



smash. sizzle. savor.®

NUTRITIONAL INFORMATION

Calorie Counts

At Smashburger, we use only the best quality ingredients to create our delicious menu. From fresh, never-frozen 100% Certified Angus beef and artisan buns to fine cheeses and specialty sauces, we're passionate about making great tasting food. Even our shakes are made with creamy Häagen-Dazs® ice cream. Smashburger ingredients and products are MSG free and contain no hydrogenated fats or oils. Our food also has no trans fats (except for those which occur naturally). Below you'll find the nutritional information for all of our menu items. We offer a variety of options and sizes to accommodate appetites and dietary considerations.

AS OF JANUARY 2012		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g) ⁽¹⁾	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)	
MENU ITEM														
SIGNATURE RECIPE BURGERS	Classic	Small Smash	610	360	40	16	1	105	1760	44	2	7	26	
		Smash	731	436	49	20	1	134	1937	45	2	7	34	
		Big Smash	838	515	58	24	2	168	2135	45	2	7	41	
	All-American w/Cheese	Small Smash	540	300	32	15	1	100	2230	45	1	6	26	
		Smash	661	366	41	18	1	129	2417	46	1	6	34	
		Big Smash	768	455	50	23	2	163	2605	46	1	6	41	
	BBQ, Bacon & Cheddar	Small Smash	820	470	52	23	1.5	140	2120	52	2	11	38	
		Smash	931	546	60	26	1	174	2307	53	2	11	46	
		Big Smash	1048	625	70	31	2.5	203	2495	53	2	11	53	
	Mushroom Swiss	Small Smash	690	450	50	21	1	125	1240	37	1	2	29	
		Smash	801	526	59	24	1	154	1427	38	1	2	37	
		Big Smash	918	605	68	29	2	188	1615	38	1	2	44	
Spicy Baja	Small Smash	650	400	43	16	1.5	95	1240	43	4	6	25		
	Smash	761	466	52	19	1	124	1427	44	4	6	33		
	Big Smash	878	555	61	24	2.5	158	1615	44	4	6	40		
VEGGIE BURGERS	Classic Black Bean Burger	1 sandwich	640	290	33	12.5	0	80	2610	76	8	8	22	
	Spicy Baja Black Bean Burger	1 sandwich	670	320	36	11.5	0	70	2100	75	10	7	21	
SIGNATURE CHICKEN SANDWICHES	Classic, Grilled	1 sandwich	430	160	19	5	0	90	1360	38	3	3	29	
	Classic, Crispy	1 sandwich	620	260	31	8.5	0	130	2020	55	6	10	33	
	Buffalo, Grilled	1 sandwich	510	230	27	9	0	105	2370	39	1	3	35	
	Buffalo, Crispy	1 sandwich	710	330	39	12.5	0	145	3020	57	4	10	39	
	Avocado Club, Grilled	1 sandwich	610	320	37	9	0	110	1740	39	3	4	34	
	Avocado Club, Crispy	1 sandwich	800	420	49	12.5	0	150	2400	56	6	11	38	
	BBQ Ranch, Grilled	1 sandwich	610	260	29	10	0	115	2080	55	2	11	36	
	BBQ Ranch, Crispy	1 sandwich	800	360	41	14.5	0.5	155	2730	73	5	18	40	
	BBQ, Bacon & Cheddar, Grilled	1 sandwich	730	330	37	16	0	150	2430	54	2	11	47	
	BBQ, Bacon & Cheddar, Crispy	1 sandwich	920	430	49	19.5	0.5	190	3080	71	5	18	51	
	Mushroom Swiss, Grilled	1 sandwich	590	300	35	14	0	135	1550	39	1	2	38	
	Mushroom Swiss, Crispy	1 sandwich	790	400	47	17.5	0.5	175	2200	56	4	9	42	
	Spicy Baja, Grilled	1 sandwich	560	250	28	9	0	105	1550	45	4	6	35	
	Spicy Baja, Crispy	1 sandwich	750	350	40	12.5	0.5	145	2200	63	7	13	39	
DOGS	Classic Dog	1 entrée	520	280	31	13	1.5	70	1730	50	2	16	16	
	Chicago Dog	1 entrée	520	280	31	13	1.5	70	2330	49	2	13	16	
	Chili Cheese Dog	1 entrée	670	420	46	20	1.5	110	1390	35	2	3	28	
SIGNATURE SALADS	Salads without Chicken or Dressing													
	Baja Cobb	1 serving	210	120	13	5	0	25	520	13	6	4	11	
	Caesar	1 serving	160	45	5	3	0	15	380	19	4	2	10	
	Cobb	1 serving	350	230	26	13	0	235	690	11	5	3	20	
	Harvest	1 serving	490	270	30	10	0	30	800	41	9	23	19	
	Wedge	1 serving	320	200	22	12	0	55	1200	11	4	7	20	
	BBQ Ranch	1 serving	300	180	20	9	0	45	690	19	5	5	12	
	Honey Mustard	1 serving	160	80	9	4.5	0	25	400	10	5	3	11	
	Chicken Add-Ons													
	Grilled Chicken	1 breast	110	20	2	1	0	70	670	1	0	0	23	
	Crispy Chicken	1 breast	310	120	14	4.5	0	110	1330	19	3	7	27	
	Dressing Choices													
	Balsamic Vinaigrette	1 serving	170	130	14	1.5	0	0	540	11	0	11	0	
	BBQ Sauce	1 serving	70	0	0	0	0	0	460	18	0	15	0	
	Blue Cheese	1 serving	600	580	64	13	0	55	1020	4	0	4	4	
	Caesar	1 serving	370	330	37	7	0	30	1080	6	0	3	6	
	Chipotle	1 serving	510	510	57	9	0	45	990	3	0	3	0	
	Honey Mustard	1 serving	370	330	37	6	0	30	620	11	0	11	0	
SIGNATURE SIDES	Smashfries	1 serving	520	240	26	7	0	20	860	66	4	0	4	
	French Fries	1 serving	460	160	17	7	0	15	1090	70	5	0	5	
	Haystack Onions	1 serving	560	370	42	17	1	75	1130	42	4	12	5	
	Sweet Potato Smashfries	1 serving	460	230	26	7	0	15	340	55	6	20	3	
	Fried Pickles	1 serving	210	120	13	5	0	20	2100	20	2	2	3	
	Veggie Frites	1 serving	110	60	6	2.5	0	5	490	12	4	9	2	
	Beefy Chili	1 serving	750	490	55	23	0	105	1510	33	6	3	28	
	Chili Cheese Fries	1 serving	700	320	36	15	0	55	1490	78	7	1	16	
	Small Wedge Salad	1 serving	490	410	45	13	0	60	1140	8	2	6	12	
	Side Sauces													
	Haystack Dipping Sauce	1 serving	240	230	25	3.5	0	20	280	1	0	1	0	
	Ranch Dressing	1 serving	150	150	16	2	0	15	400	1	0	1	0	
	Chipotle Dressing	1 serving	270	270	30	4.5	0	20	520	1	0	1	0	



