



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)
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
BLUE CHEESE BURGER	2720	680	32	15	63	20	2.4	38	2.9
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	769	32	9	61	17	5.5	22	3.8
PLANT BURGER	3032	726	43	12	53	12	2.1	30	3.4
BACON PLANT BURGER	3998	802	61	14	64	14	2.4	38	4.7
CHILLI BURGER	3657	863	42	18	76	24	4.6	45	5.3
GRILLED CHICKEN PESTO BURGER	2708	577	36	4.9	36	7.3	2.3	42	1.5

SIDES

ROSEMARY SALTED CHIPS	2468	590	29	2	80	1	11	7	1.1
ONION RINGS	3110	584	51	4	71	5	7	5	2.3
BUFFALO CHICKEN WINGS	3453	599	54	11	3	3	7	41	3.1
DRESSED GREEN SALAD	504	107	6.3	0.7	2.8	2.1	1.9	1.8	0.4
SEASONAL COLESLAW	521	115	9.5	0.8	4.5	4.2	2.6	1.7	0.3
VEGAN COLESLAW	530	128	10	0.8	6.2	6	2.6	1.6	0.9

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	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 HONEY MUSTARD	361	83	0.9	0.2	17	15	0.6	1.1	1.2

KIDS BURGERS

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

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

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