



NUTRITIONAL INFO

BEEF BURGERS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BOSTON CHEESE	2950KJ	29.0G	45.5G	6.9G	43.1G	3.1G	954MG
BEEF, BACON & CHEESE	2890KJ	31.7G	44.4G	17.6G	39.5G	4.9G	1000MG
NEW YORKER	3060KJ	32.8G	45.1G	18.3G	46.8G	6.6G	1400MG
EL DIABLO	3360KJ	33.1G	53.2G	29.9G	46.6G	4.6G	1700MG
BIG BOPPA	2990KJ	34.2G	41.8G	16.9G	48.5G	13.6G	1180MG
NO. 45	2630KJ	31.5G	32.3G	10.2G	51.7G	8.1G	1130MG
THE DOUBLE	4120KJ	48.7G	69.0G	30.5G	40.2G	4.4G	1300MG

GRILLED CHICKEN	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BYRON CHIC	1750KJ	22.8G	18.6G	3.3G	39.0G	4.6G	582MG
HOTEL CALI	2300KJ	26.8G	32.4G	7.2G	37.0G	3.5G	845MG

FRIED CHICKEN	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
SOUTHERN FRIED	2150KJ	27.1G	22.2G	4.1G	48.9G	2.6G	1270MG
WAIKIKI CLASSIC	2550KJ	31.9G	26.7G	6.1G	57.8G	6.4G	1580MG
THICC CHICC	3380KJ	54.3G	36.9G	10.1G	61.6G	6.6G	2350MG
FRIED CHICKEN SANDWICH	2890KJ	33.3G	37.4G	11.1G	52.8G	1.3G	1940MG

PLANT-BASED PROTEIN	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
SCHNITZEL LOVE	3030KJ	24.5G	37.7G	6.5G	69G	6.5G	1080MG
GREEN GODDESS	2960KJ	30.6G	35.5G	6.6G	69.2G	15.6G	1430MG
BAD BOY CHI CHI	2070KJ	11.9G	18.6G	3.7G	67.7G	6.4G	1160MG
VW (VEGE WORKS)	3010KJ	35.2G	35.8G	7.5G	59.8G	15.2G	1550MG
VEGAN CHEESEBURGER 4.0	2340KJ	24.5G	27.1G	3.5G	49.3G	7.6G	1940MG
THE RUBEN (ESQUE)	2310KJ	21.7G	27.7G	15G	57.2G	12.4G	2470MG
THE RED HOT CHILLI VEGAN	2690KJ	35.8G	34.9G	4.3G	54.8G	7.8G	1830MG

SNACKS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
SNACK BOSTON	1800KJ	17.1G	30.8G	10.8G	20.4G	2.1G	757MG
SNACK BYRON	904KJ	11.1G	9.3G	1.8G	21.4G	2.7G	333MG
SNACK SOUTHERN	878KJ	11.4G	6.6G	1.0G	25.4G	1.8G	686MG
SNACK CHI CHI	1530KJ	11.5G	11.7G	4.3G	51.1G	4.5G	938MG
SNACK FRIES	673KJ	2.7G	4.5G	10.4G	26.1G	0.6G	226MG

SUPER SALADS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
BIG FARMER	2060KJ	33.5G	31.0G	6.7G	18.4G	5.8G	1450MG
SOYLENT GREEN	1810KJ	10.5G	25.2G	3.7G	37.7G	8.1G	756MG

LITTLE MONSTERS	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
MINI BEEF	1390KJ	16.8G	19.8G	9.9G	20.7G	2.5G	500MG
MINI CHICKEN	994KJ	15.2G	8.3G	3.4G	24.8G	1.9G	562MG
MINI VEGE	1100KJ	8.0G	5.4G	2.1G	43.8G	3.9G	754MG
MINI TENDERS (FRIED)	482KJ	16.3G	0.6G	0.0G	10.7G	0.0G	875MG
MINI TENDERS (GRILLED)	259KJ	14.7G	0.6G	0.0G	0.0G	0.0G	118MG

SIDES	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
FRIES	2000KJ	7.9G	13.5G	1.2G	77.7G	1.6G	314MG
SWEET POTATO FRIES	2320KJ	5.2G	25.2G	2.1G	76.3G	30.5G	548MG
ONION RINGS	1730KJ	5.5G	23.4G	10.6G	45.1G	5.6G	1120MG
KENTUCKY FRIED CAULIFLOWER	896KJ	64.0G	13.2G	1.0G	28.4G	4.0G	1070MG
TENDERS	612KJ	23.7G	0.9G	0.0G	10.7G	0.0G	934MG
DIRTY FRIES	2800KJ	16.2G	23.7G	8.0G	64.3G	5.4G	1140MG
SOUTHERN FRIED WINGS (3)	945KJ	15.7G	13.6G	1.9G	10.4G	0.0G	770MG
SOUTHERN FRIED WINGS (6)	1890KJ	31.3G	27.2G	3.8G	20.9G	0.0G	1540MG
SHARE PLATE	4170KJ	9.4G	53.4G	7.7G	117.0G	46.6G	2840MG
HOT WING CHALLENGE	2060KJ	31.9G	27.3G	3.8G	28.3G	6.8G	1720MG

DIPPING SAUCES	ENERGY	PROTEIN	FAT (TOTAL)	FAT (SATURATED)	CARBOHYDRATE	SUGARS	SODIUM
AIOLI	807KJ	0.6G	21.2G	1.8G	0.6G	0.3G	155MG
HICKORY BBQ	254KJ	0.2G	0.1G	0.0G	14.6G	13.3G	250MG
RANCH	699KJ	0.6G	18.2G	3.6G	0.9G	0.6G	193MG
CHIPOTLE MAYO	792KJ	0.5G	20.9G	1.7G	0.5G	0.3G	148MG
CHILLI	104KJ	0.5G	0.6G	0.2G	4.3G	2.5G	263MG
HERB MAYO	618KJ	0.1G	15.1G	1.2G	3.4G	2.1G	209MG
SALSA	43KJ	0.4G	0.2G	0.2G	1.7G	1.0G	135MG
SPECIAL SAUCE	627KJ	0.5G	15.9G	1.3G	1.7G	1.4G	172MG