

NUTRITIONAL INFORMATION



	Typical Values Per Serving									Typical Values Per 100g									
	Energy (k.J)	Energy (kcal)	Total fat (g)	of which saturated (g)	carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	Energy (k.J)	Energy (kcal)	Total fat (g)	of which saturated (g)	carbohydrates (g)	of which sugars (g)	Fibre (g)	Protein (g)	Salt (g)	
BUNS																			
BURGER BUN	663.00	157.00	3.40	1.10	26.00	5.50	1.30	5.00	0.60	1309.00	310.00	6.80	2.10	51.00	11.00	2.50	10.00	1.20	
GLUTEN-FREE BURGER BUN	934.40	221.60	5.12	0.80	40.88	3.12	2.32	1.92	0.88	1168.00	277.00	6.40	1.00	51.10	3.90	2.90	2.40	1.10	
BURGERS																			
BEEF BURGER PATTY	780.60	187.20	12.96	5.65	0.00	0.06	0.00	16.14	0.20	1301.00	312.00	21.60	9.42	0.00	0.10	0.00	26.90	0.34	
CHICKEN FILLET (MARINATED)	453.60	107.80	2.73	0.53	0.00	0.28	0.00	19.81	0.86	648.00	154.00	3.90	0.76	0.00	0.40	0.00	28.30	1.23	
VEGGIE BURGER (cooked in ground-nut oil)	765.00	182.00	6.80	0.93	0.00	4.20	0.00	4.40	1.13	765.00	182.00	6.80	0.93	0.00	4.20	0.00	4.40	1.13	
TOPPINGS																			
CHEESE SLICE	176.75	42.63	3.38	1.75	0.84	0.66	0.00	2.13	0.24	1414.00	341.00	27.00	14.00	6.70	5.30	0.00	17.00	1.90	
BACON	170.30	41.10	3.50	1.40	0.00	0.00	0.00	2.40	0.20	1703.00	411.00	35.00	14.00	0.00	0.00	0.00	24.00	2.00	
LETTUCE	8.63	2.85	0.02	0.00	0.27	0.00	0.18	0.14	0.00	57.50	19.00	0.14	0.00	1.80	0.00	1.20	0.90	0.03	
TOMATO	20.13	4.62	0.03	0.00	0.99	0.99	0.33	0.03	0.00	61.00	14.00	0.10	0.00	3.00	3.00	1.00	0.10	0.01	
PICKLES	17.64	4.20	0.03	0.01	0.69	0.66	0.18	0.13	0.22	126.00	30.00	0.20	0.10	4.90	4.70	1.30	0.90	1.60	
FRESH ONION	14.08	3.36	0.01	0.00	0.81	0.34	0.00	0.07	0.00	176.00	42.00	0.08	0.03	10.11	4.28	0.00	0.92	0.00	
JALAPENOS	2.75	0.65	0.02	0.01	0.35	0.21	0.14	0.05	0.01	55.00	13.00	0.40	0.10	7.00	4.10	2.80	0.90	0.25	
COLESLAW	116.82	28.38	2.46	0.20	1.17	1.10	0.37	0.15	0.21	531.00	129.00	11.20	0.90	5.30	5.00	1.70	0.70	0.97	
RELISH	54.72	12.96	0.02	0.00	2.76	2.52	0.00	0.17	0.10	456.00	108.00	0.20	0.00	23.00	21.00	0.00	1.40	0.83	
KETCHUP	43.50	10.20	0.01	0.00	2.32	2.28	0.00	0.12	0.18	435.00	102.00	0.10	0.00	23.20	22.80	0.00	1.20	1.80	
MAYO	290.00	71.00	7.70	0.60	0.15	0.15	0.05	0.10	0.12	2900.00	710.00	77.00	6.00	1.50	1.50	0.50	1.00	1.20	
MUSTARD	21.48	5.10	0.26	0.02	0.07	0.00	0.21	0.26	0.19	358.00	85.00	4.40	0.30	1.20	0.00	3.50	4.30	3.10	
BBQ	61.74	14.58	0.01	0.01	3.51	3.06	0.00	0.09	0.09	686.00	162.00	0.10	0.10	39.00	34.00	0.00	1.00	1.00	
BURGER SAUCE	191.10	46.15	4.16	0.30	2.08	1.95	0.00	0.00	0.20	1470.00	355.00	32.00	2.30	16.00	15.00	0.00	0.00	1.50	
GARLIC MAYO	142.44	34.56	3.48	0.24	0.62	0.42	0.10	0.00	0.16	1187.00	288.00	29.00	2.00	5.20	3.50	0.80	0.00	1.30	
HOT SAUCE	19.10	4.50	0.13	0.03	0.64	0.08	0.21	0.09	0.22	191.00	45.00	1.30	0.30	6.40	0.80	2.10	0.90	2.16	
GRILLED ONIONS	32.64	7.68	0.02	0.00	1.73	1.32	0.14	0.22	0.00	136.00	32.00	0.10	0.00	7.20	5.50	0.60	0.93	0.02	
GRILLED MUSHROOMS	46.40	11.02	0.12	0.03	1.86	0.38	0.64	0.87	0.21	160.00	38.00	0.40	0.10	6.40	1.30	2.20	3.00	0.73	
GRILLED PEPPERS	8.03	1.80	0.02	0.01	0.41	0.22	0.15	0.08	0.00	89.20	20.00	0.20	0.10	4.60	2.40	1.70	0.90	0.00	
SIDES																			
