

THE BURGER'S PRIEST - NUTRITION GUIDE



NUTRITIONAL INFORMATION

MAIN MENU	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
CHEESEBURGER	179	560	34	45	16	1.5	88	31	1	4	4	4	24	80	540	23	225	5	250	19	3.5	19
DOUBLE CHEESEBURGER	302	960	66	88	31	3.5	173	33	1	4	5	5	44	165	1020	44	450	10	300	23	5.5	31
LOW PRIEST	282	850	59	79	25	2.5	138	33	1	4	5	5	36	130	770	33	450	10	200	15	5	28
DOUBLE LOW PRIEST	384	1190	87	116	38	4.5	213	33	1	4	5	5	51	200	810	35	650	14	200	15	7	39
NEW YORK'S FINEST TAXI SERVICE	237	650	41	55	17	1.5	93	39	2	7	10	10	25	85	910	40	350	7	200	15	4	22
DOUBLE NEW YORK'S FINEST TAXI SERVICE	360	1060	73	97	32	3.5	178	41	2	7	11	11	44	165	1280	56	550	12	300	23	5.5	31
BACON CHEESEBURGER	206	660	45	60	22	1.5	118	31	1	4	5	5	27	100	720	31	350	7	250	19	4	22
BACON DOUBLE CHEESEBURGER	329	1070	77	103	38	3	205	33	1	4	6	6	47	180	1080	47	550	12	400	31	5.5	31
HIGH PRIEST	445	1320	93	124	39	4.5	218	49	2	7	8	8	54	200	1040	45	700	15	225	17	8	44
HAMBURGER	158	490	30	40	13	1.5	73	29	1	4	3	3	20	65	320	14	225	5	50	4	3.5	19
DOUBLE HAMBURGER	260	820	57	76	25	3	140	29	1	4	3	3	36	135	360	16	450	10	50	4	5.5	31
CALIFORNIA CLASSIC	244	870	67	89	34	1.5	178	34	1	4	6	6	25	165	730	32	300	6	200	15	3.5	19
DOUBLE CALIFORNIA CLASSIC	346	1210	94	125	47	3	250	34	1	4	6	6	40	230	770	33	500	11	200	15	5.5	31
THE VATICAN CITY	409	1340	86	115	43	3.5	233	66	2	7	10	10	57	220	1960	85	450	10	600	46	7.5	42
HOLY SMOKES	353	1110	75	100	32	3.5	178	47	1	4	5	5	46	165	1020	44	450	10	300	23	5.5	31
THE PRIEST	292	830	52	69	25	2	135	44	1	4	4	4	39	80	540	23	225	5	250	19	3.5	19
THE OPTION	169	420	20	27	9	0.5	48	42	1	4	3	3	20	0	280	12	0	0	50	4	1.75	10
IMPOSSIBLE BURGER	155	360	15	20	7	0	35	40	4	14	4	4	22	0	600	26	550	12	200	15	6	33
CHICKEN LOW PRIEST	281	660	38	51	6	0.2	31	35	2	7	7	7	28	15	820	36	100	2	75	6	2.25	13
CHICKEN BACON RANCH	304	780	48	64	16	0.2	81	35	1	4	8	8	35	55	1340	58	225	5	200	15	2.25	13
CHICKEN TENDERS - 3 PIECE	187	430	16	21	2.5	0.2	14	36	0	0	0	0	36	0	10	1	0	0	0	0	0	0
CHICKEN TENDERS- 5 PIECE	312	720	27	36	4.5	0.3	24	60	0	0	0	0	61	0	15	1	0	0	0	0	0	0
HEBREW NATIONAL HOT DOG	92	270	16	21	6	0.5	33	23	1	4	3	3	10	25	680	30	125	3	75	6	2.25	13
SIDES	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
FRESH CUT FRIES	241	590	32	43	2.5	0.3	14	72	11	39	3	3	9	0	15	1	1750	37	75	6	2.5	14
CHEESE FRIES	269	740	46	61	14	1	75	64	10	36	3	3	22	60	430	19	1550	33	450	35	2.25	13