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AS OF JANUARY 2012		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g) ⁽¹⁾	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
MENU ITEM													
KIDS MEALS	Kids Smashburger	1 sandwich	530	290	32	15	1	100	1320	37	1	2	26
	Kids Hot Dog	1 entrée	460	280	31	13	1.5	70	1150	31	1	2	16
	Kids Chicken Strips with Ranch	1 entrée	450	290	34	7.5	0	115	2060	15	2	9	23
	Kids Chicken Strips with BBQ	1 entrée	370	90	12	4	0	95	2300	43	2	33	23
	Kids Grilled Cheese	1 sandwich	580	390	44	26	0.5	120	1280	36	2	4	16
	Kids Fries	1 serving	270	90	10	4	0	10	650	42	3	0	3
HAAGEN-DAZS SHAKES	Milkshakes												
	Vanilla Milkshake	1 shake	810	440	49	27	1.5	305	170	74	0	64	16
	Chocolate Milkshake	1 shake	810	440	49	27	1.5	305	240	73	1	68	16
	Strawberry Milkshake	1 shake	800	440	49	27	1.5	305	180	71	0	66	16
	Oreo Milkshake	1 shake	880	490	54	29	1.5	305	310	78	1	66	17
	Butterfinger Milkshake	1 shake	880	490	54	30	1.5	305	240	78	1	68	17
	Nutter Butter Milkshake	1 shake	880	490	55	28	1.5	310	280	77	1	63	19
	Malts												
	Vanilla Malt	1 shake	840	440	49	27	1.5	305	210	79	0	67	17
	Chocolate Malt	1 shake	840	440	49	27	1.5	305	280	78	1	72	17
	Strawberry Malt	1 shake	830	440	49	27	1.5	305	210	76	0	69	17
	Oreo Malt	1 shake	910	490	55	29	1.5	305	340	83	1	70	18
	Butterfinger Malt	1 shake	910	490	55	30	1.5	305	270	83	1	71	18
	Nutter Butter Malt	1 shake	910	500	55	28	1.5	310	320	82	1	66	20
	Floats												
Rootbeer Float	1 float	610	270	30	17	1	205	150	79	0	76	8	
CREATE-YOUR-OWN SMASHBURGER OR CHICKEN	Buns												
	Classic Egg	1 bun	210	50	6	2	0	5	510	36	1	2	7
	Multi-Grain	1 bun	200	45	5	2	0	5	410	34	2	2	6
	Spicy Chipotle	1 bun	220	50	6	2	0	5	450	38	2	3	7
	Patties												
	Small Smash	1 patty	210	160	17	8	1	60	360	0	0	0	14
	Smash	1 patty	321	236	26	11	1	94	547	1	0	0	21
	Big Smash	1 patty	438	315	35	16	2	123	735	1	0	0	29
	Grilled Chicken	1 breast	110	20	2	1	0	70	670	1	0	0	23
	Crispy Chicken	1 breast	310	120	14	4.5	0	110	1330	19	3	7	27
	Black Bean Burger	1 patty	230	90	10	3.5	0	40	1220	32	6	1	9
	Cheeses												
	Aged Swiss	1 slice	110	80	9	5	0	30	130	0	0	0	8
	American	1 slice	100	80	9	5	0	30	440	1	0	0	5
	Blue	1 portion	80	50	6	4	0	15	290	0	0	0	5
	Pepper Jack	1 slice	80	60	6	4	0	20	140	0	0	0	4
	Sharp Cheddar	1 slice	80	50	6	3.5	0	20	40	0	0	0	6
	Sauces and Dressing												
	Smash Sauce	1 serving	70	70	8	1.5	0	5	95	1	0	1	0
	Ketchup	1 serving	15	0	0	0	0	0	135	4	0	3	0
	Yellow Mustard	1 serving	0	0	0	0	0	0	160	3	0	0	0
	Spicy Mustard	1 serving	15	0	0	0	0	0	140	0	0	0	0
	Mayo	1 serving	100	100	12	2	0	10	70	0	0	0	0
	Spicy Chipotle Mayo	1 serving	90	90	9	1.5	0	5	170	0	0	0	0
	BBQ Sauce	1 serving	25	0	0	0	0	0	150	6	0	5	0
	Ranch	1 serving	45	45	5	0.5	0	5	130	0	0	0	0
	Buffalo Sauce	1 serving	5	0	0	0	0	0	410	0	0	0	0
	Blue Cheese	1 serving	150	145	16	3	0	14	255	1	0	1	1
	Toppings												
	Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0	0
	Tomato	2 slices	5	0	0	0	0	0	0	1	0	1	0
	Red Onion	1 slice	5	0	0	0	0	0	0	1	0	1	0
	Grilled Onions	1 portion	110	100	12	7	0	30	80	1	0	1	0
	Kosher Pickles	3 slices	0	0	0	0	0	0	210	0	0	0	0
	Jalapeños	4 slices	5	0	0	0	0	0	0	1	0	0	0
	Garlic Mushrooms	1 portion	60	50	6	3.5	0	15	170	1	0	0	1
	Guacamole	1 portion	45	40	4.5	0	0	0	120	2	1	1	0
	Fried Egg	1 each	140	110	13	6	0	200	95	0	0	0	6
	Beefy Chili	1 portion	250	170	19	8	0	35	500	8	2	1	9
	Avocado	4 slices	25	20	2.5	0	0	0	0	1	1	0	0
	Bacon	1.5 slices	70	45	5	2.5	0	15	330	0	0	0	4
	Haystack Onions	1 portion	140	90	10	4.5	0	20	280	11	1	3	1
Fried Pickles	4 pickles	40	25	2.5	1	0	5	420	4	0	0	1	

