

SALADS

GO GREEN! IF YOU DON'T THINK SALADS ARE FILLING, THINK AGAIN.

NEW ALL DRESSED SALAD

WORKS salad mix, cheese blend, diced tomatoes, bacon, cruchy onion strings with a beef patty and W Sauce 19.91 (1115-1465 Cals)
Without patty 14.43 (935 Cals)

CRISPY CLUCK'N CAESAR

Crispy fried chicken, WORKS salad mix, croutons, bacon & Caesar dressing with lemon wedge 19.54 (930-1285 Cals)
Without protein 14.06 (760 Cals)

WALDORK

Grilled chicken, WORKS salad mix, red onion, chopped beets, avocado & walnuts, topped with crumbly blue cheese & your choice of dressing 19.72 (630-985 Cals)
Without protein 14.24 (460 Cals)

WEEDS

Grilled chicken, WORKS salad mix, diced tomatoes, red peppers, cukes & carrots, topped with your choice of dressing 19.64 (335-690 Cals)
Without protein 14.16 (165 Cals)

Ask your server if you'd like your salad with a different patty than listed above!

POUTINES

POUTINE CHEZ GUY

Fresh cut fries, cheese curds & gravy 13.14 (1630 Cals) ①

TRAGICALLY POUTINE

Fresh cut fries, cheese curds, gravy, chopped maple bacon, crispy bacon stix & drizzled with bacon roasted garlic aioli 14.88 (2230 Cals)

NEW PULLED PORKY POUTINE

Fresh cut fries, cheese curds, gravy, pulled pork, Smokey BBQ sauce & green onions 14.98 (2040 Cals)

NEW GET BAKED POUTINE

Fresh cut fries, cheese blend, gravy, bacon, sour cream & green onions 14.76 (1905 Cals)

NEW NACHO AVERAGE POUTINE

Fresh cut fries, cheese blend, gravy, salsa, nacho chips, sour cream & green onions 14.84 (1995 Cals)

LUNCH

AVAILABLE UNTIL 3:00 PM

\$14.97

4 OZ. FRESH GRILLED BEEF (185 CALS) OR VEGGIE BURGER (170 CALS)
WITH FRESH-CUT FRIES (620 CALS) & A 16 OZ. POP (0-225 CALS)
OR UPGRADE TO IMPOSSIBLE BURGER PLANT BASED PATTY (240 CALS) FOR 2.18 IMPOSSIBLE

ALL CALORIE RANGES INCLUDE SIDES & POP

NEW HOG WILD PULLED PORK SANDWICH

Slow cooked pulled pork, smokey BBQ sauce, Monterey Jack, lettuce and crunchy onion strings. There's so much pulled pork you won't miss the burger patty! (670-2005 Cals)

B.A.B. BURGER

Cheddar, fresh tomatoes, red onion, lettuce & W Sauce (500-1550 Cals) ①
Add bacon to your B.A.B.!

BLUES BURGER

Blue cheese, ranch & bacon (550-1645 Cals)

KAMIKAZE

A mix of Jalapeño, Banana & Chipotle peppers, with cheddar and a side of hotter than hell sauce (400-1495 Cals) ① ②

SK8R BOY

Peanut butter, Monterey Jack & bacon (630-1725 Cals)

SON OF A BEECH

Avocado, beechhouse sauce, sundried tomato & feta (550-1645 Cals) ①

SMOKEY MOUNTAIN

Smokey BBQ sauce, Monterey Jack & bacon (470-1555 Cals)

VERY PLAIN JANE

Just a burger & a bun... extremely boring! (210-1260 Cals) *Make it less plain and add cheese & bacon!*

Upgrade to Sweet Potato Fries for 2.18 (440 Cals) or Poutine (820 Cals) for 2.98 or Onion Rings (590 Cals) for 3.97

HUNGRY? Add another 4 oz. beef (185 Cals) or veggie (170 Cals) patty for 4.18

Substitute Weeds (25 Cals) for fries at no charge

GLUTEN-FRIENDLY MENU (No sacrificing taste here!)

