



NUTRITIONAL INFORMATION

SMASHED FRESH. SERVED DELICIOUS.

U.S. LOCATIONS ONLY

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. Below you'll find the nutritional information for all of our Core menu items. We offer a variety of options and sizes to accommodate appetites and dietary considerations. Version 4.2015

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)		
MENU ITEM														
FAVORITES	Classic	Big	840	500	56	24	2	165	2100	45	2	8	40	
		Regular	720	420	47	20	1.5	130	1910	45	2	8	33	
		Small	600	330	36	15	1	95	1700	44	1	9	24	
	Bacon Cheese	Black Bean	620	260	29	11	0	70	2420	74	7	9	21	
		Big	830	480	54	24	2	170	2860	46	1	7	45	
		Regular	720	400	45	20	1.5	140	2670	46	1	7	37	
		Small	595	312	35	16	1	105	2462	46	1	7	29	
Black Bean	610	240	27	12	0	80	3180	74	6	8	25			
Avocado Club, Grilled	1 sandwich	610	320	36	9	0	110	1790	39	3	4	34		
Avocado Club, Crispy	1 sandwich	800	430	47	13	0	150	2450	56	6	10	38		
Smashfries	1 Serving	470	210	24	7	0	15	780	59	3	0	4		
SMASHBURGERS	Avocado Club	Big	930	630	70	24	2	165	1860	38	3	4	40	
		Regular	820	540	60	20	1.5	135	1670	38	3	4	32	
		Small	710	460	52	16	1	100	1480	38	3	4	25	
	Black Bean	Big	720	380	43	11	0	70	2180	66	8	5	20	
		Regular	790	490	54	23	2	155	1510	38	3	3	40	
		Small	680	400	45	19	1.5	125	1310	38	3	3	33	
	Avocado Ranch	Big	560	320	35	14	1	90	1110	38	3	3	25	
		Regular	600	260	29	10	0	65	1830	67	9	4	21	
		Small	600	260	29	10	0	65	1830	67	9	4	21	
	Bacon Cheese	Big	830	480	54	24	2	170	2860	46	1	7	45	
		Regular	720	400	45	20	1.5	140	2670	46	1	7	37	
		Small	595	312	35	16	1	105	2462	46	1	7	29	
	Black Bean	Big	610	240	27	12	0	80	3180	74	6	8	25	
		Regular	1050	640	71	31	2	205	2540	53	2	10	53	
		Small	940	560	62	27	1.5	175	2350	53	2	10	45	
	BBQ Bacon & Cheddar	Big	817	468	52	23	1	138	2140	53	2	10	37	
		Regular	840	400	44	19	0.5	110	2860	82	7	11	33	
		Small	840	400	44	19	0.5	110	2860	82	7	11	33	
	Buffalo & Blue Cheese	Big	838	532	59	24	2	157	2456	38	1	3	41	
		Regular	725	449	50	20	1	125	2264	38	1	3	33	
		Small	603	361	40	15	1	90	2058	38	1	3	25	
	Black Bean	Big	600	266	30	9	0	57	2462	67	6	4	21	
		Regular	880	550	62	23	2	160	1590	41	4	6	40	
		Small	770	470	52	19	1.5	125	1390	41	4	6	32	
	Spicy Baja	Big	660	390	44	15	1	95	1210	41	4	6	25	
		Regular	660	310	34	11	0	65	1950	70	9	7	20	
		Small	660	310	34	11	0	65	1950	70	9	7	20	
	Spinach, Cucumber & Goat Cheese	Big	735	424	47	21	2	143	1373	41	3	6	38	
Regular		622	341	38	17	1	111	1181	41	3	6	31		
Small		500	252	28	12	1	76	974	40	3	6	23		
Black Bean	Big	519	180	20	8	0	49	1691	69	8	7	19		
	Regular	910	600	67	27	2	175	1590	38	1	2	44		
	Small	800	510	58	23	1.5	145	1400	38	1	2	37		
Truffle Mushroom & Swiss	Big	690	430	49	19	1	110	1210	38	1	2	30		
	Regular	690	350	40	14	0	80	1910	66	7	3	25		
	Small	610	320	36	9	0	110	1790	39	3	4	34		
SMASHCHICKEN	Avocado Club, Grilled	1 sandwich	800	430	47	13	0	150	2450	56	6	10	38	
	Avocado Club, Crispy	1 sandwich	470	180	21	8	0	105	1430	39	3	3	34	
	Avocado Ranch, Grilled	1 sandwich	660	290	32	11	0.5	140	2090	57	6	10	39	
	Avocado Ranch, Crispy	1 sandwich	730	340	38	16	0	150	2460	54	2	10	46	
	BBQ Bacon & Cheddar, Grilled	1 sandwich	920	440	49	20	0.5	190	3120	72	5	17	51	
	BBQ Bacon & Cheddar, Crispy	1 sandwich	514	230	26	9	0	103	2382	39	1	3	35	
	Buffalo & Blue Cheese, Grilled	1 sandwich	754	351	39	13	0	158	3249	60	4	10	44	
	Buffalo & Blue Cheese, Crispy	1 sandwich	430	160	18	5	0	90	1400	38	3	3	29	
	Classic, Grilled	1 sandwich	620	260	29	9	0	125	2060	55	5	10	34	
	Classic, Crispy	1 sandwich	560	250	28	9	0	105	1510	42	4	6	34	
	Spicy Baja, Grilled	1 sandwich	750	350	39	12	0.5	140	2170	60	6	13	38	
	Spicy Baja, Crispy	1 sandwich	411	122	14	6	0	89	1298	41	3	6	32	
	Spinach, Cucumber & Goat Cheese, Grilled	1 sandwich	604	224	25	10	0	127	1959	59	6	12	37	
	Spinach, Cucumber & Goat Cheese, Crispy	1 sandwich	580	290	33	12	0	120	1520	39	1	2	38	
	Truffle Mushroom & Swiss, Grilled	1 sandwich	780	400	45	16	0.5	160	2180	56	4	9	43	
	Truffle Mushroom & Swiss, Crispy	1 sandwich												
	SIGNATURE SALADS	Baja Cobb (No Dressing)	Regular	190	120	14	5	0	25	590	10	4	3	10
		Baja Cobb (No Dressing)	Grilled	310	140	16	6	0	100	1260	11	4	3	33
		Baja Cobb (No Dressing)	Crispy	499	244	27	10	0	137	1920	29	7	10	38
		Classic Cobb (No Dressing)	Regular	330	230	26	13	0	235	760	7	3	2	20
Classic Cobb (No Dressing)		Grilled	450	250	28	14	0	310	1430	9	3	2	42	
Classic Cobb (No Dressing)		Crispy	641	354	39	18	1	347	2090	27	6	8	47	
Harvest (No Dressing)		Regular	470	270	30	10	0	30	800	38	8	22	19	
Harvest Chicken (No Dressing)		Grilled	580	290	32	11	0	100	1470	39	8	22	42	
Harvest Chicken (No Dressing)		Crispy	774	388	43	15	0	140	2131	57	10	29	46	
Spinach, Cucumber & Goat Cheese (No Dressing)		Regular	280	140	16	7	0	20	300	27	7	11	12	
Spinach, Cucumber & Goat Cheese (No Dressing)		Grilled	390	160	18	8	0	95	960	28	7	11	35	
Spinach, Cucumber & Goat Cheese (No Dressing)		Crispy	580	260	29	11	0	130	1630	46	10	18	40	
Dressing Choices														
Balsamic Vinaigrette		3 oz.	170	130	14	1.5	0	0	540	11	0	11	0	
BBQ Sauce		1.5 oz.	70	0	0	0	0	0	280	18	0	15	0	
Blue Cheese	3 oz.	450	430	48	10	0	45	770	3	0	3	3		
Chipotle Mayonnaise	3 oz.	528	501	56	9	0	44	821	3	0	3	0		
Ranch	3 oz.	312	280	32	4	0	14	708	6	0	3	0		

