THE WORKS
CRAFT BURGERS & BEER
EST. 2001

Nutritionals Updated: 09/2025

		Calories (kcal)	Fat (g)	Saturdated Fat (g)	Trans Fat (g)	Sodium (mg)	Cholesterol (mg)	Carboydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Gluten-Free	Vegetarian	Vegan
	STARTERS																	
APPS	Avoca-don't Stop Dip	1020	20	3	0	400	0	30	8	4	4	10%	15%	4%	6%	Yes	Yes	Yes
APPS	The Gou Gou Balls	1500	91	37	0	1360	333	49	2	7	46	6%	2%	15%	8%	No	No	No
APPS	Tower-O-Rings	885	84	9	0	1983	30	126	3	15	15	0%	3%	9%	1%	No	Yes	No
APPS	Wingin' It (8pc)	1430	80	24	1	420	720	42	0	16	128	0%	0%	8%	33%	No	No	No
APPS	Wingin' It (16pc)	2860	160	48	2	840	1440	84	0	32	256	0%	0%	16%	66%	No	No	No
	DIPSTICKS / DRESSINGS																	
DIPSTICKS / DRESSINGS	Bacon Roasted Garlic Aioli	178	19	3	0.2	117	8	2	0	0	0	7%	2%	2%	0%	Yes	No	No
DIPSTICKS / DRESSINGS	Balsamic Dressing	88	8	1	0.1	245	0	4	0	3	0	0%	0%	1%	1%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	Beechhouse	203	22	3	0.2	197	8	1	0	0	0	3%	2%	0%	1%	Yes	Yes	No
DIPSTICKS / DRESSINGS	Buttermilk Ranch	110	12	1	0.1	259	6	1	0	2	0	0%	0%	0%	0%	Yes	Yes	No
DIPSTICKS / DRESSINGS	Caesar Dressing	197	20	4	0.1	338	12	2	0	0	1	0%	0%	0%	0%	Yes	Yes	No
DIPSTICKS / DRESSINGS	Chipotle Dip	167	18	3	0.2	226	22	1	0	1	0	0%	0%	0%	0%	Yes	Yes	No
DIPSTICKS / DRESSINGS	Franks Buffalo	10	1	0	0.0	840	0	1	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	Gravy	39	0	0	0.0	907	0	8	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	Hotter Than Hell	62	0	0	0.0	2225	0	13	3	10	2	50%	79%	0%	6%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	Mayo	246	27	4	0.2	173	12	0	0	0	0	0%	0%	0%	0%	Yes	Yes	No
DIPSTICKS / DRESSINGS	Sour Cream	50	4	3	0.1	40	15	2	0	1	1	4%	0%	0%	0%	Yes	Yes	No
