



# NUTRITION GUIDE

The nutritional information provided is based on computerized database analysis and vendor product data. The data represents an estimate of nutrient content. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based upon special ordering. For additional information, please call 800-733-6697 or email [contactus@theburgerden.com](mailto:contactus@theburgerden.com).

BURGERS	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Baja Beach Beyond® Burger	15 oz		640	32	290	0	9	0	1320	63	8	30	12
Baja Beach Chicken Burger	15 oz		570	23	210	0	5	75	1290	57	6	39	13
Beyond® Belief Burger	11 oz		620	31	280	0	12	20	1370	56	4	33	10
Double the Fun Burger	15 oz		1220	80	720	3.5	34	270	2400	55	1	69	16
Down to Earth Chicken Burger	11 oz		780	47	420	0.5	13	105	1450	48	2	44	10
Feel the Burn Burger	15 oz		1000	66	600	1.5	23	160	2060	53	3	47	13
Fire it Up Chicken Burger	11 oz		740	44	390	0.5	8	85	2960	54	4	33	6
Honey Tossed Chicken Burger	12 oz		770	40	360	0.5	13	115	1840	70	4	34	21
Mad for Mozza Burger	13 oz		950	47	420	2	23	165	2620	79	2	54	13
Pig 'N Chicken Burger	14 oz		840	45	400	1	14	130	1800	63	2	50	19
Raid the Roost Chicken Burger	14 oz		730	30	270	0	11	115	2000	70	2	49	30
Rodeo Ring Beyond® Burger	15 oz		850	41	370	0	14	20	1960	89	5	35	31
Rodeo Ring Burger	15 oz		900	46	410	1.5	18	130	1540	82	3	41	31
Spill the Bourbon Burger	15 oz		880	50	450	1.5	21	150	1480	62	3	48	21
Vibe with Shrooms Burger	12 oz		870	55	490	2	20	140	1270	54	2	41	15
Wake and Bacon Burger (add egg choice)	11 oz		840	47	420	2	20	150	1770	58	1	45	10
Eggs, Fried (1)	2 oz	X	90	8	70	0	2	165	100	0	0	6	0
Eggs, Scrambled (1)	2 oz	X	110	9	80	0	2.5	240	180	1	0	7	0
Egg Whites (1)	2 oz	X	40	0	0	0	0	0	115	0	0	7	0

BUILD ME UP BURGER	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Burger Patty	1	X	320	24	210	1.5	11	110	440	0	0	26	0
Beyond® Burger Patty	1	X	270	19	170	0	6	0	860	7	2	20	0
Grilled Seasoned Chicken Breast	1	X	200	9	80	0	2.5	75	820	1	0	29	0
Brioche Bun	1		250	5	45	0	2	0	360	44	1	7	8
American Cheese	1 sl	X	80	7	60	0	4	20	390	1	0	4	1
Bacon	2 sl	X	100	8	70	0	3	20	350	1	0	7	1
BBQ Sauce	1 oz	X	70	0	0	0	0	0	310	20	0	0	19
Bourbon Sauce	1 oz	X	110	0	5	0	0	0	270	26	0	0	24
Caramelized Onions	1 oz	X	70	7	60	0	1	0	210	2	1	0	1
Aged White Cheddar Cheese	1 sl	X	80	7	60	0	4	20	135	0	0	5	0
Fresh Avocado	1 serv	X	90	8	70	0	1	0	0	5	4	1	0
Jalapeños	1 oz	X	5	0	0	0	0	0	440	1	0	0	1
Lettuce	1 oz	X	5	0	0	0	0	0	5	1	0	0	0
Mayo	0.5 oz	X	100	11	100	0	2	5	75	0	0	0	0
Pickles	4 sl	X	0	0	0	0	0	0	10	0	0	0	0
Red Onions	3 rings	X	5	0	0	0	0	0	0	2	0	0	1
Sautéed Mushrooms	1 oz	X	50	6	50	0	1	0	55	1	0	1	0
Swiss Cheese	1 sl	X	80	6	60	0	4	20	45	0	0	6	0
Tomato Slices	2 sl	X	5	0	0	0	0	0	0	2	0	0	1

SIDES	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
Beer-Battered Onion Rings	5 oz		400	27	240	0	4.5	0	710	35	3	4	5
Seasoned Fries	5.5 oz		490	26	240	0	5	5	1100	57	8	7	1
Seasonal Fruit	6 oz	X	110	0	5	0	0	0	5	27	3	1	19
Wavy-Cut Fries	5 oz	X	400	22	190	0	4	0	470	46	4	4	0

DESSERTS & SHAKES	Serving Size	Gluten Free	Calories	Fat (g)	Calories from Fat	Trans Fats (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	Sugar (g)
New York Style Cheesecake Plain / with Strawberry Topping & Whipped Cream	5 oz / 7 oz		490 / 560	32 / 33	290 / 300	1	19	150	370	45 / 57	1	9	29 / 42
Cake Batter Milk Shake	18 oz		1090	52	470	0	37	160	890	147	0	13	122
Chocolate Milk Shake	16 oz	X	870	43	390	0	28	160	220	111	0	17	87
OREO® Milk Shake	17 oz		1050	56	500	0	32	160	610	125	2	15	90
Strawberry Milk Shake	17 oz	X	780	34	310	0	22	140	270	114	0	12	86
Vanilla Milk Shake	16 oz	X	800	43	390	0	28	160	290	97	0	12	84
Strawberry Cheesecake Milk Shake	18 oz		1020	59	530	0.5	38	235	470	110	1	16	89

Abbreviations and/or symbols associated w/ menu items influence nutrition information. Add sides, breads and condiments to your menu choice for total nutrition information. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary. GF indicates food options that are GLUTEN FREE. Menu items marked as GF meet the FDA specified definition of less than 20 parts per million for a gluten free claim. Please note that our restaurants are not set up as a strictly gluten free environment. Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen. We do not maintain halal or kosher kitchens. © 2021 DFO, LLC. OREO and the OREO Wafer Design are registered trademarks of Mondelez International Inc., used under license. Beyond Meat and associated marks are registered trademarks of Beyond Meat, Inc. Brand names identified within this menu may vary per restaurant. September 2021.