



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)	
BURGERS										
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 (V)	3227	774	46	11	59	19	6.7	27	4.6	
PLANT BURGER (Ve)	3071	736	44	12	53	12	2.3	31	4.1	
BACON PLANT (Ve)	3910	938	60	13	59	13	4.2	39	8	
CHILLI BURGER	3591	858	42	18	73	22	3.8	46	6	
GRILLED CHICKEN PESTO BURGER	2565	613	32	9.6	36	6.9	2.3	43	1.5	
BUFFALO BURGER	3175	756	27	8.1	78	11	4.3	48	6.1	
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)	3697	891	71	18	30	13	1.5	32	5.3	
BUFFALO CHICKEN WINGS (SMALL)	2320	559	46	9.9	20	11	1.2	17	2.9	
HOUSE GREEN SALAD	544	130	6.1	0.6	16	14	1.9	1.7	0.46	
SUMMER SEASONAL COLESLAW	477	115	9.5	0.8	4.5	4.2	2.6	1.7	0.26	

SAUCES										
CHIPOTLE MAYO	861	208	20	1.7	5.5	3.9	0.6	1	1.3	
VEGAN CHIPOTLE MAYO	831	201	20	1.4	5.1	3.5	0.5	0.7	1.2	
HONEST HOT SAUCE	501	120	7.1	0.5	12	8.4	1.4	1.5	2.5	
RANCH MAYO	780	189	20	2.2	1.7	1	0.5	0.8	0.34	
BBQ MAYO	332	79	1.5	0.4	16	14	0.5	0.5	1.3	
HONEST BACON GRAVY	626	149	7.2	2.4	16	9.8	0.5	5.4	3.6	

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.