

Champlain

Pax's Place Burger Menu – Available after 11am

Holy Guacamole Burger – Grilled chicken, Swiss cheese, nacho cheese dorito chips, lettuce, tomato & guacamole
\$9.49 600 Cals

The Canadian, Eh? Burger – 5 oz beef patty, peameal bacon, cheddar cheese, a fried egg & tomato **\$9.49 600 Cals**

The Mushroom Swiss Burger – 5 oz beef patty, Swiss cheese, sauteed onions & sauteed mushrooms **\$9.49 560 Cals**

Champlain 'Til I Die Burger – 5 oz beef patty, jalapeno Monterey Jack cheese, medium salsa, banana peppers, onions, lettuce & jalapeno mayo **\$9.49 510 Cals**

The Gorilla Burger – 2 x 5 oz beef patty, crispy bacon, cheddar cheese, smoky BBQ sauce & fried onion crisps
\$10.99 1.020 Cals

Craft-your-own Burger

- 1. Get it Started** – 5 oz beef patty 380 Cals \$6.29, double beef +380 Cals +\$2.29, triple beef +760 Cals +\$4.29, grilled chicken breast 90 Cals \$7.59, crispy chicken burger 140 Cals \$7.59, plant-based lightlife burger 270 Cals \$7.99, add crispy bacon 240 Cals \$2.99
- 2. Nice Buns** – white bun 190 Cals, pretzel bun 360 Cals, gluten-free bun 180 Cals
- 3. Say Cheese** – cheddar cheese 60 Cals \$1.99, Swiss cheese 60 Cals \$1.99, jalapeno Jack cheese 70 Cals \$1.99, feta cheese 160 Cals \$1.99, vegan cheese 30 Cals \$1.99
- 4. Make it Saucy** – roasted jalapeno mayo 100 Cals, roasted garlic mayo 90 Cals, honey mustard 90 Cals, smoky BBQ sauce 50 Cals, mild salsa 20 Cals
- 5. Top it Off** - Complimentary: iceberg lettuce 4 Cals, ketchup 30 Cals, mustard 20 Cals, relish 40 Cals, onion 10 Cals, tomato 10 Cals, pickles 10 Cals, cucumber 5 Cals Premium: spinach 1 Cal \$0.99, banana peppers 10 Cals \$0.99, sauteed peppers 30 Cals \$0.99, sauteed mushrooms 10 Cals \$0.99, sauteed onions 15 Cals \$0.99, deep fried onion crisps 60 Cals \$0.99, nacho cheese doritos 60 Cals \$0.99, add guacamole 40 Cals \$1.49

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

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Pax's Place Breakfast Menu – Available until 11am

Hungry Breakfast – Home fries, 3 eggs of your choice, 2 slices of toast & 3 strips of bacon or sausage **\$9.99 920 - 1,030 Cals**

Classic Breakfast – Home fries, 2 eggs of your choice, 2 slices of toast & 2 strips of bacon or sausage **\$7.89 770 – 940 Cals**

Light Breakfast – Home fries, 1 egg of your choice, 1 slice of toast & 1 strip of bacon or sausage **\$5.99 450 – 480 Cals**

Breakfast Wrap – 2 scrambled eggs, 2 strips of bacon or sausage & home fries in your choice of wrap **\$7.49 730 Cals**

Add cheese +30 – 240 Cals +\$1.99

Sunrise Sandwich – A fried egg with cheddar cheese, served on an English muffin **\$3.49 270 Cals**

Add bacon or sausage +240 – 350 Cals +\$0.80

Make it a bagel + 280 – 300 Cals +\$1.09

BLT Sandwich – A classic. Bacon, lettuce, tomato & mayo on your choice of bread **\$6.49 590 Cals**

Add cheese +30 – 240 Cals +\$1.99

Make it a bagel + 280 – 300 Cals +\$1.09

Veggie Bagel Supreme – Hummus, red peppers, greens, cucumbers & onion on a bagel **\$5.49 470 Cals**

