

# BURGER 101

## BUILD-YOUR-OWN

Hamburger **H** **L**



HALAL

LOCALLY GROWN

Lightlife® Burger **V**



VEGAN

## EXTRAS

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



VEGETARIAN



VEGAN

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



HALAL

LOCALLY GROWN

NO GLUTEN\*

Lightlife® Patty **V** **NG**



VEGAN

NO GLUTEN\*

Bacon

Vegan Bun **V**



VEGAN

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



VEGETARIAN

NO DAIRY\*

NO GLUTEN\*

## PRICE CALORIES

\$7.50 470

\$9.00 520

\$1.40 60/20

\$3.25 230

\$4.00 270

\$1.90 70

\$0.00 250

\$1.45 240



Make it a Combo!

Add a small fry &

16 oz fountain drink

to any burger for

only \$3.90

**CALORIES**

1130 - 1430

# BURGER 101



COOP / CO-OP  
**St-Albert**

## NOW SERVING ST-ALBERT CHEESE

## PRICE CALORIES

Classic French Fry	V NG VEGAN NO GLUTEN*	\$4.40	1130
Poutine	L NG LOCALLY GROWN NO GLUTEN*	\$8.90	1400
Pulled Pork Poutine	L NG LOCALLY GROWN NO GLUTEN*	\$11.40	1560
Butter Chicken Poutine	L H NG LOCALLY GROWN HALAL NO GLUTEN*	\$11.60	1600
Vegetarian Poutine	VEG L NG VEGETARIAN LOCALLY GROWN NO GLUTEN*	\$8.90	1430
Extra Cheese Curds	VEG L NG VEGETARIAN LOCALLY GROWN NO GLUTEN*	\$2.10	220
Extra Beef Gravy	NG / Vegan V NG NO GLUTEN* VEGAN NO GLUTEN*	\$1.90	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.