BUNS

Knock-your-socks-off gluten-free buns (260 Cals).

PATTIES

Beef (370 Cals), Grilled Chicken (180 Cals), Veggie (170 Cals) (Lunch burger only) Cheese-Stuffed Beef (530 Cals), Lean Elk (280 Cals), Kobe-Style Wagyu (340 Cals), Impossible™ Burger IMPOSSIBLE (240 Cals).

SIDES

Fresh Cut Fries (620 Cals), Spicy Die-Cut Chips (580 Cals), Steamed Broccoli (30 Cals), Cukes & Celery (30 Cals), Weeds (25 Cals), Sweet Potato Fries (440 Cals), Poutine Chez Guy (820 Cals), Premium Poutine (951-1114 Cals).

TOPPINGS

ALL our toppings are gluten-friendly EXCEPT O-Rings and Crunchy Onion Strings.

BEER & CIDER

That's right, we offer a kick-ass gluten-friendly beer (160 Cals) & cider (230 Cals).

VEGETARIAN/VEGAN-FRIENDLY MENU

(Items marked with an ① are Vegan-friendly)

BUNS

Lettuce Bun ① (10 Cals), Sesame Multi-Grain ① (220 Cals).

PATTIES

Impossible™ Burger IMPOSSIBLE ① (240 Cals), Veggie (170 Cals)(Lunch burger only).

SIDES

Fresh Cut Fries ① (620 Cals), Spicy Die-cuts ① (580 Cals), Steamed Broccoli ① (30 Cals), Cukes & Celery ① (30 Cals), Weeds ① (25 Cals), Sweet Potato Fries ① (440 Cals), Kraft Dinner (300 Cals), Poutine Chez Guy (820 Cals), Onion Rings (590 Cals).

TOPPINGS

40+ vegetarian-friendly toppings. 20+ vegan-friendly toppings. Visit works-burger.com/menu and click "nutritionals" to view the list of vegetarian and vegan friendly toppings!

BEER & CIDER

All beers are vegetarian/vegan friendly. Our Cider and Radler is vegetarian friendly.

Adults & youth (13+) need an average of 2,000 calories a day & children (4-12) need an average of 1,500 calories a day. However, individual needs vary.

Supply chain challenges may impact product availability. Product substitution may occur.

ON 0123



THE
WORKS
CRAFT BURGERS & BEER

EST. 2001

APPS

TOWER-O-RINGS

Not just excellent, the best dang O-rings in the world! They're breaded, not battered for that big crispy crunch! The rings are hot, the towers are cool, and you choose 2 dipsticks for dipping 12.96 (300 Cals/serving, serves 3)

WRECKING BALLS 2.0

Creamy Cheddar Cheese balls in a crunchy batter, wrapped in crisp bacon and served on a bed of bacon stix with bacon roasted garlic aioli 13.78 (480 Cals/serving, serves 3)

NEW LIFE'S A BEECH DIP

WORKS signature Beechhouse is now a creamy delicious dip! Perfect for dipping our crunchy corn tortillas and crispy die-cuts in! 13.97 (550 Cals/serving, serves 3)

CAULIFLOWER DREAMIN' BITES

Battered, deep-fried and crispy bite-sized cauliflower served with Buffalo Sauce 12.97 (225 Cals/serving, serves 3)

CRISPY DILLS

Breaded dill pickles, deliciously crispy, served with your choice of dipstick 13.27 (465 Cals/serving, serves 3)



CHEF'S SIGNATURES

Crafted by our chef. You pick your side and bun!

THE TRAGICALLY MAPLE

Juicy beef patty topped with 3 strips of signature maple bacon, house-made maple bacon jam, bacon stix, Canadian cheese curds, arugula & bacon roasted garlic aioli 23.93 (740-1800 Cals)

BACON YOU FANCY HUH?

