

# OASIS

## The Classics

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

## Burgers

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

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 cal
Five Cheese	\$10.00/1520 cal

### Create Your Own Pizza

Crust & Sauce	\$7.60/460 cal
---------------	----------------

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 cal
Poutine	\$7.60/1040 cal
Add Chicken, Bacon or Beef	\$2.00/70-150 cal
Nachos (w/ black bean pico do gallo & sour cream)	\$10.00/470 cal
Add Chicken or Beef	\$2.00/70-150 cal

## Drinks

Bottles	\$2.65-\$3.25/0-160 cal
Fountain	\$2.30/0-310 cal

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.