

# Burger Bar Nutrition Facts



Sandwiches	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Asian Spicy Chicken Sandwich	1 Each	600	34	44	6	30	0	65	22	1660	72	53	19	1	4	5	3	6	22	0	6	15	6
Buffalo Ranch Spicy Chicken Sandwich	1 Each	560	29	37	6	30	0	65	22	1780	77	53	19	1	4	4	3	6	21	0	6	15	6
Chicken Avocado BLT	1 Each	680	37	47	10	50	0	115	38	1050	46	45	16	2	7	7	4	8	40	6	8	20	15
Cold Lobster Roll	1 Each	470	32	41	9	45	0.5	125	42	900	39	23	8	1	4	3	2	4	20	0	10	10	2
Crab Cake Sandwich	1 Each	700	46	59	9	45	0.5	125	42	1040	45	49	18	1	4	7	5	10	26	0	10	20	4
Fried Chicken Thigh Sandwich	1 Each	600	33	42	6	30	0	70	23	1420	62	53	19	1	4	5	2	4	22	0	6	15	10
Nashville Hot Spicy Chicken Sandwich	1 Each	540	25	32	5	25	0	60	20	1650	72	56	20	1	4	7	5	10	22	0	6	15	8
Burgers	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
American Classic Burger	1 Burger	660	33	42	15	75	1.5	150	50	1320	57	43	16	0	0	8	7	14	46	15	30	35	10
Danny's Favorite Burger	1 Burger	460	23	29	10	50	1	95	32	1220	53	30	11	1	4	6	5	10	31	10	25	20	10
Maple Onion Bacon Burger	1 Burger	910	56	72	19	95	1.5	180	60	1430	62	50	18	1	4	13	12	24	52	15	30	40	15
Mediterranean Impossible Burger	1 Burger	610	37	47	13	65	0	30	10	900	39	45	16	8	29	6	3	6	28	0	20	35	15
Santa Monica Turkey Burger	1 Burger	500	23	29	4	20	0	55	18	980	43	48	17	8	29	9	2	4	30	0	8	20	10
Welcome Back Standard Burger <i>Burger on Hamburger Roll with Dill Relish, Ketchup, Mustard, Leaf Lettuce, and Tomato.</i>	1 Burger	400	17	22	6	30	1	75	25	1200	52	32	12	2	7	8	5	10	28	10	10	20	10
Welcome Back Burger Base Burger <i>on a Hamburger Roll without toppings.</i>	1 Burger	370	17	22	6	30	1	75	25	480	21	26	9	1	4	3	2	4	27	10	6	20	8

Welcome Back Burger Toppings	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
American Cheese	1 Slice (67g)	70	6	8	4	20	0	20	7	320	14	1	0	0	0	0	0	0	4	0	20	0	0
Arugula	0.3 oz (9g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Bacon	0.525 oz (15g)	70	5	6	2	10	0	20	7	230	10	0	0	0	0	0	0	0	6	0	0	6	4
Chipotle Aioli	0.5 oz (14g)	90	9	12	1.5	8	0	5	2	65	3	0	0	0	0	0	0	0	0	0	0	0	0
Dill Relish	0.5 oz (14g)	0	0	0	0	0	0	0	0	180	8	0	0	0	0	0	0	0	0	0	2	0	0
Regular Hamburger Roll	1 roll (50g)	140	2	3	0	0	0	0	0	260	11	26	9	1	4	3	2	4	4	0	4	6	0
Gluten Free Hamburger Roll	1 roll (108g)	310	11	14	1	5	0	0	0	380	17	48	17	1	4	3	3	6	4	0	2	6	2
Gluten Free Hamburger Roll (compared to roll included in burger base)	1 roll (108g)	+170	+9	+11	+1	+5	-	-	-	+120	+6	+22	+8	-	-	-	+1	+2	-	-	-2	-	+2
Goat Cheese	0.5 oz (14g)	40	3	4	2	10	0	15	5	30	1	1	0	0	0	1	0	0	3	0	0	0	0
Guacamole	1.5 oz (43g)	80	7	9	1	5	0	0	0	190	8	3	1	2	7	1	0	0	1	0	0	0	6
Herb Goddess Dressing	1.5 oz (43g)	100	9	12	1.5	8	0	10	3	230	10	2	1	1	4	1	0	0	2	0	2	0	2
Ketchup	0.5 oz (14g)	15	0	0	0	0	0	0	0	140	6	3	1	0	0	3	3	6	0	0	0	0	0
Leaf Lettuce	0.5 oz (14g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lemon Caper Aioli	0.5 oz (14g)	90	10	13	1.5	8	0	10	3	80	3	0	0	0	0	0	0	0	0	0	0	0	0
Maple Onion Jam	1 oz (28g)	70	3.5	4	0	0	0	0	0	210	9	10	4	1	4	8	7	14	0	0	2	0	2
Mayonnaise	0.5 oz (14g)	100	11	14	2	10	0	10	3	65	3	0	0	0	0	0	0	0	0	0	0	0	0
Meat Hot Sauce	1.5 oz (43g)	50	3.5	4	1	5	0	15	5	125	5	1	0	0	0	0	0	0	5	0	0	6	2
Red Onions	0.35 oz (10g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Roasted Tomatoes	1/4 cup (30g)	25	1.5	2	0	0	0	0	0	190	8	2	1	1	4	2	0	0	0	0	2	0	2
Tomatoes	2 oz (57g)	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Yellow Mustard	0.5 oz (14g)	0	0	0	0	0	0	0	0	230	10	0	0	0	0	0	0	0	0	0	0	0	0

