



# HONEST BURGERS CORE MENU NUTRITIONAL INFO

## BURGERS

|                              | ENERGY kJ<br>(per serving) | ENERGY kcal<br>(per serving) | FAT<br>(per serving) | OF WHICH SATURATES<br>(per serving) | CARBOHYDRATE<br>(per serving) | OF WHICH SUGARS<br>(per serving) | FIBRE<br>(per serving) | PROTEIN<br>(per serving) | SALT<br>(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 (Ve)          | 2444                       | 585                          | 31                   | 6.6                                 | 59                            | 18                               | 6.4                    | 15                       | 4.4                   |
| FRITTER BURGER (V)           | 2786                       | 667                          | 36                   | 9                                   | 60                            | 18                               | 6.4                    | 22                       | 4.1                   |
| PLANT BURGER                 | 3032                       | 726                          | 43                   | 12                                  | 53                            | 12                               | 2.1                    | 30                       | 3.4                   |
| TERIYAKI (Ve)                | 3652                       | 808                          | 48                   | 15                                  | 59                            | 19                               | 4.1                    | 35                       | 4.5                   |
| CHILLI BURGER                | 3657                       | 863                          | 42                   | 18                                  | 76                            | 24                               | 4.6                    | 45                       | 5.3                   |
| GRILLED CHICKEN PESTO BURGER | 2565                       | 613                          | 32                   | 9.6                                 | 36                            | 6.9                              | 2.3                    | 43                       | 1.5                   |
| BUFFALO BURGER               | 3435                       | 819                          | 35                   | 13                                  | 77                            | 9.7                              | 4.4                    | 48                       | 5                     |
| SMASHED SINGLE PATTY         | 1889                       | 451                          | 22                   | 9.4                                 | 38                            | 6.9                              | 2.2                    | 25                       | 3.6                   |
| SMASHED SINGLE PATTY + BACON | 2165                       | 517                          | 27.5                 | 11.5                                | 38                            | 6.9                              | 2.2                    | 28.9                     | 4.44                  |
| SMASHED DOUBLE PATTY         | 3088                       | 738                          | 42                   | 19                                  | 45                            | 9.3                              | 4.8                    | 44                       | 4.1                   |
| SMASHED DOUBLE PATTY + BACON | 3364                       | 804                          | 47.5                 | 21.1                                | 45                            | 9.3                              | 4.8                    | 47.9                     | 4.94                  |

## SIDES

|                               |      |      |      |      |     |      |     |      |      |
|-------------------------------|------|------|------|------|-----|------|-----|------|------|
| 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) | 4522 | 1082 | 54   | 3.9  | 128 | 1.8  | 18  | 13   | 3.6  |
| BUFFALO CHICKEN WINGS (SMALL) | 1138 | 273  | 17.5 | 4.75 | 9.5 | 2.85 | 1.1 | 19.5 | 0.65 |
| 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 |
| 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 MAYO            | 415  | 98  | 1.9 | 0.45 | 19  | 18  | 0.48 | 0.6 | 1.7 |

## KIDS BURGERS & PLAIN CHIPS

|                             |      |     |    |     |    |     |     |     |      |
|-----------------------------|------|-----|----|-----|----|-----|-----|-----|------|
| 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.