

# EATING GUIDE FOR GOURMET BURGER KITCHEN



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FOOD MENU (BEEF)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
CLASSIC 6 OZ BEEF BURGER - WHOLE DISH	-	265	15.4	16.3	15.7
CLASSIC SMALL		271	14.4	23.3	17.6
CLASSIC SMALL WITH AMERICAN CHEESE		276	15.2	22.2	17.4
CLASSIC SMALL WITH CHEDDAR		284	18	14.1	17
CLASSIC SMALL WITH RED LEICESTER		282	16	21.3	18.2
CLASSIC SMALL WITH SMOKED APPLEWOOD		293	17.5	19.7	18.7
CLASSIC WITH AMERICAN CHEESE		273	16.7	15.5	15.7
CLASSIC WITH CHEDDAR		284	18	14.1	17
CLASSIC WITH RED LEICESTER		283	17.9	14.1	16.9
CLASSIC WITH SMOKED APPLEWOOD		284	18	14.1	17
BLUE CHEESE WITH BLUE CHEESE MAYO		311	21.4	19.6	14.6
BLUE CHEESE WITH CHEESE SLICE		237	13.8	17.9	14.2
BLUE CHEESE WITH BLUE CHEESE MAYO		250	15.1	20.9	12.2
BLUE CHEESE WITH CHEESE SLICE SMALL		228	12.2	21.3	13.2
BOURBON STREET		230	13.9	15.8	13.9
CHEESE & BACON WITH AMERICAN CHEESE		226	14.1	14.5	13.2
CHEESE & BACON WITH CHEDDAR		235	15.1	13.5	14.2
CHEESE & BACON WITH RED LEICESTER		234	15	13.5	14.1
CHEESE & BACON WITH SMOKED APPLE		235	15.1	13.5	14.2
AVOCADO BACON		228	14.5	15	12.8
CAMEMBURGER		267	15.1	21.8	15
HABANERO		232	12.8	22.9	10
KIWIBURGER		186	10.8	13.6	11.1
MAJOR TOM		249	16.3	13.6	14.9

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TAXIDRIVER	-	223	12.8	18.1	12.3
THE DON		275	17.6	18	15.5
THE MIGHTY		263	16.8	11.7	19.1
THE STACK		312	21.5	15.4	17.7

FOOD MENU (CHICKEN)					
CAJUN BLUE	-	142	8.7	14.9	9.7
CAJUN BLUE PANKO		194	10.3	18	10.6
CAM & CRANBERRY		163	8.6	18.2	12.6
CAM & CRANBERRY PANKO		223	10.4	22.2	13.5
CHICKEN BACON PESTERELLA		187	12.5	13.2	13.9
CHICKEN BACON PESTERELLA PANKO		243	14.3	16.6	14.8
CHICKEN CLASSIC		148	7.9	17.7	13.1
CHICKEN CLASSIC PANKO		223	10.1	22.8	14.2
CHICKEN CLASSIC SMALL		183	8.8	25.2	14.2
CHICKEN CLASSIC SMALL PANKO		255	10.8	26.8	17.4
SATAY		171	9.8	18.8	13.1
SATAY PANKO		255	13.1	24.3	13.9

FOOD MENU (SPECIALTY)					
BUFFALO	-	259	15.7	18	14.9
SALVADOR		256	16.5	18.8	12.1
PERSIAN LAMB		269	15.6	20.5	15.8

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FOOD MENU (VEGGIE)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
BILLY THE KID	-	228	12.5	27.9	6.5
CALIFORNIAN		198	10.6	3.6	7.1
FALAFEL		218	9.6	33.1	5.9
FALAFEL PORTION		229	9.1	32.9	8.3
VEGGIE CLASSIC		165	5.7	25.8	5.7
VEGGIE CLASSIC SMALL		169	5.6	28.2	5.6
VEGGIE CLASSIC SMALL WITH AMERICAN		180	7	26.8	6.3
VEGGIE CLASSIC SMALL WITH CHEDDAR		187	7.8	26	7.1
VEGGIE CLASSIC SMALL WITH RED LEICES		187	7.7	26	7
VEGGIE CLASSIC WITH SMOKED APPLEWO		187	7.8	26	7.1
VEGGIE CLASSIC WITH AMERICAN CHEESE		182	7.8	24.1	6.7
VEGGIE CLASSIC WITH CHEDDAR		192	9	22.8	7.9
VEGGIE CLASSIC WITH RED LEICESTER		192	8.9	22.8	7.8
VEGGIE CLASSICE WITH SMOKED APPLEW		193	9	22.8	7.9

FOOD MENU (SALADS)					
CHILLI CHICK SALAD	-	103	8	5.6	6.8
GBK SALAD		115	9.9	4.6	2.5
QUINOA SALAD		272	22.7	9.1	8.4
SIMPLE SALAD		166	14.7	6.5	3.4

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FOOD MENU (WUW'S & SIDES)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
CHICKEN SKEWERS WITH SMOKED CHILLI	-	238	23.6	2.9	14.6
CHILLI FRIED CHICKEN BITES		279	14	19.5	19.8
CHUNKY SKIN ON FRIES		245	11.6	34.1	3
HALLOUMI BITES		310	22.3	5.9	0.1
HOUSE ONION RINGS		299	15.9	37.5	5.3
SKINNY FRIES		388	21.9	46.1	4.1
SWEET POTATO FRIES (WITH BACONNAISE)		866	77.7	40.7	8.3
SWEET POTATO FRIES (WITHOUT BACONNAI		299	16.9	39.1	2.6
TRUFFLE CHEESE FRIES		213	11.1	25.6	4.3

FOOD MENU (SAUCES & EXTRAS)					
ONION RING	-	299	15.9	37.5	5.3
DILL PICKLE		16	0.2	1.6	1.2
JALAPENOS		64	0.6	10.7	2.6
BOURBON GLAZED MUSHROOM		59	0.5	12.1	2.5
PINEAPPLE		47		12.2	0.3
SMOKED APPLEWOOD		407	34.5	0.1	24.9
AMERICAN CHEESE		327	25.2	10.1	15.5
RED LEICESTER		402	33.7	0.2	24.3
CHEDDAR		406	34.4	0.1	25
CRISPY BACON		340	26.4	0.3	25.2
HARRISA MAYO		542	58.7	3.8	1.6
CHILLI SALSA		93	0.2	21.2	0.8
BLUE CHEESE MAYO		562	60	1.3	6.6

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FOOD MENU (MILKSHAKES)	SERVING SIZE (G)	CALORIES	TOTAL FAT (G)	CARBS (G)	PROTEIN (G)
BANANA MILKSHAKE	-	132	132	18.2	3.5
CHOCOLATE MILKSHAKE		158	158	18.2	4.1
HONEYCOMB MILKSHAKE		142	142	20.2	3.6
LIME MILKSHAKE		135	135	19	3.4
OREO MILKSHAKE		162	162	21.6	4
PEANUT BUTTER MILKSHAKE		174	174	16.9	5.7
SALTED CARAMEL MILKSHAKE		143	143	19.1	3.3
STRAWBERRY MILKSHAKE		133	133	19	3.4
THE NUTTER MILKSHAKE		197	197	20.3	5.1
VANILLA MILKSHAKE		131	131	16.8	3.7

FOOD MENU (SOFT DRINKS & JUICEST)					
COCA COLA	-	43	0	10.6	0
DIET COKE		0	0	0	0
SPRITE		28	0	6.6	0
L&P		44	0	10.8	0.1