



At a Restaurant

Objectives

1. To promote awareness of the potential costs and savings associated with dining out

2. To provide the tools to make informed choices

Subject Area

English Language Arts (K-12), Math (4-8),
Foods and Nutrition (5-8)



Discussion

Introduce money management as it pertains to eating at a restaurant with the following discussion points:

- What kinds of restaurants appeal to you?
- What are some of the costs associated with going to a restaurant?
- What might an average individual meal cost?
- Who pays for meals at a restaurant?
- How are taxes and tips calculated on restaurant purchases?
- What are some ideas for saving money at a restaurant?



Activity

How Much is a Meal?

Length: (45 minutes – 1 hour)

Materials: How Much is a Meal Handout, real restaurant menus from your local area (sample menus included), arts and crafts supplies

- In this activity, students will come up with three restaurant meal ideas and compile them into a creative menu. Have them look through real menus and find two restaurant meals that cost less than \$15 and one that costs less than \$10 (including taxes and tip). They can brainstorm and record their ideas on the *How Much is a Meal Handout*.
- Once the students have come up with three meal ideas, they can use arts and crafts supplies to create their own menu, and cite the restaurants

from which they drew inspiration. The menu can include special deals their restaurants offer and some tips for dining on the cheap.

- Once the activity is complete, the menus can be displayed in the classroom to offer other kids money-saving ideas. Or, some students could compile the class's meal ideas into one book for distribution to all of the students.

Extension

- Encourage students to categorize local restaurants (i.e. take-out, family-style, fine dining) and determine the average cost associated with each. Research some of the categories and record actual prices.
- Have students participate in a coupon exchange where they bring in restaurant coupons that they find in flyers, saver books or online.

Collaborative Feedback

- After discussing savings ideas as a class, record the group's ideas (i.e. drinking water, finding coupons, splitting meals, specials, etc.).
- What are the pros and cons of dining out vs. eating at home?



Teacher Tips

- Organize a debate around the idea of "to tip or not to tip" as a means of saving money. Should a consumer's tip be based on the service or out of obligation? Is a 15% tip average, minimum or high? Do you need to tip everywhere (i.e. take-out, over-the-counter restaurants/cafés, hair salons, taxis)?
- Ask the foods and nutrition teacher to talk to the class about the relationship between restaurant costs and food quality, nutritional value and quantity.
- Note: Tell students who have not yet learned percentages to set aside \$1 for tip and \$1 for taxes. They will still get the lesson without being hung up on the calculation.

Pre- and Post-Assessment of Lesson

- How does choosing an appropriate meal at a restaurant make a difference to your spending?
- How did choosing an appropriate meal at a restaurant make a difference to your spending?

How much is a meal?

Create an affordable menu!

Using real-life menus, come up with two meal combinations that cost less than \$15 and one that costs less than \$10, including taxes and tip! Using this information, create your own menu (citing the exact costs and the restaurant itself). Record your menu ideas below, then create a real menu with arts and crafts supplies. Be creative!

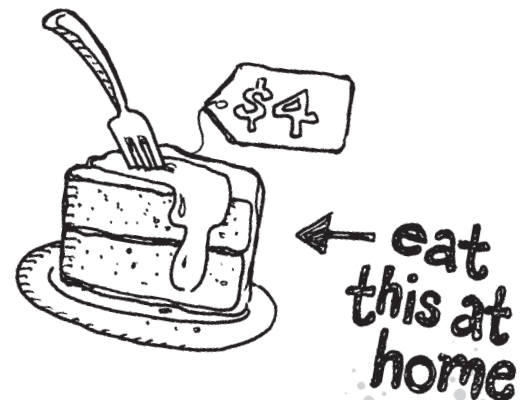
Under \$15



Under \$15



Under \$10



Restaurant Saving Ideas: _____

SANDWICHES

Clubhouse	7.49
Toasted Bacon & Tomato	5.75
Toasted Ham & Tomato	5.49
Toasted Salami & Tomato	5.49
Toasted Denver	6.75
Grilled Cheese	5.25
Bacon & Egg	6.75
Grilled Cheese & Bacon	6.75
Gyros on a Pita	7.49
Chicken Souvlaki on a Pita	7.49

