



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 & MORE										
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
Chipotle Chicken 4 oz	140	3	0	0	73	388	0	0	0	33
Turkey Hot Dog	60	3	1	0	35	370	0	0	0	7
Potato Bun	140	1.5	0	0	0	260	26	1	3	6
Earth Balance Marg. 1 T	100	11	3	0	0	110	0	0	0	0
Chipotle Mayo 1 oz	102	11	1	0	10	92	0	0	0	0
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
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
ADD-ONS										
Cheddar 1 Slice	80	7	4	0	20	135	0	0	0	5
Pepperjack 1 Slice	60	6	3	0	15	330	0	0	0	3
Bacon 2 Slices	86	6	2	0	18	164	0	0	0	6
Green Chile 2 T	5	0	0	0	0	0	1	0	0	0
Guacamole 1 oz	23	4	.6	0	0	42	2.4	2	.2	.6
Egg 1	60	4	1	0	170	65	0	0	0	6
Gluten-Free Bun	200	4	0.5	0	25	320	38	3	6	3

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

VEGETARIAN BLACK BEAN PATTY is made in-house, vegan & gluten-free.



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TACOS INGREDIENTS for single taco

Green Chile Beef 2 oz	132.5	9	3.68	0	39	163	1.31	.25	.2	15
Quinoa Black Bean 2 oz	143	5	.5	0	0	129	20	3.4	.8	4.8
Shredded Chicken 2 oz	70	1.5	0	0	36	194	0	0	0	16
Flour Tortilla 1	47	1	.25	0	0	10	7.7	.5	.3	1.25
Corn Tortilla 1	45	.5	0	0	0	25	9.5	.5	0	1
Rice n Beans 1 oz	46	1.3	.2	0	0	84	13	.9	0	1.7
Cheese ½ oz	55	4.5	3	0	15	85	0	0	0	3.5
Cabbage ½ oz	3.5	0	0	0	0	2.5	1	.5	.5	0
Pico ½ oz	5	0	0	0	0	75	1.5	n/a	1	0
Rice n Beans 5 oz (side)	262	6.5	1	0	0	420	65	4.5	0	8.5
Creamy Coleslaw 5 oz (side)	205	17.5	2.5	0	10	400	10	2.5	7	2.4

BOWLS

Green Chile Beef 4 oz	265	18	7.36	0	78	326	2.62	.5	.4	30
Quinoa Black Bean 4 oz	286	10	1	0	0	258	40	6.8	1.6	9.6
Shredded Chicken 4 oz	140	3	0	0	72	388	0	0	0	32
Rice n Beans 5 oz	262	6.5	1	0	0	420	65	4.5	0	8.5
Cheese ½ oz	55	4.5	3	0	15	85	0	0	0	3.5
Cabbage ½ oz	3.5	0	0	0	0	2.5	1	.5	.5	0
Pico ½ oz	5	0	0	0	0	75	1.5	n/a	1	0

SALAD

Farm Salad*	11	0	0	0	0	15	2.3	1	4	.55
Side Salad*	6	0	0	0	0	7.5	1.2	.4	2	.28
Lemon Vinaigrette 2 oz	62	6.8	.75	0	0	60	.75	0	0	0
Buttermilk Ranch 2 oz	25	.5	.3	0	2.5	109	3	0	3	2

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SALADS* Some variability in vegetables based on local and regional availability.

2016-17



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BEVERAGES / SWEETS										
Snickerdoodle Cookie	172	7	5	0	0	189	26	2	14	3
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
Float (ice cream only)	195	10	6.5	0	45	67	21	0	18	3
Rice Dream Van. Shake	300	19	.75	0	0	175	50	0	25	.5
Rice Dream Choc. Shake	400	19	.75	0	0	190	74	1	45	.5
Float (Rice Dream only)	240	9	.5	0	0	107	39	0	21	0
Whole Milk 8 oz	150	9	5	0	35	120	12	0	11	8
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
Apple Juice	60	0	0	0	0	5	14	0	23	0
Zubberfiz Root Beer	159	0	0	0	0	30	43	0	43	0
Zubberfiz 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:										
Lifewater Yumberry	0	0	0	0	0	48	6.4	0	0	0
Stubborn Root Beer	140	0	0	0	0	180	36	0	34	0
Stubborn Black Cherry	120	0	0	0	0	70	32	0	32	0
Stubborn Agave Vanilla	140	0	0	0	0	90	36	0	36	0
Stubborn Lemon Acai	140	0	0	0	0	100	36	0	34	0
Caleb's Kola Zero Sugar	0	0	0	0	0	90	0	0	0	0
Caleb's Kola	90	0	0	0	0	90	48	0	46	0

This nutritional information is derived from published resources and information provided by Grassburger suppliers. The information is based on standard product serving sizes. Variation in serving sizes, preparation techniques, product testing and sources of supply change periodically.