DIPSTICKS / DRESSINGS	Sweet 'n Tangy	73	0	0	0.0	290	0	20	1	18	0	2%	14%	0%	0%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	Ultimate BBQ Sauce	60	0	0	0.0	120	0	14	0	13	0	0%	0%	0%	0%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	Ultimate Plum Sauce	60	0	0	0.0	120	0	14	0	13	0	0%	0%	0%	0%	Yes	Yes	Yes
DIPSTICKS / DRESSINGS	W Sauce	204	22	3	0.2	189	10	1	0	1	0	0%	1%	0%	1%	No	Yes	No
	BURGER PATTIES																	
BURGER PATTIES	Beef, Halal	390	31	10	2.0	550	90	5	1	0	21	0%	0%	4%	20%	Yes	No	No
BURGER PATTIES	Fresh 100% Canadian Beef (7oz)	370	22	9	1.0	675	130	1	1	0	44	0%	0%	2%	30%	Yes	No	No
BURGER PATTIES	Cheese Stuffed Beef Patty (9.5oz)	528	34	16	1.6	966	173	2	1	0	54	10%	0%	33%	30%	Yes	No	No
BURGER PATTIES	Crispy Chicken	270	11	2	0.0	610	115	7	1	0	37	0%	0%	2%	6%	No	No	No
BURGER PATTIES	Fresh 100% Canadian Beef (4oz)	185	11	5	0.5	337	65	1	0.5	0	22	0%	0%	1%	15%	Yes	No	No
BURGER PATTIES	Fresh 100% Canadian Beef, Smash (3oz)	230	18	7	1.0	252	75	0	0.0	0	21	2%	0%	1%	15%	Yes	No	No
BURGER PATTIES	Fresh Whole Chicken Breast	181	3	0	0.0	420	90	3	0	0	36	0%	5%	0%	26%	Yes	No	No
BURGER PATTIES	Veggie Patty, Cardinal (4oz)	140	10	1	0.0	400	55	10	1	10	17	0%	0%	0%	0%	No	Yes	Yes
BURGER PATTIES	Wagyu Beef	280	17	6	0.4	180	85	1	1	0	31	0%	3%	2%	20%	Yes	No	No
	BUN																	
BUNS	White	224	4	1	0.0	416	80	38	2	3	6	0%	0%	0%	0%	No	Yes	No
BUNS	Black & White Sesame	201	4	0	0.0	367	0	35	0	4	7	0%	0%	2%	15%	No	Yes	Yes
BUNS	Gluten-free	200	6	1	0.0	200	0	40	4	6	4	1%	1%	2%	6%	Yes	Yes	No
BUNS	Potato Bun	130	2	1	0.0	170	23	1	1	2	6	0%	0%	0%	0%	No	Yes	No
	BURGER BUILDS																	
	B.A.B Burger	289	27	8	0.4	380	32	4	1	2	7	11%	11%	20%	1%	Yes	Yes	No