POUTINE	358	720	43	57	13	1	70	65	9	32	2	2	21	60	1060	46	1350	29	500	38	2	11
SIDE GRAVY	113	45	2	3	1	0	5	8	0	0	0	0	0.4	0	620	27	0	0	0	0	0	0
STERN FRY	297	820	56	75	18	0.2	91	70	10	36	5	5	12	75	390	17	1600	34	200	15	2.25	13
SHAKES AND TREATS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
VANILLA SHAKE	407	550	30	40	17	1	90	57	0	0	57	57	11	105	200	9	0	0	500	38	0	0
CHOCOLATE SHAKE	407	600	29	39	16	1	85	71	0	0	70	70	14	100	290	13	0	0	450	35	3	17
STRAWBERRY SHAKE	407	550	28	37	17	1	90	63	0	0	63	63	11	105	200	9	0	0	500	38	0	0
MINT CHOCOLATE CHIP SHAKE	407	580	33	44	17	1	90	71	0	0	63	63	11	105	200	9	0	0	500	38	1	6
RIGGS & MURTAUGH SHAKE	407	600	29	39	16	1	85	74	0	0	70	70	11	100	310	13	0	0	450	35	0.75	4
JARGE SHAKE	407	550	30	40	17	1	90	58	0	0	59	59	12	105	190	8	0	0	500	38	0.75	4
VANILLA SS SHAKE	411	830	44	59	28	1.5	148	104	0	0	88	88	8	160	260	11	0	0	350	27	0	0
CHOCOLATE SS SHAKE	411	860	42	56	27	1.5	143	115	0	0	99	99	9	150	250	11	0	0	350	27	0	0
STRAWBERRY SS SHAKE	411	840	42	56	27	1.5	143	111	0	0	94	94	8	155	250	11	0	0	350	27	0	0
CHERRY SS SHAKE	411	830	44	59	28	1.5	148	104	0	0	88	88	8	160	260	11	0	0	350	27	0	0
MINT CHOCOLATE SS SHAKE	411	850	41	55	26	1.5	138	114	0	0	87	87	8	150	250	11	0	0	350	27	0	0
SALTED CARAMEL SS SHAKE	411	860	41	55	26	1.5	138	113	0	0	97	97	9	155	490	21	0	0	950	73	0	0
CHOCOLATE CARAMEL SS SHAKE	411	850	42	56	27	1.5	143	112	0	0	96	96	9	155	340	15	0	0	550	42	0	0
RIGGS & MURTAUGH SS SHAKE	411	840	44	59	28	1.5	148	107	0	0	91	91	8	155	260	11	0	0	350	27	0	0
JARGE SS SHAKE	411	850	42	56	27	1.5	143	113	0	0	97	97	8	150	250	11	0	0	350	27	0	0
COOKIE	85	330	16	21	9	0.3	47	44	1	4	23	23	4	65	240	10	30	1	30	2	1.5	8

TOPPING & SAUCES	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
CHEESE SLICE	21	70	5	7	3	0	15	2	0	0	1	1	4	15	320	14	0	0	125	10	0	0
SWISS CHEESE SLICE	13	40	3	5	2	0.1	11	1	0	0	1	1	2	10	210	9	0	0	8	8	0	0
BACON (2 STRIPS)	54	210	21	28	13	0.1	66	0	0	0	1	1	6	35	360	16	200	4	10	1	0.4	2
SHREDDED CHEESE	57	230	18	24	12	0.5	63	1	1	4	1	1	14	60	420	18	0	0	350	27	0.1	1
LETTUCE	10	2	0	0	0	0	0	0	0	0	0	0	0.1	0	3	1	20	1	0	0	0.1	1
TOMATO (2 SLICES)	20	4	0	0	0	0	0	1	0	0	1	1	0.2	0	1	1	50	1	0	0	0.1	1
ONION	5	2	0	0	0	0	0	0	0	0	0	0	0.1	0	0	0	10	1	0	0	0	0
PICKLE (2 SLICES)	10	1	0	0	0	0	0	0	0	0	0	0	0.1	0	80	3	10	1	10	1	0	0
MUSHROOMS	57	15	0.3	1	0	0	0	3	1	4	1	1	2	0	5	1	250	5	0	0	0.2	1
CALI ONION	41	140	14	19	9	0	45	3	0	0	1	1	0.3	40	1	1	40	1	10	1	0.1	1
