

NUTRITIONAL FACTS



Energy (Cal)	Total Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (MG)	Sodium (MG)	Carbohydrates (G)	Fibre (G)	Sugar(G)	Proteins (G)
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**Updated AUGUST 2025

BEEF BURGERS (including condiments and bun)

Original Fatburger	960	69	21	0.5	140	1460	54	4	12	34
Kingburger (choice of cheese omitted)	1180	87	29	0.5	195	1500	55	4	11	46
Double Kingburger (choice of cheese omitted)	1870	146	54	0.5	365	1640	54	4	12	82

BIG FAT DEALS (Including condiments and bun)

Baby Fatburger	760	56	15	0.5	110	1160	38	3	10	25
Fast Grilled Double Cheese Burger	1200	92	31	1	215	1580	42	1	12	48
Fried Chiecken Crisper Sandwich	580	39	3.5	1	75	640	34	2	6	19
Beefy Straght Up Cheese Burger	820	60	18	0.5	125	1350	39	1	11	28
All Dressed Hotdog	490	28	10	1	55	1580	43	2	6	18
Bourbon BBQ Hotdog with Grilled Onion	560	28	10	1	55	1300	57	3	17	18
Bacon & Cheese Hotdog	640	40	17	1	80	1690	44	2	7	25

SPECIALTY BURGERS (including condiments and bun)

Bacon N Cheddar Burger	1190	90	32	1	185	1640	50	3	10	47
Ultimate BBQ Burger	1200	85	29	1	180	1530	62	3	21	45
Mushroom Swiss Burger	1040	76	25	1	170	1510	42	3	6	44
Hawaiian Cheeseburger	1160	84	29	1	180	1870	50	1	20	44

CHICKEN SANDWICHES (including condiments and bun)

Classic Grilled Chicken	570	28	3	0.5	95	720	41	2	6	35
Crispy Southern Fried Fillet	670	29	3	0.5	95	1240	60	3	7	39
Blackened Cajun Cheddar	670	42	12	1	135	970	32	2	6	43

SIGNATURE SAUCY CHICKEN SANDWICHES (Including condiments and bun)

Korean Sweet & Spicy Chicken Sandwich	650	28	3	0.5	95	1380	60	2	17	37
Bourbon BBQ Chicken Sandwich	820	41	4	1	105	1530	72	3	17	39
Nashville Style Redhot Chicken Sandwich	660	29	3	0.5	95	2320	58	3	5	39
Thai Sweet Chili	660	29	3	0.5	95	1260	59	3	6	39

PLANT-BASED VEGGIE BURGERS (including condiments and bun)

ImpossibleTM Fatburger	810	48	14	0.5	85	1760	61	7	13	34
Veggie Burger	680	38	2.5	0.5	25	1950	58	10	10	28
Bombay Veggie Burger	700	38	2.5	0.5	25	2320	25	10	10	29

FRIES & SIDES

Large Bag O’Fries	620	22	2	0.2	0	2110	105	7	4	7
Fries w/ Gravy	620	22	2	0.2	0	2060	106	9	4	7
Yam Fries	640	25	4	0	0	800	97	8	30	4
Home style Onion Rings	340	1.5	0	0	0	520	72	13	24	10
Deep Fried Pickles	310	16	2.5	0.1	0	1000	37	2	1	3
Curly Fries (choice of seasoning omitted)	610	26	3.5	0.4	0	1250	94	7	3	6
Chili Cheese Fries	940	47	16	1	75	2900	110	7	5	27
Traditional Poutine	840	39	12	1	60	2480	108	8	4	21
Lumberjack Poutine	940	47	15	1	65	2610	113	10	6	25
Chicken Tender Poutine	900	40	12	1	100	2720	108	8	4	34
Nacho Fries	950	47	16	1	75	3360	113	8	6	27

DESSERT

Mini Donuts (5pc)	380	22	10	0	40	550	41	1	15	5
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Property of Frankie’s Burgers Enterprises Inc. Nutritional information has been calculated based on information provided by the suppliers who manufacture the product for Fatburger Canada. We aim to provide accurate nutritional information, though there may be occasions when variations in product formulations may occur.