SALADS

Chef Salad	9.50 / 7.50
Greek Salad	9.50 / 7.50
Tossed Salad	7.50 / 5.50
Caesar Salad	9.50 / 7.50

* with Chicken add 2.50

BEVERAGES & DESSERTS

Canned Drinks	1.50
Bottled Drinks	2.00
Milkshakes	3.75
Chocolate Sundae	1.99
Coffee/Tea	1.50



DAILY SPECIALS

<u>MONDAY</u>	
Club House Platter or Gyros Platter	11.50
<u>TUESDAY</u>	
Combo Sub & Canned Drink	8.00
<u>WEDNESDAY</u>	
Fat Boy & Greek Salad	10.50

<u>THURSDAY</u>	
Chicken Burger & Fries	9.50
Chicken Souvlaki Platter	11.50
<u>FRIDAY</u>	
Fish & Chips	11.75

<u>SATURDAY</u>	
Bacon Burger & Fries	9.50
<u>SUNDAY</u>	
Cheese Dog & Fries	8.75

* Prices Subject to Change Without Notice

GEORGE'S



BURGERS & SUBS

Restaurant &

Fully Licensed Lounge
"MILE HIGH CLUB"

2255 Ness Ave.
Winnipeg, MB
Phone 897-2095
Fax 888-6221

TAKEOUT



Hours
Monday - Thursday 9:00 am - 8:00 pm
Friday 9:00 am - 9:00 pm
Saturday 9:00 am - 8:00 pm
Sunday 11:00 am - 8:00 pm



BREAKFAST

Served between 9:00 am - 11:00 am
Includes coffee, toast, hash browns or french fries

- Bacon & Eggs 7.75
- Ham & Eggs 7.75
- Sausage & Eggs 7.75
- Salami & Eggs 7.75
- Denver Omelette 8.25
- Cheese Omelette 8.25
- Greek Omelette 8.25
- Toast 1.99

HOMEMADE BURGERS

- Triple Fat Boy 8.49
- Double Fat Boy 7.49
- Fat Boy 5.99
- Double Bacon Burger 8.49
- Bacon Burger 6.99
- Double Cheese Burger 7.25
- Cheese Burger 5.75
- Double Hamburger 7.00
- Hamburger 5.49
- Chili Burger 8.00
- Chicken Burger 7.25
- Fish Burger 6.75
- Double Cheese Dog 7.75
- Cheese Dog 6.25
- Double Hot Dog 7.25
- Hot Dog 5.75

DINNERS

Includes fries & salad

- Hot Roast Beef Platter 12.99
- George's Platter (Fat Boy) 12.99
- Chicken Souvlaki Platter 12.99
- Gyros Platter 12.99
- Hamburger Steak Platter 12.99
- Hot Turkey Platter 12.99
- Fish & Chips 13.99
- Chicken Finger Platter 12.99
- Club House Platter 12.99

SIDE ORDERS



- French Fries 3.00/4.00/6.00
- 1/2 order of Fries 2.00
- Fries & Gravy 4.75
- 1/2 order of Fries & Gravy 3.75
- Fries & Chili 5.50
- 1/2 order of Fries & Chili 4.25
- Onion Rings 5.50
- Poutine 6.00
- 1/2 order of Poutine 4.50
- Greek Special 6.50
- 1/2 order of Greek Special 4.50
- Gravy 1.75
- Chili 2.25
- 1 Piece of Chicken 3.50
- 1 Piece of Fish 3.50
- Chicken Fingers (1) 2.50
- Pita Bread 1.99
- Dipping Sauce 1.00

SUBS

Includes cheese, lettuce, tomatoes & onions

- Sub Special 9.25
- Combination Sub 7.99
- Salami Sub 7.99
- Ham Sub 7.99
- Turkey Sub 8.75
- Cheese Sub 6.50
- Roast Beef Sub 8.49
- Pizza Sub 7.99
- Bacon Sub 7.99
- Club Sub 9.49



