**The Classics**

- Hand Battered MSc Certified Fish & Chips: $10.00/990 cals
- Hot Italian Style Sandwiches on Local Bun
  - Hand Breaded Chicken Parmesan: $8.50/550 cals
  - Hand Breaded Eggplant Parmesan: $7.50/460 cals
  - Italian Sausage: $8.50/620 cals
- Chicken Fingers (w/ Sauce & Fresh Cut Fries): $8.00/970-990 cals
- Extra Sauce (plum, Spicy Thai, BBQ, honey mustard): $1.00/120-140 cals

**Burgers**

- Hamburger: $6.30/480 cals
- Cheeseburger: $7.35/540 cals
- Bacon Cheeseburger: $8.40/570 cals
- Upgrade any burger to a Lightlife patty: $2.10/280 cals

Toppings: Ravens burger sauce, ketchup, mustard, relish, mayo, lettuce, tomato, onion, pickle, jalapeño, hot sauce, BBQ sauce

Add fresh cut fries and a 16oz fountain drink to your burger or sandwich for just $3.60.

**Pizza**

**Chef's Signature Selections**

- Margherita: $9.00/1040 cals
- Five Cheese: $10.00/1520 cals
- Create Your Own Pizza
  - Crust & Sauce: $7.60/460 cals
  - Pick Your Meats: $2.00 each
    - Pepperoni, Ham, Bacon, Halal Grilled Chicken, Halal Ground Beef, Italian Sausage, Prosciutto
  - Pick Your Veggies: $1.00 each
    - Green pepper, Mushroom, Onion, Spinach, Pineapple, Black Olives, Jalapeno, Tomato
  - Pick Your Cheeses: $1.60 each
    - Smoked Cheddar, Oka, Mozzarella, Ricotta, Bocconcini, Parmesan, Feta

**Spuds & Things**

- Fresh Cut Fries: $3.60/770 cals
- Poutine: $7.60/1040 cals
- Add Chicken, Bacon or Beef: $2.00/70-150 cals
- Nachos (w/ black bean pico do gallo & sour cream): $10.00/470 cals
- Add Chicken or Beef: $2.00/70-150 cals

**Drinks**

- Bottles: $2.65-$3.25/0-160 cals
- Fountain: $2.30/0-310 cals

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.