

Salad - ABC		BURGERURGE	
Nutrition Information			
1			
274 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1960 KJ	715 KJ	
Protein	25.1 g	9.2 g	
Fat, total	35.4 g	12.9 g	
- saturated	9.4 g	3.4 g	
Carbohydrate	10.8 g	4.0 g	
- sugars	6.4 g	2.3 g	
Sodium	3760 mg	1370 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: NU, SE, EG, DM			

Salad - Spartan		BURGERURGE	
Nutrition Information			
1			
176 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	880 KJ	500 KJ	
Protein	7.3 g	4.1 g	
Fat, total	11.3 g	6.4 g	
- saturated	1.4 g	0.8 g	
Carbohydrate	9.6 g	5.5 g	
- sugars	6.1 g	3.5 g	
Sodium	724 mg	411 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: NU, DM, SE			

Babe & Daisy		BURGERURGE	
Nutrition Information			
1			
336 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2900 KJ	864 KJ	
Protein	46.5 g	13.8 g	
Fat, total	31.2 g	9.3 g	
- saturated	11.0 g	3.3 g	
Carbohydrate	42.2 g	12.6 g	
- sugars	6.7 g	2.0 g	
Sodium	1130 mg	336 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: DM, EG, SE			

Big Boppa		BURGERURGE	
Nutrition Information			
1			
398 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	3000 KJ	864 KJ	
Protein	52.6 g	13.2 g	
Fat, total	24.6 g	6.2 g	
- saturated	9.6 g	2.4 g	
Carbohydrate	57.3 g	14.4 g	
- sugars	20.1 g	3.5 g	
Sodium	1340 mg	337 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: EG, DM, SE, SO			

Boston Cheese		BURGERURGE	
Nutrition Information			
1			
251.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2520 KJ	1000 KJ	
Protein	43.8 g	17.4 g	
Fat, total	28.0 g	11.1 g	
- saturated	9.5 g	3.8 g	
Carbohydrate	32.8 g	13.0 g	
- sugars	8.3 g	3.3 g	
Sodium	797 mg	317 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: EG, DM, SE, SO			

Classic		BURGERURGE	
Nutrition Information			
1			
256.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1580 KJ	617 KJ	
Protein	25.8 g	10.1 g	
Fat, total	9.6 g	3.7 g	
- saturated	1.8 g	0.7 g	
Carbohydrate	42.1 g	16.4 g	
- sugars	4.2 g	1.7 g	
Sodium	3580 mg	1400 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: SE, EG, DM			

Donald Trump		BURGERURGE	
Nutrition Information			
1			
288.25 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2680 KJ	929 KJ	
Protein	32.0 g	11.1 g	
Fat, total	32.5 g	11.3 g	
- saturated	11.4 g	4.0 g	
Carbohydrate	51.3 g	17.8 g	
- sugars	8.4 g	2.9 g	
Sodium	1100 mg	382 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: SE, EG, DM, GC			

Chipotle		BURGERURGE	
Nutrition Information			
1			
346.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	3140 KJ	905 KJ	
Protein	35.0 g	10.1 g	
Fat, total	46.1 g	13.3 g	
- saturated	13.3 g	3.8 g	
Carbohydrate	46.9 g	13.5 g	
- sugars	12.0 g	3.4 g	
Sodium	4460 mg	1290 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: EG, GC, DM, SO, SE			

El Diablo		BURGERURGE	
Nutrition Information			
1			
352 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	3140 KJ	906 KJ	
Protein	50.6 g	14.4 g	
Fat, total	36.0 g	10.2 g	
- saturated	14.4 g	4.1 g	
Carbohydrate	45.7 g	13.0 g	
- sugars	4.4 g	1.3 g	
Sodium	1650 mg	469 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SO, DM, EG, SE			

El Matador		BURGERURGE	
Nutrition Information			
1			
420.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	3740 KJ	888 KJ	
Protein	63.9 g	15.2 g	
Fat, total	36.8 g	8.7 g	
- saturated	21.8 g	5.2 g	
Carbohydrate	65.5 g	15.6 g	
- sugars	14.0 g	3.3 g	
Sodium	1510 mg	358 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SO, SE, DM			

Fat Elvis		BURGERURGE	
Nutrition Information			
1			
290 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2710 KJ	934 KJ	
Protein	47.4 g	16.3 g	
Fat, total	29.5 g	10.2 g	
- saturated	12.4 g	4.3 g	
Carbohydrate	36.9 g	12.7 g	
- sugars	11.2 g	3.9 g	
Sodium	900 mg	310 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: EG, GC, DM, SO, SE			

Hotel Cali		BURGERURGE	
Nutrition Information			
1			
324 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2630 KJ	811 KJ	
Protein	30.6 g	9.4 g	
Fat, total	35.3 g	10.9 g	
- saturated	9.5 g	2.9 g	
Carbohydrate	42.2 g	13.0 g	
- sugars	4.8 g	1.5 g	
Sodium	3720 mg	1150 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: SE, SO, DM, GC, EG			