Grab YOUR BUNS

- Traditional
- Multi-grain
- Nude (Lettuce Wrap)



*NUBURGER beef patties are all natural, never frozen, and made with

blueberry YUM YUM
♥ 8.7

blueberry bbq sauce, goat's cheese, balsamic onions, lettuce, tomato, & lowfat herb mayo

skinny BOY
♥ 8.7

skinny boy chili, dill pickles, red onions, lettuce, tomato, mustard, & lowfat mayo

THE Donald
11.55

black currant shiraz reduction, omega-3 egg, sautéed mushrooms, balsamic onions, bothwell cheddar, lettuce, tomato, & truffle aioli

100% lean Manitoba beef.

delicious n' tasty cheddar ♥ 7.7
bothwell cheddar, lettuce, tomato, & lowfat herb mayo

DELICIOUS MOST TASTIOUS

bacon cheddar 9.45

double-smoked free-range *nitrate-free* candied BACON!, bothwell cheddar, lettuce, tomato, & lowfat herb mayo

MONSTER MASH
↓ 10.7

DMT bacon cheddar + hot damn mushrooms, & lowfat chipotle

LE BURGER WEEK WINNERS 2013 & 2014 RESPECTIVELY

Shang-AWESOME
♥👍👉 9.95

inhouse asian slaw, goat's cheese, hot damn mushrooms, & lowfat sweet chili mayo

SUMMER BREEZE
👉 9.7

homemade pineapple & avocado salsa, boursin cheese, alfalfa sprouts, lettuce, tomato, & ultimate pesto aioli

misohappi ♥👍👉 8.45

ginger soy glaze, avocado, miso corny relish, lettuce, & lowfat wasabi mayo

drunken AUSSIE 10.7

golden pineapple, **double-smoked** free-range *nitrate-free* candied BACON!, omega-3 egg (sunny side up), bothwell cheddar, beets, lettuce, & lowfat herb mayo

BLUE & Gold ♥👍👉 7.95

blue cheese, fancy tomato, balsamic onion, lettuce, & lowfat chipotle

OPAH! ♥👉 7.95

olive tapenade, creamy feta, cucumber, lettuce, tomato, & homemade tzatziki

\$1.00 off ANY SIDE W/ BURGER

SIDES

Toss these guys in sea salt or sweet curry salt:

(Start with...) edamommy 3.75

Freshly cut potato fries 3.50

Sweet, sweet, yam fries 4.75

Shareables 8

Potato fries. Yam fries. Two dips. SOLD.

Salads

Garden of eden salad 4.5

Asian slaw w/ candied almonds 3

Hal Johnson & Joanne McCleod 8-grain energy salad 4.5

Mini caesar salad 4

ADD CHICKEN
to any salad for \$3.75

TASTY DIPS
- for a loonie -

- Ultimate chili aioli
- Rosemary garlic aioli
- Chipotle aioli
- Sweet chipotle
- Truffle aioli (+50¢)
- Honey dill
- Sweet chili mayo
- Sweet n' Spicy chili mayo

CHICKEN

*NUBURGER chicken breasts are local, never frozen, and marinated

AFTERNOON *delight*

8.5
roasted red pepper, balsamic onions, lettuce, tomato, & pesto aioli
Fromage of choice: goat's cheese 1.75

SHANGHAI ↑

8.25
inhouse asian slaw & lowfat hot chili mayo

Too spicy? Get the

SHANGLOW ↓

TROPIC THUNDER

10.5
double-smoked free-range *nitrate-free* candied BACON!, bothwell cheddar, golden pineapple, lettuce, & lowfat chipotle

in a herb brine before being grilled to perfection.

