



HONEST BURGERS CORE MENU NUTRITIONAL INFO

BURGERS

	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)
CHICKEN BURGER	2420	577	26	3.8	42	13	2.5	42	5.4
BEEF BURGER	2257	536	17	7	63	20	2.4	32	2
CHEDDAR BURGER	2773	661	27	13	64	20	2.4	39	2.5
RED LEICESTER BURGER	2720	648	26	13	63	20	2.4	39	2.6
AMERICAN CHEESE BURGER	2642	629	24	13	70	20	2.4	32	2.5
HONEST BURGER	3076	733	31	15	69	25	2.6	43	4.2
TRIBUTE BURGER	3080	734	31	12	71	25	2.8	40	5.4
FRITTER BURGER	2643	632	32	9.4	61	17	5.5	22	3.8
PLANT BURGER	3032	726	43	12	53	12	2.1	30	3.4
BACON PLANT BURGER	3998	959	61	14	64	14	2.4	38	4.7

BURGERS & ROSEMARY SALTED CHIPS

CHICKEN BURGER & CHIPS	6684	1597	76.5	7.3	162.8	14.7	19.3	54.2	8.8
BEEF BURGER & CHIPS	6521	1556	67.5	10.5	183.8	21.7	19.2	44.2	5.4
CHEDDAR BURGER & CHIPS	7037	1681	77.5	16.5	184.8	21.7	19.2	51.2	5.9
RED LEICESTER BURGER & CHIPS	6984	1668	76.5	16.5	183.8	21.7	19.2	51.2	6
AMERICAN CHEESE BURGER & CHIPS	6906	1649	74.5	16.5	190.8	21.7	19.2	44.2	5.9
HONEST BURGER & CHIPS	7340	1753	81.5	18.5	189.8	26.7	19.4	55.2	7.6
TRIBUTE BURGER & CHIPS	7344	1754	81.5	15.5	191.8	26.7	19.6	52.2	8.8
FRITTER BURGER & CHIPS	6907	1652	82.5	12.9	181.8	18.7	22.3	34.2	7.2
PLANT BURGER & CHIPS	7296	1746	93.5	15.5	173.8	13.7	18.9	42.2	6.8
BACON PLANT BURGER & CHIPS	8262	1979	111.5	17.5	184.8	15.7	19.2	50.2	8.1

SIDES

ROSEMARY SALTED CHIPS	4264	1020	50.5	3.5	120.8	1.7	16.8	12.2	3.4
ONION RINGS	1773	422	15	2.2	67	7.9	2.2	4.7	4.5
WHITE CABBAGE COLESLAW	1946	465	28.5	2.8	16.9	11.1	4.4	4.3	1.4
BUFFALO WINGS	2040	489	31	9.6	9	5.6	0.8	42	1.1

SAUCES

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	37	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

KIDS BURGERS

CHICKEN BURGER (PLAIN)	839.3	200.6	4	1.1	22.3	4.1	0.8	20.1	0.71
CHICKEN BURGER	1222.1	292.1	13.3	2	23.6	5.1	1.2	20.6	0.98
BEEF BURGER (PLAIN)	1657.5	396.2	15.7	6.7	40.3	11.2	1.4	22.9	1
BEEF BURGER	1703.3	407.1	15.7	6.7	42.8	13.3	1.6	23.2	1
CHEDDAR BURGER	1963.8	469.4	20.9	9.9	43	13.3	1.6	26.9	1.3
RED LEICESTER BURGER	1936.2	462.8	20.4	9.6	42.8	13.3	1.6	26.6	1.3
AMERICAN CHEESE BURGER	1893.1	452.5	19.3	9.9	46.2	13.3	1.6	23.2	1.3
FRITTER BURGER (PLAIN)	766	183.2	4	0.9	29.2	4.3	1.9	7	1
FRITTER BURGER	1446.5	345.7	16.8	4.8	35.2	9.3	2.8	11.5	2.3

KIDS BURGERS & PLAIN CHIPS

CHICKEN BURGER (PLAIN) & CHIPS	3100	741	30.8	3	86.4	5	9.7	26.6	0.71
CHICKEN BURGER & CHIPS	3483	832	40.1	3.9	87.7	6	10.1	27.1	0.98
BEEF BURGER (PLAIN) & CHIPS	3919	936	42.5	8.6	104.4	12.1	10.3	29.4	1
BEEF BURGER & CHIPS	3964	947	42.5	8.6	106.9	14.2	10.5	29.7	1
CHEDDAR BURGER & CHIPS	4225	1009	47.7	11.8	107.1	14.2	10.5	33.4	1.3
RED LEICESTER BURGER & CHIPS	4197	1003	47.2	11.5	106.9	14.2	10.5	33.1	1.3
AMERICAN CHEESE BURGER & CHIPS	4154	993	46.1	11.8	110.3	14.2	10.5	29.7	1.3
FRITTER BURGER (PLAIN) & CHIPS	3027	723	30.8	2.8	93.3	5.2	10.8	13.5	1
FRITTER BURGER & CHIPS	3708	886	43.6	6.7	99.3	10.2	11.7	18	2.3