Mushaboom		BURGERURGE	
Nutrition Information			
1			
272.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1580 KJ	581 KJ	
Protein	15.2 g	5.6 g	
Fat, total	10.0 g	3.7 g	
- saturated	1.5 g	0.5 g	
Carbohydrate	43.5 g	16.0 g	
- sugars	7.3 g	2.7 g	
Sodium	716 mg	263 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: SE, EG, DM			

New Yorker		BURGERURGE	
Nutrition Information			
1			
287 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2860 KJ	998 KJ	
Protein	47.6 g	16.6 g	
Fat, total	30.0 g	10.5 g	
- saturated	12.8 g	4.5 g	
Carbohydrate	44.8 g	15.5 g	
- sugars	18.7 g	6.5 g	
Sodium	1320 mg	461 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, EG, DM, SE, SO			

Original		BURGERURGE	
Nutrition Information			
1			
213.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2860 KJ	993 KJ	
Protein	43.0 g	20.2 g	
Fat, total	16.8 g	7.9 g	
- saturated	8.3 g	3.9 g	
Carbohydrate	34.4 g	16.1 g	
- sugars	9.7 g	4.6 g	
Sodium	819 mg	384 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, EG, DM, SE, SO			

Philly Cheese		BURGERURGE	
Nutrition Information			
1			
236.5 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2620 KJ	1190 KJ	
Protein	31.2 g	13.2 g	
Fat, total	30.9 g	13.1 g	
- saturated	20.2 g	8.6 g	
Carbohydrate	73.2 g	31.0 g	
- sugars	18.4 g	7.8 g	
Sodium	821 mg	347 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, EG, DM, SE, SO			

Pineapple Express		BURGERURGE	
Nutrition Information			
1			
328 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2400 KJ	732 KJ	
Protein	30.7 g	9.4 g	
Fat, total	27.7 g	8.4 g	
- saturated	5.9 g	1.8 g	
Carbohydrate	45.9 g	14.0 g	
- sugars	7.6 g	2.3 g	
Sodium	3990 mg	1220 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, EG, DM, SE, SO			

South of the Border		BURGERURGE	
Nutrition Information			
1			
353 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	2310 KJ	654 KJ	
Protein	18.1 g	5.1 g	
Fat, total	21.1 g	6.0 g	
- saturated	6.1 g	1.7 g	
Carbohydrate	74.0 g	21.0 g	
- sugars	20.5 g	5.8 g	
Sodium	1400 mg	396 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GM, SE, EG, DM			

Southern			
BURGERURGE			
Nutrition Information			
1			
275 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	2060 KJ	748 KJ	
Protein	27.6 g	10.0 g	
Fat, total	21.1 g	27.7 g	
- saturated	5.7 g	2.1 g	
Carbohydrate	45.0 g	16.4 g	
- sugars	10.6 g	3.8 g	
Sodium	3660 mg	1330 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, EG, DM, SO, SE			

Large Chips			
BURGERURGE			
Nutrition Information			
1			
233 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	1540 KJ	661 KJ	
Protein	6.1 g	2.6 g	
Fat, total	10.4 g	4.5 g	
- saturated	0.9 g	0.4 g	
Carbohydrate	59.8 g	25.6 g	
- sugars	1.2 g	0.5 g	
Sodium	1000 mg	431 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC			

Large Dirty Fries			
BURGERURGE			
Nutrition Information			
1			
313 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	2350 KJ	750 KJ	
Protein	15.7 g	5.0 g	
Fat, total	26.6 g	8.5 g	
- saturated	10.2 g	3.3 g	
Carbohydrate	62.2 g	19.9 g	
- sugars	2.9 g	0.9 g	
Sodium	1030 mg	330 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, DM, SO			

Large Onion Rings			
BURGERURGE			
Nutrition Information			
1			
128 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	1080 KJ	848 KJ	
Protein	3.5 g	2.7 g	
Fat, total	14.7 g	11.5 g	
- saturated	6.6 g	5.2 g	
Carbohydrate	28.4 g	22.2 g	
- sugars	3.6 g	2.8 g	
Sodium	1230 mg	959 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC			

Large Sweet Potato			
BURGERURGE			
Nutrition Information			
1			
243 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	1650 KJ	679 KJ	
Protein	3.8 g	1.6 g	
Fat, total	17.9 g	7.4 g	
- saturated	1.5 g	0.6 g	
Carbohydrate	54.3 g	22.4 g	
- sugars	21.7 g	8.9 g	
Sodium	676 mg	278 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SO			

Share Plate			
BURGERURGE			
Nutrition Information			
1			
471 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	4170 KJ	886 KJ	
Protein	9.4 g	2.0 g	
Fat, total	53.4 g	11.3 g	
- saturated	7.7 g	1.6 g	
Carbohydrate	117.0 g	24.8 g	
- sugars	46.6 g	9.9 g	
Sodium	2840 mg	603 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SO, EG, DM			

