



NUTRITION SURVIVAL GUIDE TO

# FATBURGER

CALORIES AND MACRONUTRIENTS



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## MAINS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Fatburger	850	51	69	4	12	41	3.7
Sausage & Egg Sandwich	780	29	47	1	4	53	4.5
Medium Fatburger	590	32	46	2	8	31	3
Crispy Chickn Sandwich	560	26	53	2	5	27	3.9
Fish Sandwich	560	15	55	2	7	31	2.1
Spicy Chicken Sandwich	520	25	58	2	11	21	5.4
Veggie Burger	510	23	60	11	10	20	3.9
Turkeyburger	480	23	50	3	10	21	3.2
Chilli Cheese Dog	480	24	35	2	6	27	2.9
Grilled Chicken Sandwich	430	34	42	2	5	14	2.2
Fatburger (no bun)	410	27	10	2	4	29	2.2
Small Fatburger	400	16	37	2	7	21	2.7
Bacon & Egg Sandwich	350	15	37	1	4	16	2.4
Hot Dog	320	14	32	1	5	15	2
Fat Salad Wedge w Chicken (no dressing)	210	31	8	2	3	6	1.5
Fat Salad Wedge (no dressing)	60	1	5	2	3	4	0.4

## DRINKS

Cookies & Ice Cream Shake	1180	18	163	2	105	59	2
Peanut Butter Shake	950	14	114	1	78	53	1.2
Maui-Banana Shake	940	13	126	1	99	44	0.9
Chocolate Shake	910	14	115	2	86	45	1
Vanilla Shake	890	13	113	0	86	44	0.9
Strawberry Shake	880	14	111	1	85	44	0.9
Big Fat Float	390	3	73	0	64	12	0.4

## SIDES

Chili Cheese Skinny Fries	600	19	64	5	1	30	3.2
Chili Cheese Fat Fries	590	21	53	6	1	33	1.5
Onion Rings	540	7	64	4	10	29	1.2
Chili Skinny Fries	490	12	63	5	1	21	2.8
Chili Fat Fries	480	14	52	6	1	24	1
Skinny Fries	390	4	58	4	0	15	1.8
Fat Fries	380	6	47	5	0	18	0.1
Chili Cup with Cheese and Onions	320	23	12	2	3	20	2.3
Chili Cup	200	16	10	2	2	11	1.9