FRIED ONION	61	210	21	28	14	0	70	4	1	4	2	2	0.4	60	2	1	50	1	10	1	0.1	1
JARGE STYLE	85	270	28	37	15	0	75	5	1	4	2	2	1	65	230	10	75	2	10	1	0.1	1
KETCHUP	10	10	0	0	0	0	0	3	0	0	2	2	0.2	0	85	4	0	0	0	0	0	0
MAYO	6	40	4	5	0.4	0	2	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0
MUSTARD	10	0	0	0	0	0	0	0	0	0	0	0	0	0	125	5	0	0	0	0	0	0
SECRET SAUCE	10	45	4.5	6	0.5	0	3	1	0	0	0	0	0.1	5	80	3	0	0	0	0	0	0
G14 SAUCE	10	30	2.5	3	0.4	0	2	2	0	0	2	2	0.1	0	90	4	10	1	0	0	0	0
BBQ SAUCE	10	15	0.1	1	0	0	0	4	0	0	3	3	0.1	0	105	5	20	1	0	0	0.1	1
RANCH DRESSING	10	35	3.5	5	0.5	0	3	1	0	0	1	1	0	5	95	4	0	0	0	0	0	0
DIPPING SAUCES	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
SECRET SAUCE	68	300	31	41	5	0.1	26	4	0	0	3	3	1	15	530	23	20	1	10	1	0.1	1
G14 SAUCE	74	230	17	23	2.5	0	13	17	0	0	14	14	1	10	670	29	100	2	20	2	0.3	2
BBQ SAUCE	68	120	0.4	1	0	0	0	28	1	4	23	23	1	0	700	30	150	3	20	2	0.4	2
RANCH DRESSING	60	220	22	29	4	0	20	4	0	0	4	4	0	20	580	25	0	0	0	0	0	0
BUN OPTIONS	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
REGULAR	56	150	2	3	0.4	0	2	29	1	4	3	3	5	0	280	12	0	0	50	4	1.75	10
KETO BUN	85	240	15	19	2	0	10	17	12	43	1	0	10	45	370	16	600	13	125	10	7.5	42
GLUTEN FREE	100	280	6	8	1	0	5	57	9	32	9	9	5	0	640	28	0	0	50	4	1	6
LETTUCE WRAP	10	2	0	0	0	0	0	0	0	0	0	0	0.1	0	3	1	20	1	0	0	0.1	1
SECRET MENU	Serving Size	Energy	Fat	Fat	Saturated Fat	Trans Fat	Saturated & Trans Fat	Carbohydrates	Fibre	Fibre	Sugars	Sugars	Protein	Cholesterol	Sodium	Sodium	Potassium	Potassium	Calcium	Calcium	Iron	Iron
	g/ml	Cals	g	% DV	g	g	% DV	g	g	% DV	g	% DV	g	mg	mg	% DV	mg	% DV	mg	% DV	mg	% DV
HEAVY	360	1110	79	105	33	3	180	47	1	4	5	5	42	150	950	41	550	12	200	15	5.5	31
RELIGIOUS HYPOCRITE	196	530	31	41	16	0.5	83	42	1	4	4	4	23	20	460	20	100	2	50	4	2	11
NOAH'S ARK	226	550	30	40	14	1	75	44	1	4	4	4	25	25	410	18	100	2	50	4	2.5	14
THE POPE	395	1170	80	107	37	3.5	203	44	1	4	4	4	54	150	580	25	450	10	250	19	5.5	31
JUDGEMENT DAY	406	1110	70	93	34	2.5	183	57	1	4	4	4	53	80	650	28	225	5	175	13	3.5	19
ARMAGEDDON	529	1510	102	136	49	4	265	59	1	4	5	5	73	165	1020	44	450	10	300	23	5.5	31
TOWER OF BABEL	523	1610	105	140	52	4	280	79	2	7	10	10	71	220	1960	85	450	10	600	46	7.5	42
FOUR HORSEMEN OF THE APOCALYPSE	636	1890	123	164	61	4.5	328	92	2	7	10	10	86	220	1960	85	450	10	600	46	7.5	42
THE TRINITY	404	1300	94	125	43	5	240	33	1	4	5	5	59	230	1060	46	700	15	300	23	7.5	42
STERN FRY	297	820	56	75	18	0.2	91	70	10	36	5	5	12	75	390	17	1600	34	200	15	2.25	13