

BURGER 101



BUILD-YOUR-OWN

Hamburger **H** **L**

Lightlife® Burger **V**

EXTRAS

Cheese **VEG** / Vegan Cheese **V**

Beef Patty **H** **L** **NG**

Lightlife® Patty **V** **NG**

Bacon

Vegan Bun **V**

No Gluten Bun **VEG** **ND** **NG**

PRICE CALORIES

\$7.80 470

\$9.20 520

\$1.50 60/20

\$3.40 230

\$4.20 270

\$2.00 70

\$0.00 250

\$1.45 240

MAKE IT A COMBO!

Add a small fry & 16 oz fountain drink to any burger for only \$4.20!

CALORIES

1130 - 1430



COOP / CO-OP
St-Albert

NOW SERVING ST-ALBERT CHEESE

Classic French Fry **V** **NG**

Poutine **L** **NG**

Pulled Pork Poutine **L** **NG**

Butter Chicken Poutine **L** **H** **NG**

Vegetarian Poutine **VEG** **L** **NG**

Extra Cheese Curds **VEG** **L** **NG**

Extra Beef Gravy **NG** / Vegan **V** **NG**

PRICE CALORIES

\$4.60 1130

\$9.30 1400

\$11.70 1560

\$11.80 1600

\$9.30 1430

\$2.20 220

\$2.00 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.