

**CATEGORY**
**Food Item**
*Serving size*
**PATTIES**

	<i>Calories</i>	<i>Calories From Fat</i>	<i>Total Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Carbohydrates (mg)</i>	<i>Dietary Fiber (g)</i>	<i>Sugars (g)</i>	<i>Protein (g)</i>
<b>Bun</b> <i>1 each</i>	180	27	3	0.5	0	0	300	33	0	4	6
<b>Burger</b> <i>1 4 oz patty</i>	340	24	9	0	0	100	90	1	0	0	28
<b>Veggie</b> <i>1 patty</i>	110	32	3.5	0.5	0	0	350	9	3	1	10
<b>Chicken, Grilled</b> <i>1 patty</i>	170	45	5	1.5	0	80	660	2	0	2	28
<b>Chicken, Crispy</b> <i>1 patty</i>	230	144	16	3	0	35	170	11	2	1	12
<b>Fish</b> <i>1 patty</i>	150	18	2	1	0	35	380	20	0	4	13
<b>Turkey</b> <i>1 4 oz patty</i>	193	97	11	3	0	84	88	0	0	0	22

**TOPPING**

<b>Ketchup</b> <i>1 tbsp</i>	20	0	0	0	0	0	160	5	0	4	0
<b>Mustard</b> <i>5 g</i>	0	0	0	0	0	0	55	0	0	0	0
<b>Pickles Sweet</b> <i>1 oz</i>	30	0	0	0	0	0	170	7	0	7	0
<b>Pickles Dill</b> <i>1 oz</i>	2.5	0	0	0	0	0	225	1	0	0	0
<b>Fried Onions</b> <i>3 oz</i>	115	85	9	0	0	0	10	7	1	0	1
<b>Raw Onions</b> <i>2 oz</i>	15	0	0	0	0	0	2	4	1	2	0
<b>Mayonnaise</b> <i>1 tbsp</i>	100	100	11	1.5	0	10	70	1	0	0	0
<b>Lettuce</b> <i>2 oz</i>	4	0	0	0	0	0	3	1	0	1	0
<b>Jalapenos</b> <i>2 peppers</i>	10	0	0	0	0	0	10	3	1	2	1
<b>Tomatoes</b> <i>1 slice</i>	3	0	0	0	0	0	1	1	0	0	0
<b>Mushrooms</b> <i>1/2 cup</i>	8	1	0	0	0	0	2	1	0	1	1
<b>Bacon</b> <i>2 slices</i>	86	60	6	2	0	18	164	0	0	0	6
<b>Egg</b> <i>1 egg (cooked)</i>	90	63	7	2	0	210	94	0	0	0	6
<b>Butter</b> <i>1 tbsp</i>	70	72	8	1.5	1	0	75	0	0	0	0
<b>CHEESE</b>											
<b>American</b> <i>1 slice</i>	70	50	5	3.5	0	15	300	2	0	1	3
<b>Cheddar</b> <i>1 slice</i>	80	60	7	4	0	20	135	0	0	0	5
<b>Swiss</b> <i>1 slice</i>	80	50	6	3	0	20	45	0	0	0	6
<b>Pepperjack</b> <i>1 slice</i>	60	50	6	3	0	15	330	0	0	0	3
<b>Bleu</b> <i>1/4 cup</i>	100	70	8	5	0	25	380	1	1	0	6

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*Dietary Fiber (g)*    *Sugars (g)*  
*Protein (g)*
**SIDES**
**French Fries**
*small order*

256 80 9 2 0 0 330 21 2 0 1

**Onion Rings**
*6 rings (approx)*

150 5 0.5 0 0 0 510 32 2 3 4

**Fruit Cup**
*1 cup*

70 2 0 0 0 0 20 18 2 15 1

**Coleslaw**
*1 cup*

260 169 19 3.5 0 15 440 19 1 0 1

**DRINKS**
**Coke®**
*21 oz*

210 0 0 0 0 0 21 58 0 58 0

**Diet Coke®**
*21 oz*

0 0 0 0 0 0 38 0 0 0 0

**Cherry Coke®**
*21 oz*

273 0 0 0 0 0 63 84 0 84 0

**Coke Zero®**
*21 oz*

0 0 0 0 0 0 38 0 0 0 0

**Sprite®**
*21 oz*

180 0 0 0 0 0 40 48 0 48 0

**Pibb Xtra®**
*21 oz*

180 0 0 0 0 0 25 49 0 49 0

**Root Beer**
*21 oz*

210 0 0 0 0 0 45 56 0 56 0

**Rasp. Iced Tea**
*21 oz*

0 0 0 0 0 0 15 0 0 0 0

**SHAKES**
**Vanilla**
*12 oz*

563 269 18 18 1.5 8 230 63 2 57 11

**Chocolate**
*12 oz*

663 269 18 18 1.5 8 245 87 2 77 12

**Strawberry**
*12 oz*

643 269 18 18 1.5 8 245 82 2 76 11

**MALTS**
**Vanilla**
*12 oz*

653 289 20 19 1.5 13 330 78 2 67 13

**Chocolate**
*12 oz*

753 289 20 19 1.5 13 345 102 2 87 14

**Strawberry**
*12 oz*

733 289 20 19 1.5 13 345 97 2 86 13

**SAUCES & SPICES**
**BBQ**
*2 tbsp*

60 5 0 0 0 0 360 14 0 13 1

**Teriyaki**
*1 tbsp*

25 0 0 0 0 0 1073 4 0 4 2

**Cajun**
*1/4 tsp*

0 0 0 0 0 0 65 0 0 0 0

**Jamacian**
*1/4 tsp*

2 0 0 0 0 0 97 1 0 0 0

Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons or differences in the sources of our ingredients. We may update this chart from time to time. For more information, visit [www.myburgerusa.com](http://www.myburgerusa.com)