

Burger Bar Nutrition Facts

Burger Bar	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Sandwiches	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Breaded Cod	1 Each	600	32	41	4.5	23	0	90	30	1170	51	57	21	2	7	6	4	8	23	4	6	15	10
Chicken Avocado BLT	1 Each	720	39	50	11	55	0	120	40	1130	49	48	17	4	14	8	4	8	42	6	6	15	15
Crab Cake Sandwich	1 Each	570	31	40	6	30	0	110	37	1040	45	54	20	2	7	8	5	10	20	0	10	15	10
Crispy Chicken Breast Sandwich on Hamburger Roll with Lettuce, Tomato, Mayo, Dill Pickles	1 Each	490	24	31	4	20	0	70	23	1010	44	41	15	2	7	7	3	6	25	0	2	10	10
Dipping Sauce - Asian Spicy Mayo	1.5 oz (43g)	240	25	32	4	20	0	20	7	370	16	4	1	0	0	3	2	4	0	0	0	0	0
Dipping Sauce - Danny's Dangerously Delicious	1.5 oz (43g)	150	14	18	4	20	0	15	5	430	19	6	2	0	0	6	6	12	0	0	0	0	0
Dipping Sauce - Nashville Hot	1.5 oz (43g)	70	2.5	3	0	0	0	0	0	400	17	13	5	1	4	10	9	18	1	0	2	0	2
Sizzlin' Salmon Sandwich	1 Each	720	45	58	6	30	0	80	27	1370	60	45	16	2	7	5	2	4	33	70	8	15	15
Haddock Sandwich	1 Each	550	21	27	3	15	0	45	15	950	41	63	23	3	11	4	1	2	24	2	8	15	10
Burgers	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American Classic Burger	1 Burger	670	33	42	14	70	1	150	50	1350	59	47	17	1	4	8	7	14	44	0	30	35	15
Cheeseburger	1 Burger	470	23	29	9	45	0.5	95	32	1140	50	32	12	1	4	6	6	12	30	0	25	20	8
Lobster Truffle Burger	1 Burger	920	56	72	24	120	1	270	90	1210	53	45	16	1	4	6	4	8	56	0	35	35	15
Maple Onion Bacon Burger	1 Burger	940	57	73	19	95	1	180	60	1460	63	53	19	3	11	14	7	14	53	0	30	35	15
Double Stack Smash Burger	1 Burger	960	57	73	23	115	1.5	215	72	1590	69	47	17	2	7	7	6	12	58	2	50	40	15
Santa Monica Turkey Burger	1 Burger	490	22	28	4.5	23	0	60	20	990	43	48	17	9	32	9	2	4	29	0	8	35	15
Vegetarian Burger	1 Burger	630	41	53	14	70	0	0	0	1120	49	39	14	4	14	5	4	8	25	0	25	35	15
CYO Standard Burger on Hamburger Roll with Ketchup, Mustard, Mayo, Lettuce, Tomato, Dill Pickles, Red Onion	1 Burger	470	23	29	7	35	0.5	80	27	910	40	36	13	2	7	9	6	12	28	0	4	20	10

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Burger Bar	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
CYO Burger Base <i>on Hamburger Roll without toppings</i>	1 Burger	370	17	22	6	30	0.5	75	25	450	20	26	9	1	4	3	3	6	27	0	2	20	8

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Meat Hot Sauce	1.5 oz (43g)	60	3.5	4	1.5	8	0	15	5	170	7	1	0	0	0	1	0	0	5	0	0	6	2
Pepperjack Cheese	1 slice (21g)	80	6	8	4	20	0	20	7	135	6	0	0	0	0	0	0	0	5	25	10	0	0
Red Onions	0.35 oz (10g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Roasted Mushrooms	1 oz (28g)	45	3.5	4	0	0	0	0	0	75	3	2	1	1	4	1	0	0	1	0	0	0	2
Swiss Cheese	1 slice (21g)	80	7	9	4	20	0	20	7	40	2	0	0	0	0	0	0	0	6	0	15	0	0
Tomatoes	2 oz (57g)	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Yellow Mustard	0.5 oz (14g)	10	1	1	0	0	0	0	0	220	10	1	0	0	0	0	0	0	1	0	0	0	0
Meals	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Haddock Sandwich Meal <i>with French Fries</i>	1 Meal	800	34	44	5	25	0	45	15	1560	68	96	35	5	18	4	1	2	26	0	10	20	20
Small Haddock Fish Fry Dinner <i>with Coleslaw and French Fries</i>	1 Meal	920	54	69	8	40	0	70	23	1870	81	84	31	5	18	13	10	20	21	0	10	15	15
Large Haddock Fish Fry Dinner <i>with Coleslaw and French Fries</i>	1 Meal	1280	74	95	12	60	0.5	115	38	2530	110	108	39	5	18	14	11	22	38	6	10	15	25
Sides	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Crispy Fries	1 Each	260	13	17	2	10	0	0	0	610	27	33	12	2	7	0	0	0	2	0	2	6	8
Sweet Potato Fries	1 Each	280	15	19	3	15	0	0	0	400	17	31	11	3	11	11	0	0	2	0	0	6	10
Tuscan Fries	1 Each	290	17	22	2.5	13	0	0	0	620	27	33	12	2	7	0	0	0	2	0	2	6	8
Onion Rings	1 Each	370	16	21	2.5	13	0	0	0	1400	61	54	20	2	7	8	3	6	4	0	4	10	2
Onion Rings- 2 oz add on	2 oz (57g)	110	5	6	0.5	3	0	0	0	420	18	16	6	1	4	2	1	2	1	0	2	4	0
Dipping Sauce - Ketchup	1 Packet (9g)	10	0	0	0	0	0	0	0	90	4	2	1	0	0	2	2	4	0	0	0	0	0
Dipping Sauce - Maple Mustard	1.5 oz (43g)	80	3	4	0	0	0	0	0	640	28	10	4	0	0	8	8	16	0	0	4	6	2