2 Eggs & Toast – Choice of 2 eggs & 2 slices of toast. Perfect for the light diner **\$4.29 480 Cals**

Make it a bagel + 280 – 300 Cals +\$1.09

Guac Toast – Tasty guacamole on your choice of bread **\$3.49 440 Cals**

Add fresh veggies +4 – 20 Cals +\$0.99

Make it a bagel + 280 – 300 Cals +\$1.09

Bagel – A toasted bagel with your choice of add-ons

With butter \$2.29 450 Cals

With cream cheese \$3.29 390 – 560 Cals

Home fries \$3.29 300 Cals

Toast (2) \$2.29 220 – 230 Cals

Add bacon or sausage \$2.99 240 – 350 Cals

Add guac or hummus \$1.49 40 – 50 Cals

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Pax's Place Lunch/Dinner Menu – Available after 11am

Chicken Twister Wrap – A campus favourite! Tender chicken fingers, crispy bacon, lettuce, tomato & mayo on your choice of wrap **\$9.49 720 Cals**

Add guac +40 Cals +\$1.49

Love Me Tenders (3) – 3 seasoned breaded chicken fingers with your choice of dip **\$7.89 310 Cals**

Triple Decker Clubhouse – A triple-decker of deli turkey, bacon, lettuce, tomato & mayo on your choice of bread **\$8.29 660 Cals**

Add guac +40 Cals +\$1.49

Whistle Dog – A jumbo hot dog topped with crispy bacon & cheddar cheese **\$7.49 310 Cals**

Triple Decker Grilled Cheese – A triple-decker of cheesy cheddar & Swiss **\$6.39 690 Cals**

Veggie Wrap – Hummus & a selection of fresh veggies on your choice of wrap **\$7.29 590 Cals**

Add cheese +30 – 240 Cals +\$1.99

BLT Sandwich – A classic. Bacon, lettuce, tomato & mayo on your choice of bread **\$6.49 590 Cals**

Add cheese +30 – 240 Cals +\$1.99, Make it a bagel + 280 – 300 Cals +\$1.09

Bagel – A toasted bagel with your choice of add-ons

With butter \$2.29 450 Cals

With cream cheese \$3.29 390 – 560 Cals

GLT Sandwich – Guacamole, lettuce & tomato on your choice of bread **\$5.49 390 Cals**

Make it a bagel +280 – 300 Cals +\$1.09

Veggie Bagel Supreme – Hummus, red peppers, greens, cucumbers & onion on a bagel **\$5.49 470 Cals**

Guac Toast – Tasty guacamole on your choice of bread **\$3.49 440 Cals**

Add fresh veggies +4 – 20 Cals +\$0.99

Make it a bagel + 280 – 300 Cals +\$1.09

Fries \$3.49 250 Cals

Poutine \$6.49 590 Cals

Onion Rings \$4.29 250 Cals

Add cheese \$1.99 60 – 240 Cals

Add bacon \$2.99 240 Cals

Add guac or hummus \$1.49 40 – 50 Cals

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BYOB (Build your own bowl) Lunch/Dinner Menu – Available after 11am

Asian Chicken Rice Bowl – Halal chicken, onions, green peppers, mushrooms & honey garlic sauce, served over Jasmine rice **\$10.99 830 Cals**

Teriyaki Chicken Noodle Bowl – Marinated Halal chicken, bok choy, green peppers, carrots & teriyaki sauce, served over vermicelli rice noodles **\$10.99 620 Cals**

Beef Mandarin Bowl – Philly steak, red onions, mushrooms, green peppers, mandarin oranges & orange ginger sauce, served over Shanghai noodles **\$10.99 720 Cals**

Szechwan Beef Bowl – Philly steak, onions, broccoli, mushrooms, green peppers & Szechwan sauce, served over vermicelli noodles **\$10.99 610 Cals**

Shrimp & Vegetable Bowl – Shrimp, onions, cauliflower, red peppers, mushrooms, bok choy & orange ginger sauce, served over Jasmine rice **\$10.99 690 Cals**

Spicy Red Thai Tofu & Vegetable Bowl – Marinated tofu, bean sprouts, red & green peppers, carrots, broccoli & sweet chili sauce, served over Jasmine rice **\$10.49 750 Cals**

Pineapple, Black Bean & Quinoa Bowl – Pineapple, onions, carrots, broccoli, green peas, water chestnuts, black beans & pineapple curry sauce, served over quinoa **\$10.49 500 Cals**

