



SHAMROCK BURGERS

NUTRITIONAL INFO

PRODUCT	Serving Size (g)	Energy (Cal)	Total Fat (g)	Total Fat (% Daily Value)	Saturated Fat (g)	Trans Fat (g)	Saturated Fat + Trans (% Daily Value)	Cholesterol (mg)	Cholesterol (% Daily Value)	Sodium (mg)	Sodium (% Daily Value)	Carbohydrates (g)	Carbohydrate (% Daily Value)	Fibre (g)	Fibre (% Daily Value)	Sugar (g)	Protein (g)	Vitamin A (% Daily Value)	Vitamin C (% Daily Value)	Calcium (% Daily Value)	Iron (% Daily Value)
classic home-w/o bun per/113g	113	150	8	13	3	0.5	19	50	0	500	21	4	1	0	0	0	17	0	0	2	15
rockstar home-w/o bun per/168g	168	360	20	31	8	1	45	50	0	720	30	4	1	0	0	1	37	0	0	4	35
famous home-w/o bun per/100g	284	230	17	25	6	1	37	60	0	520	22	4	1	0	0	0	15	0	0	2	15
hot dog-w/o bun	90	230	20	0	7	0.4	0	65	0	900	0	2	0	0	0	0	11	2	0.9	8	8
chicken breast wrap-w/o bun	100	100	0.5	1	0.2	1	0	60	0	520	22	2	1	0	0	0	22	0	0	0	9
prime rib steak-w/o bun 5oz	145	219	7	11	2.5	0	13	63	21	92	4	0	0	0	0	0	36.3	0	0	4	15
philly cheesesteak-w/o bun	113	130	6	9	2.5	0	23	55		450	19	1	0	0	0	0	18	0	0	0	10
grilled chicken burger-w/o bun per 100g	168	110	3	5	0.5	0.1	4	65	0	420	18	3	1	0	0	0	18	2	0	2	8
chicken souvlaki bun-w/o bun	150	231	9.15	13.5	1.05	0.6	7.5	75	0	630	27	2	0	0	0	0	33	1.5	3	3	9
4 chicken fingers	156	340	20	30	2	0	10	20	10	700	30	20	10	0	0	6	22	0	0	0	12
veggie burger-w/o bun	113	190	8	20	15	0	3	0	0	660	28	12	4	6	24	1	20	2	0	15	70
kids burger-w/o bun 2.75oz	70	114	9	0	3	0	0	50	0	270	0	1.9	0	16	0	6	9	0	0	0	1.7
4 chicken nuggets	80	200	8	2		0.05		28		40	17.6	12	4	0.8	0.85	2.4	8	0	0	1.6	8
fries	260	420	15	21	4.5	0.3	21	0	0	810	33	69	24	6	24	0	6	0	10	30	18
cheese curds	60	150	18	28	10	0.7	63	60	0	460	18	1.5	0	0	0	0	14	15	0	45	0
poutine	320	570	33	49	14.5	1	84	60	0	1270	51	70.5	24	6	24	0	20	15	10	75	18
homemade rings	260	650	33	39	4.5	0	26	0	0	750	37	65	21	8	30	10	10	0	0	6	21
sweet potato fries	260	270	12	18	1	0	0	0	0	150	8	37	12	4.5	18	11	3	9.5	9	3	3
greek salad	255	173	14.3	22	2.5	0	27	15	5	424	8	10	3	3	12	5	3	15	71	9	11
cheese slice	21	67	4	3	14.3		0.12	14		308		2		0.2		1.3	4	50	0.2	127	0.1
bacon 2 slices	54	200	19	29	7	0	35	35	0	400	17	1	0	0	0	0	6	0	0	0	2
hamburge bun	80	210	3	5	1	0.5	8	0	0	320	13	41	14	2	8	3	8	0	0	0	15
pita-wholewheat	84	240	6	9	1	1	5	0	0	350	15	39	13	3	12	1	8	0	0	4	14