*While we have used standard industry databases to derive the information contained on this sheet, the nutritional values reflected should be considered approximations. Actual nutritional content of the products we deliver to you may be affected by a variety of factors such as changes in suppliers, changes in ingredients, slight variations in our recipes, and substitutions that you might request when ordering. Please consider the possibility of these variations when making your choices.

(1) All Trans Fat listed is naturally occurring.



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MENU ITEM (Menu Items Only Available In Specific Locations)													
ARIZONA	Arizona Smashburger	Small Smash	650	400	43	16	1.5	95	1240	43	4	6	25
		Smash	761	466	52	19	1	124	1427	44	4	6	33
		Big Smash	878	555	61	24	2.5	158	1615	44	4	6	40
	Arizona Grilled Chicken	1 sandwich	560	250	28	9	0	105	1550	45	4	6	35
	Arizona Crispy Chicken	1 sandwich	750	350	40	12.5	0.5	145	2200	63	7	13	39
	Arizona Devil Dog	1 dog	660	450	50	18	2	95	1540	35	2	4	21
CALIFORNIA	NorCal Smashburger	Small Smash	820	490	55	23	1	135	1960	54	3	6	34
		Smash	941	566	63	27	1	169	2147	55	3	6	42
		Big Smash	1048	645	73	31	2	198	2335	55	3	6	49
	NorCal Grilled Chicken	1 sandwich	730	350	40	16	0	145	2260	56	3	6	43
	NorCal Crispy Chicken	1 sandwich	920	450	52	20.5	0.5	185	2920	74	6	13	47
	San Diego Smashburger	Small Smash	640	450	49	19	1.5	100	1280	32	5	5	23
		Smash	761	516	57	22	1	134	1467	33	5	5	31
		Big Smash	868	605	67	27	2.5	163	1655	33	5	5	38
	San Diego Grilled Chicken	1 sandwich	550	300	33	12	0	110	1580	34	5	5	32
	San Diego Crispy Chicken	1 sandwich	740	400	46	15.5	0.5	150	2240	52	8	12	36
COLORADO	Colorado Smashburger	Small Smash	760	480	54	23	1.5	135	1240	45	3	6	32
		Smash	881	556	62	26	1.5	164	1417	45	3	6	40
		Big Smash	988	635	72	31	2.5	198	1615	46	3	6	47
	Colorado Grilled Chicken	1 sandwich	670	340	38	16	0	140	1540	46	3	6	41
	Colorado Crispy Chicken	1 sandwich	870	430	50	19.5	1	180	2200	64	6	13	46
	Colorado Dog	1 dog	810	560	63	27	2	140	1570	39	2	6	26
	Fried Green Chillies	5 oz	690	460	51	21	1.5	50	3400	50	6	6	7
FLORIDA	Sunshine Bacon & Cheddar	Small Smash	543	305	34	15	1	98	1135	36	1	9	26
		Smash	871	486	53	23	1	154	1827	59	2	15	41
		Big Smash	1040	610	68	30	2.5	200	2130	59	2	15	52
	Sunshine BBQ Ranch Grilled Chicken	1 sandwich	610	260	29	10	0	115	1980	55	2	11	36
	Sunshine BBQ Ranch Crispy Chicken	1 sandwich	800	360	40	14	0.5	155	2640	73	5	19	41
