

1 CHICK 'N CAESAR SALAD

Grilled Chicken Breast, Crisp Romaine, Parmesan Cheese, Crispy Bacon (540 Cals)

\$10.99



2 NINJA BOWL

Herbed Brown Rice, Spinach, Cabbage, Cucumber, Carrots, Edamame, Mandarin, Oranges, Crispy Wontons, Sesame Seeds, Asian Sesame Dressing (560 Cals)

Add chicken or tofu \$3.00

\$15.99



3 LIGHTLIFE® BURGER

Lightlife Plant Based Burger, Lettuce, Tomato, Caramelized Onions, Pickles, House Herb Aioli (540 Cals)

\$9.69



COMBO IT
(960-1190 Cals)
\$15.39

4 THE TRAGICALLY CHICK

Grilled Chicken Marinated in our blend of Herbs And Spices, Caramelized Onions, Lettuce, Tomato Herb Aioli (440 Cals)

\$10.79



COMBO IT
(860-1090 Cals)
\$17.49

5 GRILLED CHICKEN RANCH WRAP

Herb Marinated Grilled Chicken, Lettuce, Cheddar Cheese, Ranch Dressing (490 Cals)

\$10.49



COMBO IT
(910-1240 Cals)
\$17.19

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.



6 NORTH BURGER

Signature Beef Patty, Crispy Bacon, Melted Cheddar, Lettuce, Tomato, House Chipotle Aioli (580 Cals)

\$11.29



COMBO IT
(1000-1230 Cals)
\$17.99

7 CANUCK BURGER

Signature Beef Patty, Onions, Pickles, Ketchup, Mustard, Mayo (520 Cals)

\$9.39



COMBO IT
(940-1270 Cals)
\$16.09

8 HOT DOG

Classic Hot Dog, Ketchup, Mustard, Relish (380 Cals)

\$6.69



COMBO IT
(800-1090 Cals)
\$13.69

9 LOVE ME TENDERS

4 Crispy Chicken Tenders, Choice of Dipping Sauce (380 Cals)

Add a Chicken Finger
\$2.79

\$10.79



COMBO IT
(800-1030 Cals)
\$17.49

GRILL & CO.
TASTE IT. LOVE IT. CRAVE IT.



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KIDS COMBOS

CHOOSE YOUR ENTRÉE:

KIDS BURGER (Served plain)

HOT DOG (Served plain)

KIDS CHICKEN TENDERS (3 Fingers, 370 Cals)

CHOOSE YOUR SIDE:

APPLE SAUCE (80 Cals)

FRIES (430 Cals)

YOGURT (120-230 Cals)

CHOOSE YOUR SIDE:

FOUNTAIN POP (0-390 Cals)