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MENU ITEM													
SIGNATURE SIDES	French Fries, Regular	1 Serving	410	140	16	6	0	15	980	63	4	1	4
	French Fries, Large	1 Serving	594	205	23	9	1	20	1419	91	6	2	6
	Smashfries, Regular	1 Serving	470	210	24	7	0	15	780	59	3	0	4
	Smashfries, Large	1 Serving	675	308	34	10	0	25	1124	86	5	0	6
	Haystack Onions	1 Serving	560	370	42	17	1	75	1130	42	4	12	5
	Spicy Buffalo Fries, Regular	1 Serving	411	142	16	6	0	14	2191	63	4	1	4
	Spicy Buffalo Fries, Large	1 Serving	594	205	23	9	1	20	3836	91	6	2	6
	Sweet Potato Fries, Regular	1 Serving	440	180	20	8	0.5	15	522	61	8	21	4
	Sweet Potato Fries, Large	1 Serving	720	296	33	13	1	21	669	100	13	34	6
	Sweet Potato Smashfries, Regular	1 Serving	463	233	26	7	0	15	635	55	6	20	3
	Sweet Potato Fries, Large	1 Serving	764	384	43	11	1	24	856	90	10	33	5
	Fried Pickles	1 Serving	310	180	20	8	1	25	3150	30	3	3	4
	Veggie Frite	1 Serving	220	110	12	5	0	10	980	23	7	17	4
	Side Salad (no dressing)	1 Serving	40	20	2.5	1.5	0	5	70	3	1	1	3
	Side Sauces												
Chipotle Mayonnaise	1.5 oz.	264	251	28	4.5	0	22	411	2	0	2	0	
Ranch	1.5 oz.	156	140	16	2	0	7	354	3	0	1	0	
Texas Petal	1.5 oz.	205	198	22	4	0	7	249	2	0	0	0	
KIDS MEALS	Kid's Smash	Small	520	270	30	14	1	95	1290	37	1	3	25
	Chicken Strips with BBQ (w/o Fries)	1 Serving	440	160	17	7	0	70	1580	46	3	25	24
	Chicken Strips with Ranch (w/o Fries)	1 Serving	530	350	39	10	0	80	1600	19	2	2	24
	Grilled Chicken with BBQ (w/o Fries)	1 Serving	206	18	2	1	0	71	1031	24	0	19	23
	Grilled Chicken with Ranch (w/o Fries)	1 Serving	279	166	18	3	0	79	1045	4	0	2	23
	Hot Dog	1 Serving	470	280	31	12	1.5	70	1150	31	1	2	16
	Grilled Cheese	1 Serving	421	214	24	14	0	68	1221	36	2	6	14
	Fries	3 oz	270	90	10	4	0	10	650	42	3	1	3
MILKSHAKES & MALTS	Milkshakes												
	Vanilla Milkshake	1 Shake	760	420	46	27	1.5	245	170	72	0	61	13
	Chocolate Milkshake	1 Shake	760	420	46	27	1.5	245	240	71	1	66	13
	Strawberry Milkshake	1 Shake	750	420	46	27	1.5	245	180	68	0	63	13
	Oreo Milkshake	1 Shake	830	470	52	29	1.5	245	310	76	1	64	15
	Butterfingers Milkshake	1 Shake	830	460	52	30	1.5	245	240	76	1	66	15
	Nutter Butter Milkshake	1 Shake	830	470	52	28	1.5	250	280	75	1	61	17
	PB&J Milkshake	1 Shake	880	470	52	28	1.5	250	290	87	1	72	17
	Salted Caramel Milkshake	1 Shake	780	420	46	27	1.5	245	410	74	0	69	13
	Chocolate Oreo Milkshake	1 Shake	892	467	52	29	1	245	378	91	2	77	15
	Malts												
	Vanilla Malt	1 Malt	790	420	47	27	1.5	245	210	77	0	64	14
	Chocolate Malt	1 Malt	790	420	47	27	1.5	245	280	76	1	69	14
	Strawberry Malt	1 Malt	780	420	47	27	1.5	245	210	73	0	67	14
	Oreo Malt	1 Malt	860	470	53	29	1.5	245	340	81	1	67	16
	Butterfingers Malt	1 Malt	860	470	52	30	1.5	245	270	81	1	69	16
	Nutter Butter Malt	1 Malt	860	480	53	28	1.5	250	320	80	1	64	18
PB&J Malt	1 Malt	910	480	53	28	1.5	250	320	92	1	75	18	
Salted Caramel Malt	1 Malt	810	420	47	27	1.5	245	440	79	0	73	14	
Chocolate Oreo Malt	1 Malt	922	473	53	29	1	247	411	96	2	81	16	
Floats													
Root Beer Float	1 Float	580	260	29	17	1	165	150	78	0	75	6	
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	450	34	2	2	6
	Spicy Chipotle	1 bun	220	50	6	2	0	5	440	35	2	3	6
	Gluten Free	1 bun	270	80	10	2	0	5	480	43	5	6	6
	Patties												
	Big	1 patty	440	320	36	16	1.5	125	740	1	0	0	29
	Regular	1 patty	320	240	26	12	1.5	95	550	1	0	0	21
	Small	1 patty	210	160	17	8	1	60	360	0	0	0	14
	Grilled Chicken	1 breast	110	20	2	1	0	70	670	1	0	0	23
	Crispy Chicken	1 breast	310	120	13	4.5	0	110	1330	19	3	7	27
	Black Bean (contains cheese & egg)	1 patty	230	50	6	1.5	0	25	750	29	5	1	9
	Cheeses												
	Aged Swiss	1 slice	110	80	9	5	0	30	130	0	0	0	8
	American	1 slice	90	60	7	4.5	0	25	410	1	0	1	4
	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	60	7	4	0	20	135	0	0	0	5
	Goat	1 Portion	52	38	4	3	0	11	73	0	0	0	3
	Sauces and Dressing												
	Smash Sauce	0.5 oz.	73	66	7	1	0	7	112	1	0	1	0
	Ketchup	0.5 oz.	15	0	0	0	0	0	135	4	0	3	0
	Yellow Mustard	0.5 oz.	0	0	0	0	0	0	160	3	0	0	0
	Mayo	0.5 oz.	100	100	11	2	0	10	85	0	0	0	0
	Spicy Chipotle Mayo	0.5 oz.	88	84	9	1.5	0	7	137	1	0	1	0
	BBQ Sauce	0.5 oz.	25	0	0	0	0	0	95	6	0	5	0
	Ranch	0.5 oz.	52	47	5	1	0	2	118	1	0	0	0
	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	35	30	3.5	2	0	10	80	1	0	1	0
	Kosher Pickles	3 slices	0	0	0	0	0	0	190	0	0	0	0
Jalapeños	4 slices	5	0	0	0	0	0	0	1	0	0	0	
Spinach	1 portion	4	0	0	0	0	0	14	1	0	0	0	
Cucumbers	1 portion	3	0	0	0	0	0	0	1	0	0	0	
Garlic Mushrooms, Grilled	1 portion	35	30	3.5	2	0	10	160	1	0	0	0	
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	
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	

