

NUTRITIONAL INFORMATION

SOUTH ST. BURGER CO.



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)
Regular Burger, white bun	182g	526	23.5	37	10.5	1	58	80	27	657	28	44	15	2.5	11	4	32	0	0	2	31
Regular Burger, whole wheat bun	177g	519	23.5	37	10.5	1	58	80	27	675	28	39	13	5	19	3	32	0	0	2	22
Small Burger, white bun	100g	290	12.5	19	5.5	0.5	29	38	13	390	17	28	9	1.5	6	3	17	0	0	1	18
Small Burger, whole wheat bun	98g	289	12.5	19	5.5	0.5	29	38	13	408	17	25	8	3	12	2	18	0	0	1	13
Chicken, white bun	162g	366	5.1	8	1.9	0	10	76	26	851	36	43	15	1.5	7	4	34	0	1	2	21
Chicken, whole wheat bun	157g	359	5.1	8	1.9	0	10	76	26	869	36	38	13	4	15	3	34	0	1	2	12
Veggie burger, white bun	175g	451	13.5	22	2.8	0	15	0	0	1081	46	53	18	6	25	5	27	1	0	11	77
Veggie burger, whole wheat bun	170g	444	13.5	22	2.8	0	15	0	0	1099	46	48	16	8.5	33	4	27	1	0	11	68
Fries, Small	140	400	19	29	1.5	0	8	0	0	85	4	53	18	4	16	0	5	0	2	2	10
Fries, Medium	200	580	27	42	2.0	0.2	11	0	0	125	5	76	25	6	24	0	7	0	4	2	15
Fries, Large	285	820	38	58	3	0.3	17	0	0	180	8	108	36	9	36	0	11	0	4	4	25
Onion Rings	125	400	25	39	3	0	13	0	0	825	35	40	14	4	15	5	5	0	0	3	13
Poutine, Small	245	710	38	59	10	1	55	45	15	990	41	75	25	5	20	2	19	10	4	30	15
Poutine, Large	320	950	50	77	13	1	70	60	20	1320	55	102	34	7	28	3	25	15	6	50	20
Cheddar Cheese Slice	21 g	80	7	11	4.5	0.2	24	20	7	170	7	0	0	0	0	0	5	6	0	15	0
Monterey Jalapeno Slice	21 g	70	6	9	4	0.1	21	15	5	150	6	0	0	0	0	0	5	6	0	10	0
Swiss Slice	21 g	80	6	9	3.5	0.2	19	15	5	75	3	0	0	0	0	0	6	8	0	20	0
Capriny Cheese	30g	80	6	9	3.5	0.2	19	25	8	120	5	1	1	0	0	0	5	6	0	2	0
Bacon*	5	20	2	3	1	0	3	5	4	97	4	0	0	0	0	0	2	0	0	0	0

Our nutritional information is provided by Maxxam Laboratories Inc. unless specified by an *, in which case it was provided by the manufacturer.