	Sunshine Avocado Grilled Chicken	1 sandwich	400	110	12	3.5	0	80	1240	47	3	8	31
	Sunshine Avocado Crispy Chicken	1 sandwich	590	210	23	7	0	115	1900	64	6	15	35
	Orange Cream Milkshake	1 shake	840	440	49	27	1.5	305	170	79	0	76	17
	Orange Cream Malt	1 shake	870	450	49	27	1.5	305	210	84	0	80	18
	Miami Burger	Small Smash	629	422	46	19	1.5	131	1403	21	1.5	3.5	33
		Smash	741	486	53	22	1	144	1747	31	2	5	38
		Big Smash	910	610	67	28	2	190	2030	31	2	5	48
	Caribbean Chicken Grilled	1 sandwich	360	130	15	3.5	0	80	1430	33	2	9	26
	Caribbean Chicken Crispy	1 sandwich	550	230	26	7	0	115	2090	51	5	17	31
Key Lime Milkshake	1 shake	820	470	53	30	1.5	305	200	66	0	63	16	
Key Lime Malt	1 shake	850	480	53	30	1.5	310	240	71	0	66	17	
GEORGIA	Atlanta Smashburger	Small Smash	860	540	59	21	1	100	1500	63	4	23	27
		Smash	971	616	68	24	1	134	1687	64	4	23	34
		Big Smash	1140	730	82	30	2	185	1970	64	4	23	45
	Atlanta Grilled Chicken	1 sandwich	770	400	44	13	0	115	1810	65	4	23	35
	Atlanta Crispy Chicken	1 sandwich	960	490	56	17.5	0.5	155	2470	82	7	30	39
	Atlanta Dog	1 dog	800	550	61	22	1.5	105	1640	44	3	11	21
	Peach Milkshake	1 shake	980	520	57	30	3.5	315	260	95	1	81	17
	Peach Malt	1 shake	1010	520	58	30	3.5	320	290	100	1	84	18
IDAHO	Bronco Smashburger	Small Smash	680	420	47	18	1	105	2390	37	1	3	31
		Smash	791	496	56	21	1	139	2577	38	1	3	38
		Big Smash	960	620	69	28	2	185	2860	38	1	3	49
	Bronco Grilled Chicken	1 sandwich	580	280	32	11	0	120	2700	39	1	3	39
	Bronco Crispy Chicken	1 sandwich	780	380	44	15.5	0	160	3350	57	4	10	43
	Huckleberry Milkshake	1 shake	760	440	49	27	1.5	305	170	61	1	57	16
	Huckleberry Malt	1 shake	790	450	50	27	1.5	305	210	66	1	61	17
ILLINOIS	Windy City Smashburger	Small Smash	680	370	40	19	1.5	105	1120	48	2	7	27
		Smash	791	446	49	22	1	139	1307	49	2	7	35
		Big Smash	908	525	58	27	2.5	168	1495	49	2	7	42
	Windy City Grilled Chicken	1 sandwich	580	220	25	12	0	115	1430	50	2	7	36
	Windy City Crispy Chicken	1 sandwich	780	320	37	15.5	0.5	155	2080	67	5	14	40
	Chi-Town Polish Sausage	1 dog	680	460	51	23	0	125	1960	34	1	2	22
IOWA	Iowa Smashburger	Small Smash	1040	670	75	30	1.5	165	2570	58	3	9	38
		Smash	1151	746	83	33	1.5	194	2757	59	3	9	46
		Big Smash	1268	825	93	38	2.5	228	2945	59	3	9	53
	Iowa Grilled Chicken	1 sandwich	950	520	59	23	0.5	175	2880	59	3	9	47
	Iowa Crispy Chicken	1 sandwich	1140	620	71	26.5	1	215	3530	77	6	16	51
		State Fair Smashbrat	1 dog	1010	690	77	35	1	190	3040	45	2	5