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BURGER TOPPING COMBINATIONS	Blues Burger	347	32	14	0.5	623	63	2	0	1	15	15%	0%	23%	1%	Yes	No	No
	Cali Smash (Smash Burger)	527	45	13	0.0	987	84	11	4	3	21	20%	15%	32%	7%	Yes	No	No
	Chicken Fight Club	689	55	15	0.4	1640	247	48	4	5	57	20%	29%	25%	19%	No	No	No
	Cluck Norris Buffalo Chicken Sandwich	720	33	11	0.3	1350	130	43	3	7	45	10%	6%	20%	15%	No	No	No
	Eggcellent (Smash Burger)	590	41	14	0.0	1380	370	12	0	7	33	25%	2%	35%	17%	Yes	No	No
	Gettin' Piggy With It	721	67	19	0.3	1385	75	23	2	6	22	11%	68%	29%	18%	No	No	No
	Hamburger Mary	494	48	14	0.5	630	178	2	0	1	17	12%	9%	22%	5%	Yes	No	No
	Hot n' Bothered (Smash Burger)	490	37	12	0.0	950	50	27	3	8	14	13%	17%	28%	14%	No	Yes	No
	Juicy Lucy	214	22	3	0.2	364	10	4	1	2	1	8%	13%	2%	2%	Yes	No	No
	Kamikaze	192	10	6	0.3	2847	24	16	5	10	9	54%	171%	22%	6%	Yes	Yes	No
	Magic Mushroom Melt	216	14	8	0.3	666	34	13	3	5	12	12%	11%	19%	0%	Yes	Yes	No
	Man Cave	346	25	12	0.2	1169	54	23	2	16	14	10%	11%	18%	9%	Yes	No	No
	Shroom Smasher (Smash Burger)	360	28	12	0.0	450	60	8	1	4	17	7%	4%	28%	7%	Yes	Yes	No
	Six Degrees of K'vin Bacon	819	67	19	0.2	1742	85	23	5	7	13	16%	17%	4%	8%	Yes	Yes	No
	SK8R Boy	427	38	13	0.2	501	46	6	2	4	20	8%	0%	15%	5%	Yes	No	No
	Smokey Mountain	259	22	10	0.2	858	46	7	1	5	13	9%	1%	15%	1%	Yes	No	No
	Son of a Beech	364	31	7	0.3	530	33	15	8	6	8	7%	9%	7%	3%	Yes	Yes	No
	Taste of Heaven	619	54	16	0.2	1200	67	17	5	9	6	1%	14%	3%	1%	Yes	No	No
	The Big WORKS (Smash Burger)	360	27	13	0.0	900	60	8	2	4	17	2%	9%	28%	6%	Yes	Yes	No
	The Hipster	259	21	10	0.3	625	31	13	5	5	8	12%	18%	15%	2%	Yes	Yes	No
	The John Candy (Smash Burger)	740	47	19	0.0	19	200	46	2	30	47	21%	4%	38%	16%	No	No	No
	The OG (Smash Burger)	310	21	11	0.0	950	55	15	2	9	13	7%	3%	28%	4%	Yes	Yes	No
	The Tom Green	483	47	14	0.3	583	52	5	4	0	14	10%	9%	16%	3%	Yes	No	No
	The Very Plain Jane	20	0	0	0.0	300	0	5	2	2	1	40%	11%	2%	1%	Yes	Yes	Yes
	The W	375	30	13	0.0	1400	55	13	2	8	15	18%	11%	22%	7%	Yes	No	No
	Tragically Maple	765	163	9	0.0	1072	96	24	5	10	14	15%	2%	25%	2%	No	No	No
	SIDES																	
SIDES	Fresh Cut Fries	620	31	3	0.1	221	0	80	8	1	9	0%	42%	2%	25%	Yes	Yes	Yes
	Cukes & Celery	30	31	3	0.1	329	0	86	11	4	10	9%	53%	8%	29%	Yes	Yes	Yes
	House made Spicy Potato Chips	584	41	3	0.2	1080	0	50	4	0	4	0%	5%	16%	1%	Yes	Yes	Yes
	Steamed Broccoli	31	1	0	0.0	47	0	4	4	1	4	19%	48%	14%	22%	Yes	Yes	Yes
	Weeds	25	0	0	0.0	15	0	5	2	3	1	15%	40%	3%	5%	Yes	Yes	Yes
PREMIUM SIDES	Side Caesar *(incl. dressing)*	371	33	10	0.1	635	50	13	2	1	8	5%	8%	5%	7%	No	No	No
	Side Onion Rings	590	29	2	0.0	1040	0	82	2	10	10	0%	5%	17%	1%	No	Yes	No
	Side Traditional Poutine	817	43	10	0.7	1420	43	89	8	1	19	10%	42%	32%	25%	Yes	Yes	No
	Side Tragically Maple Poutine	1114	9	17	0.7	1831	32	97	10	2	19	10%	42%	33%	28%	Yes	No	No
	Sweet Potato Fries	440	22	2	0.1	140	0	59	7	24	3	0%	0%	0%	0%	Yes	Yes	No
	POUTINES																	

