

BURGER 101



BUILD-YOUR-OWN

Hamburger



PRICE

\$8.49

CALORIES

470

Lightlife® Burger



\$9.49

520

EXTRAS

Cheese



\$1.75

60

Beef Patty



\$3.50

230

Lightlife® Patty



\$4.50

270

Bacon

\$2.50

70

No Gluten Bun



\$1.60

240

VALUE PICK

Sliders (2)



\$6.00

690

MAKE IT A COMBO!

Add a small fry & 16 oz fountain drink to any burger for only \$4.49!

CALORIES

1130 - 1430



COOP / CO-OP
St-Albert

NOW SERVING ST-ALBERT CHEESE

Classic French Fry



PRICE

\$4.99

CALORIES

1130

Poutine



\$9.99

980

Chipotle Pulled Pork Poutine



\$11.99

1560

Butter Chicken Poutine



\$11.99

1160

Extra Cheese Curds



\$2.25

220

Extra Gravy



\$2.30

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.

