



**BURGERS REINVENTED**

# Nutritional Guide

\*Note, when the menu indicates 'choice of' any ingredient, then it is not included in the nutritional information for that menu item. Please refer to individual cheese or sauce choices for further nutritional information.

Beef Burgers	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
101	577	29	9	1,467	28	0	33
Cheesy	602-662	31-36	10-13	1,562-1,718	28-29	0	37-40
Bacon Cheesy	670-730	36-41	12-15	1,892-2,212	28-29	0	41-44
BBQ Bacon	770	41	14	2,310	49	1	42
Black + Bleu	750	48	15	2,392	30	1	40
Tex-Mex Haystack	817	52	17	2,445	36	1	43
Cinco Burger	659	42	16	838	34	1	30
OMG!	1,005-1,125	56-62	20-23	3,162-3,318	29-30	1	67-71
Shroom	711	42	14	1,667	32	1	40
Egg-Streme	982	76	22	3,420	44	2	98

Cheese Choices for Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
American Yellow	73	6	4	251	1	0	4.2
Cheddar	75	7	4	126	0	0	4.7
Goat	70	4	4	130	1	0	4
Gorgonzola	25	2	1.5	95	0.3	0	1.5
Pepper Jack	75	6	4	121	1	0	4.7
Provolone	75	6	3	168	0	0	4.7
Smoked Gouda	85	6	4	309	1	0	5.3
Swiss	85	6	4	48	1	0	6.4
Shredded Cheddar	110	9	5	180	1	0	7



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Add-on's for Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Avocado Slices	42	4	1	2	2	2	0.6
Bacon	68	5.3	2.3	330	0	0	4.5
Beef Chili	37	2	1	125	3	0	2
Beef Patty	283	19	7	1,160	0	0	27
Fried Egg	94	7	1.6	62	0	0	6

Seafood Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Spicy Thai Shrimp	632	31	5	1,605	55	2	29
Ahi Tuna	603	34	6	772	41	2	30

Veggie Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Black Bean	718	41	8	1,340	65	11	24
Impossible™	474	17	14	575	9	0.5	27

Turkey Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Cobb	804	54	13	2,482	47	3	28
Skinny	527	43	8	746	14	2	20

Chicken Burgers	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Buffalo Chicken	561	29	8	1,846	46	1	26
Chicken Parm	713	36	13	1,940	52	2	40
Monterey	819	55	15	1,793	45	4	34
Chicken Cobb	672	41	11	1,657	49	4	28
Chicken Skinny	395	29	7	1,002	16	2	19

Tenders	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Tender Basket (not including sauces)	573-727	20-29	3-4	1,381 - 1,509	58-88	4-7	34-35
Each Additional Tender	79	2.4	0.5	101	3	0	10



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Hot Dogs	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
101	603	39	14	1,205	47	2	17
Chili Cheese	765	50	21	1,549	51	3	26
101 Dog Combo	1,006	58	21	2,010	92	4	28

Slider 3-Packs	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bacon Cheesy Sliders	790	41	13	1,725	51	2	47
Black + Bleu Sliders	977	63	19	2,194	54	3	47
Cheesy Sliders	737	34	11	1,332	51	2	41

Buns	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Brioche, toasted	233	10	2	305	27	0	6
Wheat, toasted	253	10	2	375	34	2	5
Lettuce Bun	9	0	0	7	2	1	0

Fries + Sides	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
French Fries, side	336	13	2	1,078	49	4	3
French Fries, share	737	23	5	2,907	112	10	8
Sweet Potato Fries, side	490	22	1	1,206	79	7	1
Sweet Potato Fries, share	1,120	46	3	1,644	181	11	4
Half + Half Fries, side	444	18	2	1,142	65	5	2
Half + Half Fries, share	936	35	6	2,276	147	11	6
Cheese + Ale Sauce, side	167	8	4	546	6	0	3
Cheese + Ale Fries, share	952	31	9	3,453	118	10	11
Chili Cheese Fries, share	1,081	45	16	3,807	93	12	25
Onion Strings, side	98	2	1	459	17	2	2
Onion Strings, share	225	5	1	1,050	39	3	5



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Beef Chili, side	75	4	1.5	250	4	4	8
Beef Chili, cup	298	19	4	805	11	10	27
Garden Salad with dressing of choice	76-356	0-28	0-4	14-520	0-6.5	0-2.6	0-1.7
Coleslaw, side	160	13	2	292	10	2	2

