

Served from 11am

# Grill & Co – Lunch/Dinner

**North burger** – signature beef patty, topped with crispy bacon, melted cheddar, lettuce, tomato & housemade chipotle aioli \$8.99, 580 Cals

**Great one** – savoury grilled beef patty, caramelized onions, sauteed mushrooms, melted Swiss & our housemade horseradish herb mayo 48.49, 520 Cals

**Canuck** – savoury grilled beef patty, topped with onions, pickles, ketchup & mustard \$7.79, 520 Cals

**The gardener** – black bean patty with coleslaw & herb aioli \$7.69, 440 Cals

**Lightlife burger** – lightlife plant-based burger, with lettuce, tomato, caramelized onions, pickles & our herb aioli \$8.49, 540 Cals

**Northern fried chicken** – white chicken fillet, carefully layered with our housemade slaw, pickles, and spicy mayo. Crispy or buffalo available \$8.59, 500-520 Cals

**Tragically chick** – grilled chicken marinated in our blend of herbs and spices, caramelized onions, lettuce, tomato with herb aioli. Make it crispy! \$8.59, 350 Cals

**B’y the bay** – 4 oz of lightly breaded haddock, with housemade slow, pickles, and a zesty old bay mayo \$8.49, 560 Cals

**Love me tenders** – 3 crispy premium breaded white chicken strips with your choice of dipping sauce \$7.89, 380 Cals, add a finger \$2.29

Regular fries \$3.49, 420 Cals

Large fries \$3.99, 560 Cals

Sweet potato fries \$4.49, 690 Cals

Poutine \$6.49, 730 Cals

Onion rings \$4.99, 480 Cals

Gravy \$1.35, 70 Cals

Coleslaw \$1.99, 70 Cals

**Combo** – combo with regular fries & a bottled beverage +\$5.00

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.

1

\$8.99

## NORTH BURGER (580 Cals)

Signature Beef Patty, topped with  
crispy bacon, melted cheddar, lettuce,  
tomato and housemade chiptole aioli



### COMBO IT

\$13.99 (1000-1290 Cals)

2

\$8.49

## GREAT ONE (520 Cals)

Savoury grilled beef patty,  
caramelized onions, sautéed mushrooms,  
melted swiss and our housemade  
horseradish herb mayo



### COMBO IT

\$13.49 (940-1230 Cals)

3

\$7.79

## CANUCK (520 Cals)

Savoury grilled beef patty,  
topped with onions, pickles,  
ketchup, mustard



### COMBO IT

\$12.79 (940-1230 Cals)

4

\$7.69

## THE GARDENER (440 Cals)

Black bean patty with coleslaw  
and herb aioli



### COMBO IT

\$12.69 (860-1150 Cals)

5

\$8.49

## LIGHTLIFE® BURGER (540 Cals)

Lightlife® plant-based burger,  
with lettuce, tomato, caramelized  
onions, pickles and our herb aioli



### COMBO IT

\$13.49 (960-1250 Cals)



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6

\$8.59

## NORTHERN FRIED CHICKEN (500-520 Cals)

White chicken fillet, carefully layered with our housemade slaw, pickles, and spicy mayo

Crispy or Buffalo available!



### COMBO IT

\$13.59 (920-1230 Cals)

7

\$8.59

## TRAGICALLY CHICK (350 Cals)

Grilled chicken marinated in our blend of herbs and spices, caramelized onions, lettuce, tomato with herb aioli

Ask to make it Crispy!



### COMBO IT

\$13.59 (770-1060 Cals)

8

\$8.49

## B'Y THE BAY (560 Cals)

4 oz of lightly breaded haddock, with housemade slaw, pickles, and a zesty old bay mayo



### COMBO IT

\$13.49 (980-1270 Cals)

9

\$7.89

## LOVE ME TENDERS (380 Cals)

3 Crispy premium breaded white chicken strips with your choice of dipping sauce

Add a Chicken Finger - \$2.29



### COMBO IT

\$12.89 (800-1090 Cals)

## SIDES

### FRIES

REGULAR (420 Cals) \$3.49

LARGE FRIES (560 Cals) \$3.99

SWEET POTATO (690 Cals) \$4.49

POUTINE (730 Cals) \$6.49

ONION RINGS (480 Cals) \$4.99

GRAVY (70 Cals) \$1.35

COLESLAW (70 Cals) \$1.99



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