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**Updated AUGUST 2025

BUFFALO’S										
1 Chicken tender (choice of sauce omitted)	130	1.5	0.2	0	20	640	18	1	0	10
1 Chicken wing (choice of sauce omitted)	210	22	4	0	105	350	3	0	1	18
1 Boneless wing (choice of sauce omitted)	170	6	1	0	35	390	12	1	1	16
Buffalo’s Mild sauce (1 oz)	80	9	1	0	0	620	0	0	0	0
Buffalo’s Hot sauce (1 oz)	87	0	0	0	0	1240	2	0	0	0
Buffalo’s Sriracha sauce (1 oz)	67	0	0	0	0	480	6	0	6	0
Buffalo’s Teriyaki sauce (1 oz)	40	0	0	0	0	600	10	0	10	0
Buffalo’s Honey Garlic sauce (1 oz)	101	4	0	0	0	250	16	0	16	0
Buffalo’s Sweet Thai Chili sauce (1 oz)	70	0	0	0	0	460	17	0	14	0
Buffalo’s Lemon Pepper sauce (1 oz)	120	14	2	0	0	640	2	0	0	0
Buffalo’s Asian Sesame sauce (1 oz)	36	0	0	0	0	554	8	0	8	0
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	0
Honey Mustard sauce (1 oz)	82	6	0	0	0	142	6	0	6	0
Blue Cheese sauce (1 oz)	113	11	2	0	0	227	2	0	0	0
CHEESE										
American cheese (1 slice)	62	4.5	3	0	15	319	1	0	0	4
Canadian Cheddar cheese (1 slice)	80	7	4.5	0	20	170	0	0	0	5
Swiss cheese (1 slice)	62	4.5	3	.5	15	313	1	0	1	4
BUNS										
Baby Bun	140	2	0	0	0	230	25	1	3	4
Fat Bun	160	2	0	0	0	200	29	1	3	5
Dempster Seeded Bun	280	3.5	0	0	0	420	49	1	9	10
Brioche Bun	250	6	1	0	55	210	40	2	6	8
King Seeded Bun	240	4	2	0	0	480	45	2	5	2
Hotdog Bun	220	3.5	0.5	0	0	320	39	2	4	7
PROTEIN										
1/4lb Patty	350	29	13	0	85	68	0	0	0	18
1/3lb Patty	483	40	17	0	116	94	0	0	0	25
1/2lb Patty	700	58	26	0	170	136	0	0	0	36
Grilled Chicken Breast	130	1.5	.4	2	70	270	0	0	0	27
Crispy Chicken Breast	320	15	1	0	45	640	24	3	7	22
BREAKFAST ITEMS										
Pancake (1 piece)	210	4	1	0	10	620	35	4	6	7
Bacon (2 strips)	190	18	8	0	15	310	0	0	0	6
Sausage (2 links)	260	24	10	0	40	380	40	1	0	8
Egg (2 pieces)	140	10	3	0	390	130	2	0	0	12
Hashbrowns (10 oz)	480	30	4.5	0	0	1000	50	5	1	5
Wheat Texas Toast	240	3	1	0	0	480	42	4	3	10
(2 slices – margarine omitted)										
White Texas Toast	230	3	1	0	0	490	44	2	2	8
(2 slices – margarine omitted)										
Egg sandwich w/Bacon	570	43	13	0	215	810	31	1	3	18
(choice of cheese omitted)										
Egg sandwich w/Sausage	500	36	10	0	215	680	51	1	3	15
SHAKES										
Chocolate Milkshake	1040	50	22	1.5	165	430	147	1	114	14
Strawberry Milkshake	980	50	22	1.5	165	340	130	1	101	14
Vanilla Milkshake	1120	50	23	1.5	165	440	165	0	129	14
Oreo Milkshake	1320	62	29	1.5	170	670	185	1	136	16
KIDS MENU										
Kids burger	220	10	4	0	30	350	22	1	2	12
Kids burger w/ cheese	300	16	7	.2	45	680	23	1	2	16
Kids Grilled Cheese	320	15	6	0	30	1040	34	1	5	5
Kids Hot dog	210	8	4	0	30	600	22	1	2	12
Kids chicken tenders (choice of sauce omitted)	220	10	2	0	70	150	4	2	0	26
Kids fries	180	7	1	.2	0	640	27	1	0	2