**BUILD-YOUR-OWN**

- Hamburger
  - Calorie Options: 470, 510
  - Price Range: $6.89 - $8.99

- Lightlife® Burger
  - Calorie Options: 60/20, 230, 270
  - Price Range: $1.25 - $3.95

**EXTRAS**

- Cheese / Vegan Cheese
  - Price: $1.25
  - Calories: 60/20

- Beef Patty
  - Price: $1.70
  - Calories: 70

- Lightlife® Patty
  - Price: $1.25
  - Calories: 220

- Bacon
  - Price: $1.70
  - Calories: 30/50

- Cheese Curds
  - Price: $1.70
  - Calories: 220

**Make it a Combo!**

- Add a small fry & 16 oz fountain drink to any burger for only $3.55
## Classic French Fry
- **Price:** $3.70
- **Calories:** 1130

## Poutine
- **Price:** $8.09
- **Calories:** 1400

## Pulled Pork Poutine
- **Price:** $10.45
- **Calories:** 1560

## Butter Chicken Poutine
- **Price:** $10.79
- **Calories:** 1600

## Vegetarian Poutine
- **Price:** $8.09
- **Calories:** 1430

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.