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POUTINE	Traditional Poutine	1634	86	20	1.4	2839	85	178	16	2	38	19%	83%	65%	50%	Yes	Yes	No
	Poutine Tragically Maple	2229	18	34	1.6	3661	146	193	20	3	38	26%	85%	69%	50%	Yes	No	No
	SALADS																	
SALADS	The Cobbfather	770	54	15	0.0	1484	355	13	5	6	50	30%	23%	23%	24%	Yes	No	No
	Crispy Cluck N Caesar *(incl. dressing)*	758	66	20	0.2	1275	101	29	6	4	17	9%	26%	14%	21%	No	No	No
	Romaine Calm & Carry On	75	1	0	0.0	38	0	15	7	8	4	34%	146%	8%	17%	Yes	Yes	Yes
	BEVERAGES																	
	Virgin Arnold	137	0	0	0.0	21	0	34	0	32	1	0%	35%	0%	2%	Yes	Yes	Yes
	7 Up	142	0	0	0.0	43	0	38	0	38	0	0%	0%	0%	0%	Yes	Yes	Yes
	Apple Juice	200	0	0	0.0	27	0	49	0	45	0	0%	181%	0%	4%	Yes	Yes	Yes
	Chocolate Milk	427	10	6	0.2	281	40	65	1	56	19	20%	0%	61%	10%	Yes	Yes	No
	Cranberry Juice	246	0	0	0.0	66	0	59	0	59	0	0%	315%	0%	0%	Yes	Yes	Yes
	Diet Pepsi	0	0	0	0.0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
	Floats (ice cream, pop not incl)	120	12	7	0.4	80	40	34	2	22	2	12%	2%	8%	2%	Yes	Yes	No
	Gingerale	124	0	0	0.0	26	0	32	0	32	0	0%	0%	1%	5%	Yes	Yes	Yes
	Iced Tea	116	0	0	0.0	36	0	30	0	30	0	0%	6%	0%	0%	Yes	Yes	Yes
	Lemonade	158	0	0	0.0	7	0	38	0	34	3	0%	63%	0%	3%	Yes	Yes	Yes
	Milk	260	10	6	0.2	240	40	24	0	24	18	20%	0%	60%	0%	Yes	Yes	No
	Orange Juice	180	0	0	0.0	22	0	42	1	33	3	15%	150%	3%	4%	Yes	Yes	Yes
	Pepsi	156	0	0	0.0	43	0	43	0	43	0	0%	0%	0%	0%	Yes	Yes	Yes
	Root Beer	180	0	0	0.0	68	0	47	0	47	0	0%	0%	0%	0%	Yes	Yes	Yes
	Soda Water	0	0	0	0.0	0	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
	SHAKES																	
	Shake ur Bis(coff) (16oz)	1400	74	18	1.0	400	240	123	2	97	20	35%	8%	34%	2%	No	Yes	No
	Shake Odyssey (16oz)	1242	70	29	0.3	524	104	132	9	90	26	35%	8%	34%	8%	No	Yes	No
	Bella Nutella (16oz)	1186	54	30	0	500	90	164	8	130	14	29%	5%	31%	3%	Yes	No	No
	Kids Shake Base (8oz)	273	13	8	0.0	110	45	37	2	25	4	15%	2%	16%	2%	Yes	No	No
	Regular Shake Base (16oz)	545	27	16	0.1	220	90	74	4	50	9	29%	5%	31%	3%	Yes	No	No
	SHAKE FLAVOURS (add-ons for 8 oz shake, double values for 16oz)																	
	Caramel	76	0	0	0.0	0	0	18	0	17	0	0%	0%	0%	0%	Yes	Yes	Yes
	Cherry	70	0	0	0.0	0	0	18	0	18	0	0%	0%	0%	0%	Yes	Yes	Yes
	Chocolate	84	0	0	0.0	20	0	21	1	16	0	0%	0%	0%	5%	Yes	Yes	Yes
	Oreo Cookies	137	6	4	0.1	114	0	20	1	11	1	0%	0%	0%	0%	No	Yes	Yes
	Nutella	200	11	4	0.0	15	0	22	1	21	2	0%	0%	4%	6%	Yes	Yes	No
	Peanut Butter	100	8	2	0.0	40	0	3	1	2	4	0%	0%	1%	2%	Yes	Yes	Yes
	Strawberry	104	0	0	0.0	1	0	26	1	24	0	0%	34%	1%	3%	Yes	Yes	Yes
	Vanilla	79	0	0	0.0	5	0	19	0	19	0	0%	0%	0%	0%	Yes	Yes	Yes
	PUMP UP YOUR BURG TOPPINGS																	
	Arugula	7	0.2	0	0	8	0	1	0	0.6	0.7	4%	5%	3%	2%	Yes	Yes	Yes