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MENU ITEM												
Beverages	Coca Cola	Large	250	0	0	0	0	80	69	0	69	0
	Coca Cola	Regular	170	0	0	0	0	55	46	0	46	0
	Coca Cola	Kids	100	0	0	0	0	30	26	0	26	0
	Diet Coke	Large	0	0	0	0	0	80	0	0	0	0
	Diet Coke	Regular	0	0	0	0	0	55	0	0	0	0
	Diet Coke	Kids	0	0	0	0	0	30	0	0	0	0
	Coke Zero	Large	0	0	0	0	0	70	0	0	0	0
	Coke Zero	Regular	0	0	0	0	0	47	0	0	0	0
	Coke Zero	Kids	0	0	0	0	0	27	0	0	0	0
	Sprite	Large	280	0	0	0	0	60	70	0	62	0
	Sprite	Regular	190	0	0	0	0	40	47	0	42	0
	Sprite	Kids	110	0	0	0	0	25	27	0	24	0
	Minute Maid Lemonade	Large	290	0	0	0	0	40	76	0	73	0
	Minute Maid Lemonade	Regular	190	0	0	0	0	25	51	0	49	0
	Minute Maid Lemonade	Kids	110	0	0	0	0	15	29	0	28	0
	Minute Maid Light Lemonade	Large	10	0	0	0	0	85	3	0	0	0
	Minute Maid Light Lemonade	Regular	5	0	0	0	0	60	2	0	0	0
	Minute Maid Light Lemonade	Kids	5	0	0	0	0	35	1	0	0	0
	Dr. Pepper	Large	263	0	0	0	0	92	71	0	71	0
	Dr. Pepper	Regular	180	0	0	0	0	60	47	0	47	0
	Dr. Pepper	Kids	100	0	0	0	0	35	27	0	27	0
	Fanta Orange	Large	289	0	0	0	0	92	79	0	79	0
	Fanta Orange	Regular	193	0	0	0	0	61	53	0	53	0
	Fanta Orange	Kids	110	0	0	0	0	35	30	0	30	0
	Iced Tea, Unsweetened	Large	5	0	0	0	0	20	2	0	0	0
	Iced Tea, Unsweetened	Regular	5	0	0	0	0	10	1	0	0	0
	Iced Tea, Unsweetened	Kids	0	0	0	0	0	5	1	0	0	0
	Iced Tea, Sweetened	Large	230	0	0	0	0	1	60	0	59	0
	Iced Tea, Sweetened	Regular	154	0	0	0	0	0	40	0	40	0
	Iced Tea, Sweetened	Kids	88	0	0	0	0	0	23	0	23	0
	Iced Tea, Green	Large	131	0	0	0	0	13	32	0	32	0
	Iced Tea, Green	Regular	88	0	0	0	0	9	21	0	21	0
Iced Tea, Green	Kids	50	0	0	0	0	5	12	0	12	0	
Iced Tea, Lemon Herbal	Large	131	0	0	0	0	13	32	0	32	0	
Iced Tea, Lemon Herbal	Regular	88	0	0	0	0	9	21	0	21	0	
Iced Tea, Lemon Herbal	Kids	50	0	0	0	0	5	12	0	12	0	
Iced Tea, Raspberry	Large	131	0	0	0	0	13	32	0	32	0	
Iced Tea, Raspberry	Regular	88	0	0	0	0	9	21	0	21	0	
Iced Tea, Raspberry	Kids	50	0	0	0	0	5	12	0	12	0	
XXX Vitamin Water	Large	131	0	0	0	0	0	34	0	34	0	
XXX Vitamin Water	Regular	88	0	0	0	0	0	23	0	23	0	
XXX Vitamin Water	Kids	50	0	0	0	0	0	13	0	13	0	
Milk, Whole	Kids	220	110	12	7	0	35	160	18	0	18	12
Milk, Organic	8 oz	110	25	3	2	0	10	130	22	0	12	8
Milk, Organic Chocolate	8 oz	150	23	3	2	0	10	200	24	0	22	8
Juice, Organic Apple	6.75 oz	40	0	0	0	0	0	5	10	0	9	0