Small Fries			
BURGERURGE			
Nutrition Information			
1			
132 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	672 KJ	680 KJ	
Protein	3.4 g	2.6 g	
Fat, total	5.9 g	27.7 g	
- saturated	0.5 g	0.4 g	
Carbohydrate	33.8 g	25.6 g	
- sugars	0.7 g	0.5 g	
Sodium	659 mg	499 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC			

Small Dirty Fries			
BURGERURGE			
Nutrition Information			
1			
188 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	1450 KJ	774 KJ	
Protein	10.4 g	5.5 g	
Fat, total	17.5 g	9.3 g	
- saturated	7.2 g	3.8 g	
Carbohydrate	35.9 g	19.1 g	
- sugars	2.0 g	1.1 g	
Sodium	813 mg	432 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SM, SO			

Small Onion Rings			
BURGERURGE			
Nutrition Information			
1			
77 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	652 KJ	847 KJ	
Protein	2.1 g	2.7 g	
Fat, total	8.8 g	11.4 g	
- saturated	4.0 g	5.2 g	
Carbohydrate	17.1 g	22.2 g	
- sugars	2.2 g	2.8 g	
Sodium	797 mg	1030 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC			

Small Sweet Potato			
BURGERURGE			
Nutrition Information			
1			
142 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	965 KJ	679 KJ	
Protein	2.2 g	1.6 g	
Fat, total	10.4 g	7.4 g	
- saturated	0.9 g	0.6 g	
Carbohydrate	31.7 g	22.4 g	
- sugars	12.7 g	8.9 g	
Sodium	440 mg	310 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SO			

Southern Fried Wings			
BURGERURGE			
Nutrition Information			
1			
302 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	2780 KJ	921 KJ	
Protein	43.0 g	14.0 g	
Fat, total	42.3 g	14.0 g	
- saturated	12.9 g	4.3 g	
Carbohydrate	28.3 g	9.4 g	
- sugars	0.5 g	0.2 g	
Sodium	1920 mg	636 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: GC, SO			

Nutella Peanut Butter Milkshake			
BURGERURGE			
Nutrition Information			
1			
479 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	3600 KJ	753 KJ	
Protein	23.1 g	4.8 g	
Fat, total	50.7 g	10.6 g	
- saturated	23.6 g	4.9 g	
Carbohydrate	76.6 g	16.0 g	
- sugars	71.5 g	14.9 g	
Sodium	373 mg	78 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: NU, GC, DM			

Sauce - Hickory BBQ			
BURGERURGE			
Nutrition Information			
1			
45 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	471 KJ	1050 KJ	
Protein	0.5 g	1.0 g	
Fat, total	0.0 g	0.0 g	
- saturated	0.0 g	0.0 g	
Carbohydrate	26.6 g	59.0 g	
- sugars	23.8 g	53.0 g	
Sodium	436 mg	970 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: NIL			

Sauce - Chipotle Mayo			
BURGERURGE			
Nutrition Information			
1			
45 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	1190 KJ	2640 KJ	
Protein	0.8 g	1.7 g	
Fat, total	31.4 g	69.8 g	
- saturated	2.6 g	5.8 g	
Carbohydrate	0.8 g	1.8 g	
- sugars	0.5 g	1.1 g	
Sodium	222 mg	493 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: EG			

Sauce - Chili			
BURGERURGE			
Nutrition Information			
1			
45 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	157 KJ	348 KJ	
Protein	0.7 g	1.6 g	
Fat, total	1.0 g	2.1 g	
- saturated	0.2 g	0.5 g	
Carbohydrate	6.4 g	14.3 g	
- sugars	3.8 g	8.4 g	
Sodium	395 mg	876 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: SO			

Sauce - Ketchup			
BURGERURGE			
Nutrition Information			
1			
45 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	214 KJ	475 KJ	
Protein	0.5 g	1.1 g	
Fat, total	0.1 g	0.1 g	
- saturated	0.0 g	0.0 g	
Carbohydrate	11.0 g	24.5 g	
- sugars	10.6 g	23.5 g	
Sodium	394 mg	875 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: NIL			

Sauce - Ranch			
BURGERURGE			
Nutrition Information			
1			
45 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	1050 KJ	2330 KJ	
Protein	1.0 g	2.1 g	
Fat, total	27.4 g	60.8 g	
- saturated	5.4 g	12.0 g	
Carbohydrate	1.4 g	3.1 g	
- sugars	1.0 g	2.1 g	
Sodium	290 mg	644 mg	
©Burger Urge THE AVERAGE DAILY ADULT INTAKE IS 8700 KJ			
GC - GLUTEN/CEREALS, SO - SOYABEAN, NU - NUTS, DM - DAIRY/MILK, EG - FREE RANGE EGG, SE - SESAME, FS - FISH/SHELLFISH			
Allergen Advice: EG, DM			

Sauce - Special Sauce			
BURGERURGE			
Nutrition Information			
1			
45 g			
	Average	Average	
	Quantity per	Quantity per	
	Serving	100 g	
Energy	940 KJ	2090 KJ	
Protein	0.8 g	1.7	