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Avocado	83	8	1	0.0	4	0	4	3	0	1	0%	7%	1%	2%	Yes	Yes	Yes
Bacon	132	13	4	0.0	223	23	1	0	0	6	0%	0%	1%	1%	Yes	No	No
Bacon Seasoned Potato Sticks	190	10	5	0.0	100	0	14	1	1	2	0%	4%	1%	2%	Yes	Yes	No
Bacon, Beef	100	6	2	0.0	0	30	2	0	2	5	0%	0%	2%	0%	Yes	No	No
Blue Cheese	103	9	6	0.3	180	24	1	0	1	6	9%	0%	14%	0%	Yes	Yes	No
Candied Bacon	352	29	11	0.0	600	53	6	4	1	5	0%	0%	0%	3%	Yes	No	No
Canadian Cheese Curds	315	24	14	1.2	580	85	3	0	0	20	30%	0%	0%	0%	Yes	No	No
Carmelized Onions	63	3	2	0.0	423	8	9	1	5	1	2%	11%	0%	0%	Yes	Yes	Yes
Carrots, Shredded	12	0	0	0.0	19	0	3	1	1	0	53%	2%	1%	0%	Yes	Yes	Yes
Cheddar	113	9	6	0.3	227	24	0	0	0	7	9%	0%	19%	0%	Yes	Yes	No
Chicken Tender (1pc)	95	4	2	0.0	165	18	8	1	0	7	0%	0%	0%	1%	No	No	No
Cucumbers	4	0	0	0.0	0	0	0	0	0	0	0%	1%	0%	0%	Yes	Yes	Yes
Egg	43	3	1	0.0	40	121	1	0	0	4	1%	0%	1%	4%	Yes	Yes	No
Feta Cheese	80	6	4	0.2	490	25	0	0	0	6	12%	0%	10%	0%	Yes	No	No
Gourmet O-Ring	73	4	0	0.0	130	0	10	0	1	1	0%	1%	2%	0%	No	Yes	No
Havarti Cheese	100	8	6	0.3	260	30	1	0	0	5	0%	0%	13%	0%	Yes	No	No
Hot Peppers	11	0	0	0.0	737	0	2	1	1	1	5%	62%	3%	1%	Yes	Yes	Yes
Jack Cheese	94	9	6	0.2	198	24	0	0	0	7	8%	0%	14%	0%	Yes	Yes	No
Jalapenos, Pickled	6	0	0	0.0	320	0	2	1	0	0	0%	0%	0%	6%	Yes	Yes	Yes
Maple Bacon Jam	49	3	1	0.0	110	0	4	0	3	2	0%	0%	0%	0%	Yes	No	No
Onion Tanglers	60	3	1	0.0	120	0	9	1	1	1	0%	0%	0%	1%	No	Yes	No
Peameal/ Canadian Bacon	49	2	1	0.0	284	1	3	0	1	14	0%	0%	0%	4%	Yes	No	No
Peanut Butter	188	15	3	0.0	76	0	6	2	4	8	0%	0%	1%	4%	Yes	Yes	Yes
Red Peppers	10	0	0	0.0	1	0	2	1	1	0	5%	71%	0%	1%	Yes	Yes	Yes
Sauteed Mushrooms	40	2	1	0.0	16	2	4	2	0	4	0%	0%	0%	0%	Yes	Yes	Yes
Sundried Tomatoes	61	0	0	0.0	0	13	10	4	6	3	0%	0%	0%	0%	Yes	Yes	Yes
Tortilla Chips	154	2	0	0.0	35	0	32	4	0	4	0%	0%	8%	4%	Yes	Yes	Yes
KIDS MENU																	
Bacon Me Crazy Cheeseburger	180	16	8	0.3	338	35	0	0	0	10	9%	0%	19%	0%	Yes	Yes	No
Cheese Please Burger	114	9	6	0.3	227	24	0	0	0	7	9%	0%	19%	0%	No	Yes	No
Dipsy Chix	620	32	5	0.2	800	75	60	5	12	28	2%	15%	4%	8%	No	No	No
Kid's Free Ice Cream	272	9	5	0.0	117	20	48	2	33	2	6%	0%	4%	5%	No	Yes	No
Plain Jack Jr. Burger	335	15.5	1.5	0.05	360.5	0	46	6	3.5	5.5	15%	10%	2%	4%	Yes	Yes	Yes
Wings 'n' Fries	1025	56	14	1	321	360	61	4	9	69	0%	0%	8%	33%	No	No	No
DESSERTS																	
Double Scoop Ice Cream	544	18	10	0.0	234	40	96	4	66	4	6%	0%	4%	5%	No	Yes	No
Mini Cheesecake	270	13	6	0.0	280	10	58	2	37	7	6%	4%	15%	8%	No	Yes	No
Sweet Experiment	270	13	6	0.0	280	10	58	2	37	7	6%	4%	15%	8%	No	Yes	No
Slice of Rainbow	940	54	16	1.0	31		102	1	74	7	0%	0%	4%	10%	Yes	Yes	No

