



# NUTRITIONAL FACTS

Nutrition Facts	Serving Size (g)	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	% Daily Value **	Sodium (mg)	% Daily Value **	Carbohydrates (g)	% Daily Value **	Dietary Fiber (g)	% Daily Value **	Sugars (g)	Protein (g)	% Daily Value			
																		Vitamin A	Vitamin C	Calcium	Iron
<b>Burgers</b>																					
Bacon, Cheddar, Mushroom Burger *(AG)	240g	8.4 oz	609	314	35	13.4	<1	124	41	1704	71	30	10	2	7	4	42	8	13	0	25
Burger Patty (AG)	78g	2.7 oz	179	97	11	4	<1	66	22	536	22	0	0	0	0	0	19	0	0	0	11
Buffalo Chicken Burger	228g	8 oz	384	132	15	6.1	<1	121	40	1570	65	28	9	2	7	4	33	20	11	0	14
Cheeseburger *(AG)	177g	6 oz	410	174	19	8.6	<1	89	30	944	39	28	9	1	6	4	28	8	11	0	21
Chicken Burger	174g	6 oz	278	28	3	0	N/A	49	16	469	20	36	12	2	7	4	25	4	11	0	14
Chicken Cutlet	102g	3.6 oz	141	15	2	0	N/A	53	18	205	9	8	3	0	0	0	22	0	N/A	0	5
Chicken Salad Burger *(AG)	128g	4.5 oz	222	43	5	0	<1	26	9	405	17	29	10	1	6	4	14	4	12	0	11
City Burger *(AG)	156g	5.5 oz	324	111	12	4	<1	66	22	812	34	28	9	1	6	4	23	4	11	0	21
Federal Hill Burger *(AG)	220g	7.7 oz	460	204	23	8.4	<1	85	28	1164	49	33	11	2	7	6	29	16	33	0	22
Grilled Cheese Cheeseburger *(AG)	199g	7 oz	495	238	26	13.1	<1	111	37	1076	45	29	10	1	6	4	34	12	11	0	22
Shrimp Burger *(AG)	241g	8.4 oz	445	194	22	2	<1	224	75	1476	61	33	11	2	9	5	28	10	19	0	30
Smith Hill Burger *(AG)	263g	9 oz	617	293	33	14.2	2	162	54	1523	63	28	9	1	6	4	49	9	11	0	33
SW Veggie Burger *(AG)	259g	9 oz	485	181	20	2	N/A	29	10	1003	42	58	19	6	26	7	16	45	26	0	23
*Beef Patty Raw: 4.5oz																					
*Chicken Patty Raw: 4oz																					
*(AG)=Burgers Can Be Made to Avoid Gluten.																					

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																		Vitamin A	Vitamin C	Calcium	Iron
<b><i>Fries and Toppings</i></b>																					
French Fries (AG)	170g	6 oz	510	282	31	4	N/A	N/A	N/A	391	16	56	19	4	16	2	7	0	29	0	15
Bacon (AG)	33g	1.2 oz	181	129	14	5	<1	35	12	724	30	0	0	0	0	0	12	0	0	0	3
Guacamole (AG)	28g	1 oz	43	34	4	0	<1	0	0	128	5	2	1	<1	4	0	0	0	4	0	0
Roasted Red Peppers (AG)	28g	1 oz	7	0	0	0	<1	0	0	68	3	1	0	0	0	<1	0	9	22	0	0
Sauteed Onions (AG)	28g	1 oz	21	8	1	0	<1	N/A	N/A	29	1	3	1	<1	2	1	0	0	4	0	0
Sauteed Mushrooms (AG)	28g	1 oz	17	10	1	0	<1	N/A	N/A	35	1	1	0	0	0	<1	1	0	0	0	0
Ketchup (AG)	28g	1 oz	33	0	0	0	<1	0	0	267	11	8	3	0	0	N/A	0	3	3	0	0
Mustard (AG)	5.5g	1 Packet	5	0	0	0	0	0	0	65	3	0	0	0	0	0	0	0	0	0	0
Mayonaise (AG)	28g	1 oz	187	185	21	4	<1	19	6	159	7	0	0	0	0	N/A	0	N/A	N/A	N/A	N/A
BBQ Sauce	12.4g	1 Packet	15	0	0	0	0	0	0	150	6	4	1	0	0	3	0	0	0	0	0