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MENU ITEM (Menu Items Only Available In Specific Locations)													
KANSAS	Kansas City Smashburger	Small Smash	860	540	59	31	2	160	2000	54	3	9	31
		Smash	971	616	68	34	2	194	2187	55	3	9	38
		Big Smash	1140	740	82	40	3	240	2470	55	3	9	49
	Kansas City Grilled Chicken	1 sandwich	770	400	45	23	1	170	2310	56	3	9	40
	Kansas City Crispy Chicken	1 sandwich	960	500	57	27.5	1.5	210	2960	73	6	16	44
	Shocker Smashburger	Small Smash	790	510	56	25	1.5	140	2080	52	3	10	27
		Smash	930	590	66	29	2	175	2290	52	3	10	36
		Big Smash	1070	710	79	35	2.5	220	2550	53	3	10	45
	Shocker Crispy Chicken	1 sandwich	850	470	53	22	1	140	2250	68	6	10	33
Shocker Grilled Chicken	1 sandwich	700	360	41	18	0	150	2380	53	3	10	36	
KC Hot Link	1 dog	740	430	47	20	2	110	1860	57	2	18	23	
KENTUCKY	Bluegrass Smashburger	Small Smash	790	440	49	22	1.5	130	2510	51	2	7	38
		Smash	901	516	57	25	1	159	2687	52	2	7	46
		Big Smash	1018	595	67	30	2.5	193	2885	52	2	7	53
	Bluegrass Grilled Chicken	1 sandwich	690	300	33	14	0	140	2810	53	2	7	47
	Bluegrass Crispy Chicken	1 sandwich	890	400	45	18.5	0.5	180	3470	70	5	14	51
Fried Banana Peppers	4 oz	410	250	28	12	1	30	2720	34	3	2	4	
LOUISIANA	Louisiana Smashburger	Small Smash	710	450	49	21	1	125	1940	42	2	5	31
		Smash	831	516	57	24	1	154	2117	43	2	5	39
		Big Smash	938	605	67	29	2	188	2315	43	2	5	46
	Louisiana Grilled Chicken	1 sandwich	620	300	34	13	0	135	2240	44	2	5	40
	Louisiana Crispy Chicken	1 sandwich	820	400	46	17.5	0.5	175	2900	61	5	12	44
	Louisiana Dog	1 dog	600	390	43	20	1.5	110	1690	35	2	3	21
	Bread Pudding Milkshake	1 shake	820	450	50	28	1.5	310	280	73	0	65	16
Bread Pudding Malt	1 shake	850	450	50	28	1.5	310	320	78	0	68	17	
MICHIGAN	Michigan Olive Smashburger	Small Smash	670	440	49	18	1	110	2270	39	2	3	26
		Smash	781	516	58	21	1	139	2447	39	2	3	34
		Big Smash	898	595	67	26	2	173	2645	40	2	3	41
	Michigan Olive Grilled Chicken	1 sandwich	570	300	34	10	0	120	2570	40	2	3	36
	Michigan Olive Crispy Chicken	1 sandwich	770	390	46	14.5	0	160	3230	58	5	10	40
	Cherry BBQ, Bacon & Cheddar Smashburger	Small Smash	760	410	45	20	1.5	120	1700	58	2	15	33
		Smash	871	486	53	23	1	154	1887	59	2	15	40
		Big Smash	988	565	63	28	2.5	183	2075	59	2	15	48
	Cherry BBQ, Bacon & Cheese Grilled Chicken	1 sandwich	660	270	30	13	0	130	2000	60	2	15	42
	Cherry BBQ, Bacon & Cheese Crispy Chicken	1 sandwich	860	360	42	16.5	0.5	170	2660	78	5	22	46
	Cherry BBQ Ranch	1 serving	300	180	20	9	0	45	690	19	5	5	12