EL LUCHADOR

9.25

creamy feta, homemade corn salsa, avocado, cilantro, lettuce, tomato, & low-fat chipotle aioli

mango & *curry*

8.5
curry mangos, apple fennel slaw, lettuce, & lowfat sweet chili mayo
(burger offered seasonally)

average JOSEPH

9
sautéed mushrooms, bothwell cheddar, lettuce, tomato, & lowfat herb mayo

ANGRY Joe

9.10
hot damn mushrooms, bothwell cheddar, lettuce, tomato, lowfat herb mayo, & lowfat chipotle

*NUBURGER veggie burgers are made with all natural ingredients.

VEGGIE

GREAT *Falafel*

7.5

premium chickpea patty, banana pepper salsa, cucumber, lettuce, tomato, & homemade tzatziki

Ask about our
vegan option.

Bella

7.75

grilled portabella, blue cheese, fancy tomato, balsamic onion, lettuce, & lowfat herbed mayo

THE UNBURGER

7.75

premium chickpea patty, creamy feta, alfalfa sprouts, cucumber, tomato, sriracha sauce, & homemade tzatziki

BUILD ME UP

MAKE THE BURGER YOURS
& ADD TO ANY BURGER

- Bothwell cheddar 1.50
- Blue cheese 1.50
- Boursin 1.50
- Goat's cheese 1.75
- Creamy feta 1.50
- Sauteed mushrooms 1.25
- Hot damn mushrooms 1.35
- Avocado 1.25
- Golden pineapple 1.30
- Roasted red pepper 1.50
- Banana pepper salsa 1.00
- Omega-3 egg 1.25
- Extra Patty (Arnold Size it) 2.75
- Extra Breast (Pamela Size it) 3.75
- Double-smoked free-range *nitrate-free* candied BACON! 1.75
- Skinny chili 2.25
- Avocado Pineapple Salsa 2.00

GO REALLY LOCAL: *Try it with bison*
for \$2.55

YES! WE SERVE BEER!

decoding

- A (DAMN GOOD) HEALTHIER BURGER
- CHICKEN OR BEEF—IT GOES BOTH WAYS!
- A TEENY-TINY SPICY
- A LIL' MORE TINGLE
- SHE'S A SPICY MAMMA!
- NEW & WORTH TRYING

Bodegoes

NOODLES BY THE BOX

Our Noodles by the Box are crafted using homemade sauces, fresh cut vegetables all made to order and presented in our traditional take out noodle box packaging.

PEANUT CHICKEN \$8.95 • KUNG PAU BEEF \$9.45 • BBQ PORK \$8.95 • SHRIMP PAD THAI \$9.35
GARDEN CURRY \$8.45 • SPICED BEEF RED CURRY \$9.75 • COCONUT CHICKEN GREEN CURRY \$9.25 • PORK VINDALOO \$9.25
BUTTER CHICKEN \$8.45 • SHRIMP ALFREDO \$9.65

BODEGOES BURRITOS

All of our burritos are all made to order in a large 12 inch flour shells filled with seasoned lime rice, daily prepped salsa fresca, homemade sauces and an assortment of exotic spices to offer one the biggest and best tasting burritos in town.

BLACK BEAN AND STEAK \$9.95 • CHIVITO \$9.75 • CHICKEN ALFREDO \$9.25 • TOFU VEGAN \$7.95
PORK PIQUANTE \$9.65 • CHIPOTLE CHICKEN \$8.75

STUFFED PITAS

Our Stuffed Pita's are overflowing with homemade sauces and fresh cut vegetables that you can customize in house our select from the following:

CHICKEN \$8.75 • STEAK \$9.75 • HOUSE FALAFEL \$7.99 • BACON \$9.45
VEGGIE AND CHEESE \$6.99 • GYRO \$9.75 • VEGAN TOFU \$7.49

CHICKEN FINGERS AND FRIES

Our chicken fingers are selected using the finest chicken tenders and cooked in a premium non-trans fat oil with the choice of our Original Chicken Finger or our Local Seasoned Whole Grain Chicken Finger served with our house honey dill sauce.

