



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
Turkey Patty 5.33 oz	200	10	3	0	105	450	2	0	0	26
Turkey Hot Dog 47 g (kid's menu)	70	3.5	.5	0	35	450	0	0	0	7
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
Earth Balance Marg. 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

SALAD										
Farm Salad Small*	40	.15	0	0	0	7.5	8.4	2.6	1	1.86
Farm Salad Large*	80	.3	0	0	0	15	16.85	5.25	2	3.7

SAUCES & DRESSINGS										
Chipotle Sauce 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 Chilé Ranch 2 oz	32	1.27	.39	0	3.25	235	3	.2	2.55	2
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
Olive Oil 1 oz	240	28	4	0	0	0	0	0	0	0
Balsamic 1 oz	28	0	0	0	0	8	5.4	0	4.8	.2

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

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

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



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TOPPINGS										
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
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
Bacon 2 Slices	86	6	2	0	18	164	0	0	0	6
Green Chilé 2 T	5	0	0	0	0	0	1	0	0	0
Sautéed Onions 2 T	35.72	2	.36	0	0	200	3.8	.71	0	.46
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
Egg 1	60	4	1	0	170	65	0	0	0	6
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
Sauerkraut 2 oz	10	0	0	0	0	400	2	0	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



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BEVERAGES / SWEETS										
Choco Chip Cookie 1 oz	120	6	0	4	N/A	95	16	1	9	2
Snickerdoodle Cookie 1 oz	120	4.5	0	3.5	N/A	125	17	1	10	2
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
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
Whole Milk 8 oz	150	9	5	0	35	120	12	0	11	8
Apple Juice	60	0	0	0	0	5	14	0	23	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
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.