Juicy beef patty topped with Monterey Jack, 3 strips of signature maple bacon, bacon roasted tomatoes, arugula & mayo 23.47 (920-1980 Cals)

CHICKEN FIGHT CLUB

Crispy fried chicken topped with cheddar, bacon, lettuce, tomato & our signature Beechhouse sauce 21.97 (710-1480 Cals)

NEW GET ELKED

Signature Elk patty topped with Havarti, house-made maple bacon jam, crunchy onion strings, W sauce and lettuce 22.97 (950-2285 Cals)

GETTIN' PIGGY WITH IT

Juicy beef patty topped with Canadian bacon, cheddar, bacon, smokey BBQ sauce & crunchy onion strings 22.61 (930-1980 Cals)

SWEET CHICKA CHICKA BOOM BOOM

Crispy fried chicken, tossed in a sweet & tangy sauce, topped with bacon, fresh lettuce, tomato & pickles 20.92 (730-2065 Cals)

OBI-WAN KOBE'S MAN CAVE

Juicy Kobe-style Wagyu patty topped with caramelized onions, bold BBQ sauce, Monterey Jack & bacon 23.16 (550-1480 Cals)

NEW HOG WILD PULLED PORK SANDWICH

Slow cooked pulled pork, smokey BBQ sauce, Monterey Jack, lettuce and crunchy onion strings. There's so much pulled pork you won't miss the burger patty! 20.13 (855-2190 Cals)

JUICY LUCY

Cheese stuffed into our 100% fresh beef burger with lettuce, tomato, pickles, red onions & mayo 20.83 (770-1630 Cals) *Add bacon for a "Loaded Lucy"*

NEW THE GREAT CANADIAN

Grilled chicken breast topped with cheddar, stacked with 2 slices of Canadian bacon, lettuce, pickles, tomato & W sauce 20.34 (580-1920 Cals)

KNOCK YOUR PLANTS OFF VEGAN BACON CHEESEBURGER

The world's best plant-based burger patty, Impossible™ Burger, topped with creamy vegan cheese, Smokey Tempeh bacon, smokey BBQ sauce, lettuce, tomato 22.97 (490-1600 Cals)

TASTE OF HEAVEN

Our juicy and savoury Kobe-style Wagyu beef patty topped with 3 strips of signature maple bacon, rich caramelized onions, arugula & creamy W sauce 23.46 (970-1570 Cals)

HERE'S HOW IT WORKS

1 CHOOSE A TOPPING

Choose from our **WORLD'S BEST GOURMET BURGERS!**

2 CHOOSE A PATTY

Fresh 100% Canadian Beef (370 Cals)
Grilled Chicken Breast (180 Cals)
Impossible™ Burger (240 Cals)
Crispy Fried Chicken (270 Cals)

Upgrade to:
Kobe-style Wagyu Beef +2.18 (340 Cals)
Cheese Stuffed Beef +2.18 (530 Cals)
Signature Elk +2.18 (280 Cals)
Peppercorn crusted patty +2.07 (60 Cals)

3 CHOOSE A SIDE

Bottomless Fresh Cut Fries (620 Cals)
Spicy Die-Cut Chips (580 Cals)
Steamed Broccoli (30 Cals)
Cukes & Celery (30 Cals)
Weeds (25 Cals)

Upgrade to:
Onion Rings +3.97 (590 Cals)
Sweet Potato Fries +2.18 (440 Cals)
Poutine +2.98 (820 Cals)
Premium Poutine +3.97 (960-990 Cals)
Kraft Dinner +3.97 (300 Cals)
Caesar Salad +2.61 (370 Cals)
Add Gravy +1.47 (40 Cals)

4 CHOOSE A BUN

White (220 Cals)
Sesame Multi Grain (220 Cals)
Lettuce Bun (10 Cals)
Naked (Bunless)

Upgrade to:
Gluten Free +1.47 (250 Cals)

EVEN MORE CRAFT BURGERS!