Fresh Salads	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
SuperBurgerBowl, including beef patty + dressing choice	377-697	22-50	8.4-11	1,389-1,909	11-27	4	32-34
Super Burger Bowl, including chicken patty + dressing choice	380-640	22-50	6-11	1,118-1,638	22-38	5	22-24
Super Burger Bowl, including shrimp patty + dressing choice	342-602	14-42	3.1-12	659-1,179	28-44	4.8	27-29
Super Burger Bowl, including tuna patty + dressing choice	304-564	13-39	3.3-12	459-973	17-33	4.4	28-30
Super Burger Bowl, including turkey patty + dressing choice	405-665	25-53	6-11	802	21-37	5	24-26
Super Burger Bowl, including black bean + dressing choice	267-527	14.4-30	3.3-11	614-1,134	44-60	14	24-26
Super Burger Bowl, including Impossible™ + dressing choice	482-742	24-40	14-18	656-1,176	11	3	27-29
Sonoma Valley (with raspberry walnut)	563	50	8	190	21	4	6
Farm to Bowl (with sweet + creamy balsamic)	467	32	6	1,069	20	4	23
Buffalo Chopped Cobb (with avocado ranch)	644	48	12	3,094	17	6	36

Salad Dressings and Add-on's	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Avocado Ranch, 2 oz	250	25	3.8	448	5.9	0.1	1.9
Fat-Free Balsamic, 2oz	40	0	0	520	10	0	0
Honey Mustard, 2 oz	320	28	4	270	16	0	0
Ranch, 2 oz	260	26	4	460	6	0	2
Sweet + Creamy Balsamic, 2oz	221	19	3	383	11	0	0
Chicken, grilled	91	2.3	0.5	598	0	0	16
Chicken, crispy	158	4.8	1	202	6	0	20



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Ahi Patty	210	10	2	229	7	0.4	23
Shrimp Patty	250	11	2	424	17	1.3	21
Black Bean Patty	283	14	2.5	755	24	7	17
Turkey Patty	418	33	7	632	10	0.5	18
Impossible™ Patty	240	14	8	390	9	3	19

Kids' Meals (ranges include side and drink)	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Kids' Grilled Cheese	429-940	22-41	9.5-16	937-1,482	59-97	1-3	17-25
Kids' Burger	483-994	19-41	9-21.6	1,139-1,842	26-90	0-4	19-39
Kids' Chicken Tenders (grilled or crispy)	207-708	44-137	5-15	202-755	28-39	1-3	21-24
Kids' Hot Dog	330-841	18-40	7-20	765-1,483	35-83	2-4	10-26
Kids' Salad (with grilled or crispy chicken)	157-668	26-24.6	1.6-14	644-1,362	21-69	3.4-6	18-34

Kids' Shakes	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Chocolate	478	24	15	175	56	0	10
Strawberry	457	23	15	150	56	0.4	8.7
Vanilla	436	24	15	166	47	0.1	9.7
Cookies+ Cream	584	32	18	458	76	1	12

Sauce Bar	Calories	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
21 Sauce, 1 oz	70	8	1	106	1	0	0
Apple Cider, 1 oz	149	14	1.4	137	5.5	0	0.1
BBQ Sauce, 1 oz	54	0	0	222	14	0	0
Chipotle Mayo, 1 oz	160	17	2.5	213	1.5	0.15	0.25
Honey Mustard, 1 oz	151	13	1.9	127	7.5	0	0
Ketchup, 1 oz	35	.05	0	266	8	0.4	0.3
Rajun Cajun, 1 oz	142	15	2.3	239	1.6	0.15	0.3
Ranch Dressing, 1 oz	130	13	2	230	3	0	1
Thai Ketchup, 1 oz	42	0.1	0	300	10	0.3	0.3
Tomato Sauce, 1 oz	45	18	2	240	6	1	1
Toasted Marshmallow, 1 oz	170	17.5	2.3	220	2.8	2.6	0.2
Yellow Mustard, 1 oz	0	0.9	0.1	319	1.9	0.9	1.2



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Beverages	Calories	Fat (g)	Saturated Fat (g)	S o d i u m (mg)	Carbs (g)	Fiber (g)	Protein (g)
Fountain Drinks	0-330	0	20	17-54	0-45	0	0
Specialty Bottled Soda	160-170	0	0	35	39-42	0	0
Tea (Sweet and Unsweet)	0-180	0	0	0	0-51	0	0

Shakes + Sweets	Calories	Fat (g)	Saturated Fat (g)	S o d i u m (mg)	Carbs (g)	Fiber (g)	Protein (g)
Bananas Foster	815	36	22	305	112	0.8	15
Chocolate	717	35	21	274	87	0.1	16
Chocolate Malted Milk Ball	781	37	23	346	97	0.2	17
Chocolate Peanut Butter	932	55	24	456	89	2.1	25
Cookies + Cream	824	40	22	572	99	1.3	18
Chocolate Hazelnut	912	39	22	272	128	1	17
Salted Caramel Pretzel	908	35	21	782	135	1	16
Strawberry	740	35	21	259	95	0.7	15
Strawberry Short Cake	877	39	22	477	117	0.8	17
Vanilla Bean	672	36	22	275	73	0.1	16
Cookie, Chocolate Chip	350	18	9	250	46	2	4
Cookie, Oatmeal Raisin	320	13	6	260	47	2	4
Cookie, Snickerdoodle	350	16	9	270	47	1	4