
Pineapple Mahi Mahi (plain baked potato, steamed vegetables)	454	370	2.5	0.5	41	48	6	9	140	680
8 oz. Sirloin (plain baked potato, steamed vegetables)	619	610	12	5	59	66	7	0	125	390
Kids Grilled Chicken Strips	488	390	26	1.5	22	20	6	9	0	910
House Salad with Shrimp	512	320	22	6	13	21	6	9	125	660
House Salad with Beef	522	430	23	5	38	22	6	9	80	360
House Salad with Chicken	520	290	14	1	22	21	6	9	0	700

## SOUPS

Roasted Red Pepper Soup	386	320	25	15	4	20	5	14	80	1460
French Onion Soup	397	200	11	6	12	13	1	4	25	910

## STARTERS & SHARE PLATES

Pulled Pork Flatbread	319	840	43	24	47	64	2	25	85	1310
Smokin' Cajun Chicken Flatbread	408	1130	77	34	32	76	7	14	150	3990
Grilled Vegetable Flatbread	418	670	45	17	21	51	5	9	75	1980
Fiesta Nachos with dips	1108	2060	102	47	71	221	23	29	190	7060
Sweet Potato Fries with dip	320	1020	80	7.5	7	69	8	19	60	1470
Spinach & Artichoke dip - no bread or chips	227	680	61	23	15	15	0	0	115	1140
Tornado Potato with dips	565	1330	114	15	13	68	5	7	190	850
All Dressed Cheesy Garlic Bread (large)	579	1390	95	58	49	88	6	7	260	2160
All Dressed Cheesy Garlic Bread (small)	289	690	47	29	24	44	3	4	130	1080
Poutine	457	720	36	2.5	23	71	7	0	50	2150
Sweet & Spicy Chicken Bites	545	890	39	2.5	69	67	5	16	170	2660
Asian Calamari	413	1040	59	6	37	122	7	9	330	2480

## SALADS

Thai Tenderloin Salad	590	740	34	11	40	71	6	17	105	1260
Spinach Salad with Grilled Shrimp	391	650	50	11	23	31	6	10	405	1530
Spinach Salad with Grilled Shrimp – no Shrimp	326	620	48	11	16	31	6	10	310	1090
Caesar Salad	212	230	12	6	17	16	4	3	40	1120
Caesar Salad with Chicken	419	760	65	13	31	9	4	4	155	1830
Cobb Salad – no dressing	657	520	29	16	43	14	4	9	365	1090
Buttermilk Chicken Strip Salad	673	1200	63	7	53	108	12	18	0	5130

## FISH

Pineapple Mahi Mahi with rice	457	420	9	1	42	46	6	7	140	2240
Cedar Plank Salmon with rice	640	1010	39	9	51	117	4	9	100	1260
Fish & Chips (single) with slaw and tartar	716	1080	53	5	37	115	11	10	125	3150