BORN TO BRIE GOOD CHARITY BURGER

\$1.00 from the sale of this burger goes to the local charity listed on the tent card. Sautéed mushrooms, brie cheese, mayo & bacon 22.96 (660-1720 Cals)

B.A.B. BURGER

Cheddar, fresh tomatoes, red onion, lettuce & W Sauce 18.96 (500-1550 Cals) *Add bacon to your B.A.B!*

BLUES BURGER

Blue cheese, ranch & bacon 20.91 (550-1645 Cals)

HAWAII 5-O

Sweet & tangy sauce, grilled pineapple ring & brie 19.94 (370-1430 Cals)

HAMBURGER MARY

Fried egg, mayo, bacon, cheddar & tomato 20.97 (700-1750 Cals)

THE HIPSTER

Caramelized onions, avocado & havarti 20.97 (470-1520 Cals)

KAMIKAZE

A mix of Jalapeño, Banana & Chipotle peppers, with cheddar and a side of hotter than hell sauce 20.97 (400-1450 Cals)

LOVE GOAT

Peppercorn crusted patty, goat cheese, bacon, arugula, sweet & tangy sauce 22.16 (470-1530 Cals)

MAGIC MUSHROOM MELT

Sautéed mushrooms, caramelized onions & cheddar 21.87 (420-1480 Cals)

MALIBU MELTDOWN

O-ring, Beechhouse sauce, havarti, Monterey Jack & brie 23.38 (750-1800 Cals)

MAN CAVE

Caramelized onions, bold BBQ sauce, Monterey Jack & bacon 20.98 (550-1610 Cals)

NACHO LIBRE

Crunchy tortilla chips, cheese blend, salsa, sour cream & green onions 21.91 (550-1610 Cals)

NEW PIG BANG THEORY

Pulled pork, smokey BBQ sauce, Monterey Jack, lettuce & crunchy onion strings 21.34 (880-2375 Cals)

SEXY BURGER

Sweet & tangy sauce, grilled pineapple, cream cheese & banana peppers 19.97 (390-1450 Cals)

SIX DEGREES OF K'VIN BACON

Bacon, Canadian bacon, 3 strips of signature maple bacon, smokey BBQ sauce, bacon roasted garlic aioli & bacon stix with lettuce & tomato 23.61 (1030-2080 Cals)

SK8R BOY

Peanut butter, Monterey Jack & bacon 19.96 (630-1690 Cals)

SMOKEY MOUNTAIN

Smokey BBQ sauce, Monterey Jack & bacon 19.91 (470-1520 Cals)

SON OF A BEECH

Avocado, Beechhouse sauce, sundried tomato & feta 21.18 (550-1610 Cals)

THE TOM GREEN

Monterey Jack, Beechhouse sauce, bacon & avocado 21.58 (690-1740 Cals)

THREE RING BINDER

Sautéed mushrooms, chipotle mayo, Monterey Jack & 3 O-rings 21.98 (680-1730 Cals)

VERY PLAIN JANE

Just a burger & a bun... extremely boring! 17.44 (210-1260 Cals)
Make it less plain and add cheese & bacon!

WAR PIG

Sautéed mushrooms, smokey BBQ sauce, cheddar & 3 strips signature maple bacon 22.71 (740-1800 Cals)

All calorie ranges include sides

PUMP UP YOUR BURG

The calories for these items are additional to the burger toppings.

Cheese & Cooked Fruit/
Veggie Toppings 1.28 (20-110 Cals)
Meats 2.48 (50-130 Cals)

*Want to add even more toppings?
Just ask your server!*



VEGGIE TOPPINGS

HOT

VEGAN



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GLUTEN INTOLERANCE ALERT: Please be aware that The WORKS uses products with gluten. Please advise your server if you have a gluten intolerance.

Adults & youth (13+) need an average of 2,000 calories a day & children (4-12) need an average of 1,500 calories a day. However, individual needs vary.

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CRAFT LEGEND-DAIRY SHAKES

MADE WITH REAL CANADIAN ICECREAM

CHEF CREATIONS

ENJOY YOUR GOURMET BURGER EXPERIENCE WITH
A CHEF'S CREATION DESSERT SHAKE!