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																		Vitamin A	Vitamin C	Calcium	Iron
<b>Salads(Without Dressing)</b>																					
Caesar Salad, Entrée (VG)(AG)	159g	5.7 oz	95	46	5	3	N/A	12	4	300	12	5	2	3	12	2	8	167	57	0	8
Caesar Salad, Side (VG)(AG)	94g	3.3 oz	50	23	3	2	N/A	6	2	151	6	3	1	2	7	1	4	100	34	0	5
Fruit Salad (VG)(VN)(H)(AG)	171g	6 oz	72	0	0	0	N/A	0	0	21	1	18	6	2	6	16	1	48	76	0	2
Garden Salad, Entrée (VG)(VN)(H)(AG)	215g	7.5 oz	36	0	0	0	N/A	0	0	42	2	7	2	3	10	3	3	214	54	0	8
Garden Salad, Side (VG)(VN)(H)(AG)	130g	4.6oz	22	0	0	0	N/A	0	0	25	1	5	2	2	6	2	2	128	33	0	5
<b>Dressings</b>																					
Dressing, Balsamic Vinaigrette (VG)(H)(AG)	43g	1 Packet	140	110	13	2	0	0	0	340	14	7	2	0	0	7	0	0	0	0	0
Dressing, Buttermilk Ranch (VG)(VN)(H)(AG)	43g	1 Packet	200	200	22	3.5	0	15	5	330	14	1	0	0	0	1	0	0	0	2	0
Dressing, Caesar (VG)	43g	1 Packet	230	210	23	4	0	10	3	280	12	5	2	0	0	3	1	0	2	4	0
Dressing, Honey Mustard (VG)(AG)	43g	1 Packet	160	130	14	2	0	5	2	400	17	9	3	0	0	7	1	0	2	0	2
Dressing, Italian (VG)(VN)(H)(AG)	43g	1 Packet	120	100	12	2	0	0	0	680	28	4	1	0	0	4	0	0	0	0	0
Olive Oil (VG)(VN)(H)(AG)	14g	1 Packet	120	0	14	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Balsamic Vinegar (VG)(H)(AG)	14g	1 Packet	0	0	0	0	0	0	0	N/A	N/A	2	<1	N/A	N/A	2	N/A	N/A	N/A	N/A	2
<b>Shakes</b>																					
Chocolate Milk Shake (AG)	283g	16 fl oz	293	141	16	9.6	N/A	56	19	150	6	32	11	<1	4	30	7	2	N/A	0	0
Oreo Milk Shake	339g	16 fl oz	581	263	29	14.3	N/A	71	24	423	18	71	24	2	8	53	9	2	N/A	0	17
Strawberry Milk Shake (AG)	283g	16 fl oz	293	128	14	8.9	N/A	56	19	128	5	35	12	0	0	36	7	2	N/A	0	0
Vanilla Milk Shake (AG)	283g	16 fl oz	308	168	19	11.1	N/A	71	24	150	6	31	10	0	0	30	7	2	0	0	0
<b>Dessert</b>																					
Chocolate Chunk Cookie	78g	1 Cookie	304	152	17	10.6	N/A	53	18	196	8	38	13	1	6	28	3	8	N/A	0	14
Ice Cream Sandwich Chocolate	247g	Sandwic	728	361	40	25.2	N/A	129	43	449	19	91	30	3	12	69	7	16	N/A	0	27
Ice Cream Sandwich Strawberry	247g	Sandwic	728	354	39	24.8	N/A	129	43	437	18	93	31	3	12	72	7	16	10	0	27
Ice Cream Sandwich Vanilla	247g	Sandwic	736	376	42	26	<1	137	46	449	19	90	30	3	12	69	7	16	0	0	27