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*maple baked beans, coleslaw and jalapeno cornbread not included

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STARTERS																	
Cry 'n' Fry Bloomin' Onion	1500	120	15	0	2200	130	125	6	8	15	4%	30%	1%	20%	No	Yes	No
You Had Me At Queso - Brisket Queso & Tortillas	1558	105	38	0	5575	194	103	7	2	59	11%	1%	44%	26%	No	No	No
MAINS (most meals include protien/main, maple baked beans, coleslaw and jalapeno cornbread.)																	
Let's Get Brisky (1/2 lb brisket meal)	1445	78	26	1.0	1830	130	195	9	63	54	11%	6%	12%	27%		No	No
Rack To The Future (1/2 rack pork ribs)	1490	79	25	0.5	1910	287	130	9	63	60	21%	14%	16%	32%		No	No
Lord of the Ribs (full rack pork ribs)	2115	124	43	1.1	2110	550	130	9	63	121	27%	15%	21%	48%		No	No
Creamy Mac Dreamy* (white mac & cheese)	867	49	24	8.0	1680	125	83	24	21	18	16%	8%	271%	22%	No	No	No
The Great Briskcape* (white mac & cheese w/ brisket)	1157	71	33	9.0	1640	210	83	24	21	40	18%	8%	271%	28%	No	No	No
Wurst Case Scenario (Bratwurst)	1270	74	22	0.0	2790	165	107	11	31	35	18%	15%	21%	29%		No	No
Bone Appétit - Rib & Wings (1/2 rack pork ribs + 4 Wings)	1550	96	24	0.6	2480	260	83	6	30	78	10%	6%	10%	20%		No	No
PLATTERS (includes protien, maple baked beans, coleslaw and jalapeno cornbread)																	
The Feast & The Furious (3-meats)	2435	146	51	1.6	3770	455	132	9	64	122	25%	15%	20%	35%			
Meat Me Halfway (feeds 3-4 people)	5820	355	120	3.4	7170	1060	324	18	159	271	40%	25%	40%	50%			
Family Meating (feeds 5-6 people)	8580	559	189	6.4	10275	1545	432	30	174	457	65%	30%	55%	75%			
POUTINES																	
Brisket Bound Poutine	1520	95	35	0.5	1450	250	87	8	2	80	20%	15%	40%	20%	Yes		
ADD ONS & UPGRADES																	
1/2 lb Brisket	570	40	15	0.5	100	170	0	0	0	52	0%	0%	2%	25%	Yes	No	No
Brisket Topping (1oz)	71	5	2	0.0	21	12	0	0	0	6	0%	0%	0%	3%	Yes	No	No
Bratwurst Sausage (1)	270	22	8	0.0	700	65	2	0	1	14	0%	0%	2%	4%			
Coleslaw (6oz)	165	13	1	0.0	270	0	18	3	9	2	10%	15%	4%	4%		Yes	Yes
Half Rack Pork Ribs	870	55	20	0.5	950	150	35	1	25	55	4%	2%	6%	15%			
Jalapeno Cornbread	210	8	3	0.1	300	25	30	2	5	3	6%	2%	5%	5%		Yes	Yes
Mac & Cheese Upgrade (1oz)	11	0	0	0.0	19	1	3	1	1	2	4%	0%	5%	1%			
Mac & Cheese Upgrade (8oz)	360	12	7	0.0	680	25	52	3	6	13	15%	0%	20%	8%			
Maple Beans (3oz)	60	1	0	0.0	250	0	13	3	6	2	0%	2%	2%	6%		Yes	Yes
Mustard, Yellow	0	0	0	0.0	60	0	0	0	0	0	0%	0%	0%	0%	Yes	Yes	Yes
Queso (1oz)	45	4	1	0.0	217	5	4	2	0	1	0%	0%	0%	0%		Yes	
Queso (3oz)	135	11	4	0.0	650	14	6	6	0	3	0%	0%	0%	0%		Yes	
Tangy Coleslaw (6oz)	130	7	1	0.1	240	0	15	1	13	1	10%	62%	6%	2%	Yes	Yes	Yes
KIDS MENU (includes protien, maple baked beans, coleslaw)																	
Lil' Rackstar (1/4 rack pork ribs)	915	48	15	0.6	1235	110	89	7	39	30	10%	10%	15%	12%			
Brisket Jr.	950	57	19	0.6	740	195	49	6	15	57	15%	10%	15%	25%			
Brat To The Bone	750	45	14	0.1	1340	115	53	6	16	21	10%	8%	14%	15%			
Holy Macaroni	740	29	10	0.1	1320	50	101	9	21	18	25%	10%	35%	12%			