Regular 16oz. 8.43

- 1. **2001 SHAKE ODYSSEY:** Caramel + Peanut Butter + Oreo® Cookie + Whipped Cream (Reg. 1240 Cals)
- 2. **BIRTHDAY CAKE SHAKE:** Rainbow Sprinkles + Whipped Cream (Reg. 830 Cals)
- 3. **BELLA NUTELLA®:** Nutella® + Whipped Cream + Even More Nutella® (Reg. 1240 Cals)
- 4. **BLACK FOREST CAKE SHAKE:** Chocolate + Black Cherry + Whipped Cream + Oreo® Cookie (Reg. 860 Cals)

CLASSIC FAVS

Strawberry Banana (800 Cals), Cream-sicle (620 Cals)
Peanut Butter & Chocolate (910 Cals)

OR PICK YOUR OWN LEGEND-DAIRY FLAVOUR!

Regular 16oz. 6.97
(550 Cals)

- Banana (180 Cals)
- Black Cherry (140 Cals)
- Caramel (150 Cals)
- Chocolate (170 Cals)
- Nutella® (300 Cals)
- Oreo® Cookies (280 Cals)
- Vanilla (160 Cals)
- Peanut Butter (200 Cals)
- Strawberry (210 Cals)



DRINKS

- | | |
|--|--|
| SPARKLING WATER
Montellier 4.17 (0 Cals) | MILK 3.67 White (260 Cals)
or Chocolate (430 Cals) |
| POP (BOTTOMLESS) 3.48
(0-225 Cals) | COFFEE (5 Cals) OR |
| LEMONADE 4.78 (160 Cals) | TEA (0 Cals) 3.64 |
| THE ARNOLD (Iced Tea &
Lemonade) 4.78 (140 Cals) | ICE CREAM FLOAT 5.96
(120-300 Cals) |
| JUICE 4.78 Orange (180 Cals),
Apple (200 Cals) | AQUAFINA WATER 3.64
(0 Cals) |





CRAFT BEERS ON TAP

18 oz. 8.47 WORKS-size 21 oz. 9.47 58 oz. jug 24.58

CREEMORE PREMIUM LAGER ABV 5.0%, 24 IBU

A distinctive, all-natural lager that's fire-brewed. Light amber colour -- medium bodied, well balanced and rounded with a crisp, refreshing finish.

BUBBLE STASH IPA ABV 6.2%, 45 IBU

Bubble Stash is a new age IPA, brewed exclusively with late addition Mosaic Cryo Hops® offering bright, tropical sweet notes in this easy drinking bubbler.

BLUE MOON WHEAT ABV 5.4%, 8 IBU

Brewed with Valencia orange peel for a subtle sweetness and bright, citrus aroma.

WORKS ROTATING TAP

Ask your server what's on tap today!



Standard Alcoholic Beverages	Standard Serving Size	Approximate Average Calories per Standard Serving Size
Red Wine (12%)	1 glass (142 mL/5 oz)	130
White Wine (12%)	1 glass (142 mL/5 oz)	120
Regular Beer (5%)	1 bottle (341 mL)	150
Light Beer (4%)	1 bottle (341 mL)	100
Spirits (40%)	1 shot (43 mL/1½ oz)	100

Note: Actual calories of alcoholic beverages may vary; the addition of mixes will increase the calories of these beverages. Standard serving sizes are based on one drink as outlined in Canada's Low-Risk Alcohol Drinking Guidelines.



CRAFT TALLBOYS & BOTTLES

All options 7.96

PALE ALE BY CREEMORE ABV 5.6% (473 ML.)

CRISP PILSNER BY CREEMORE ABV 4.7% (473 ML.)

COORS LIGHT ABV 4.2% (473 ML.)

MOLSON CANADIAN ABV 5.0% (473 ML.)

STRONGBOW CIDER ABV 5.0% (440 ML.)

DAURA DAMM

GLUTEN FRIENDLY BEER ABV 5.4% (330 ML.)

VIZZY BLUEBERRY POMEGRANATE ABV 5.0% (473 ML.)

VIZZY PINEAPPLE MANGO ABV 5.0% (473 ML.)

HEINEKEN 0.0 ABV 0.0%

NON ALCOHOLIC BEER 5.22 (330 ML.)