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		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
MENU ITEM (Menu Items Only Available in specific locations)													
ALABAMA	Dixie Smashburger	Big	980	610	68	26	2.0	170	1960	50	4	3	46
	Dixie Smashburger	Regular	870	530	59	22	1.5	140	1770	50	4	3	39
	Dixie Smashburger	Small	750	450	50	18	1.0	110	1580	49	4	3	32
	Dixie Smashchicken Grilled	1 Sandwich	650	310	34	12	0.0	120	1890	50	4	3	40
	Dixie Smashchicken Crispy	1 Sandwich	850	410	46	15	0.5	155	2550	68	6	10	45
	Fried Green Tomatoes	1 Serving	450	330	37	8	0.0	35	1030	25	4	4	4
	Bread Pudding Milkshake	1 Shake	770	420	47	28	1.5	250	280	71	0	62	14
	Bread Pudding Malt	1 Malt	800	430	48	28	1.5	250	320	76	0	66	15
ARIZONA	Arizona Smashburger	Big	880	560	62	23	2.0	155	1590	42	4	6	40
	Arizona Smashburger	Regular	770	480	53	19	1.5	125	1400	42	4	6	32
	Arizona Smashburger	Small	660	390	44	15	1.0	95	1210	41	4	6	25
	Arizona Smashchicken, Grilled	1 Sandwich	560	260	28	9	0.0	105	1520	42	4	6	34
	Arizona Smashchicken, Crispy	1 Sandwich	750	360	40	12	0.0	140	2180	60	6	13	38
CALIFORNIA	Bay Smashburger	Big	920	580	65	26	2.0	175	1640	41	2	1	44
	Bay Smashburger	Regular	810	500	56	22	1.5	145	1450	41	2	1	37
	Bay Smashburger	Small	700	420	47	18	1.0	110	1260	41	2	1	30
	Bay Smashchicken, Grilled	1 Sandwich	600	280	32	12	0.0	120	1570	42	2	1	38
	Bay Smashchicken, Crispy	1 Sandwich	790	380	43	15	0.5	160	2230	60	4	7	43
	Chicken Tender Meal with Ranch (L.A. Live Only)	1 Serving	1020	540	60	18	1.0	125	2940	86	7	3	36
	Chicken Tender Meal with BBQ (L.A. Live Only)	1 Serving	920	350	39	15	1.0	105	2820	107	8	21	36
	L.A. Smashburger	Big	970	580	65	27	2.0	345	1400	54	2	12	42
	L.A. Smashburger	Regular	860	500	56	23	1.5	315	1210	54	2	12	34
	L.A. Smashburger	Small	750	420	47	19	1.0	280	1020	54	2	12	27
	L.A. Smashchicken, Grilled	1 Sandwich	650	280	31	12	0.0	290	1320	55	2	12	36
	L.A. Smashchicken, Crispy	1 Sandwich	840	380	43	16	0.5	330	1990	73	5	19	40
	NorCal Smashburger	Big	1050	650	72	31	2.0	200	2350	55	3	6	49
	NorCal Smashburger	Regular	940	570	63	27	1.5	170	2160	55	3	6	42
	NorCal Smashburger	Small	830	480	54	23	1.0	135	1970	55	3	6	34
	NorCal Smashchicken, Grilled	1 Sandwich	730	350	39	16	0.0	145	2280	56	3	6	43
	NorCal Smashchicken, Crispy	1 Sandwich	920	450	50	20	0.5	185	2940	74	6	13	48
	OC Smashburger	Big	950	630	70	29	2.0	185	1670	40	2	3	45
	OC Smashburger	Regular	830	550	61	25	1.5	150	1480	39	2	3	37
	OC Smashburger	Small	720	470	52	21	1.0	120	1290	39	2	3	30
	OC Smashchicken, Grilled	1 Sandwich	620	330	37	14	0.0	130	1600	40	2	3	39
	OC Smashchicken, Crispy	1 Sandwich	820	430	48	18	0.5	170	2260	58	4	10	43
	San Diego Smashburger	Big	950	600	67	27	2.0	165	1640	48	5	6	41
	San Diego Smashburger	Regular	840	520	58	23	1.5	135	1440	48	5	6	33
	San Diego Smashburger	Small	730	440	49	19	1.5	100	1260	48	5	6	26
	San Diego Smashchicken, Grilled	1 Sandwich	630	300	33	12	0.0	110	1560	49	5	6	35
	San Diego Smashchicken, Crispy	1 Sandwich	820	400	45	16	0.5	150	2220	67	8	13	40
	So Cal Smashburger	Big	950	600	67	27	2.0	165	1640	48	5	6	41
	So Cal Smashburger	Regular	840	520	58	23	1.5	135	1440	48	5	6	33
	So Cal Smashburger	Small	730	440	49	19	1.5	100	1260	48	5	6	26
	So Cal Smashchicken, Grilled	1 Sandwich	630	300	33	12	0.0	110	1560	49	5	6	35
	So Cal Smashchicken, Crispy	1 Sandwich	820	400	45	16	0.5	150	2220	67	8	13	40
Chai Tea Malt	1 Shake	840	420	47	27	1.5	245	210	87	0	71	14	
Chai Tea Milkshake	1 Malt	810	420	46	27	1.5	245	170	82	0	68	13	
COLORADO	Colorado Smashburger	Big	1009	648	72	32	2.2	201	1806	46	3	10	46
	Colorado Smashburger	Regular	896	566	63	27	1.8	168	1614	46	3	10	38
	Colorado Smashburger	Small	775	477	53	23	1.3	134	1408	46	3	10	30
	Colorado Smashchicken, Grilled	1 Sandwich	685	346	39	17	0.5	147	1731	47	3	10	40
	Colorado Smashchicken, Crispy	1 Sandwich	878	448	50	20	0.8	185	2392	65	6	17	44
	Fried Green Chillies	1 Serving	690	460	51	21	1.5	50	3400	50	6	6	7