THE WORKS
CRAFT BURGERS & BEER

Allergens Updated: 10/2025

		Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts	Wheat
	APPS													
APPS	Avoca-don't Stop Dip													
	The Gou Gou Balls	YES		YES		YES	YES				YES			YES
	Tower-O-Rings	YES				YES								YES
	Wingin' It (8pc)	YES		YES		YES	YES				YES			YES
	Wingin' It (16pc)	YES		YES		YES	YES				YES			YES
	DIPSTICKS / DRESSINGS													
DIPSTICKS / DRESSINGS	Bacon Roasted Garlic Aioli	YES		YES			YES				YES			
	Balsamic Dressing						YES				YES			
	Beechhouse			YES			YES							
	Buttermilk Ranch	YES		YES			YES							
	Caeser Dressing													
	Chipotle Dip	YES		YES										
	Franks Buffalo													
	Gravy	YES										YES		
	Hotter Than Hell											YES		
	Mayo						YES							
	Sour Cream	YES												
	Sweet 'n Tangy						YES							
	Ultimate BBQ Sauce						YES				YES			
	Ultimate Plum Sauce					YES					YES			YES
	W Sauce			YES	YES		YES				YES	YES		
	BURGER PATTIES													
	Beef, Halal										YES			YES
	Cheese Stuffed Beef Patty (9.5oz)	YES												
	Crispy Chicken	YES		YES		YES	YES							YES
	Fresh 100% Canadian Beef (4oz)													
	Fresh 100% Canadian Beef (7oz)													
	Fresh 100% Canadian Beef, Smash (3oz)													
	Fresh Whole Chicken Breast													
	Veggie Patty, Cardinal (4oz)					YES			YES		YES			YES

THE WORKS
CRAFT BURGERS & BEER

Allergens Updated: 10/2025

		Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts	Wheat
	Wagyu Beef													
	BUN													
BUN	White			YES		YES								YES
BUN	Black & White Sesame					YES			YES		YES			YES
BUN	Gluten Free			YES										
BUN	Potato Bun	YES							YES			YES		YES
	BURGER TOPPING COMBINATIONS													
	B.A.B Burger	YES		YES	YES		YES				YES	YES		
	Blues Burger	YES		YES										
	Cali Smash (Smash Burger)			YES			YES							
	Chicken Fight Club	YES		YES		YES	YES							YES
	Cluck Norris Buffalo Chicken Sandwich	YES		YES		YES	YES							YES
	Eggcellent (Smash Burger)			YES	YES		YES				YES	YES		
	Gettin' Piggy With It	YES		YES		YES	YES				YES			YES
	Hamburger Mary	YES		YES			YES							
	Hot n' Bothered (Smash Burger)			YES										
	Juicy Lucy	YES					YES					YES		
	Kamikaze	YES												
	Magic Mushroom Melt	YES					YES							
	Man Cave	YES					YES				YES			
	Shroom Smasher (Smash Burger)	YES					YES							
	Six Degrees of K'vin Bacon	YES		YES		YES	YES				YES			YES
	SK8R Boy	YES						YES			YES			
	Smokey Mountain	YES					YES							
	Son of a Beech	YES		YES			YES					YES		
	Taste of Heaven	YES		YES	YES		YES				YES	YES		
	The Big WORKS (Smash Burger)	YES		YES	YES		YES				YES	YES		
	The Hipster	YES												
	The John Candy (Smash Burger)	YES		YES		YES	YES				YES			YES
	The OG (Smash Burger)	YES					YES							
	The Tom Green	YES		YES			YES							

THE WORKS
CRAFT BURGERS & BEER

Allergens Updated: 10/2025

	Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts	Wheat
The Tragically Maple	YES		YES							YES	YES		
The Very Plain Jane						YES					YES		
The W Burger	YES		YES	YES		YES				YES	YES		
SIDES													
Fresh Cut Fries													
House made Spicy Potato Chips													
Side Caesar	YES		YES	YES	YES	YES				YES			YES
Side Garden													
Side Onion Rings	YES				YES								YES
Side Traditional Poutine	YES										YES		
Side Tragically Maple Poutine	YES		YES			YES					YES		YES
Sweet Potato Fries	YES				YES								YES
POUTINE													
Traditional Poutine	YES										YES		
Tragically Maple Poutine	YES		YES			YES					YES		YES
SALADS													
Crispy Cluck N Caesar *(incl. dressing)*	YES		YES	YES	YES	YES				YES			YES
Romaine Calm & Carry On	YES					YES					YES	YES	
The Cobbfather	YES		YES										
SHAKES													
Bella Nutella	YES									YES		YES	
Shake Odyssey	YES				YES		YES			YES			YES
Shake Ur Bis(coff)	YES				YES								YES
Base Shake (No Flavours)	YES												
SHAKE FLAVOURS													
Caramel													
Cherry													
Chocolate													
Oreo Cookies					YES					YES			YES
Nutella	YES									YES		YES	
Peanut Butter							YES			YES			