HAIL CAESAR

WORKS CAESAR

Traditional Caesar with Vodka (1 oz.) garnished with celery and lime wedge 7.96

CAESAR'S SAMBA

Pumped up Caesar with Vodka (1 oz.) and chillies, garnished with our signature O-ring, crispy dill pickle, celery and lime 8.57

SPIKED ARNOLD

Lemonade, Iced Tea, Vodka (1 oz.) 7.96

SANGRIA

WILD BERRY SANGRIA

Blend of white liquors (0.5 oz.) joined with our Trius Cabernet (4 oz.) with a fresh fruit medley. Fruity and refreshing! 9.97

WINES

6 oz. 8.97 9 oz. 12.98 1/2 L. 23.98

REDS

Trius Cabernet Sauvignon VQA Wayne Gretzky Estates Cab Merlot VQA

WHITES

Trius Chardonnay VQA Wayne Gretzky Estates Pinot Grigio VQA

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ON 0123

GLUTEN INTOLERANCE ALERT: Please be aware that The WORKS uses products with gluten. Please advise your server if you have a gluten intolerance.

ALLERGY ALERT: Please be aware that The WORKS uses peanut butter, tree nuts & sesame in the preparation of our various food & beverage items.

Adults and youth (13+) need an average of 2,000 calories a day and children (4-12) need an average of 1,500 calories a day. However, individual needs vary.

HEY LIL' BURGERHEADS!

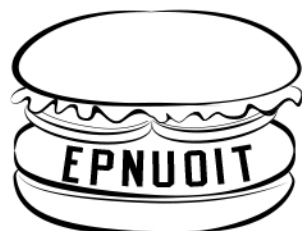
THIS SPECIAL MENU IS FOR
OUR GUESTS 10 AND UNDER



