The Classics

Hand Battered MSc Certified Fish & Chips $10.00/990 cals
Hot Italian Style Sandwiches on Local Bun
Hand Breaded Chicken Parmesan $8.50/550 cals
Hand Breaded Eggplant Parmesan $7.50/460 cals
Hand Made Halal Beef Meatball $8.50/620 cals
Sausage

Burger Bar

Hamburger $6.00/480 cals
Cheeseburger $7.00/540 cals
Bacon Cheeseburger $8.00/570 cals
Vegan Black Bean Burger $5.50/370 cals

Add a combo to your burger or sandwich for $3.00
(comes with fresh cut fries and a 16oz fountain drink).

Pizza

Chef's Signature Selections
Margherita $9.00/260 cals per slice
Five Cheese $10.00/380 cals per slice
Prosciutto & Arugula $10.00/330 cals per slice
Spicy Italian Sausage and Rapini $10.00/340 cals per slice

Create Your Own Pizza

Crust & Sauce $7.50/460 cals
Pick Your Meats
Pepperoni, Ham, Bacon, Halal Grilled $1.50 each
Chicken, Smoked Tempeh, Halal Beef Meatballs, Anchovies

Pick Your Veggies
Green pepper, Mushroom, Onion, $1.00 each
Zucchini, Broccoli, Spinach, Arugula,
Pineapple

Pick Your Cheeses
Smoked Cheddar, 1894 Oka, Mozzarella, $1.50 each
Ricotta, Bocconcini, Parmesan

Spuds & Things

Fresh Cut Fries $3.50/770 cals
Poutine $7.50/1040 cals
Onion Rings $5.00/530 cals

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.