

# NUTRITION GUIDE 2022



**HART HOUSE**

## HART HOUSE BURG'R

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
SINGLE BURG'R	542	33.25	13.875	3.56	773.5	43.8	0	16.2
SINGLE BURGER W/ CHEESE	602	37.75	17.875	5	953.50	47.8	0	16.2
DOUBLE BURG'R	652	40.25	19.375	6.42	898.5	46.8	0	24.2
DOUBLE BURG'R W/ CHEESE	772	49.25	27.375	5.56	1258.5	54.8	0	24.2

## HART HOUSE CRISPY CHICK'N SANDWICHES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
CRISPY CHICK'N	637.8	29.72	4.49	11.62	1510	67.2	0	25.39
HOT N CRISPY CHICK'N	615	27.45	6.64	12.85	1440	67.3	0	24.72
DELUXE CRISPY CHICK'N	641.8	26.16	6.34	12.83	1511.2	74.5	0	26.55
DELUXE HOT N CRISPY CHICK'N	647.9	28.63	7.84	12.2	1568.8	71.7	0	25.35

## HART HOUSE CHICK'N NUGGETS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
4 PIECE CHICK'N NUGGETS	262	12.89	0.96	0.42	645	23.6	0	12.91
8 PIECE CHICK'N NUGGETS	524	25.78	1.92	0.83	1290	47.2	0	25.82

## HART HOUSE FRIES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
REGULAR FRIES	260.9	12.91	1.04	0	501	32.7	0	3.48
LARGE FRIES	412.6	14.7	1.64	0	795	51.7	0	5.5

## HART HOUSE TOTS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
REGULAR TOTS	167.1	10.75	0.905	0	401.5	15.85	0	1.76
LARGE TOTS	334.2	21.49	1.81	0	703	31.7	0	3.52

## HART HOUSE SALADS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
CAESAR ENTREE	409	27.5	4.55	1.98	991	31.8	0	8.56
KALE CRUNCH ENTREE	226.8	20.03	3.26	3.14	314	7.00	0	16.2
KALE CRUNCH SIDE	113.6	9.10	1.80	1.57	160	3.40	0	24.2

## HART HOUSE SHAKES REGULAR 12OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
CHOCOLATE	478.16	15.16	12.4	63.88	246.84	80.84	0	5.28
VANILLA	378.16	14.16	12.4	40.88	231.84	55.84	0	5.28
OREO®	443.16	16.66	13.15	46.38	284.34	65.84	0	5.78
STRAWBERRY	478.16	14.16	12.4	63.88	246.84	80.84	0	5.28

## HART HOUSE SHAKES LARGE 16OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
CHOCOLATE	672.7	19.7	15.5	97.1	319.8	119.8	0	6.6
VANILLA	472.7	17.7	15.5	51.1	289.8	69.8	0	6.6
OREO®	602.7	22.7	17	62.1	394.8	89.8	0	7.6
STRAWBERRY	672.7	17.7	15.5	97.1	319.8	119.8	0	6.6

## HART HOUSE CARBONATED BEVERAGES 12OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
ROOTBEER	180	0	0	42	0	43	0	0
KOLA	160	0	0	39	0	39	0	0
KOLA LITE	60	0	0	16	0	16	0	0
CHERRY CREAM	160	0	0	38	0	39	0	0
LEMON GRASS	160	0	0	39	0	39	0	0

## HART HOUSE CARBONATED BEVERAGES 16OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
ROOTBEER	225	0	0	52.50	0	53.75	0	0
KOLA	200	0	0	48.75	0	48.75	0	0
KOLA LITE	75	0	0	20.00	0	20.00	0	0
CHERRY CREAM	200	0	0	48.75	0	48.75	0	0
LEMON GRASS	200	0	0	48.75	0	48.75	0	0

## HART HOUSE BUBBLER BEVERAGES 12OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
UNSWEET BLACK TEA	0	0	0	0	0	1	0	0
BERRY PATCH	130	0	0	31	0	31	0	0
LIMEAIDE	130	0	0	29	0	31	0	0
PEACH	90	0	0	20	0	22	0	0

## HART HOUSE BUBBLER BEVERAGES 16OZ

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
UNSWEET BLACK TEA	0	0	0	0	0	1.25	0	0
BERRY PATCH	162.5	0	0	38.75	0	38.75	0	0
LIMEAIDE	162.5	0	0	36.25	0	38.75	0	0
PEACH	112.5	0	0	25.00	0	27.50	0	0

## HART HOUSE DIPPING SAUCES 22G

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
BBQ	45	0.75	0	9	457.5	9.75	0	0
SWEET HEAT	70	1	0	10.5	262.5	12	0	0
RANCH	97.5	10.5	0.75	00	93.75	0.75	0	0
BUFFALO	99.5	7.88	0.5	5.75	199.7	6.38	0	0
HUNNY MUSTARD	82.5	6.75	0.375	4.5	78.75	5.25	0	0.75
HART HOUSE SIGNATURE	60	5.25	0.375	1.5	157.5	3	0	0

# ALLERGENS & SPECIAL DIET

**SOY      WHEAT      TREE NUTS      SESAME**

Our Promise 100% Plant-Based with No Cholesterol  
No Hormones • No Artificial Colors • No Preservatives  
No High Fructose Corn Syrup or Transfat

	SOY	WHEAT	TREE NUTS	SESAME	
<b>BRIOCHE STYLE BUN</b>	●	●			
<b>BURG'R PATTY *♦</b>	●		◆		*This item is manufactured in a facility that also produces tree nuts, soy, and wheat and therefor the risk for cross contamination exists.
<b>CHICK'N PATTY</b>		●			** We cook with Sunflower Oil
<b>CHICK'N NUGGETS</b>		●			♦ Our Burg'rs contain coconut fat Our American 'Cheese' contains coconut oil
<b>AMERICAN 'CHEESE' *♦</b>			◆		
<b>ONIONS</b>					
<b>TOMATO</b>					
<b>LETTUCE</b>					
<b>PICKLE</b>					
<b>FRENCH FRIES</b>					
<b>TATER TOTS</b>	●				
<b>KALE CRUNCH SIDE SALAD</b>	●				
<b>KALE CRUNCH ENTREE SALAD</b>	●				
<b>CAESAR SALAD*</b>	●	●	●		
<b>PLANT-BASED BUTTER</b>					
<b>PLANT-BASED MAYO*</b>	●				
<b>HART HOUSE SIGNATURE SAUCE*</b>	●				
<b>HUNNY MUSTARD*</b>	●				
<b>CREAMY BUFFALO*</b>	●				
<b>CREAMY RANCH*</b>	●				
<b>SMOKEY BBQ</b>					
<b>SWEET HEAT</b>	●	●		●	
<b>HART HOT SAUCE</b>					
<b>KETCHUP</b>					
<b>ORGANIC JUICES</b>					
<b>ORANIC SODAS</b>					
<b>LIMEADE</b>					
<b>VANILLA SHAKE</b>					
<b>CHOCOLATE SHAKE</b>					
<b>STRAWBERRY SHAKE</b>					
<b>OREO® SHAKE</b>	●	●			