

# NUTRITIONAL INFORMATION



ENERGY (CAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)
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## BEEF BURGERS (including condiments and bun)

Baby Fatburger	591.1	31.9	9.2	0	67.76	872.9	53.2	2.9	4.8	22.8
Original Fatburger	790.3	47.8	15.5	0	118.8	974.3	55.7	2.9	10.3	36.1
Double Fatcheese	933.2	58.9	22.6	.38	151.2	1632.8	56.7	3.4	11.4	45.3
Kingburger (choice of cheese omitted)	852.9	58.6	19.4	0	155.2	1234.6	41.7	2.2	8.9	42.9
Double Kingburger (choice of cheese omitted)	1139	81.6	28.4	0	228.2	1641.1	56	2.5	8.9	62
California Burger	1013.6	70.1	23.8	.1	155.6	1217.5	53.3	3.7	4.7	46.1
Old Style Bacon n Cheddar	1112.4	78.3	30.8	.59	192.8	1451.5	50.9	2.7	6.6	53
Ultimate BBQ Burger	1383	80.1	28.2	.68	188.8	2836.5	107.2	6.3	27.6	55
Mushroom Swiss Burger	899.8	57.4	24.6	.4	158.8	1465.1	51	2.3	3.3	43.9
Hawaiian Cheeseburger	1230	75	28	0	170	2270	80	3	32	52
Value Cheeseburger	480	28	12	0	90	1590	30	2	6	24
CB Deluxe Burger	1140	740	31	0	135	2030	51	3	11	41

## CHICKEN SANDWICHES

Classic Grilled Chicken	387.9	15.6	1.7	0	80.1	639.2	33	1.6	3.2	32
Crispy Southern Fried Fillet	703.7	34.1	4.0	.18	59.8	1176.2	67.6	5.6	14	30.6
Red Hot Crispy Buffalo	726.5	34.4	4.1	.18	59.8	3016.2	67.6	5.6	14	30.6
Blackened Cajun Cheddar	551.9	29.4	10.9	.49	123.9	2953.1	32.7	1.6	3.3	43.7
Chicken Crisper (choice of sauce omitted)	500	25	3.5	0	70	150	4	2	0	26

## PLANT BASED VEGGIE BURGERS

Impossible™ Fatburger	750	50	14	0	55	2020	44	6	10	7
Veggie Burger	507.6	21.2	9.6	0	9.5	1973.1	61.9	10.8	10.5	24.5
Veggie California Burger	800	47	18	0	245	2300	57	14	5	39

## SALADS

Cajun Chicken Entree (dressing omitted)	295.4	11.4	6.2	.28	94	2539.8	10.5	4.3	6.1	39.9
Chicken Caesar Entree	990	68	8	0	130	2760	88	8	12	51
BLTC Salad	1240	92	34	1	235	1780	30	9	16	70
Side Caesar	590	47	4.5	0	40	2100	82	6	10	16
Balsamic Vinaigrette Dressing	200	20	3	.3	5	390	3	0	3	.1
Ranch Dressing	210	21	1.5	0	15	270	3	0	0	.6

## FRIES & SIDES

Fresh Cooked fries (regular)	577	31.6	3.7	.77	0	1587.6	67.8	3.4	1.13	6
Large Bag O'Fries	1038.7	56.9	6.6	1.4	0	2857.6	122	6.1	2	10.7
Fries w/ Gravy	606.6	32.3	4.1	.77	0	2060.8	72.2	3.4	1.1	7.4
Yam Fries	434	16.5	2.3	.2	0	644	67.2	4.2	22.4	3.92
Home style Onion Rings	1124	40.1	3.2	.88	.09	2059.7	178.8	18.2	29.2	20
Deep Fried Pickles	190	7	1	0	0	270	29	1	13	2
Curly Fries (choice of seasoning omitted)	642	27.1	6	.7	0	832.5	68.5	5.9	.92	7.1
Chili Cheese Fries	878.3	53.3	15.2	1.2	59.5	2382.4	73.9	3.4	3.3	24.6
Poutine	932.4	56.9	18.8	1.9	85.1	2801.6	76.1	3.4	1.1	27.4
Lumberjack Poutine	1175.4	81	27.4	1.97	102.6	3123.6	76.1	3.4	1.1	34.4
Chicken Tender Poutine	1152.4	66.9	20.8	1.9	155.1	2951.6	80.1	5.4	1.1	53.4
Nacho Fries	1036.5	66	19.5	1.2	80.7	3012	89.1	5.9	9	28.2

## DESSERT

Mini Donuts	190	7	1	0	0	260	29	1	13	2
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## BUFFALO'S

