



# HONEST BURGERS CORE MENU NUTRITIONAL INFO

	ENERGY kJ (per serving)	ENERGY kcal (per serving)	FAT (per serving)	OF WHICH SATURATES (per serving)	CARBOHYDRATE (per serving)	OF WHICH SUGARS (per serving)	FIBRE (per serving)	PROTEIN (per serving)	SALT (per serving)
<b>BURGERS</b>									
BEEF BURGER	2207	525	17	7.1	60	19	2.7	32	2.3
CHEDDAR BURGER	2724	649	27	14	61	19	2.7	40	2.9
BLUE CHEESE BURGER	2630	627	26	13	60	19	2.7	38	2.8
AMERICAN CHEESE BURGER	2642	629	24	13	70	20	2.4	32	2.5
HONEST BURGER	3027	722	31	15	65	24	2.8	43	4.5
TRIBUTE BURGER	3031	723	31	13	68	24	3.1	41	5.7
FRITTER BURGER (V)	2786	667	36	9	60	18	6.4	22	4.1
PLANT BURGER	3021	724	44	12	50	12	2.5	31	4.5
CHILLI BURGER	3541	846	42	18	70	21	4.1	46	6
GRILLED CHICKEN PESTO BURGER	2712	649	38	9.2	33	6.7	2.4	43	1.7
BUFFALO BURGER	3126	744	27	8.2	75	10	4.6	48	6
SMASHED SINGLE PATTY	2775	666	45	12	43	15	2.6	22	2.5
SMASHED SINGLE PATTY + BACON	3051	733	50	14	43	16	2.7	26	3.4
SMASHED DOUBLE PATTY	4098	986	72	20	45	16	3.4	37	3.1
SMASHED DOUBLE PATTY + BACON	4374	1052	78	22	46	16	3.5	41	4

<b>SIDES</b>									
ROSEMARY SALTED CHIPS	2196	525	26	1.9	62	0.9	8.7	6.3	1.8
ONION RINGS (LARGE)	2207	525	19	2.8	82	8.1	2.5	5.7	5.8
ONION RINGS (SMALL)	1104	263	9.5	1.4	41	4.05	0.5	2.85	2.9
BUFFALO CHICKEN WINGS (LARGE)	3015	725	52	12	31	8.4	3	32	4.3
BUFFALO CHICKEN WINGS (SMALL)	1700	409	30	6.7	18	5.8	1.9	16	2.2
SEASONAL SALAD	441	107	8.9	1.2	3.2	2	1.9	2.7	0.38
WINTER SEASONAL COLESLAW	736	178	15	1.1	9.5	7.4	1.9	1.3	0.72

<b>SAUCES</b>									
CHIPOTLE MAYO	980	238	24	2.1	5.1	4	0.5	1	1.4
VEGAN CHIPOTLE MAYO	943	229	23	1.7	4.6	3.5	0.5	0.6	1.2
HONEST HOT SAUCE	368	88	4.5	0.6	10	8	1	1.4	2.4
BEEF & BACON GRAVY	157	97	1.8	0.6	3.9	2.4	0	1.4	0.9
VEGAN BACON KETCHUP	1243	300	25	3.7	11	8	0.5	6.9	1.7
BBQ MAYO	415	98	1.9	0.45	19	18	0.48	0.6	1.7

<b>KIDS BURGERS &amp; PLAIN CHIPS</b>									
BEEF BURGER (PLAIN) & CHIPS	2720	653	41	8.2	47	3.1	5.4	21	1.2
CHICKEN BURGER & CHIPS	1787	426	15	2	46	3.3	4.5	23	1.5
PLANT BURGER & CHIPS	2143	512	26	4.1	50	3.1	3.5	1.7	0.26

NOTE – ROSEMARY SALT HAS BEEN OMITTED FROM THE KIDS CHIPS. PLAIN BURGERS ARE BURGER AND BUN ONLY.