

BURGER 101



BUILD-YOUR-OWN

Hamburger



PRICE

\$8.00

CALORIES

470

Lightlife® Burger



\$9.20

520

EXTRAS

Cheese



/ Vegan Cheese



\$1.75

60/20

Beef Patty



\$3.50

230

Lightlife® Patty



\$4.20

270

Bacon

\$2.50

70

Vegan Bun



\$0.00

250

No Gluten Bun



\$1.60

240

VALUE PICK

Sliders (2)



\$6.95

690

MAKE IT A COMBO!

Add a small fry & 16 oz fountain drink to any burger for only \$4.40!

CALORIES

1130 - 1430



COOP / CO-OP
St-Albert

NOW SERVING ST-ALBERT CHEESE

Classic French Fry



PRICE

\$4.90

CALORIES

1130

Poutine



\$9.60

1400

Pulled Pork Poutine



\$11.90

1560

Butter Chicken Poutine



\$11.90

1600

Vegetarian Poutine



\$9.60

1430

Extra Cheese Curds



\$2.25

220

Extra Beef Gravy



\$2.25

30/50



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.