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	Serving Size (g)	Energy (calories)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)	Fibre (mg)	Sugars (g)	Cholesterol (g)	Sodium (mg)
<b>PASTA &amp; BOWLS</b>										
Seafood Pappardelle	861	1280	62	23	62	123	11	19	395	2730
Chicken Penne (no garlic bread)	474	900	31	5	56	96	6	13	110	1140
Singapore Street Noodle	780	530	11	1	37	69	6	8	315	2490
Cashew Chicken Stir Fry	809	1380	60	6	64	153	13	31	120	1150
Nine Vegetable Linguine (no garlic bread)	661	1180	80	15	32	93	13	12	100	1260
Louisiana Jambalaya (no garlic bread)	774	1160	68	13	47	86	6	13	240	2350
Pad Thai – Vegetable	661	740	23	4.5	36	102	8	42	215	2040
Pad Thai – Chicken	718	810	21	4	62	99	8	42	310	2140
Pad Thai – Shrimp	718	720	20	4	40	99	8	42	380	2810
Side garlic bread	67	170	9	6	4	19	1	1	30	230
<b>BURGERS (NO SIDE DISH)</b>										
Burger <sup>2</sup>	770	1770	120	56	89	76	3	6	355	2530
Turkey	416	680	31	12	57	44	4	6	145	200
Bacon & Cheese	563	1020	60	28	52	67	5	9	180	1990
Butcher Block	519	840	46	20	41	66	5	9	140	1200
The Big Cheese	633	1290	86	43	69	68	5	9	255	2380
Memphis BBQ	456	890	52	22	47	59	3	15	190	2070
Bison Burger	389	680	34	18	46	48	3	17	195	1780
West Coast	433	920	57	22	44	60	4	5	145	1630
Grilled Vegetable	397	460	17	4.5	23	54	8	7	15	1390
Mushroom and Brie	440	900	58	26	46	47	2	3	230	2320
<b>SANDWICHES (NO SIDE DISH)</b>										
Stacked Sandwich	470	840	47	18	54	51	4	14	220	1360
Club Sandwich	468	1040	63	22	51	72	8	8	150	2380
Steak Sandwich	259	670	36	12	66	19	1	2	200	590
Pulled Pork Grilled Cheese	408	1130	64	30	67	64	5	11	115	1030
Chicken Tacos	377	560	33	4	37	32	4	13	95	900
Chicken Quesadilla with dips	463	910	45	27	61	67	7	11	210	1770
<b>STEAKS</b>										
8oz Sirloin topped with Mushrooms, Blue Cheese and Peppercorn Sauce	460	500	20	9	63	15	4	7	145	1690
12 oz. New York	350	540	30	13	60	1	0	0	180	530
16 oz. Ribeye	464	970	44	19	134	1	0	0	310	640

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<b>RIBS &amp; CHICKEN</b>										
Full Rack of Ribs	453	1460	113	40	89	16	2	6	425	2600
½ Rack of Ribs	227	730	57	20	45	8	1	3	210	1300
½ Rack of Ribs & Rotisserie Chicken	1024	940	75	26	50	16	5	8	150	3490
½ Rack & Chicken Wing	681	1240	98	28	68	55	2	6	175	1520
Half Rotisserie Chicken	340	750	42	12	86	5	0	5	360	1250
¼ Rotisserie Chicken (Breast)	170	310	13	4	45	2	0	2	150	570
¼ Rotisserie Chicken (Leg)	142	360	24	7	34	2	0	2	175	570
Crispy Chicken Strips	268	620	34	2	59	20	1	2	155	1150
Buffalo Chicken Strips	311	730	47	10	59	20	1	2	190	1310
Classic Chicken Wings 1 lb. – no dip or vegetables	468	1130	82	18	77	14	1	4	420	360
Dusted Chicken Wings 1 lb.– no dip or vegetables	496	1210	82	18	80	33	2	5	420	1320
Classic Chicken Wings 2 lb. – no dip or vegetables	573	1330	94	22	96	17	1	5	525	450
Dusted Chicken Wings 2 lb.– no dip or vegetables	630	1500	94	22	101	55	3	7	525	2370
<b>SIDES</b>										
Apple Beer Sauce – 2oz	60	100	0.5	0.4	0.4	24	1	21	0	55
Baked Potato with sour cream and green onions	342	410	12	3	9	66	7	5	15	280
Balsamic Dressing	67	220	25	1.5	0	4	0	3	0	410
Balsamic Fig Dressing	60	120	1.5	0.1	0.3	26	3	23	0	125
Caesar Dressing	60	280	29	2.5	3	2	0	0	75	310
Chipotle BBQ	60	80	0.2	0	1	20	1	15	20	240
Coleslaw	90	50	2	0	1	8	2	4	0	230
Double Shot Bar-B-Q Sauce	60	120	0	0	1	28	0	26	0	340
Fries	255	680	45	2.5	8	61	13	3	0	640
Gravy (Beef)	85	30	0.5	0.4	1	4	0	0	0	430
Honey BBQ	60	70	0.3	0	1	16	1	11	0	650
Hot Wing Sauce	60	170	18	11	0	3	0	0	45	1060
Jerk	60	80	1	0.1	1	22	1	2	0	790
Korean BBQ	60	110	3.5	0.4	2	18	0	16	0	540
Medium Wing Sauce	60	170	18	11	0	2	0	0	45	1030
Mild Wing Sauce	68	119	0.1	0	0.3	27	1	24	0	680
Naan Bread for Dips	184	460	7	0.8	16	82	2	4	0	960
Nacho Chips for Dips	80	263	8	0.5	6	43	3	0	0	685
Passion Fruit	60	150	0.1	0	0.1	39	0	24	0	160
Pearl Pasta and Rice Medley	170	170	1	0.1	5	34	4	0	0	1360
Peppercorn sauce	58	35	2	0.5	1	3	0	1	5	260
Piri Piri	60	100	10	2.5	0.3	3	0	1	5	530
Poppy Seed Dressing	60	320	32	4.5	1	7	0	7	25	190
Ranch Dressing	58	300	31	5	1	3	0	2	15	570
Rice Pilaf	224	470	6	2.5	12	98	4	4	10	1010
Side Loaf	88	130	1.5	0.3	4	25	2	0	0	350
Side Salmon	222	440	28	6	39	7	0	6	95	1270
Smokin' Cajun Dip	65	260	27	4.5	2	2	0	2	60	340