1 Chicken tender (choice of sauce omitted)	100	5	1	0	35	78	24	1	0	19
1 Chicken wing (choice of sauce omitted)	60	3.5	1	0	30	75	0	0	0	7
1 Boneless wing (choice of sauce omitted)	54	2.5	0	0	15	70	12.3	0	0	15.7
Buffalo's Mild sauce (1 oz)	80	9	1	0	0	620	0	0	0	0
Buffalo's Hot sauce (1 oz)	10	0	0	0	0	1240	2	0	0	0
Buffalo's Sriracha sauce (1 oz)	30	0	0	0	0	480	6	0	6	0
Buffalo's Teriyaki sauce (1 oz)	40	0	0	0	0	600	10	0	10	.4
Buffalo's Honey Garlic sauce (1 oz)	100	4	0	0	0	250	16	0	12	0
Buffalo's Sweet Thai Chili sauce (1 oz)	70	0	0	0	0	460	17	0	14	.1
Buffalo's Lemon Pepper sauce (1 oz)	120	24	2	0	0	640	2	0	0	0
Buffalo's Asian Sesame sauce (1 oz)	36	0	0	0	0	554	8	0	8	.3
Buffalo's Bourbon BBQ sauce (1 oz)	60	0	0	0	0	230	14	0	12	0
Buffalo's Red Hot Ranch sauce (1 oz)	60	6	0	0	0	800	2	0	0	0
Buffalo's Coconut Jerk sauce (1 oz)	30	2	4	0	0	900	2	0	2	.4
Honey Mustard sauce (1 oz)	100	8	1	0	0	260	8	0	8	.2
Blue Cheese sauce (1 oz)	120	12	2	.2	0	240	2	0	0	.4

## CHEESE

American cheese (1 slice)	60	4	2.5	.2	15	380	2	0	1	3
Canadian Cheddar cheese (1 slice)	80	7	4.5	.2	20	170	0	0	0	5
Swiss cheese (1 slice)	70	4.5	3	.2	20	350	2	0	0	4
Pepperjack cheese (1 slice)	70	6	4	.1	18	150	0	0	0	5

## BUNS

Baby bun	267	4	0.5	0	0	467	50	2	5	8
Fat bun	259	3	1.0	0	0	471	46	2	4	8
King bun	280	3.5	.5	0	0	420	49	1	9	10
Multi Grain bun	110	2	0	0	0	170	21	2	1	4
Brioche Bun	180	7	2	0	20	280	23	1	1	5

## PROTEIN

1/4lb Patty	250	20	8	0	64	67	0	0	0	17
1/3lb Patty	250	20	8	0	64	67	0	0	0	17
1/2lb Patty	500	40	16	0	128	134	0	0	0	34
Grilled Chicken Breast	130	1.5	.4	0	70	270	.5	0	.5	27
Crispy Chicken Breast	320	15	1	0	45	640	24	3	7	22

## BREAKFAST ITEMS

Pancake (1 piece)	205	4	1	0	9	618	35	4	6	7
Bacon (2 strips)	194	18	8	0	16	306	0	0	0	6
Sausage (2 links)	262	24	10	0	40	378	40	0	0	8
Egg (2 pieces)	140	10	3	0	390	130	3.8	0	0	6
Hashbrowns (10 oz)	530	28.3	3.7	.77	0	263.6	63.8	2.1	.97	4
Wheat Texas Toast (2 slices – margarine omitted)	250	4.5	1	0	0	360	41	4	2	10
White Texas Toast (2 slices – margarine omitted)	230	2	.5	0	0	350	44	2	3	8
Egg sandwich w/ Bacon (choice of cheese omitted)	570	43	13	0	215	810	31	1	3	18
Egg sandwich w/ Sausage (choice of cheese omitted)	501	36	10	0	215	679	51	1	3	15

## SHAKES

Chocolate Milkshake	1041.3	50.1	22.3	1.6	166.4	433.7	146.4	1	113.9	13.6
Strawberry Milkshake	979.5	49.9	22.3	1.5	166.4	434.3	129.7	1.1	100.6	13.9
Vanilla Milkshake	1119.1	49.7	22.8	1.5	166.4	439.7	164.8	0	129.4	13.6
Oreo Milkshake	1315.2	62.4	29.4	1.6	166.4	665.2	184.9	1.5	135.6	15.8

## KIDS MENU

Kids burger	223.9	10	3.9	0	29.2	346.1	22.1	1	2	11.6
Kids burger w/ cheese	295.3	15.6	7.5	.19	45.8	675.4	22.6	1.3	2.5	16.2
Kids Grilled Cheese	320	15	6	0	30	1040	34	1	5	5
Kids Hot dog	210	8	4	0	30	599.9	22	1	2	12
Kids chicken tenders (choice of sauce omitted)	220	10	2	0	70	150	24	2	0	19
Kids fries	230.8	12.6	1.5	.31	0	635	27.1	1.4	.5	2.4