

# BURGER 101

## BUILD-YOUR-OWN

Hamburger  

Lightlife® Burger   

## EXTRAS

Cheese  / Vegan Cheese 

Beef Patty  

Lightlife® Patty 

Bacon

Cheese Curds  

Beef Gravy  / Vegan  

## PRICE

\$6.89

\$8.99

\$1.25

\$2.75

\$3.95

\$1.70

\$1.25

\$1.70

## CALORIES

470

510

60/20

230

270

70

220

30/50



Make it a Combo!

Add a small fry & 16 oz fountain drink to any burger for only \$3.55

## CALORIES

570 - 1080



# BURGER 101



## NOW SERVING ST-ALBERT CHEESE

Classic French Fry




\$3.70

1130

Poutine 

\$8.09

1400

Pulled Pork Poutine 

\$10.45

1560

Butter Chicken Poutine  

\$10.79

1600

Vegetarian Poutine  

\$8.09

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.