	Michigan Harvest Salad	1 serving	430	140	16	8	0	30	770	59	20	31	13
	Michigan Harvest with Grilled Chicken	1 serving	720	290	32	10	0	100	1980	72	20	42	36
	Michigan Harvest with Crispy Chicken	1 serving	860	390	46	17	0	225	3690	64	22	19	51
Michigan Cherry Milkshake	1 shake	800	440	49	27	1.5	305	210	71	0	67	16	
Michigan Cherry Malt	1 shake	830	440	49	27	1.5	305	240	76	0	70	17	
MINNESOTA	Twin Cities Smashburger	Small Smash	810	550	61	28	1.5	160	1180	38	3	3	35
		Smash	931	626	70	31	1.5	189	1357	39	3	3	43
		Big Smash	1038	705	79	36	2.5	223	1555	39	3	3	50
	Twin Cities Grilled Chicken	1 sandwich	720	400	46	21	0	170	1480	40	3	3	44
	Twin Cities Crispy Chicken	1 sandwich	910	500	58	24.5	1	210	2140	57	6	10	48
Tailgate Smashbrat	1 dog	730	470	52	23	0	125	2150	40	2	7	26	
MISSOURI	St. Louis Smashburger	Small Smash	690	390	43	24	1	125	1740	40	2	5	33
		Smash	801	466	52	27	1	159	1927	41	2	5	40
		Big Smash	970	590	66	33	2	205	2210	41	2	5	51
	St. Louis Grilled Chicken	1 sandwich	590	250	28	16	0	135	2050	42	2	5	42
	St. Louis Crispy Chicken	1 sandwich	790	350	40	20.5	0.5	175	2700	59	5	12	46
	St. Louis Dog	1 dog	710	450	51	25	1.5	130	2240	34	2	4	29
	Goey Butter Cake Milkshake	1 shake	940	520	58	32	1.5	350	290	84	0	78	17
Goey Butter Cake Malt	1 shake	970	530	58	33	1.5	355	330	89	0	81	18	
NEBRASKA	Husker Smashburger	Small Smash	1000	640	71	29	2	160	2280	64	4	12	32
		Smash	1111	706	80	33	1.5	189	2457	65	4	12	40
		Big Smash	1228	795	89	37	3	223	2655	65	4	12	47
	Husker Grilled Chicken	1 sandwich	900	490	56	22	1	170	2580	66	4	12	41
Husker Crispy Chicken	1 sandwich	1100	590	68	26.5	1	210	3240	83	7	19	45	
NEVADA	Sin City Smashburger	Small Smash	1130	780	87	39	2	390	2640	50	2	7	44
		Smash	1251	856	95	42	2	419	2827	51	2	7	52
		Big Smash	1358	935	105	47	3	453	3015	51	2	7	59
	Sin City Grilled Chicken	1 sandwich	1040	640	72	32	1	400	2940	52	2	7	53
	Sin City Crispy Chicken	1 sandwich	1240	730	84	35.5	1.5	440	3600	70	5	14	57
	Caramel Milkshake	1 shake	830	440	49	27	1.5	305	220	79	0	70	16
	Caramel Malt	1 shake	860	450	50	28	1.5	310	260	84	0	74	17
NEW JERSEY	New Jersey Smashburger	Small Smash	1140	770	86	37	2	195	2630	59	4	10	39
		Smash	1251	836	94	40	2	229	2817	60	4	10	46
		Big Smash	1368	925	104	45	3	258	3005	60	4	10	54
	New Jersey Grilled Chicken	1 sandwich	1040	620	70	30	1	205	2940	61	4	10	48
	New Jersey Crispy Chicken	1 sandwich	1240	720	82	33.5	1.5	245	3590	78	7	17	52
	Italian Dog	1 dog	540	330	37	15	1.5	75	1480	38	2	3	17
	Jersey Dog	1 dog	590	380	43	20	2	100	1650	34	2	3	17



