

# NUTRITIONAL INFO

**BURGER  
URGE**

FEBRUARY 2022

<b>BEEF BURGERS</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
BOSTON CHEESE	2950KJ	29.0G	45.5G	6.9G	43.1G	3.1G	954MG
BEEF, BACON & CHEESE	2890KJ	31.7G	44.4G	17.6G	39.5G	4.9G	1000MG
NEW YORKER	3060KJ	32.8G	45.1G	18.3G	46.8G	6.6G	1400MG
EL DIABLO	3360KJ	33.1G	53.2G	29.9G	46.6G	4.6G	1700MG
BIG BOPPA	2990KJ	34.2G	41.8G	16.9G	48.5G	13.6G	1180MG
THE DOUBLE	4120KJ	48.7G	69.0G	30.5G	40.2G	4.4G	1300MG
<b>GRILLED CHICKEN</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
BYRON CHIC	1750KJ	22.8G	18.6G	3.3G	39.0G	4.6G	582MG
HOTEL CALI	2300KJ	26.8G	32.4G	7.2G	37.0G	3.5G	845MG
<b>FRIED CHICKEN</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
SOUTHERN FRIED	2150KJ	27.1G	22.2G	4.1G	48.9G	2.6G	1270MG
WAIKIKI CLASSIC	2550KJ	31.9G	26.7G	6.1G	57.8G	6.4G	1580MG
THICC CHICC	3380KJ	54.3G	36.9G	10.1G	61.6G	6.6G	2350MG
<b>PLANT-BASED PROTEIN</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
SCHNITZEL LOVE	3030KJ	24.5G	37.7G	6.5G	69G	6.5G	1080MG
BAD BOY CHI CHI	2070KJ	11.9G	18.6G	3.7G	67.7G	6.4G	1160MG
VEGAN CHEESEBURGER 4.0	2340KJ	24.5G	27.1G	3.5G	49.3G	7.6G	1940MG
THE RED HOT CHILLI VEGAN	2690KJ	35.8G	34.9G	4.3G	54.8G	7.8G	1830MG
<b>SNACKS</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
SNACK BOSTON	1800KJ	17.1G	30.8G	10.8G	20.4G	2.1G	757MG
SNACK BYRON	904KJ	11.1G	9.3G	1.8G	21.4G	2.7G	333MG
SNACK SOUTHERN	878KJ	11.4G	6.6G	1.0G	25.4G	1.8G	686MG
SNACK CHI CHI	1530KJ	11.5G	11.7G	4.3G	51.1G	4.5G	938MG
SNACK FRIES	673KJ	2.7G	4.5G	10.4G	26.1G	0.6G	226MG
<b>SUPER SALADS</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
BIG FARMER	2060KJ	33.5G	31.0G	6.7G	18.4G	5.8G	1450MG
SOYLENT GREEN	1810KJ	10.5G	25.2G	3.7G	37.7G	8.1G	756MG
<b>LITTLE MONSTERS</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
MINI BEEF	1390KJ	16.8G	19.8G	9.9G	20.7G	2.5G	500MG
MINI CHICKEN	994KJ	15.2G	8.3G	3.4G	24.8G	1.9G	562MG
MINI VEGE	1100KJ	8.0G	5.4G	2.1G	43.8G	3.9G	754MG
MINI TENDERS (FRIED)	482KJ	16.3G	0.6G	0.0G	10.7G	0.0G	875MG
MINI TENDERS (GRILLED)	259KJ	14.7G	0.6G	0.0G	0.0G	0.0G	118MG
<b>SIDES</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
FRIES	2000KJ	7.9G	13.5G	1.2G	77.7G	1.6G	314MG
SWEET POTATO FRIES	2320KJ	5.2G	25.2G	2.1G	76.3G	30.5G	548MG
ONION RINGS	1730KJ	5.5G	23.4G	10.6G	45.1G	5.6G	1120MG
TENDERS	612KJ	23.7G	0.9G	0.0G	10.7G	0.0G	934MG
DIRTY FRIES	2800KJ	16.2G	23.7G	8.0G	64.3G	5.4G	1140MG
<b>DIPPING SAUCES</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT (TOTAL)</b>	<b>FAT (SATURATED)</b>	<b>CARBOHYDRATE</b>	<b>SUGARS</b>	<b>SODIUM</b>
AIOLI	807KJ	0.6G	21.2G	1.8G	0.6G	0.3G	155MG
SMOKY BBQ SAUCE	254KJ	0.2G	0.1G	0.0G	14.6G	13.3G	250MG
RANCH	699KJ	0.6G	18.2G	3.6G	0.9G	0.6G	193MG
CHIPOTLE MAYO	792KJ	0.5G	20.9G	1.7G	0.5G	0.3G	148MG
CHILLI	104KJ	0.5G	0.6G	0.2G	4.3G	2.5G	263MG
SALSA	43KJ	0.4G	0.2G	0.2G	1.7G	1.0G	135MG
SPECIAL SAUCE	627KJ	0.5G	15.9G	1.3G	1.7G	1.4G	172MG