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																		Vitamin A	Vitamin C	Calcium	Iron
<b>Beverages</b>																					
<b>Aqua Health</b>																					
Lemon Lime (VG)(VN)(H)(AG)	236 mL	8 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	N/A	N/A	0	0	N/A	N/A	0	0	N/A	N/A	N/A	N/A
<b>Pepsi</b>																					
Crush Orange (VG)(VN)(H)(AG)	355mL	12 fl oz	170	N/A	0	N/A	N/A	N/A	N/A	45	2	44	15	N/A	N/A	4	0	N/A	N/A	N/A	N/A
Diet Pepsi* (VG)(VN)(H)(AG)	591 mL	20 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	55	N/A	0	N/A	N/A	N/A	0	0	N/A	N/A	N/A	N/A
Dr. Pepper (VG)(VN)(H)(AG)	355mL	12 fl oz	140	N/A	0	N/A	N/A	N/A	N/A	45	2	39	13	N/A	N/A	38	0	N/A	N/A	N/A	N/A
Gatorade Lemon Lime (VG)(VN)(H)(AG)	240 mL	8 fl oz	60	N/A	0	N/A	N/A	N/A	N/A	105	5	15	5	N/A	N/A	14	0	N/A	N/A	N/A	N/A
Lipton Brewed Iced Tea, Unsweetened* (VG)(VN)	591 mL	20 fl oz	0	N/A	0	N/A	N/A	N/A	N/A	65	2	0	N/A	N/A	N/A	0	0	N/A	N/A	N/A	N/A
Mountain Dew* (VG)(VN)(H)(AG)	591 mL	20 fl oz	240	N/A	0	N/A	N/A	N/A	N/A	75	N/A	63	N/A	N/A	N/A	63	0	N/A	N/A	N/A	N/A
Mug Rootbeer (VG)(VN)(H)(AG)	591 mL	20 fl oz	260	N/A	0	N/A	N/A	N/A	N/A	105	4	71	24	N/A	N/A	71	0	N/A	N/A	N/A	N/A
Pepsi* (VG)(VN)(H)(AG)	591 mL	20 fl oz	220	N/A	0	N/A	N/A	N/A	N/A	45	N/A	61	N/A	N/A	N/A	61	0	N/A	N/A	N/A	N/A
Sierra Mist* (VG)(VN)(H)(AG)	591 mL	20 fl oz	220	N/A	0	N/A	N/A	N/A	N/A	45	N/A	59	N/A	N/A	N/A	59	0	N/A	N/A	N/A	N/A
Tropicana Pink Lemonade* (VG)(VN)(H)(AG)	591 mL	20 fl oz	220	N/A	0	N/A	N/A	N/A	N/A	230	N/A	59	N/A	N/A	N/A	59	0	N/A	N/A	N/A	N/A
*Nutritional Information for Beverages was measured with 25% ice.																					

**Nutritional Disclaimer:** City Burger has made a reasonable effort to provide the above nutritional and ingredient information. The information is based upon representative values of standard recipes and product formulations, and is derived from a variety of resources, such as information provided by suppliers, included in published resources, and derived from analyses following governmental guidelines using formulation and nutrition labeling software. Information values may reflect federal rounding and other applicable regulations. City Burger cannot guarantee the nutritional information provided on this site is fully accurate as it relates to prepared menu items. Menu items are made to order by hand. This may cause slight variations in ingredient serving sizes which may affect nutrition values for the product. Variations may also occur due to: seasonal conditions; use of an alternate supplier; ingredient substitutions and differences in product assembly or size. Special items may not be included and not all items listed may be available at all times. Updated 9/30/2016