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NUTRITIONAL INFORMATION

Regional Calorie Counts

At Smashburger, we create special menu items for every location to make sure your experience is unique. All menu ingredients and products are MSG free and contain no hydrogenated fats or oils. Our food also has no trans fats (except for those which occur naturally). Visit your nearest Smashburger today to enjoy any of our regional selections!

AS OF JANUARY 2012		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g) ⁽¹⁾	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
MENU ITEM (Menu Items Only Available In Specific Locations)													
NEW YORK	Brooklyn Smashburger	Small Smash	700	410	45	20	1	130	1850	45	1	4	35
		Smash	821	486	54	24	1	159	2037	45	1	4	43
		Big Smash	928	565	63	28	2	193	2225	46	1	4	50
	Brooklyn Crispy Chicken	1 sandwich	810	370	42	17.5	0	175	2820	64	4	11	48
	Brooklyn Grilled Chicken	1 sandwich	610	270	30	13	0	135	2160	46	1	4	44
	Brooklyn Dog	1 dog	580	380	43	20	2	100	1670	37	2	3	17
	New Yorker Burger	Small Smash	643	415	46	19	2	128	1209	30	2	2.75	31
		Smash	761	476	53	21	1.5	139	1477	43	3	4	35
	Big Smash	930	600	67	28	2.5	185	1750	43	3	4	45	
	Cheesecake Milkshake	1 shake	880	500	56	31	1.5	315	270	72	0	65	17
	Cheesecake Malt	1 shake	910	510	57	32	1.5	315	300	77	0	68	18
NORTH CAROLINA	Carolina Smashburger	Small Smash	700	430	47	17	1	95	1360	47	2	10	27
		Smash	811	506	56	20	1	129	1547	48	2	10	34
		Big Smash	980	630	70	26	2	175	1820	48	2	10	45
	Carolina Grilled Chicken	1 sandwich	610	290	32	10	0	105	1660	49	2	10	35
	Carolina Crispy Chicken	1 sandwich	800	390	44	13.5	0	145	2320	66	5	17	39
	Brunswick Dog	1 dog	730	470	53	19	1.5	110	1710	41	2	6	25
	Carolina Dog	1 dog	730	500	55	19	1.5	95	1520	40	2	8	21
	Brunswick Fries	1 order	550	190	21	9	0	40	1500	76	6	7	15
	Brunswick Stew	1 order	360	70	8	3.5	0	75	1630	44	5	22	29
	Banana Pudding Milkshake	1 shake	970	480	54	28	1.5	310	260	105	4	80	18
Banana Pudding Malt	1 shake	1000	490	54	28	1.5	310	300	110	4	83	19	
NORTH DAKOTA	North Dakota Smashburger	Small Smash	780	490	54	24	1	140	1000	41	2	5	34
		Smash	891	556	63	27	1	169	1187	41	2	5	42
		Big Smash	1008	645	72	32	2	203	1375	42	2	5	49
	North Dakota Grilled Chicken	1 sandwich	680	340	39	17	0	145	1300	42	2	5	43
	North Dakota Crispy Chicken	1 sandwich	880	440	51	20.5	0.5	185	1960	60	5	12	47
North Dakota Smoked Sausage	1 dog	510	300	33	12	0	70	1930	34	2	2	18	
OHIO	Buckeye Smashburger	Small Smash	840	540	60	23	1.5	135	2180	55	3	6	28
		Smash	961	616	69	27	1.5	164	2367	55	3	6	36
		Big Smash	1068	695	78	31	2.5	198	2555	56	3	6	43
	Buckeye Crispy Chicken	1 sandwich	940	490	57	20.5	1	185	3140	74	6	13	41
	Buckeye Grilled Chicken	1 sandwich	750	390	45	16	0.5	145	2490	56	3	6	37