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<b>KIDS' MENU</b>										
Kid's Vegetable Stir fry	288	420	19	1	9	55	5	33	95	550
Kid's Nachos - a la carte	201	460	21	10	0	52	5	4	40	1350
Kid's Fries	113	300	20	1	4	27	6	1	0	290
Kid's Salad - no dressing	227	45	0	0	2	10	3	6	0	20
Kid's Rice	224	470	6	2.5	12	98	4	4	10	1010
Kid's Carrots and Celery - no dip	113	35	0	0	1	8	2	4	0	70
Kids Fish (Fried) - 1 piece a la carte	241	150	5	0.5	17	8	4	4	55	390
Kid's Pasta with Tomato Sauce	165	330	16	1	17	29	1	5	30	760
Kid's Pasta with Butter	235	280	6	3	8	47	3	6	10	560
Kid's Strips - a la carte	178	430	28	17	7	41	2	2	70	115
Kid's Burger - a la carte	178	400	17	1	27	35	0	26	70	1030
Kid's Grilled Chicken Strips - a la carte	247	770	45	20	20	55	3	5	150	640
Kid's Peanut Butter Chocolate Ice Cream with Gummie Worms	101	180	7	3	2	27	1	20	10	35
<b>DESSERT</b>										
Mini Strawberry Shortcake (all inclusive)	100	190	4.5	2	3	36	0	2	45	80
Mini Peanut Butter Sundae (all inclusive)	135	410	19	8	6	57	3	41	55	190
Mini Cinnamon Sugar Donut Holes Sundae	176	480	18	8	4	78	1	52	30	420
Mini Dessert Nachos Sundae	191	680	38	5	3	84	2	64	20	190
Mini Cheesecake Trio	182	610	44	27	11	44	1	37	210	550
Apple Mary (all inclusive)	746	1080	33	19	11	194	14	132	90	40
Chocolate Cake (all inclusive)	421	1670	78	25	17	231	8	162	145	1440
Cinnamon Sugar Doughnut Holes	329	1740	59	32	11	295	3	192	35	1570
Dessert Nachos	516	1650	49	10	7	303	4	209	60	600
Pecan Pie	436	830	53	23	2	86	4	54	115	630
Ice Cream – Vanilla	85	80	4	1.5	1	12	0	9	15	35
Ice Cream – Peanut Butter Chocolate	85	130	7	3	2	15	1	11	10	30
Chocolate sauce	56	280	14	11	2	41	0	27	0	110
Strawberry sauce	56	120	0	0	0	28	0	28	0	0
Caramel Drizzle	67	170	7	4	0	29	0	29	25	5

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† Denotes Health Check™ item. Each menu item identified with the Health Check™ symbol has been reviewed by the heart and Stroke Foundation's™ registered dietitians to ensure they meet the specific nutrient criteria developed by the health Check program based on recommendations in *Canada's Food Guide*. A fee is paid by each participating restaurant to help cover the cost of this voluntary, not-for-profit program.  
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