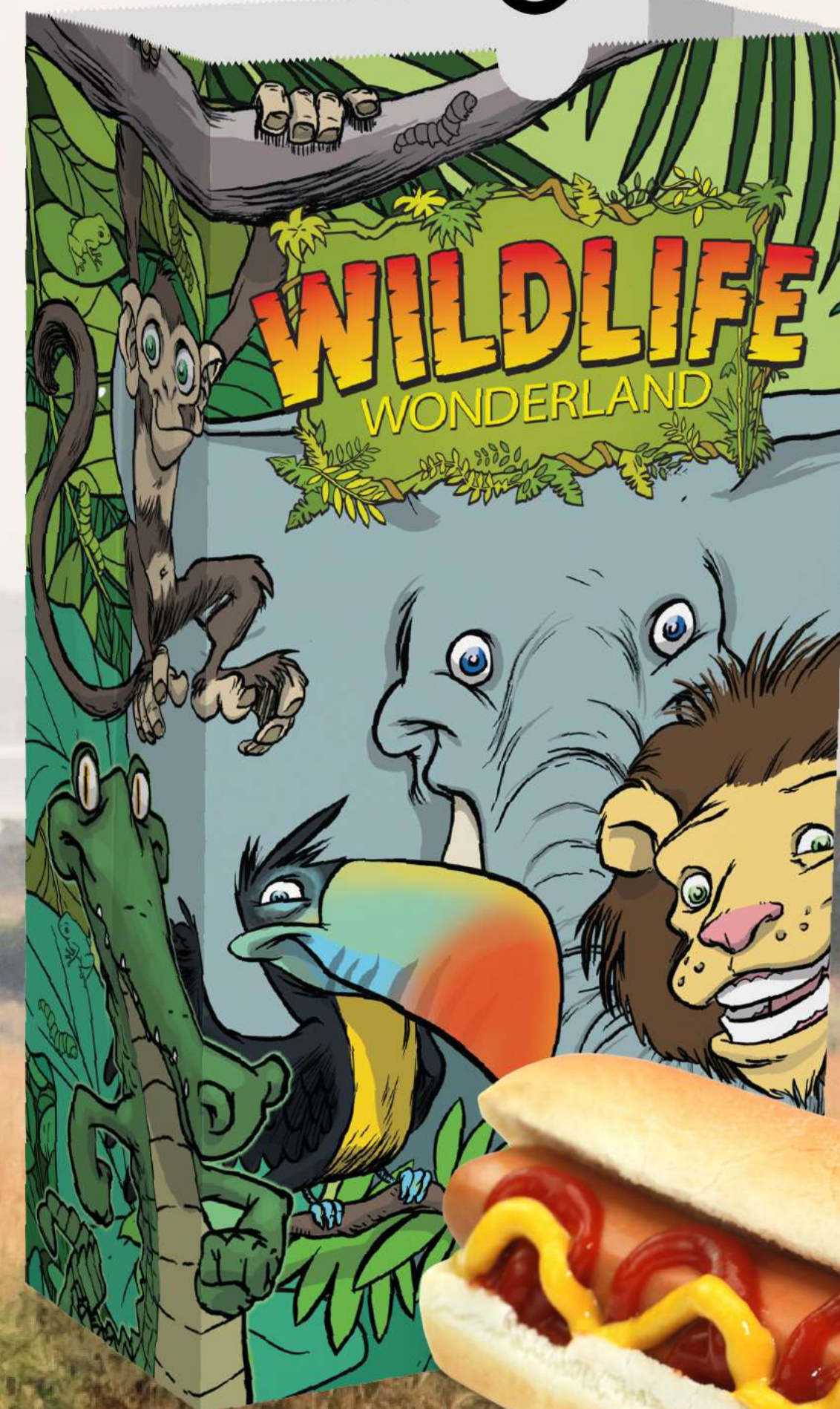
SMALL WATER (0 Cals)

SMALL MILK (White or chocolate, 120-210 Cals)

JUICE (Apple or orange, 180 Cals) **ADD \$1.99**

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\$14.59
EACH



SWEET SNACKS & SIDES

DELMONTE BAR

(50 Cals)

\$5.29

LIFESAVERS POPSICLE

(50 Cals)

\$5.29

CHAPMAN'S PEANUT FREE CONE

(340-380 Cals)

\$6.29

HAAGEN- DAZS

(270-310 Cals)

\$7.29

DRUMSTICK

(340-380 Cals)

\$6.29

POUTINE

(620 Cals)

\$10.79

FRIES

(430 Cals)

\$4.89

GRAVY

(70 Cals)

\$1.39

ONION RINGS

(480 Cals)

\$6.99

PICKLE ON A STICK

(10 Cals)

\$1.79



COMBO UPGRADES

POUTINE

(620 Cals)

+\$5.49

ONION RINGS

(480 Cals)

+\$1.79



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DRINKS

FOUNTAIN POP (0-390 Cals)	\$4.69
BOTTLED POP (0-220 Cals)	\$4.89
NESTEA ICED TEA (130-160 Cals)	\$4.89
GOLD PEAK ICED TEA (0-170 Cals)	\$5.29
MINUTE MAID JUICE (100-180 Cals)	\$4.89
BOTTLE OF DASANI (0 Cals)	\$4.49
BOTTLE OF SMART WATER (0 Cals)	\$5.29
VITAMIN WATER (130 Cals)	\$5.29
SLUSHIE (290 Cals)	\$6.69
WHITE/CHOCOLATE MILK (120-210 Cals)	\$2.99
COFFEE/TEA (0 Cals)	\$2.29
HOT CHOCOLATE (360 Cals)	\$3.29

BEER, WINE & SELTZERS

Must be legal drinking age. Please enjoy responsibly. Please note - only staff 18yrs of age and smart serve trained may serve beer and wine to our guest, we thank you for your understanding

CRAFT BEER

473ml (180-230 Cals)

\$9.99

NON-ALCOHOLIC BEER

473ml (70-100 Cals)

\$4.89

PELLER ESTATES WINE

250ml (160-170 Cals)

\$9.99

SELTZERS

473ml (120-140 Cals)

\$9.99



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