Add 2 pork dumplings with meal \$2.09, without a meal \$3.29 250 Cals

Add 1 vegetarian roll with meal \$2.09, without a meal \$3.29 180 Cals

Build-your-own Bowl

- 1. Choose your Veggies:** Choose up to 6 fresh veggies 2 – 40 Cals each
- 2. Select your Protein:** Halal chicken 720 Cals \$10.99, vegetable 580 Cals \$9.49, beef 800 Cals \$10.99, tofu 640 Cals \$10.49
- 3. Add your Sauce:** pineapple curry 50 Cals/80 Cals, orange ginger 50 Cals/80 Cals, Szechwan 70 Cals/100 Cals, sweet chili 80 Cals/110 Cals, honey garlic 50 Cals/80 Cals, teriyaki 60 Cals/90 Cals
- 4. Pick your Base:** vermicelli rice noodles 80 Cals/150 Cals, Shanghai noodles 200 Cas/260 Cals, quinoa 60 Cals/120 Cals, Jasmine rice 190 Cals/370 Cals

Ask for your meal to be made without gluten!

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Pax's Taqueria Lunch/Dinner Menu – Available after 11am

Signature: 3 hard tacos, 3 soft tacos, burrito or burrito bowl

Make it a Crunchwrap & add corn chips! +100 Cals +\$0.69

Mexican Chicken & Sweet Potato – Marinated Halal chicken, Mexican rice, refried beans, sweet potato, lettuce, tomato and corn salsa & chipotle mayo **\$10.49 740 Cals** ***Add cheese +30 – 240 Cals +\$1.99, Add guac +40 Cals +\$1.49***

Chipotle Pulled Pork – Chipotle pulled pork, Mexican rice, refried beans, coleslaw, pico de gallo & chipotle BBQ sauce **\$10.49 660 Cals** ***Add cheese +30 – 240 Cals +\$1.99, Add guac +40 Cals +\$1.49***

Breaded Fish – Breaded fish, Mexican rice, refried beans, coleslaw, guacamole, medium salsa & creamy dill sauce **\$10.49 880 Cals** ***Add cheese +30 – 240 Cals +\$1.99***

Spicy Beef – Taco beef, Mexican rice, refried beans, lettuce, jalapenos, medium salsa, pico de gallo & sriracha sour cream **\$10.49 720 Cals** ***Add cheese +30 – 240 Cals +\$1.99, Add guac +40 Cals +\$1.49***

Black Bean with Sweet Potato – Mexican rice, refried beans, sweet potato, lettuce, guacamole, sour cream & chipotle mayo **\$10.49 730 Cals** ***Add cheese +30 – 240 Cals +\$1.99***

Fiesta Tofu – Chili lime tofu, Mexican rice, refried beans, coleslaw, black bean salsa, spicy chickpea edamame salad & creamy dill sauce **\$10.49 840 Cals** ***Add cheese +30 – 240 Cals +\$1.99, Add guac +40 Cals +\$1.49***

Create-your-own: 3 hard tacos, 3 soft tacos, burrito or burrito bowl

- 1. Choose your Style:** 3 hard tacos 450 Cals \$10.49, 3 soft tacos 300 Cals \$10.49, burrito 290 Cals \$10.49, burrito bowl 10 Cals \$10.49, crunchwraps 390 Cals +\$0.69
- 2. Start it Up:** Refried beans 50 Cals and/or Mexican rice 60 Cals
- 3. Pick up to 2 Salsas:** Tomato & corn salsa 50 Cals, pico de gallo 20 Cals, black bean salsa 50 Cals, spicy chickpea edamame salsa 180 Cals, medium salsa 40 Cals
- 4. Select 1 protein:** Marinated Halal chicken 120 Cals, taco beef 190 Cals, chipotle pulled pork 140 Cals, chili lime tofu 70 Cals, breaded fish 210 Cals
- 5. Throw on 3 Veggies:** lettuce 2 Cals, coleslaw 15 Cals, red onion 10 Cals, green peppers 10 Cals, jalapenos 10 Cals, banana peppers 5 Cals, sweet potato 30 Cals
- 6. Make it Saucy:** sour cream 30 Cals, sriracha lime sour cream 90 Cals, jalapeno mayo 100 Cals, chipotle mayo 100 Cals, chipotle BBQ 60 Cals, creamy dill 100 Cals

Quesadillas

Quesadilla with Protein – Choice of protein, red onions, green peppers, cheddar cheese, sour cream & medium salsa **\$10.99 720 – 880 cals**

Veggie Quesadilla– Choice of 3 fresh veggies, cheddar cheese, sour cream & medium salsa **\$9.49 660 – 700 cals**