

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	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chicken Avocado BLT	1 Each	680	37	47	10	50	0	115	38	1060	46	47	17	4	14	7	4	8	39	0	6	20	15
Cold Lobster Roll	1 Each	460	30	38	8	40	0	180	60	910	40	24	9	1	4	4	2	4	23	0	10	6	6
Crab Cake Sandwich	1 Each	640	39	50	8	40	0	145	45	1040	45	51	19	2	7	7	4	8	23	0	10	15	10
Crispy Chicken Breast Sandwich on Hamburger Roll with Lettuce, Tomato, Mayo, Dill Pickles	1 Each	560	30	38	5	25	0	60	20	2080	90	49	18	3	11	5	3	6	23	0	2	15	15
Dipping Sauce - Asian Spicy Mayo	1.5 oz (43g)	250	26	33	4	20	0	15	5	400	17	4	1	0	0	3	3	6	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
Jammin Salmon Sandwich	1 Each	920	70	90	14	70	0	110	37	1320	57	42	15	1	4	6	5	10	31	70	4	10	10
Burgers	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American Classic Burger	1 Burger	660	33	42	15	75	1	150	50	1390	60	46	17	1	4	8	7	14	45	0	25	35	15
Cheeseburger	1 Burger	470	23	29	10	50	0.5	95	32	1180	51	31	11	1	4	6	6	12	31	0	25	20	10
Maple Onion Bacon Burger	1 Burger	920	56	72	20	100	1	180	60	1450	63	51	19	3	11	13	7	14	51	0	25	40	15
Mediterranean Impossible Burger	1 Burger	610	36	46	12	60	0	25	8	1020	44	46	17	10	36	6	3	6	28	0	20	35	20
Santa Monica Turkey Burger	1 Burger	500	23	29	4	20	0	55	18	1020	44	48	17	9	32	9	2	4	30	0	8	20	10
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
CYO Burger Base on Hamburger Roll without toppings	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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Create Your Own Burger Toppings	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
American Cheese	1 Slice (67g)	70	6	8	4	20	0	20	7	320	14	1	0	0	0	0	0	0	4	0	20	0	0
Arugula	0.3 oz (9g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Bacon	0.525 oz (15g)	70	5	6	2	10	0	20	7	230	10	0	0	0	0	0	0	0	6	0	0	6	4
Beef Patty - 4 oz	1 Patty (85g)	230	15	19	6	30	0.5	75	25	220	10	0	0	0	0	0	0	0	23	0	2	10	6
Beef Patty - 6 oz	1 Patty (128g)	350	22	28	8	40	1	115	38	260	11	0	0	0	0	0	0	0	34	0	2	20	10
Chipotle Aioli	0.5 oz (14g)	90	10	13	1.5	8	0	5	2	70	3	1	0	0	0	0	0	0	0	0	0	0	0
Dill Relish	0.5 oz (14g)	0	0	0	0	0	0	0	0	180	8	0	0	0	0	0	0	0	0	0	2	0	0
Grillo's Dill Pickles	5 chips (28g)	5	0	0	0	0	0	0	0	200	9	1	0	0	0	0	0	0	0	0	0	0	0
Hamburger Roll	1 roll (50g)	140	2	3	0	0	0	0	0	230	10	26	9	1	4	3	3	6	4	0	0	6	0
Gluten Free Hamburger Roll	1 roll (90g)	240	7	9	0.5	3	0	0	0	440	19	44	16	6	21	6	6	12	5	0	2	0	2
Gluten Free Hamburger Roll (compared to roll included in burger base)	1 roll (90g)	+100	+5	+6	+1	+3	-	-	-	+210	+9	+18	+7	+5	+17	+3	+3	+6	+1	-	+2	-6	+2
Garlic & Herb Spread	1.5 oz (43g)	130	12	15	7	35	0	0	0	250	11	4	1	0	0	0	0	0	0	0	6	0	0
Guacamole	1.5 oz (43g)	80	7	9	1	5	0	0	0	190	8	3	1	2	7	1	0	0	1	0	0	0	6
Herb Goddess Dressing	1.5 oz (43g)	100	10	13	1.5	8	0	10	3	260	11	2	1	1	4	1	0	0	2	0	2	0	2
Ketchup	0.5 oz (14g)	15	0	0	0	0	0	0	0	140	6	3	1	0	0	3	3	6	0	0	0	0	0
Leaf Lettuce	0.5 oz (14g)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lemon Caper Aioli	0.5 oz (14g)	90	10	13	2	10	0	10	3	85	4	0	0	0	0	0	0	0	0	0	0	0	0
Maple Onion Jam	1 oz (28g)	70	3.5	4	0	0	0	0	0	210	9	10	4	1	4	8	3	6	0	0	2	0	2
Mayonnaise	0.5 oz (14g)	100	11	14	2	10	0	10	3	70	3	0	0	0	0	0	0	0	0	0	0	0	0
Meat Hot Sauce	1.5 oz (43g)	60	4	5	1.5	8	0	15	5	200	9	1	0	0	0	1	0	0	5	0	0	6	2