1. _____



2. _____



3. _____

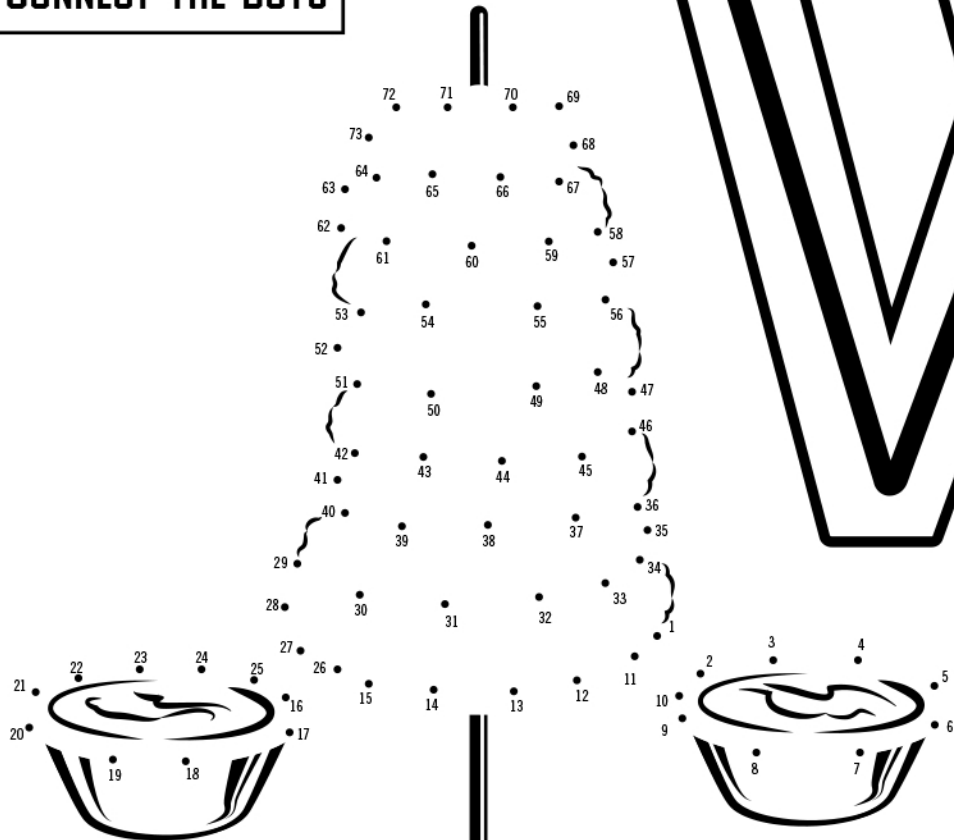


4. _____

BURGER WORD UNSCRAMBLE

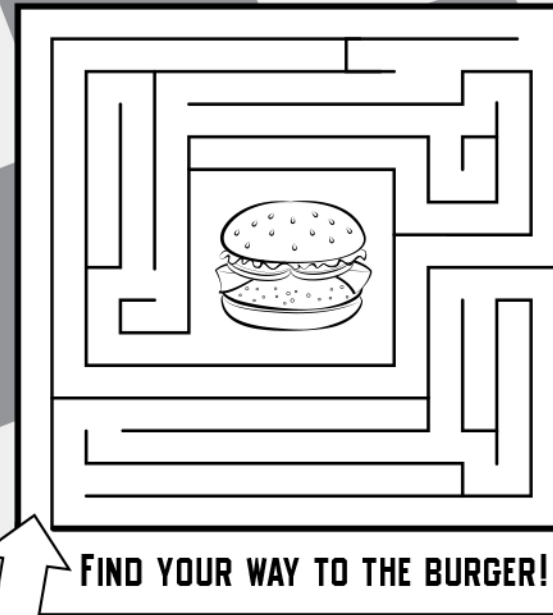
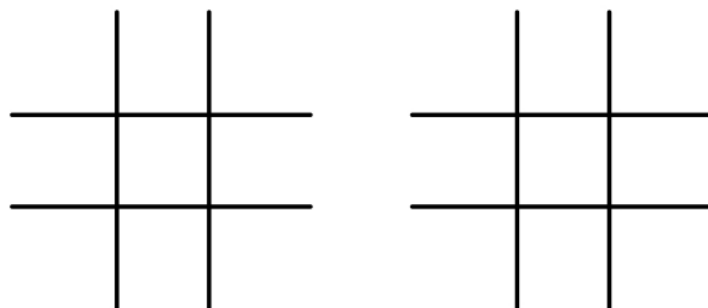
1. Shake 2. Bacon 3. Poutine 4. Cheese

CONNECT THE DOTS



TIC TAC TOE

PICK A SIDE! ARE YOU THE  RINGS OR THE .

