

NUTRITIONAL INFO

**BURGER
URGE**

MAY 2022

BEEF	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BOSTON CHEESE	2693KJ	26.8G	42.4G	16.2G	31.1G	2.2G	954MG
NEW YORKER	2890KJ	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	3000KJ	34.5G	41.9G	16.9G	48.6G	14.3G	1180MG
TRUFFLE BACON DELUXE	3310KJ	31.1G	60.3G	19.1G	29.6G	4.2G	1030MG
THE KINGPIN	4480KJ	54.2G	81.8G	35.5G	27.4G	2.1G	1890MG
SMASHED BEEF	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
CALI STAX SINGLE	2290KJ	23G	36.4G	36.4G	30.9G	3G	920MG
CALI STAX DOUBLE	3470KJ	40G	59.8G	25.2G	30.9G	3G	1200MG
CALI STAX TRIPLE	4640KJ	23G	36.4G	13.5G	30.9G	3G	920MG
OKLAHOMA	3240KJ	37G	54.9G	22.9G	31.1G	3.9G	1190MG
ROYALE	3760KJ	38.3G	68G	24.6G	32.1G	4.2G	931MG
PULLED PORK	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
SMOKY TEXAN	1910KJ	19.5G	20.8G	6.1G	43.3G	9.3G	569MG
BOSS HOGG	2480KJ	24.1G	36.7G	9.1G	37.6G	4.1G	839MG
GRILLED CHICKEN	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
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
FRIED CHICKEN	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
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
CHEESY THICC BOI	3790KJ	51.5G	47.6G	13.2G	65.4G	3.9G	2130MG
THICC CHICC	3380KJ	54.3G	36.9G	10.1G	61.6G	6.6G	2350MG
THE GRAVY TRAIN	2640KJ	51.3G	29.4G	15.3G	74.9G	3.3G	2640MG
PLANT-BASED	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BAD BOI CHI CHI	2280KJ	11.9G	18.6G	3.7G	67.7G	6.4G	1160MG
ZERO CLUCKS	2710KJ	23.7G	32.7G	6G	62.3G	4.7G	825MG
IMPOSSIBLE URGE SINGLE	1450KJ	20.8G	23.8G	7.7G	36.2G	3.4G	1090MG
IMPOSSIBLE URGE DOUBLE	1580KJ	31.6G	31.6G	31.2G	41.6G	3.8G	1300MG
VEGAN CHEESEBURGER 5.0	2130KJ	18.2G	29.9G	5.2G	39.7G	4.6G	1100MG
SLIDERS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BOSTON CHEESE SLIDER	1800KJ	17.1G	30.8G	10.8G	20.4G	2.1G	757MG
BYRON CHIC SLIDER	898KJ	11.1G	9G	1.8G	21.7G	3.2G	310MG
SOUTHERN FRIED SLIDER	878KJ	11.4G	6.6G	1.0G	25.4G	1.8G	686MG
BAD BOI CHI CHI SLIDER	1580KJ	11.6G	12.8G	4.8G	52G	5.4G	1060MG
SNACK FRIES	673KJ	2.7G	4.5G	10.4G	26.1G	0.6G	226MG
SUPER SALADS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BIG FARMER	2060KJ	33.5G	31.0G	6.7G	18.4G	5.8G	1450MG
THE OTHER SALAD	2250KJ	18.7G	38G	7.7G	27.5G	6.4G	581MG
LITTLE MONSTERS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
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	482KJ	16.3G	0.6G	0.0G	10.7G	0.0G	875MG
SIDES	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
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
CHICKEN TENDERS	612KJ	23.7G	0.9G	0.0G	10.7G	0.0G	934MG
POUTINE FRIES	2030KJ	19.7G	27.5G	11.6G	75G	3.4G	1840G
POUTINE BURGER DIP	463KJ	13.5G	17.1G	10.6G	13.9G	1.3G	1420MG
CAULIFLOWER BITES	1760KJ	6.4G	32.3G	2.6G	27.7G	4.1G	567MG
DIRTY FRIES	2280KJ	16.2G	23.7G	8.0G	64.3G	5.4G	1140MG