

LUNCH

CALS







 FRESHLY CUT FRENCH FRIES	\$4.40	1130
 CLASSIC POUTINE	\$8.90	1500
 FEATURE SPECIAL POUTINE	\$11.00	
HAMBURGER	\$7.50	470-530
BACON CHEESEBURGER	\$10.80	580-735
  LIGHTLIFE® BURGER	\$9.00	490-640
  CRISPY FISH SANDWICH ON PORTUGUESE BUN	\$8.50	720
 ITALIAN SAUSAGE ON PORTUGUESE BUN	\$9.00	600
 COLONEL BY FRIED CHICKEN SANDWICH	\$9.10	620
DAILY CHEF'S FEATURE COMBO	\$13.00	
INCLUDES YOUR CHOICE OF BEVERAGE		

MAKE IT A COMBO!

ADD A SMALL FRY OR SALAD & A CANNED BEVERAGE	\$3.90	520-1350
UPGRADE TO A POUTINE & A CANNED BEVERAGE	\$7.50	1970-2280

EXTRAS

CALS

 BURGER PATTY	\$3.25	230
  LIGHTLIFE® PATTY	\$4.00	270
CHEESE SLICE	\$1.40	60
 BACON (2 SLICES)	\$1.90	70
 GRAVY	\$1.90	50
 EXTRA DRESSING	\$0.90	20-320

**ASK TO SWAP TO A
NO-GLUTEN & VEGAN
BUN!
220 CALS**

SIDES

CALS

  SIDE GARDEN SALAD	\$3.20	30
 COLESLAW	\$1.60	90
 COOKIE	\$2.80	400

BEVERAGES

CALS

CANNED BEVERAGE (355ML)	\$1.80	0-160
BOTTLED WATER	\$2.95	0

PLEASE BE ADVISED THAT CROSS CONTAMINATION MAY OCCUR DURING PREPARATION.

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.