OKLAHOMA	Oklahoma Smashburger	Small Smash	730	440	48	20	1.5	115	1850	52	3	7	27
		Smash	841	506	56	23	1.5	144	2027	53	3	7	35
		Big Smash	958	595	66	28	2.5	178	2225	53	3	7	42
	Oklahoma Grilled Chicken	1 sandwich	640	290	33	13	0.5	125	2150	54	3	7	36
	Oklahoma Crispy Chicken	1 sandwich	830	390	45	16.5	1	165	2810	71	6	14	40
TENNESSEE	Nashville Burger	Small Smash	677	415	46	22	1.5	149	1797	36	1.5	7.5	35
		Smash	821	486	53	26	1	169	2317	52	2	11	39
		Big Smash	980	600	67	32	2	215	2600	52	2	11	50
TEXAS	Fort Bliss Smashburger	Small Smash	850	550	61	26	1.5	145	1390	52	4	8	28
		Smash	961	626	69	30	1.5	174	1567	52	4	8	36
		Big Smash	1078	705	79	34	2.5	208	1765	53	4	8	43
	Fort Bliss Grilled Chicken	1 sandwich	760	410	45	19	0.5	155	1690	53	4	8	37
	Fort Bliss Crispy Chicken	1 sandwich	950	500	57	23.5	1	195	2350	71	7	15	42
	Jalapeño BBQ Smashburger	Small Smash	720	390	42	19	1.5	105	1960	61	3	17	28
		Smash	831	466	51	22	1.5	139	2147	62	3	17	35
		Big Smash	1000	580	65	28	2.5	190	2430	62	3	17	45
	Jalapeño BBQ Grilled Chicken	1 sandwich	620	240	27	12	0	120	2270	63	3	17	36
	Jalapeño BBQ Crispy Chicken	1 sandwich	820	340	39	15.5	1	160	2920	80	6	24	40
	Texas Smashburger	Small Smash	530	300	32	15	1	100	2100	42	2	3	26
		Smash	641	366	41	18	1	129	2287	43	2	3	34
		Big Smash	758	455	50	23	2	163	2475	43	2	3	41
	Texas Grilled Chicken	1 sandwich	440	150	17	8	0	110	2410	44	2	3	35
	Texas Crispy Chicken	1 sandwich	630	250	29	11.5	0	150	3060	61	5	10	39
	Patriot Dog	1 dog	810	570	63	27	2	135	1580	39	2	5	23
	Texas Dog	1 dog	660	450	50	18	2	95	1540	35	2	4	21
Fried Jalapeños	1 serving	170	100	11	4.5	0	15	490	16	2	4	3	
Red, White & Blue Milkshake	1 shake	840	440	49	27	1.5	305	180	78	0	74	16	
Red, White & Blue Malt	1 shake	870	440	49	27	1.5	305	210	83	0	78	17	
UTAH	Beehive Smashburger	Small Smash	820	470	52	23	1.5	140	2110	53	2	10	39
		Smash	941	546	60	26	1	174	2297	54	2	10	46
		Big Smash	1048	625	70	31	2.5	203	2485	54	2	10	46
	Beehive Grilled Chicken	1 sandwich	730	330	37	16	0	150	2420	55	2	10	48
	Beehive Crispy Chicken	1 sandwich	930	430	49	19.5	0.5	190	3070	72	5	17	52
	Grasshopper Milkshake	1 shake	810	440	49	27	1.5	305	180	74	0	70	16
Grasshopper Malt	1 shake	840	440	49	27	1.5	305	210	79	0	73	17	

*While we have used standard industry databases to derive the information contained on this sheet, the nutritional values reflected should be considered approximations. Actual nutritional content of the products we deliver to you may be affected by a variety of factors such as changes in suppliers, changes in ingredients, slight variations in our recipes, and substitutions that you might request when ordering. Please consider the possibility of these variations when making your choices.

(1) All Trans Fat listed is naturally occurring.