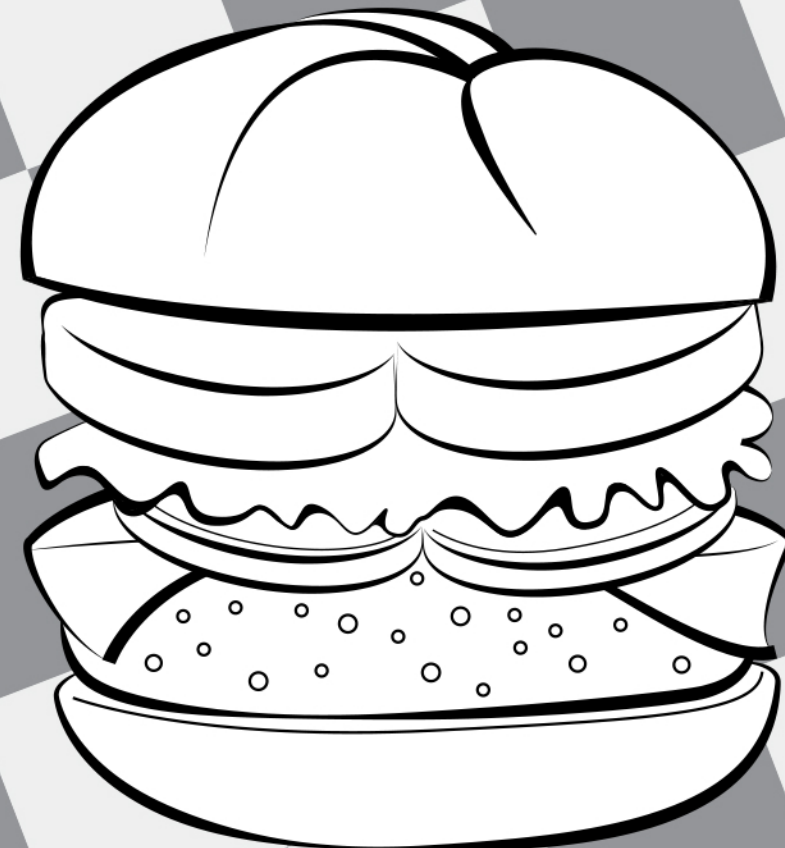


FIND YOUR WAY TO THE BURGER!



M	N	W	L	J	R	O	D	M	J	Y
B	S	M	P	B	P	O	H	B	U	D
H	C	T	B	O	A	A	R	D	I	W
G	W	H	R	U	U	C	T	Y	C	O
R	O	P	E	M	R	T	O	T	E	Z
A	R	O	Y	E	W	G	I	N	Y	Q
V	K	P	B	O	S	L	E	N	U	T
Y	S	E	F	R	I	E	S	R	E	U
E	B	U	R	G	E	R	H	E	A	D
M	I	L	K	S	H	A	K	E	Y	K
C	Y	T	C	W	H	G	M	R	L	P

BURGERHEAD	POUTINE	BURGER	POP
JUICE	CHEESE	PATTY	BACON
WORKS	FRIES	GRAVY	MILKSHAKE





HERE'S HOW IT WORKS

1 CHOOSE A KIDZ MEAL

2 CHOOSE A PATTY FOR YOUR BURGER

Beef - 4 oz. (185 Cals)
Veggie Burger (170 Cals)

Chicken (180 Cals) +2.98
Crispy Chicken (270 Cals) +2.98
Impossible™ Burger - 4 oz.
(240 Cals) +2.18 **IMPOSSIBLE**

3 CHOOSE A SIDE

Fresh Cut Fries (620 Cals)
Spicy Potato Chips (580 Cals)
Steamed Broccoli (30 Cals)
Cukes & Celery (30 Cals)
Green Weeds (25 Cals)

Sweet Potato Fries +2.18 (440 Cals)
Kraft Dinner +3.97 (440 Cals)

4 CHOOSE A DRINK

Pop (0-130 Cals)
Juice (90-130 Cals)
Milk (130 Cals)
Chocolate Milk (220 Cals)



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ON 0123

WORKS KIDZ MEALS

COMES WITH KIDZ DRINK, KIDZ SIDE AND KIDZ ICE CREAM

PLAIN JACK JR. BURGER

That's all jack! *No lettuce, no tomato, no spinach, just the burg* 9.97 (210-1250 Cals)

CHEESE PLEASE BURGER

It ain't easy being this cheddar cheesy! 10.97 (325-1360 Cals)

BACON ME CRAZY CHEESEBURGER

It's cheesy. It's bacony. It's yummy. 11.97 (455-1495 Cals)

MEGA MACARONI BURGER

Kraft Dinner and cheddar cheese 9.97 (350-1210 Cals)

FRY-DAY POUTINE

Make any day Fry-Day with fresh cut fries, squeaky cheese & fresh gravy 9.97 (815 Cals)

K.D. SUPREME

Hot & cheesy Kraft dinner 9.97 (325-1365 Cals)

DINO CHICKEN NUGGS

Crispy dinosaur shaped chicken nuggets. Get'em before they're extinct! 9.97 (440-1475 Cals)

CLASSIC JR. SHAKES

BUILD YOUR OWN SHAKE AND GET READY TO SHAKE, RATTLE & ROLL!

KIDZ 8OZ 4.91 (270 Cals)

chocolate (+90 Cals) Nutella® (+150 Cals) Oreo® cookies (+140 Cals)
peanut butter (+ 100 Cals) strawberry (+ 110 Cals) vanilla (+80 Cals)

KIDZ "I SCREAM" DESSERT

Vanilla ice cream, sprinkles & chocolate drizzle
Included with each Kidz Meal (270 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.