3 PIECE CHICKEN FINGER AND FRY \$9.95 • 4 PIECE CHICKEN FINGER AND FRY \$10.95
5 PIECE CHICKEN FINGER AND FRY \$11.95

HAND DIPPED FISH AND CHIPS

Our fish is prepared using select cod and hand dipping them in Winnipeg premium Fort Garry Dark Beer Batter creating a thick coating before cooking them in our non trans fat oil and serving them with a full order of Bodegoes French Fries, a side of house tarter sauce, and a lemon wedge in our custom Bodegoes Cone Packaging.

1 PIECE FISH AND CHIPS \$8.45 • 2 PIECE FISH AND CHIPS \$10.95

FRENCH FRIES

ORIGINAL FRENCH FRIES \$3.99 • HOMEMADE GRAVY AND FRIES \$4.99

Crisp fries cooked in our premium non-trans fat oil since 2003.

CURRY FRIES \$6.99

Crisp french fries smothered in your choice of cheese and topped with our own homemade curry sauce.

CHEESY CHILI FRIES \$6.99

Our fries are smothered in cheese blend and topped with our own homemade chili loaded with ground beef, kidney beans, chocolate and array of fresh veggies and spices topped with a spicy chili pepper.

PRAIRIE POUTINE \$6.99

Our Made in Manitoba gravy is perfected using the finest local ingredients and partnering with our favourite local farmers and cheese manufactures to create what we believe is an exceptional Poutine that does our Quebec neighbours justice. We are pleased to use the following local products in our Poutine:

Manitoba Flour • Prairie Flour Mills • Manitoba Butter • Nortre Dame Creamery
Manitoba Cheese • Bothwell Cheese Curds

BIG BOWL SALADS

CAESAR SALAD \$5.99

Our Caesar Salad is filled fresh cut romaine and smothered in our House Caesar dressing loaded with parmesan cheese and garlic topped with seasoned croutons and a lemon wedge.

GREEK SALAD \$6.99

Fresh cut romaine topped with tomatoes, green peppers, red onions, black olives, sliced cucumbers and loaded with crumbled feta cheese drizzled with our house balsamic vinaigrette dressing and served with Fried Pita Bread.

ORIENTAL SALAD \$4.99

Shredded red and green cabbage topped with fried crunchy noodles, bean sprouts and peanuts, smothered in our house oriental dressing and topped with a lime

SOUTHWEST SALAD \$6.99

Fresh cut romaine topped with tomatoes, black beans, red onions and cheddar cheese, smothered in our House Chipotle Ranch dressing served with a dollop of sour cream, salsa fresca and homemadetortilla chips

SPINACH SALAD \$6.99

Fresh cut spinach topped with tomatoes, red onions, broccoli florets and crumbled feta cheese drizzled with our Strawberry Poppy Seed vinaigrette dressing served with Fried Pita Bread and a lemon wedge.

OPTIONS

Add Seasoned Chicken Breast to any of your salad selections \$1.99

SOUPS

SPICED THAI CURRY SOUP \$5.99

Gluten Free Vegan, Dairy Free, Soy Free

A Creamy Coconut broth is fused with tomatoes, rice and red onion and paired with a coupling of red and yellow curries to create a thick and spicy soup severed with fried pita chips.

MORROCAN 9 VEGTABLE SOUP \$5.99

Gluten Free Vegan, Dairy Free, Soy Free

A hearty, healthy soup loaded with red split lentils, chick peas, mushrooms, red onions, green peppers, red kidney beans, tomatoes, and fused with an array of middle eastern spices to create a fan favourite soup served year round.

CINCINATTI CHILI \$6.49

Gluten Free, Dairy Free, Soy Free

Our homemade chili is based on the traditional recipe made famous through the American Mid West and is loaded with ground beef, red kidney beans, chocolate and an array of fresh veggies and spices topped with a spicy chili pepper and dash of cheddar cheese

DRINKS & SNACKS

Bodegoes is proud to partner with the following local entrepreneurs in offering our drinks and snacks program.