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MENU ITEM (Menu Items Only Available in specific locations)													
CONNECTICUT	Constitution Smashburger	Big	876	549	61	22	2	147	1744	43	2	1	39
	Constitution Smashburger	Regular	763	467	52	18	1	114	1552	43	2	1	31
	Constitution Smashburger	Small	642	378	42	13	1	80	1346	43	2	1	23
	Constitution Smashchicken, Grilled	1 Sandwich	552	247	27	7	0	93	1670	44	2	1	33
	Constitution Smashchicken, Crispy	1 Sandwich	792	368	41	11	0	148	2537	65	5	8	42
FLORIDA	Central Florida Smashburger	Big	1013	652	72	26	2	166	2050	50	3	3	41
	Central Florida Smashburger	Regular	900	569	63	22	2	134	1858	49	3	3	33
	Central Florida Smashburger	Small	779	481	53	18	1	99	1652	49	3	3	25
	Central Florida Smashchicken, Grilled	1 Sandwich	689	350	39	11	0	112	1976	50	3	3	35
	Central Florida Smashchicken, Crispy	1 Sandwich	929	471	52	16	1	167	2843	71	6	11	44
	Miami Smashburger	Big	970	600	67	28	2.0	185	1880	46	2	6	47
	Miami Smashburger	Regular	850	520	57	24	1.5	150	1680	46	2	6	40
	Miami Smashburger	Small	740	440	48	20	1.0	120	1500	46	2	6	32
	Miami Smashchicken, Grilled	1 Sandwich	640	300	33	13	0.0	130	1800	47	2	6	41
	Miami Smashchicken, Crispy	1 Sandwich	840	400	44	17	0.0	165	2460	64	5	13	46
	Sunshine Bacon & Cheese Smashburger	Big	980	580	64	28	2.0	185	2120	59	2	15	47
	Sunshine Bacon & Cheese Smashburger	Regular	870	490	55	24	1.5	155	1930	59	2	15	39
	Sunshine Bacon & Cheese Smashburger	Small	760	410	46	20	1.5	120	1740	58	2	15	32
	Sunshine Bacon & Cheese Smashchicken, Grilled	1 Sandwich	660	270	31	13	0.0	130	2050	59	2	15	41
	Sunshine Bacon & Cheese Smashchicken, Crispy	1 Sandwich	850	380	42	17	0.5	170	2710	77	5	22	45
	Orange Cream Milkshake	1 Shake	790	420	46	27	1.5	245	170	77	0	74	15
	Orange Cream Malt	1 Malt	820	420	47	27	1.5	245	210	82	0	77	16
	GEORGIA	Georgia Smashburger	Big	880	550	61	23	2.0	150	1600	48	2	11
Georgia Smashburger		Regular	850	520	58	20	1.5	120	1480	57	3	18	33
Georgia Smashburger		Small	660	390	43	15	1.0	85	1220	48	2	11	25
Georgia Smashchicken, Grilled		1 Sandwich	560	250	28	8	0.0	95	1530	49	2	11	33
Georgia Smashchicken, Crispy		1 Sandwich	750	350	39	12	0.0	135	2190	67	5	18	38
Peach Milkshake		1 Shake	930	490	55	30	3.5	255	260	92	1	79	15
Peach Malt		1 Malt	960	500	56	30	3.5	260	290	97	1	82	16
IDAHO	Bronco Smashburger	Big	910	580	64	26	2.0	170	2790	38	1	3	45
	Bronco Smashburger	Regular	790	500	55	22	1.5	140	2590	38	1	3	38
	Bronco Smashburger	Small	680	420	46	18	1.0	110	2410	38	1	3	31
	Bronco Smashchicken, Grilled	1 Sandwich	580	280	31	11	0.0	120	2710	39	1	3	39
	Bronco Smashchicken, Crispy	1 Sandwich	770	380	42	15	0.0	155	3370	57	4	10	44
	Huckleberry Milkshake	1 Shake	710	420	46	27	1.5	245	170	59	1	55	14
	Huckleberry Malt	1 Malt	740	420	47	27	1.5	245	210	64	1	58	15
ILLINOIS	Windy City Smashburger	Big	910	530	59	27	2.0	170	1600	49	2	7	41
	Windy City Smashburger	Regular	800	450	50	23	1.5	140	1400	49	2	7	34
	Windy City Smashburger	Small	690	370	41	19	1.5	105	1220	49	2	7	27
	Windy City Smashchicken, Grilled	1 Sandwich	580	230	26	12	0.0	115	1520	50	2	7	35
	Windy City Smashchicken, Crispy	1 Sandwich	780	330	37	16	0.5	155	2180	68	5	13	40
IOWA	Iowa Smashburger	Big	1270	830	92	37	2.5	230	2970	59	3	9	53
	Iowa Smashburger	Regular	1160	740	83	33	2.0	195	2780	59	3	9	46
	Iowa Smashburger	Small	1050	660	74	29	1.5	165	2590	58	3	9	39
	Iowa Smashchicken, Grilled	1 Sandwich	950	520	58	23	0.5	175	2890	59	3	9	47
	Iowa Smashchicken, Crispy	1 Sandwich	1140	630	70	26	1.0	215	3550	77	6	16	52
KANSAS	Kansas City Smashburger	Big	1000	610	68	31	2.5	200	2380	55	3	9	46
	Kansas City Smashburger	Regular	880	530	59	27	2.0	165	2190	55	3	9	38
	Kansas City Smashburger	Small	770	450	50	23	1.5	135	2000	54	3	9	31
	Kansas City Smashchicken, Grilled	1 Sandwich	670	310	34	17	0.5	145	2300	55	3	9	40
	Kansas City Smashchicken, Crispy	1 Sandwich	870	410	46	20	1.0	185	2960	73	5	16	44
KENTUCKY	Bluegrass Smashburger	Big	1020	610	68	30	2.0	195	2980	52	2	7	52
	Bluegrass Smashburger	Regular	900	530	59	26	1.5	160	2790	52	2	7	45
	Bluegrass Smashburger	Small	790	450	50	22	1.0	130	2600	52	2	7	38
	Bluegrass Smashchicken, Grilled	1 Sandwich	690	310	34	15	0.0	140	2910	53	2	7	46
	Bluegrass Smashchicken, Crispy	1 Sandwich	890	410	46	19	0.5	180	3570	70	4	14	51
	Ale-8-One Float	1 Float	540	260	29	17	1.0	165	105	66	0	64	6
	Fried Banana Peppers	1 Serving	410	250	28	12	1.0	30	2720	34	3	2	4

