The Classics
Hand Battered MSc Certified Fish & Chips $10/990 cals
Hot Italian Style Sandwiches on Local Bun
Hand Breaded Chicken Parmesan $8.5/550 cals
Hand Breaded Eggplant Parmesan $7.5/460 cals
Hand Made Halal Beef Meatball $8.5/620 cals
Sausage $8.5/620 cals
Chicken Fingers (w/ Sauce & Fresh Cut Fries) $8/970-990 cals
Extra Sauce (plum, sweet & sour, hot & spicy, honey mustard) $1/120-140 cals

Burgers
Hamburger $6/480 cals
Cheeseburger $7/540 cals
Bacon Cheeseburger $8/570 cals
Upgrade any burger to a Beyond Meat patty $1.5/280 cals
Toppings: ketchup, mustard, relish, mayo, lettuce, tomato, onion, pickle, jalapeño

Pizza
Chef's Signature Selections
Margherita $9/1040 cals
Five Cheese $10/1520 cals
Prosciutto & Arugula $10/1320 cals
Spicy Italian Sausage and Rapini $10/1360 cals
Create Your Own Pizza
Crust & Sauce $7.5/460 cals
Pick Your Meats $1 each
Pepperoni, Ham, Bacon, Halal Grilled
Chicken, Halal Beef Meatballs, Anchovies 110-260 cals
Pick Your Veggies
Green pepper, Mushroom, Onion, $1 each
Zucchini, Broccoli, Spinach, Arugula, 10-30 cals
Pineapple, Black Olives
Pick Your Cheeses
Smoked Cheddar, 1894 Oka, Mozzarella, $1.5 each
Ricotta, Bocconcini, Parmesan 240-480 cals

Spuds & Things
Fresh Cut Fries $3.5/770 cals
Poutine $7.5/1040 cals
Onion Rings $5/530 cals
Nachos (w/ black bean pico do gallo & sour cream) $10/470 cals
Add Chicken or Beef $1.5/110-260 cals

Add fresh cut fries and a 16oz fountain drink to your burger or sandwich for just $3.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.
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### Drink Menu

<table>
<thead>
<tr>
<th>Drink</th>
<th>Size (ML)</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coca Cola</td>
<td>591ML</td>
<td></td>
<td>$2.49/240 Cals</td>
</tr>
<tr>
<td>Monster Energy</td>
<td>473ML</td>
<td></td>
<td>$4.29/210 Cals</td>
</tr>
<tr>
<td>Vitamin Water</td>
<td>591ML</td>
<td></td>
<td>$2.99/0-120 Cals</td>
</tr>
<tr>
<td>Minute Maid</td>
<td>500ML</td>
<td></td>
<td>$2.89/0-380 Cals</td>
</tr>
<tr>
<td>Minute Maid OJ</td>
<td>591ML</td>
<td></td>
<td>$2.89/370 Cals</td>
</tr>
<tr>
<td>Powerade</td>
<td>591ML</td>
<td></td>
<td>$3.79/130 Cals</td>
</tr>
<tr>
<td>Dasani</td>
<td>591ML</td>
<td></td>
<td>$2.49/0 Cals</td>
</tr>
<tr>
<td>Evian</td>
<td>500ML</td>
<td></td>
<td>$2.25/0 Cals</td>
</tr>
<tr>
<td>Smartwater</td>
<td>591ML</td>
<td></td>
<td>$3.09/0 Cals</td>
</tr>
<tr>
<td>Nestea</td>
<td>500ML</td>
<td>$2.89/130-160 Cals</td>
<td></td>
</tr>
<tr>
<td>Nestea Cool Zero</td>
<td>500ML</td>
<td>$2.89/0-170 Cals</td>
<td></td>
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<tr>
<td>Gold peak</td>
<td>547ML</td>
<td>$2.99/0-270 Cals</td>
<td></td>
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<tr>
<td>FreeStyle 16oz</td>
<td>16oz</td>
<td>$2.19/0-200 Cals</td>
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</tr>
<tr>
<td>FreeStyle 24oz</td>
<td>24oz</td>
<td>$2.59/0-290 Cals</td>
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</tr>
<tr>
<td>FreeStyle 32oz</td>
<td>32oz</td>
<td>$2.79/0-440 Cals</td>
<td></td>
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