FRIES (REGULAR) (cooked in ground-nut oil)	2582.50	620.00	30.25	4.48	0.00	0.75	0.00	0.00	0.25	1033.00	248.00	12.10	1.79	0.00	0.30	0.00	0.00	0.10	
FRIES (LARGE) (cooked in ground-nut oil)	5247.64	1259.84	61.47	9.09	0.00	1.52	0.00	0.00	0.51	1033.00	248.00	12.10	1.79	0.00	0.30	0.00	0.00	0.10	
PAPRIKA	98.25	23.50	0.60	0.00	5.00	2.00	0.00	1.00	12.50	393.00	94.00	2.40	0.00	20.00	8.00	0.00	4.00	50.00	
MOZZARELLA STICKS (cooked in ground-nut oil)	1778.82	425.04	22.08	8.14	38.64	2.76	2.90	16.56	1.93	1289.00	308.00	16.00	5.90	28.00	2.00	2.10	12.00	1.40	
HALLOUMI FRIES (cooked in ground-nut oil)	1633.12	392.94	29.62	17.82	2.83	2.83	0.00	28.79	2.36	1384.00	333.00	25.10	15.10	2.40	2.40	0.00	24.40	2.00	
ONION RINGS (cooked in ground-nut oil)	1239.30	298.35	12.85	5.97	37.64	5.66	4.90	5.05	0.92	810.00	195.00	8.40	3.90	24.60	3.70	3.20	3.30	0.60	
CHILLI JAM	329.00	77.56	0.34	0.11	18.20	15.68	0.53	0.20	0.01	1175.00	277.00	1.20	0.40	65.00	56.00	1.90	0.70	0.02	
MOZZARELLA DIP	173.76	41.60	1.86	0.18	0.00	4.58	0.00	0.00	0.30	543.00	130.00	5.80	0.56	0.00	14.30	0.00	0.00	0.95	
CHEESE SAUCE	919.60	221.35	15.77	10.02	0.00	2.76	0.00	0.00	0.80	968.00	233.00	16.60	10.55	0.00	2.90	0.00	0.00	0.84	
MILKSHAKES (amount of mix-ins may vary depending upon number of mix-ins included in shake)																			
SHAKE BASE	2242.50	534.75	21.74	12.42	75.90	69.00	0.00	8.63	0.69	650.00	155.00	6.30	3.60	22.00	20.00	0.00	2.50	0.20	
WHIPPED CREAM	267.30	64.68	6.16	4.40	1.78	1.78	0.00	0.53	0.02	1215.00	294.00	28.00	20.00	8.10	8.10	0.00	2.40	0.08	
OREO	499.50	119.00	5.00	1.35	17.00	9.25	0.75	1.28	0.18	1998.00	476.00	20.00	5.40	68.00	37.00	3.00	5.10	0.73	
CHOCOLATE	225.20	53.00	0.18	0.10	12.20	11.60	0.00	0.36	0.04	1126.00	265.00	0.90	0.50	61.00	58.00	0.00	1.80	0.20	
STRAWBERRY	184.00	43.40	0.00	0.00	10.60	10.20	0.00	0.00	0.00	920.00	217.00	0.00	0.00	53.00	51.00	0.00	0.00	0.00	
VANILLA	171.00	40.20	0.00	0.00	10.00	9.60	0.00	0.00	0.00	855.00	201.00	0.00	0.00	50.00	48.00	0.00	0.00	0.00	
MALTESER	633.60	151.20	7.50	4.50	18.60	15.90	0.00	2.55	0.11	2112.00	504.00	25.00	15.00	62.00	53.00	0.00	8.50	0.37	
PEPPERMINT	154.00	36.20	0.00	0.00	9.00	9.00	0.00	0.00	0.00	770.00	181.00	0.00	0.00	45.00	45.00	0.00	0.00	0.00	
COFFEE	262.80	62.80	0.00	0.00	15.68	15.48	0.00	0.00	0.01	1314.00	314.00	0.00	0.00	78.40	77.40	0.00	0.00	0.04	
SALTED CARAMEL	204.40	48.00	0.00	0.00	12.00	11.80	0.00	0.00	0.03	1022.00	240.00	0.00	0.00	60.00	59.00	0.00	0.00	0.13	
CHERRY	292.60	70.00	0.00	0.00	17.20	17.18	0.00	0.04	0.01	1463.00	350.00	0.00	0.00	86.00	85.90	0.00	0.20	0.03	
BANANA	170.20	40.00	0.00	0.00	10.00	9.80	0.00	0.00	0.00	851.00	200.00	0.00	0.00	50.00	49.00	0.00	0.00	0.00	

Nutrition Information provided is based on representative values provided by suppliers, published resources, analysis using industry standard software and testing conducted in accredited laboratories. Urban Fresh Burgers & Fries cannot guarantee the nutrition information provided is fully accurate as it relates to the prepared menu items in all of our restaurants. Our menu items are made to order by hand. This may cause slight variation in serving sizes which may affect the nutrition values for each product.