THE WORKS
CRAFT BURGERS & BEER

Allergens Updated: 10/2025

		Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts	Wheat
	Strawberry													
	Vanilla													
	BEVERAGES													
BEVERAGES	7 Up													
	Apple Juice													
	Caesars Samba	YES			YES		YES				YES	YES		YES
	Chocolate Milk	YES												
	Cranberry Juice													
	Diet Pepsi													
	Floats	YES												
	Gingerale													
	Iced Tea													
	Lemonade													
	Milk	YES												
	Orange Juice													
	Pepsi													
	Root Beer													
	Soda Water													
	Virgin Caesar				YES		YES				YES	YES		
	Works Caesar				YES		YES				YES	YES		
	KIDS MENU													
KIDS MENU	Cheese Please Burger	YES												
	Bacon Me Crazy Cheeseburger	YES												
	Dipsy Chix					YES								YES
	Plain Jack Jr.													
	Wings n' Fries	YES		YES			YES				YES			YES
	Kid's Free Ice Cream	YES				YES					YES			YES
	DESSERTS													
	Double Scoop Ice Cream	YES				YES					YES			YES
	Mini Cheesecake	YES				YES					YES			YES
	Sweet Experiment	YES				YES					YES			YES

THE WORKS
CRAFT BURGERS & BEER

Allergens Updated: 10/2025

	Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts	Wheat
Slice of Rainbow	YES				YES	YES				YES			YES

THE WORKS CRAFT BURGERS & BEER EST. 2001

BBQ

Allergens Updated: 09/2025

	Dairy / Milk	Crustacians	Eggs	Fish	Gluten	Mustard	Peanuts	Sesame	Shellfish	Soy	Sulphites	Tree Nuts	Wheat
STARTERS													
Cry 'n' Fry Bloomin' Onion			YES		YES								YES
You Had Me At Queso - Brisket Queso & Tortillas	YES					YES				YES			
MAINS (most includes protien/main, maple baked beans, coleslaw and jalapeno cornbread.)													
Let's Get Brisky (1/2 lb brisket meal)	YES		YES		YES	YES				YES	YES		YES
Rack To The Future (1/2 rack pork ribs)	YES		YES		YES	YES				YES	YES		YES
Lord of the Ribs (full rack pork ribs)	YES		YES		YES	YES				YES	YES		YES
Creamy Mac Dreamy* (white mac & cheese)	YES		YES		YES	YES							YES
The Great Briskcape* (white mac & cheese w/ brisket)	YES		YES		YES	YES							YES
Wurst Case Scenario (Bratwurst)	YES		YES		YES	YES				YES	YES		YES
Bone Appétit - Rib & Wings (1/2 rack pork ribs + 4 Wings)	YES		YES		YES	YES				YES	YES		YES
PLATTERS (includes protien, maple baked beans, coleslaw and jalapeno cornbread)													
The Feast & The Furious (3-meats)	YES		YES		YES	YES				YES	YES		YES
Meat Me Halfway (feeds 3-4 people)	YES		YES		YES	YES				YES	YES		YES
Family Meating (feeds 5-6 people)	YES		YES		YES	YES				YES	YES		YES
POUTINES													
Brisket Bound Poutine	YES		YES			YES				YES	YES		YES
SOLO ADD ONS & UPGRADES													
Jalapeno Cornbread	YES		YES		YES					YES			YES
Coleslaw													
Mac & Cheese Upgrade	YES		YES		YES	YES							YES
Maple Beans						YES				YES	YES		
Mustard, Yellow						YES							
KIDS MENU (includes protien, maple baked beans, coleslaw)													
Lil' Rackstar (1/4 rack pork ribs)	YES		YES		YES	YES				YES	YES		YES
Brisket Jr.	YES		YES		YES	YES				YES	YES		YES
Brat To The Bone	YES		YES		YES	YES				YES	YES		YES
Holy Macaroni	YES		YES		YES	YES				YES	YES		YES
BEVERAGES													
Maple BBQ Caesar				YES		YES				YES	YES		

* not included