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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
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)	0	0	0	0	0	0	0	0	230	10	0	0	0	0	0	0	0	0	0	0	0	0
Meals	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Haddock Fish Fry Dinner with Coleslaw and French Fries	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
Haddock Sandwich Meal with French Fries	1 Each	800	34	44	5	25	0	45	15	1560	68	96	35	5	18	4	1	2	26	0	10	20	20
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
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
Sweet Potato Fries	1 Each	280	15	19	1.5	8	0	0	0	700	30	36	13	5	18	13	6	12	2	0	2	6	8
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	2.5	3	0	0	0	0	0	660	29	12	4	2	7	9	9	18	2	0	4	6	2
Beer Range	-	95 - 220	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wine Range	-	130 - 140	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
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	10	50	0.5	95	32	770	33	27	10	1	4	3	3	6	31	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	14	70	0	65	22	1220	53	32	12	2	7	6	4	8	18	0	70	10	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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Kids Meals Sides	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Crispy Fries	1 Each	210	10	13	1.5	8	0	0	0	520	23	26	9	2	7	0	0	0	2	0	0	6	6
Dipping Sauce - Ketchup	1 oz (28g)	30	0	0	0	0	0	0	0	280	12	7	3	0	0	6	6	12	0	0	0	0	2
Apple Slices	1 Each	30	0	0	0	0	0	0	0	0	0	8	3	1	4	6	0	0	0	0	0	0	2
Organic Juice Pouch	1 Each	50	0	0	0	0	0	0	0	10	0	11	4	0	0	11	0	0	0	0	0	0	2
Animal Cookies	1 Each	120	4	5	1.5	8	0	0	0	45	2	21	8	1	5	6	6	13	2	0	0	4	0
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	30	0	0	0	0	0	0	0	10	0	6	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	1	6	1
Waffle Cone (compared to cone included in Custard Cone nutrition)	1 Each	+50	-	-	-	-	-	-	-	+25	+2	+12	+5	+1	+4	+6	+6	+12	-	-	+1	+6	+1
Sprinkles - Rainbow or Chocolate	1 Tbsp 0.4 oz (11 g)	50	2.5	3	2	10	0	0	0	0	0	8	3	0	0	4	4	8	0	0	0	0	0
Sprinkles - Rainbow or Chocolate	2 Tbsp 0.8 oz (23 g)	110	4.5	6	4	20	0	0	0	0	0	16	6	0	0	9	9	18	0	0	0	0	0
Shakes	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate Shake - Small	1 Each	450	19	24	12	60	0	115	38	240	10	60	22	2	7	54	31	62	11	6	25	10	15
Chocolate Shake - Large	1 Each	890	39	50	24	120	0	235	78	500	22	116	42	4	14	105	63	126	23	10	60	15	30

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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
Lucky Leprechaun Shake	1 Each	870	41	53	25	125	0	255	85	420	18	105	38	0	0	136	69	138	23	10	60	0	20
Salted Caramel Shake	1 Each	880	41	53	25	125	0	255	85	590	26	107	39	0	0	98	53	106	23	10	60	0	20
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 - Large	1 Each	360	9	12	6	30	0	60	20	135	6	66	24	0	0	64	59	118	4	0	10	0	4