Sides	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Crispy Fries (Plain)	1 Each	200	11	14	2.5	13	0	0	0	440	19	22	8	2	7	1	0	0	2	0	0	6	6
Tuscan Fries	1 Each	230	14	18	3	15	0	0	0	450	20	23	8	2	7	1	0	0	2	0	2	6	8
Sweet Potato Fries	1 Each	280	15	19	1.5	8	0	0	0	700	30	36	13	5	18	13	6	12	2	0	2	6	8
Dipping Sauce - Ketchup	1 oz (28g)	30	0	0	0	0	0	0	0	280	12	7	3	0	0	6	6	12	0	0	0	0	2
Dipping Sauce - Maple Mustard	1.5 oz (43g)	70	2	3	0	0	0	0	0	660	29	9	3	1	4	9	9	18	2	0	2	6	2
Wine Range		130 - 140																					
Beer Range		95 - 220																					
Kids Meals	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Hamburger	1 Each	370	17	22	6	30	1	75	25	480	21	26	9	1	4	3	2	4	27	10	6	20	8
Cheeseburger	1 Each	440	23	29	10	50	1	95	32	800	35	27	10	1	4	3	2	4	31	10	25	20	8
Chicken Fingers	1 Dish	260	8	10	1.5	8	0	50	17	1180	51	26	9	1	4	1	0	0	19	0	2	0	6
Grilled Cheese	1 Each	420	24	31	14	70	0	70	23	1170	51	32	12	2	7	6	4	8	18	0	70	10	4
Crispy Fries (Plain)	1 Each	220	11	14	2	10	0	0	0	540	23	29	11	3	11	1	0	0	3	0	2	6	8
Dipping Sauce - Ketchup	1 oz (28g)	30	0	0	0	0	0	0	0	280	12	7	3	0	0	6	6	12	0	0	0	0	2
Apple Slices	1 Each	30	0	0	0	0	0	0	0	0	0	8	3	1	4	6	0	0	0	0	0	0	2
Organic Juice Pouch	1 Each	50	0	0	0	0	0	0	0	10	0	11	4	0	0	11	0	0	0	0	0	0	2
Animal Crackers	1 Each	120	4	5	1.5	8	0	0	0	45	2	21	8	1	5	6	6	13	2	0	0	4	0

Custard	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Small Custard Dish	1 Each	230	12	15	7	35	0	75	25	105	5	26	9	0	0	24	18	36	6	0	15	6	6
Small Custard Cone	1 Each	260	12	15	7	35	0	75	25	110	5	31	11	0	0	24	18	36	6	0	15	6	6
Regular Custard Dish	1 Each	350	18	23	11	55	0	115	38	150	7	39	14	1	4	36	27	54	8	0	20	6	10
Regular Custard Cone	1 Each	380	18	23	11	55	0	115	38	160	7	45	16	1	4	36	27	54	9	0	20	6	10
Large Custard Dish	1 Each	470	24	31	15	75	0	155	52	210	9	52	19	1	4	48	36	72	11	0	25	6	15
Large Custard Cone	1 Each	490	24	31	15	75	0	155	52	210	9	58	21	1	4	48	36	72	12	0	25	6	15
Standard Cone	1 Each	30	0	0	0	0	0	0	0	10	0	6	2	0	0	0	0	0	1	0	0	0	0
Waffle Cone	1 Each	80	0	0	0	0	0	0	0	35	2	18	7	1	4	6	6	12	1	0	1	6	1
Waffle Cone (compared to cone included in Custard Cone nutrition)	1 Each	+50	-	-	-	-	-	-	-	+25	+2	+12	+5	+1	+4	+6	+6	+12	-	-	+1	+6	+1
Sprinkles - Rainbow or Chocolate	1 Tbsp 0.4 oz (11 g)	50	2.5	3	2	10	0	0	0	0	0	8	3	0	0	4	4	8	0	0	0	0	0
	2 Tbsp 0.8 oz (23 g)	110	4.5	6	4	20	0	0	0	0	0	16	6	0	0	9	9	18	0	0	0	0	0
Shakes	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Chocolate Shake - Small	1 Each	450	19	24	12	60	0	115	38	240	10	60	22	2	7	54	31	62	11	6	25	10	15
Chocolate Shake - Large	1 Each	890	39	50	24	120	0	235	78	500	22	116	42	4	14	105	63	126	23	10	60	15	30
Espresso Shake	1 Each	800	41	53	25	125	0	250	83	400	17	89	32	1	4	82	53	106	23	10	60	10	25
Lucky Leprechaun Shake	1 Each	870	41	53	25	125	0	255	85	420	18	105	38	0	0	136	69	138	23	10	60	0	20
Salted Caramel Shake	1 Each	880	41	53	25	125	0	255	85	590	26	107	39	0	0	98	53	106	23	10	60	0	20
Vanilla Shake - Small	1 Each	390	20	26	12	60	0	125	42	200	9	44	16	0	0	41	27	54	11	6	30	0	10
Vanilla Shake - Large	1 Each	800	41	53	25	125	0	255	85	420	18	89	32	0	0	83	53	106	23	10	60	0	20
Whipped Cream - Light	1 oz (28 g)	70	5	6	3.5	18	0	20	7	10	0	4	1	0	0	4	3	6	1	0	2	0	0
Floats	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Root Beer Float - Small	1 Each	140	4.5	6	3	15	0	30	10	60	3	24	9	0	0	23	21	42	2	0	6	0	2
Root Beer Float - Large	1 Each	280	9	12	6	30	0	60	20	125	5	48	17	0	0	47	42	84	4	0	10	0	4