



GRASSBURGER

nutritional information

	Calories (g)	Total Fat (g)	Sat. Fat (g)	Trans. Fat (mg)	Chol. (mg)	Sodium (mg)	Total carb (g)	Fiber (g)	Sugars (g)	Protein (g)
BURGERS, BOWLS										
Beef Burger Patty 4 oz	280	22	9	0	80	75	0	0	0	19
Black Bean Patty 4 oz	170	4	0	0	0	209	26	11	1	7
Grilled Chicken Patty 3.32 oz	200	14	3.5	0	100	450	1	0	0	18
Potato Bun	200	4.5	0	0	0	300	33	1	3	6
Gluten-Free Bun	200	4	0.5	0	25	320	38	3	6	3
Wheat Bun (kid's meal)	150	1.5	0	0	0	240	30	2	4	7
Earth Balance Margarine 1 T	100	11	3	0	0	110	0	0	0	0
Quinoa and Rice Base 6 oz	240	3.66	.38	0	0	599	46.85	3.17	5.15	5.3
Bacon 2 Slices	86	6	2	0	18	164	0	0	0	6
Egg 1	70	5	1.5	0	170	55	1	0	1	6
Cheddar Cheese 1 Slice	80	7	4	0	20	135	0	0	0	5
Swiss Cheese 1 Slice	80	6	4	0	20	45	0	0	0	6
Pepperjack Cheese 1 Slice	60	6	3	0	15	330	0	0	0	3
Pico De Gallo ½ oz	5	0	0	0	0	75	1.5	n/a	1	0
Arugula 2oz	14	.37	0	0	0	15	2	1	1	1.5
Lettuce 2 oz	4	0	0	0	0	0	0	1	1	0
Tomato 2 oz	3	0	0	0	0	1	1	0	0	0
Pickle 1 oz	2.5	0	0	0	0	225	1	0	0	0
Raw Onion 2 oz	15	0	0	0	0	2	1	1	2	0
Green Chile 2 T	5	0	0	0	0	0	1	0	0	0
Sautéed Mushrooms 2 T	29.9	2	.36	0	0	200	1.5	.49	0	1.5
Guacamole 1 oz	23	4	.6	0	0	42	2.4	2	.2	.6
Cabbage ½ oz	3.5	0	0	0	0	2.5	1	.5	.5	0

100% GRASS-FED BEEF contains no hormones, no antibiotics. All burgers are cooked medium-well.

VEGAN BLACK BEAN PATTY is made in-house, gluten-free.



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SAUCES & DRESSINGS

Chipotle Mayo 1 oz	102	11	1	0	10	92	0	0	0	0
Serrano Sauce 2 oz	30	1.3	.24	0	1.67	786.3	3.65	1.38	1.72	1
BBQ Sauce 2 oz	107	2.64	.37	0	0	757	21.7	.2	20.68	.18
Green Chile Ranch Dressing 2 oz	32	1.27	.39	0	3.25	235	3	.2	2.55	2
Ranch Dressing 2 oz	0	0	0	0	0	140	0	0	0	0

FRIES

French Fries 6oz (before frying)	280	10	2	0	0	900	44	6	2	4
Sweet Potato Fries 6oz (before frying)	280	14	2	0	0	320	36	4	14	2
Small Fry 3.2oz (before frying)	140	5	1	0	0	450	22	3	1	2

SHAKES

Vanilla Shake 16 oz	472	14	9.7	0	56	222	75	0	67	14
Chocolate Shake 16 oz	672	14	9.7	0	56	237	99	1	87	14
Vegan Vanilla Shake	300	15	1.5	0	0	250	40	2.5	17.5	7.5
Vegan Chocolate Shake	390	15	1.5	0	0	250	64	2.5	39.5	7.5

COOKIE

Otis Spunkmeyer Chocolate Chip 1	140	6	3.5	0	10	105	19	1	12	1
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Grassburger prides itself on our food transparency. However we cannot guarantee that allergens have not been inadvertently introduced during food preparation. Our ingredient deck list, allergen and nutrition sheets are reliant upon supplier ingredient labels, which are not regulated. We are subject to unexpected supplier substitutions at times and can not guarantee the accuracy of the contents of each food item. It is ultimately our Guests' discretion to make informed choices based upon their individual dietary needs.



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BEVERAGES										
Apple Juice	60	0	0	0	0	15	15	0	15	0
Mexican Coke	150	0	0	0	0	85	39	0	39	0
Diet Coke	0	0	0	0	0	70	0	0	0	0
Ceylon Ice Tea, Unsweetened	0	0	0	0	0	0	0	0	0	0
Zuberfizz Root Beer	159	0	0	0	0	30	43	0	43	0
Zuberfizz Vanilla Creme	159	0	0	0	0	30	43	0	43	0
Dasani Water	0	0	0	0	0	0	0	0	0	0
Fountain Drinks 16oz:										
Sparkling Waters	0	0	0	0	0	0	0	0	0	0
Tailwind	159	0	0	0	0	30	43	0	43	0
Zuberfizz Lemonade	120	0	0	0	0	30	32	0	32	0
Zuberfizz Cola	159	0	0	0	0	30	43	0	43	0
Zuberfizz Orange Creme	159	0	0	0	0	30	43	0	43	0
Zuberfizz Root Beer	159	0	0	0	0	30	43	0	43	0
Zuberfizz Vanilla	159	0	0	0	0	30	43	0	43	0
Zuberfizz Ginger Ale	140	0	0	0	0	30	38	0	38	0
Zuberfizz Strawberry Rhubarb	140	0	0	0	0	30	38	0	38	0

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