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Greek Santorini Salad	1 Each (206g)	200	16	21	2.5	13	0	5	2	630	27	9	3	3	11	4	1	2	5	0	6	6	10
Macaroni Salad	4 oz (113g)	390	20	26	2	10	0	30	10	470	20	43	16	2	7	3	0	0	8	0	8	10	4
Kids Meals	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hamburger	1 Each	370	17	22	6	30	0.5	75	25	450	20	26	9	1	4	3	3	6	27	0	2	20	8
Cheeseburger	1 Each	440	23	29	9	45	0.5	95	32	730	32	27	10	1	4	3	3	6	30	0	25	20	8
Chicken Fingers	1 Dish	300	15	19	3	15	0	50	17	800	35	22	8	1	4	1	1	2	18	0	2	6	8
Grilled Cheese	1 Each	470	29	37	12	60	0	65	22	1110	48	33	12	2	7	6	4	8	15	0	80	15	4
Veggie Burger	1 Each	390	18	23	6	30	0	0	0	710	31	32	12	3	11	4	4	8	25	0	20	35	10

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Grilled Chicken	1 Each (171g)	350	23	29	5	25	0	105	35	400	17	0	0	0	0	0	0	0	34	4	2	6	8
Crispy Chicken	1 Each (125g)	230	11	14	2	10	0	60	20	540	23	11	4	0	0	2	0	0	21	0	0	2	8
Salmon (w/o sauce)	1 Each (134g)	320	24	31	4	20	0	60	20	580	25	2	1	1	4	0	0	0	23	60	0	2	10
Crab Cake (w/o sauce)	1 Each (108g)	250	18	23	2.5	13	0	90	30	600	26	10	4	0	0	1	1	2	13	0	6	2	4
Remoulade Sauce	3 Tbsp (45g)	250	26	33	2	10	0	20	7	360	16	3	1	0	0	2	1	2	1	0	0	2	0
Turkey Burger	1 Burger (128g)	150	6	8	1	5	0	55	18	480	21	6	2	1	4	2	0	0	19	2	2	15	6
Veggie Burger	1 Burger (113g)	250	16	21	6	30	0	0	0	480	21	6	2	2	7	1	1	2	21	0	20	25	10
Beef Burger, 4oz	1 Patty (86g)	230	15	19	6	30	0.5	75	75	25	370	16	0	0	0	0	0	0	23	0	2	15	6
Beef Burger, 6oz	1 Patty (128g)	350	22	28	8	40	1	115	38	410	18	0	0	0	0	0	0	0	34	0	4	20	10
Custard	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Small Custard Dish	1 Each	230	12	15	7	35	0	75	25	105	5	26	9	0	0	24	18	36	6	0	15	6	6
Small Custard Cone	1 Each	260	12	15	7	35	0	75	25	110	5	31	11	0	0	24	18	36	6	0	15	6	6
Regular Custard Dish	1 Each	350	18	23	11	55	0	115	38	150	7	39	14	1	4	36	27	54	8	0	20	6	10
Regular Custard Cone	1 Each	380	18	23	11	55	0	115	38	160	7	45	16	1	4	36	27	54	9	0	20	6	10
Large Custard Dish	1 Each	470	24	31	15	75	0	155	52	210	9	52	19	1	4	48	36	72	11	0	25	6	15
Large Custard Cone	1 Each	490	24	31	15	75	0	155	52	210	9	58	21	1	4	48	36	72	12	0	25	6	15
Standard Cone	1 Each	25	0	0	0	0	0	0	0	10	0	5	2	0	0	0	0	0	1	0	0	0	0
Waffle Cone	1 Each	80	0	0	0	0	0	0	0	35	2	18	7	1	4	6	6	12	1	0	2	2	6
Waffle Cone (compared to cone included in Custard Cone nutrition)	1 Each	+55	-	-	-	-	-	-	-	+25	+2	+13	+5	+1	+4	+6	+6	+12	-	-	+2	+2	+6
Sprinkles - Rainbow or Chocolate	1 Tbsp 0.4 oz (11 g)	50	2.5	3	2	10	0	0	0	0	0	9	3	0	0	8	8	16	0	0	0	0	0

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Sprinkles - Rainbow or Chocolate	2 Tbsp 0.8 oz (23 g)	110	4.5	6	4	20	0	0	0	0	0	17	6	0	0	16	16	32	0	0	0	0	0
Shakes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Shake - Small	1 Each	440	19	24	12	60	0	115	38	210	9	56	20	2	7	51	38	76	11	6	25	10	15
Chocolate Shake - Large	1 Each	870	39	50	24	120	0	235	78	440	19	111	40	5	18	100	74	148	23	10	60	20	30
Espresso Shake	1 Each	800	41	53	25	125	0	250	83	400	17	89	32	1	4	82	53	106	23	10	60	10	25
Vanilla Shake - Small	1 Each	390	20	26	12	60	0	125	42	200	9	44	16	0	0	41	27	54	11	6	30	0	10
Vanilla Shake - Large	1 Each	800	41	53	25	125	0	255	85	420	18	89	32	0	0	83	53	106	23	10	60	0	20
Whipped Cream - Light	1 oz (28g)	90	6	8	3	15	0	0	0	0	0	6	2	0	0	6	6	12	0	0	0	0	0
Floats	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Root Beer Float	1 Each	360	9	12	6	30	0	60	20	135	6	66	24	0	0	64	59	118	4	0	10	0	4

