

BURGERSTUDIO NUTRITIONAL GUIDE

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
SANDWICHES											
Angus Cheeseburger	610	310	34	14	2	95	830	45	0	3	29
Double Angus Cheeseburger	970	580	64	26	4	180	1140	47	0	3	50
Turkey Cheeseburger	480	190	20	6	0	105	890	45	0	2	27
Double Turkey Cheeseburger	710	330	37	12	0	195	1290	46	0	3	45
Grilled Chicken & Cheese Sandwich	430	100	11	4	0	95	850	45	0	3	37
Crispy Chicken Sandwich	590	250	28	5	0	45	1140	60	< 1g	23	23
Malibu Gardenburger	410	110	12	2	0	10	920	64	4	4	12
Crispy Chicken Tenders	680	420	46	7	0	65	1520	39	1	0	28
SIDES											
Fresh-Cut French Fries	200	70	8	1.5	0	0	160	30	3	2	4
Twister Fries	550	310	34	8	1	0	1140	54	5	0	6



Additional nutrition information available upon request. 2000 calories a day is used for general advice, but calorie needs vary.