Burger Boss Nutritional Information

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Polyunsaturated Fat (gm)	Monounsauturated Fat (gm)	Potassium (mg)
Protein														
Beef Single	5.3 oz	384	30	12	0	107	101	0	0	0	26	NA	NA	NA
Beef Double	10.6 oz	768	60	24	0	214	202	0	0	0	52	NA	NA	NA
Salmon	4 oz	120	4	0.5	0	65	220	1	0	0	21	NA	NA	NA
Chicken	5 oz	194	8	2	0	115	116	0	0	0	27	NA	NA	NA
Turkey	5.3 oz	240	11	3	0	125	480	3	0	0	30	NA	NA	NA
Black Bean	4.5 oz	190	1.5	0	0	0	750	34	7	3	9	NA	NA	NA
Kids Beef Burger	0.2 oz	159	11.5	6	0	53	50	0	0	0	14	NA	NA	NA
Kids Chicken Strip	5 oz	163	4	0	0	91	60	0	0	0	29	NA	NA	NA
Buns														
White Kaiser	3 oz	220	2.5	0.5	0	0	350	42	1	4	5	NA	NA	NA
Wheat Grain	3.5	250	3.5	1	0	0	380	47	2	6	8	NA	NA	NA
Gluten Free	2.7 oz	340	11	1	0	0	600	58	3	4	4	NA	NA	NA
Kids Burger	1.6 oz	110	1.5	0	0	0	170	21	1	3	3	NA	NA	NA
Cheese														
Yellow American	0.6 oz	70	6	3.5	0	20	340	1	0	1	3	NA	NA	NA
Sharp Cheddar	0.7 oz	80	7	4	0	20	135	0	0	0	5	NA	NA	NA
Aged Swiss	0.7 oz	80	7	4	0	20	40	0	0	0	6	NA	NA	NA
Pepper Jack	0.6 oz	80	6	4	0	20	130	0	0	0	5	NA	NA	NA
Dolce Provolone	0.7 oz	70	6	3.5	0	15	180	0	0	NA	5	NA	NA	NA
Blue Crumble	1.25 oz	125	10	6	0	25	475	0	0	0	8	NA	NA	NA
Smoked Gouda	0.7 oz	80	6	4	0	10	280	0	0	0	5	NA	NA	NA
Sauces														
Heinz Ketchup	.32 oz	8	0	0	0	0	95	2	0	2	0	0	0	NA
Yellow Mustard	.32 oz	5	0	0	0	0	60	0	0	0	0	NA	NA	NA
Mayo	.46 oz	100	11	2	0	10	65	1	0	0	0	NA	NA	NA
Garlic Herb Mayo	.52 oz	100	11	2	0	5	90	0	0	0	0	NA	NA	NA
Chiptole Mayo	.53 oz	90	10	2	0	5	120	1	0	0	0	NA	NA	NA
BBQ	.55 oz	25	0	0	0	0	195	7	0	6	0	NA	NA	NA
Sweet Chili	.6 oz	41	0	0	0	0	235	10	1	8	0	NA	NA	NA
Teriyaki	.32 oz	13	0	0	0	0	204	3	1	2	1	NA	NA	NA
Honey Dijon	.3 oz	13	0	0	0	0	45	3	0	2	0	NA	NA	NA
Buttermilk Ranch	.41 oz	42	4	1	0	4	96	1	0	1	1	NA	NA	NA
A1 Steak Sauce	.25 oz	6	0	0	0	0	117	1	0	1	0	0	0	15
1000 Island	.53 oz	55	4	1	0	5	105	4	0	3	0	NA	NA	NA
Cajun Buffalo	.5 oz	5	0	0	0	0	380	1	0	0	0	0	0	NA
Sriracha	.14 oz	2	0	0	0	0	40	1	0	0	0	NA	NA	NA
Spicy Dijon	.45 oz	13	0	0	0	0	130	0	0	0	0	NA	NA	NA
Toppings														
Green Leaf Lettuc	.61 oz	3	0	0	0	0	10	0.4	0.4	0.2	0	NA	NA	NA
Spinach	3 oz	20	0	0	0	0	65	3	0	2	2	0	0	NA
Vine Ripe Tomato	1 oz	2	0	0	NA	0	0	1	1	1	1	0	0	21
Crispy Pickles	1.5 oz	5	0	0	0	0	520	1	1	0	0	0	0	NA
Green Olives	1.23 oz	64	5	0	0	0	250	0	0	NA	0	0	3	NA
Fresh Onions	1 oz	16	0	0	NA	0	1	4	1	2	0.5	0	0	58
Grilled Onions	1.42 oz	15	0	0	0	0	35	4	1	3	1	NA	NA	NA
Grilled Jalapenos	.65 oz	1	0	0	0	0	0	1	0	1	0	0	0	9
Grilled Mushrooms	1.64 oz	25	1.5	0	0	0	5	2	1	0	2	NA	NA	NA
Grilled Pineapple	1.3 oz	23	0	0	0	0	3	6	0	5	0	0	0	NA
Avocado	1.4 oz	70	6	0.7	0	0	0	4	3	0	0	0.7	4	210
Turkey Bacon	1 oz	50	3	1	0	20	200	1	0	0	5	NA	NA	NA
Egg	1.7 oz	72	5	2	0	185	70	0	0	0	6	1	2	70
FRIES														
Fresh-Cut Fries	6 oz	550	26	4	0	0	370	73	7	1	6	NA	NA	NA
Sweet Potato Frie	6.5 oz	307	9	0	0	0	90	48	6	15	2	NA	NA	NA
Dippers														
Heinz Ketchup	1.65 oz	42	0	0	0	0	506	10	0	10	0	0	0	NA
Yellow Mustard	1.54 oz	0	0	0	0	0	27	0	0	0	0	NA	NA	NA
Mayo	1.44 oz	313	34	6	0	31	205	3	0	0	0	NA	NA	NA
Garlic Herb Mayo	1.56 oz	300	33	6	0	15	270	0	0	0	0	NA	NA	NA
Chiptole Mayo	1.44 oz	281	27	5	0	14	326	3	0	0	0	NA	NA	NA
BBQ	1.72 oz	78	0	0	0	0	609	21	0	19	0	NA	NA	NA
Sweet Chili	1.56 oz	106	0	0	0	0	611	26	2	21	0	NA	NA	NA
Teriyaki	1.64 oz	66	0	0	0	0	1045	15	5	10	5	NA	NA	NA
Honey Dijon	1.54 oz	66	0	0	0	0	231	14	0	10	0	NA	NA	NA
Buttermilk Ranch	1.44 oz	147	14	3	0	14	337	3	0	3	3	NA	Na	NA
A1 Steak Sauce	1.36 oz	35	0	0	0	0	93	8	0	5	0	0	0	93
1000 Island	1.56 oz	161	11	3	0	15	309	13	0	8	0	NA	NA	NA
Cajun Buffalo	1.44 oz	14	0	0	0	0	1064	3	0	0	0	0	0	NA
Sriracha	1.58 oz	23	0	0	0	0	457	5	0	5	0	NA	NA	NA
Spicy Dijon	1.40 oz	40	0	0	0	0	400	0	0	0	0	NA	NA	NA

Gluten Items

Teriyaki Sauce	Soy
Cajun Buffalo	MFS
BBQ	MFS