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MENU ITEM (Menu Items Only Available in specific locations)													
LOUISIANA	Louisiana Smashburger	Big	930	590	65	28	2.0	185	2290	43	2	6	45
	Louisiana Smashburger	Regular	820	500	56	24	1.5	150	2090	43	2	6	37
	Louisiana Smashburger	Small	710	420	47	20	1.0	120	1910	43	2	6	30
	Louisiana Smashchicken, Grilled	1 Sandwich	610	280	32	13	0.0	130	2210	44	2	6	39
	Louisiana Smashchicken, Crispy	1 Sandwich	800	390	43	17	0.5	170	2870	61	4	13	44
	NOLA Smashburger	Big	1060	690	77	28	2.0	185	2090	50	4	4	46
	NOLA Smashburger	Regular	950	610	67	24	1.5	155	1900	50	4	4	39
	NOLA Smashburger	Small	840	530	58	20	1.0	120	1710	50	4	4	32
	NOLA Smashchicken, Grilled	1 Sandwich	740	390	43	14	0.0	130	2020	51	4	4	40
	NOLA Smashchicken, Crispy	1 Sandwich	930	490	54	17	0.5	170	2680	69	7	11	45
	Debris Fries	1 Serving	720	380	42	15	0.0	60	3010	70	4	0	16
	Cajun Fries	1 Serving	530	240	27	7	0.0	20	1390	68	4	0	5
	Root Beer Float	1 Float	580	260	29	17	1.0	165	150	78	0	75	6
Crush Float	1 Float	600	260	29	17	1.0	165	125	85	0	83	6	
MASSACHUSETTS	New Englander Smashburger	Big	920	570	63	32	2.5	190	1750	48	3	10	43
	New Englander Smashburger	Regular	800	480	54	27	2.0	155	1560	48	3	10	35
	New Englander Smashburger	Small	680	400	44	23	1.5	120	1350	48	3	10	27
	New Englander Smashchicken, Grilled	1 Sandwich	590	270	30	17	0.5	135	1680	49	3	10	36
MICHIGAN	Cherry BBQ Bacon & Cheddar Smashburger	Big	990	580	64	28	2.0	185	2170	59	2	15	47
	Cherry BBQ Bacon & Cheddar Smashburger	Regular	870	490	55	24	1.5	155	1980	59	2	15	39
	Cherry BBQ Bacon & Cheddar Smashburger	Small	760	410	46	20	1.5	120	1790	59	2	15	32
	Cherry BBQ Bacon & Cheddar Smashchicken, Grilled	1 Sandwich	660	270	31	13	0.0	130	2100	60	2	15	41
	Cherry BBQ Bacon & Cheddar Smashchicken, Crispy	1 Sandwich	850	380	42	17	0.5	170	2760	78	5	22	45
	Michigan Olive Smashburger	Big	890	580	64	25	2.0	165	2630	40	2	4	41
	Michigan Olive Smashburger	Regular	780	500	55	21	1.5	135	2440	39	2	4	33
	Michigan Olive Smashburger	Small	670	420	46	17	1.0	105	2250	39	2	4	26
	Michigan Olive Smashchicken, Grilled	1 Sandwich	560	280	31	10	0.0	115	2560	40	2	4	35
	Michigan Olive Smashchicken, Crispy	1 Sandwich	760	380	42	14	0.0	150	3220	58	4	10	39
	Motor City Smashburger	Big	920	530	59	28	2.0	175	2080	56	2	10	40
	Motor City Smashburger	Regular	800	450	50	24	1.5	145	1890	56	2	10	33
	Motor City Smashburger	Small	690	370	41	20	1.5	110	1700	56	2	10	25
	Motor City Smashchicken, Grilled	1 Sandwich	590	230	26	13	0.0	120	2010	57	2	10	34
	Motor City Smashchicken, Crispy	1 Sandwich	790	330	37	16	0.5	160	2670	75	5	17	39
	Michigan Cherry Milkshake	1 Shake	750	420	46	27	1.5	245	210	68	0	65	14
Michigan Cherry Malt	1 Malt	780	420	47	27	1.5	245	240	73	0	68	15	
MINNESOTA	Twin Cities Smashburger	Big	1050	650	73	32	2.0	200	1510	50	3	6	50
	Twin Cities Smashburger	Regular	940	570	63	28	1.5	170	1310	50	3	6	43
	Twin Cities Smashburger	Small	830	490	54	24	1.0	135	1130	50	3	6	36
	Twin Cities Smashchicken, Grilled	1 Sandwich	730	350	39	17	0.0	145	1430	51	3	6	44
	Twin Cities Smashchicken, Crispy	1 Sandwich	920	450	50	21	0.5	185	2090	68	5	13	49
MISSOURI	St. Louis Smashburger	Big	920	550	62	31	2.0	190	2120	41	2	5	48
	St. Louis Smashburger	Regular	800	470	52	27	1.5	160	1930	41	2	5	40
	St. Louis Smashburger	Small	690	390	43	23	1.0	125	1740	41	2	5	33
	St. Louis Smashchicken, Grilled	1 Sandwich	590	250	28	16	0.0	135	2050	42	2	5	42
	St. Louis Smashchicken, Crispy	1 Sandwich	780	350	39	20	0.5	175	2710	60	4	11	46
	Gooey Butter Cake Milkshake	1 Shake	890	500	55	32	1.5	290	290	81	0	75	15
	Gooey Butter Cake Malt	1 Malt	920	500	56	33	1.5	290	330	86	0	79	16
NEBRASKA	Husker Smashburger	Big	1210	770	86	36	2.5	220	2670	65	4	12	47
	Husker Smashburger	Regular	1090	690	77	32	2.0	185	2480	65	4	12	39
	Husker Smashburger	Small	980	610	68	28	1.5	155	2290	65	4	12	32
	Husker Smashchicken, Grilled	1 Sandwich	880	470	52	21	1.0	165	2600	66	4	12	41
	Husker Smashchicken, Crispy	1 Sandwich	1080	570	64	24	1.0	205	3260	83	6	19	46

