



## NUTRITIONAL INFORMATION

### Burgers

Burger - no toppings Item Weight 6oz Calories 620 Fat (g) 47 Protein (g) 44.5 Carbohydrates (g) 0	Chicken - no toppings, breast Item Weight 6oz Calories 280 Fat (g) 3 Protein (g) 35 Carbohydrates (g) 0	Lamb - no toppings Item Weight 5oz Calories 348 Fat (g) 19 Protein (g) 38.5 Carbohydrates (g) 0	Veggie - no toppings Item Weight 4oz Calories 133 Fat (g) 6 Protein (g) 10.5 Carbohydrates (g) 13 Fiber (g) 4.3 Sugar (g) 2.7
Bun w/ basic toppings (lettuce, tomato & GBC sauce) Calories 303 Fat (g) 14 Protein (g) 4.3 Carbohydrates (g) 40			

### Sides

Fries 7oz Item Weight 7oz Calories 633 Fat (g) 34 Fiber (g) 7 Protein (g) 7.5 Carbohydrates (g) 74.5	Sweet Potato Fries Item Weight 9oz Calories 540 Fat (g) 24 Fiber (g) 9 Protein (g) 6 Carbohydrate (g) 75	Onion Rings Item Weight 9oz Calories 507.45 Fat (g) 20.3 Fiber (g) 6.1 Protein (g) 6.7 Carbohydrates (g) 74.2	
Mixed Organic Salad Item Weight 3oz Calories 15 Fat (g) 0 Protein (g) 4 Carbohydrates (g) 2	Balsamic Vinaigrette Item Weight 2oz Calories 157.7 Fat (g) 13.8 Protein (g) 0 Carbohydrates (g) 7.9	Caesar Salad Item Weight 3oz Calories 16 Fat (g) 0.3 Protein (g) 1.2 Carbohydrates (g) 3.1	Caesar Dressing Item Weight 2 oz Calories 299 Fat (g) 32.7 Protein (g) 0.7 Carbohydrates (g) 1.8