

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>
Bun <i>1 each</i>	180	27	3	0.5	0	0	300	33	0	4	6
Burger <i>1 4 oz patty</i>	340	24	9	0	0	100	90	1	0	0	28
Veggie <i>1 patty</i>	110	32	3.5	0.5	0	0	350	9	3	1	10
Chicken, Grilled <i>1 patty</i>	170	45	5	1.5	0	80	660	2	0	2	28
Chicken, Crispy <i>1 patty</i>	230	144	16	3	0	35	170	11	2	1	12
Fish <i>1 patty</i>	150	18	2	1	0	35	380	20	0	4	13
Turkey <i>1 4 oz patty</i>	193	97	11	3	0	84	88	0	0	0	22

TOPPINGS

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

CATEGORY
Food Item
Serving size
Calories *Calories From Fat*
Total Fat (g) *Saturated Fat (g)*
Trans Fat (g) *Cholesterol (mg)*
Sodium (mg) *Carbohydrates (mg)*
Dietary Fiber (g) *Sugars (g)* *Protein (g)*
SIDES
French Fries 256 80 9 2 0 0 330 21 2 0 1
small order
Onion Rings 150 5 0.5 0 0 0 510 32 2 3 4
6 rings (approx)
Fruit Cup 70 2 0 0 0 0 20 18 2 15 1
1 cup
Coleslaw 260 169 19 3.5 0 15 440 19 1 0 1
1 cup
DRINKS
Coke® 210 0 0 0 0 0 21 58 0 58 0
21 oz
Diet Coke® 0 0 0 0 0 0 38 0 0 0 0
21 oz
Cherry Coke® 273 0 0 0 0 0 63 84 0 84 0
21 oz
Coke Zero® 0 0 0 0 0 0 38 0 0 0 0
21 oz
Sprite® 180 0 0 0 0 0 40 48 0 48 0
21 oz
Pibb Xtra® 180 0 0 0 0 0 25 49 0 49 0
21 oz
Root Beer 210 0 0 0 0 0 45 56 0 56 0
21 oz
Rasp. Iced Tea 0 0 0 0 0 0 15 0 0 0 0
21 oz
SHAKES
Vanilla 563 269 18 18 1.5 8 230 63 2 57 11
12 oz
Chocolate 663 269 18 18 1.5 8 245 87 2 77 12
12 oz
Strawberry 643 269 18 18 1.5 8 245 82 2 76 11
12 oz
MALTS
Vanilla 653 289 20 19 1.5 13 330 78 2 67 13
12 oz
Chocolate 753 289 20 19 1.5 13 345 102 2 87 14
12 oz
Strawberry 733 289 20 19 1.5 13 345 97 2 86 13
12 oz
SAUCES & SPICES
BBQ 60 5 0 0 0 0 360 14 0 13 1
2 tbsp
Teriyaki 25 0 0 0 0 0 1073 4 0 4 2
1 tbsp
Cajun 0 0 0 0 0 0 65 0 0 0 0
1/4 tsp
Jamacian 2 0 0 0 0 0 97 1 0 0 0
1/4 tsp

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