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MENU ITEM (Menu Items Only Available in specific locations)													
NEVADA	Sin City Smashburger	Big	1280	850	94	41	2.5	425	3000	51	2	8	58
	Sin City Smashburger	Regular	1170	770	85	37	2.0	395	2810	51	2	8	51
	Sin City Smashburger	Small	1060	690	76	33	1.5	360	2620	51	2	8	43
	Sin City Smashchicken, Grilled	1 Sandwich	960	550	61	26	1.0	370	2920	52	2	8	52
	Sin City Smashchicken, Crispy	1 Sandwich	1150	650	72	30	1.0	410	3580	70	5	14	57
NEW JERSEY	New Jersey Smashburger	Big	1380	860	96	41	2.5	240	2870	71	4	13	55
	New Jersey Smashburger	Regular	1260	780	87	37	2.0	205	2680	71	4	13	47
	New Jersey Smashburger	Small	1150	700	78	33	1.5	175	2490	71	4	13	40
	New Jersey Smashchicken, Grilled	1 Sandwich	1050	560	62	26	1.0	185	2790	72	4	13	49
	New Jersey Smashchicken, Crispy	1 Sandwich	1240	660	74	30	1.0	225	3450	90	7	19	53
	BBQ Chicken Ranch Salad	Regular	280	180	20	9	0	45	750	16	4	4	11
	BBQ Chicken Ranch Salad	Grilled	610	340	37	12	0	130	2080	37	4	20	34
	BBQ Chicken Ranch Salad	Crispy	798	440	49	16	1	170	2738	55	7	27	39
NEW YORK	Brooklyn Smashburger	Big	940	570	63	28	2.0	190	2210	46	1	4	50
	Brooklyn Smashburger	Regular	820	490	54	24	1.5	160	2020	45	1	4	43
	Brooklyn Smashburger	Small	710	410	45	20	1.0	125	1830	45	1	4	36
	Brooklyn Smashchicken, Grilled	1 Sandwich	610	270	30	13	0.0	135	2140	46	1	4	44
	Brooklyn Smashchicken, Crispy	1 Sandwich	800	370	41	17	0.0	175	2800	64	4	11	49
	New Yorker Smashburger	Big	960	570	63	27	2.0	170	1520	54	3	7	43
	New Yorker Smashburger	Regular	850	480	54	23	2.0	140	1330	54	3	7	36
	New Yorker Smashburger	Small	740	400	45	19	1.5	105	1140	54	3	7	28
	New Yorker Smashchicken, Grilled	1 Sandwich	630	260	29	12	0.0	115	1450	55	3	7	37
	New Yorker Smashchicken, Crispy	1 Sandwich	830	370	41	16	1.0	155	2110	73	6	14	42
	BBQ Chicken Ranch Salad	Regular	280	180	20	9	0	45	750	16	4	4	11
	BBQ Chicken Ranch Salad	Grilled	610	340	37	12	0	130	2080	37	4	20	34
	BBQ Chicken Ranch Salad	Crispy	798	440	49	16	1	170	2738	55	7	27	39
	3pc Chicken Strip w/Ranch	1 Serving	420	290	32	7	0	55	1200	14	2	2	16
3pc Chicken Strip w/BBQ	1 Serving	300	100	12	5	0	45	1110	34	2	20	16	
NORTH CAROLINA	Carolina Chili Smashburger	Big	950	600	66	28	2.0	175	1710	45	2	8	42
	Carolina Chili Smashburger	Regular	840	510	57	24	1.5	145	1520	45	2	8	34
	Carolina Chili Smashburger	Small	730	430	48	20	1.0	110	1330	45	2	8	27
	Carolina Chili Smashchicken, Grilled	1 Sandwich	630	290	33	13	0.0	120	1640	46	2	8	36
	Carolina Chili Smashchicken, Crispy	1 Sandwich	820	400	44	16	0.0	160	2300	64	5	14	40
	Fried Pickles	30 pieces	310	180	20	8	0.5	25	3150	30	3	3	4
	Brunswick Fries	1 Serving	580	210	23	10	0.0	45	1560	80	6	6	14
	Brunswick Stew	1 Serving	310	70	8	3.5	0.0	65	1400	36	4	18	24
N. DAKOTA	North Dakota Smahburger	Big	1010	650	73	32	2.0	200	1490	42	2	5	48
	North Dakota Smahburger	Regular	890	570	63	28	1.5	170	1300	41	2	5	41
	North Dakota Smahburger	Small	780	490	55	24	1.0	135	1110	41	2	5	34
	North Dakota Smashchicken, Grilled	1 Sandwich	680	350	39	17	0.0	145	1410	42	2	5	42
	North Dakota Smashchicken, Crispy	1 Sandwich	880	450	50	21	0.5	185	2080	60	4	11	47
OHIO	Buckeye Smashburger	Big	1060	680	75	31	2.5	190	2550	56	3	7	42
	Buckeye Smashburger	Regular	950	590	66	27	2.0	160	2350	55	3	7	35
	Buckeye Smashburger	Small	840	510	57	23	1.5	130	2170	55	3	7	27
	Buckeye Smashchicken, Grilled	1 Sandwich	740	380	42	16	0.5	140	2470	56	3	7	36
	Buckeye Smashchicken, Crispy	1 Sandwich	930	480	53	20	1.0	175	3130	74	5	14	41
	Fried Banana Peppers	1 Serving	410	250	28	12	1.0	30	2720	34	3	2	4

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SMASHED FRESH. SERVED DELICIOUS.

NUTRITIONAL INFORMATION

U.S. LOCATIONS ONLY

At Smashburger, we create special menu items for every location. Visit your nearest Smashburger today to enjoy any of our regional selections! Version 4.2015

		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)
MENU ITEM (Menu Items Only Available in specific locations)													
OKLAHOMA	Oklahoma Smashburger	Big	960	590	66	28	2.5	180	2220	53	3	7	42
	Oklahoma Smashburger	Regular	850	510	57	24	2.0	145	2030	53	3	7	35
	Oklahoma Smashburger	Small	740	430	48	20	1.5	115	1840	53	3	7	27
	Oklahoma Smashchicken, Grilled	1 Sandwich	640	290	33	13	0.5	125	2150	54	3	7	36
	Oklahoma Smashchicken, Crispy	1 Sandwich	830	400	44	16	1.0	165	2810	71	5	13	41
	Fried Jalapenos	1 Serving	170	100	11	4.5	0.0	15	490	16	2	4	3
PENNSYLVANIA	Philly Smashburger	Big	840	490	54	27	2.0	175	2120	43	1	6	40
	Philly Smashburger	Regular	720	410	45	23	1.5	140	1920	43	1	6	33
	Philly Smashburger	Small	610	330	36	19	1.0	110	1740	43	1	6	25
	Philly Smashchicken, Grilled	1 Sandwich	510	190	21	12	0.0	120	2040	44	1	6	34
	Philly Smashchicken, Crispy	1 Sandwich	710	290	32	15	0.5	155	2700	62	4	13	39
	Cheez Whiz Cheese Fries	1 Serving	770	370	41	21	0.0	100	2950	81	5	8	18
TENNESSEE	Tennessee Smashburger	Big	910	530	59	29	2.0	190	2450	52	2	13	44
	Tennessee Smashburger	Regular	800	450	50	25	1.5	160	2260	52	2	13	37
	Tennessee Smashburger	Small	690	370	41	21	1.0	125	2070	51	2	13	30
	Tennessee Smashchicken, Grilled	1 Sandwich	590	230	25	14	0.0	135	2380	52	2	13	38
	Tennessee Smashchicken, Crispy	1 Sandwich	780	330	37	18	0.5	175	3040	70	5	20	43
	TEXAS	Fort Bliss Smashburger	Big	1010	650	72	30	2.5	185	1830	50	4	8
Fort Bliss Smashburger		Regular	900	560	63	26	2.0	155	1630	49	4	8	34
Fort Bliss Smashburger		Small	780	480	54	22	1.5	125	1450	49	4	8	27
Fort Bliss Smashchicken, Grilled		1 Sandwich	680	340	38	15	0.5	135	1750	50	4	8	35
Fort Bliss Smashchicken, Crispy		1 Sandwich	880	450	50	19	1.0	170	2410	68	6	15	40
Jalapeno BBQ Smashburger		Big	950	550	61	27	2.5	175	2220	62	3	17	42
Jalapeno BBQ Smashburger		Regular	840	460	52	22	2.0	140	2030	62	3	17	35
Jalapeno BBQ Smashburger		Small	730	380	43	18	1.5	110	1840	62	3	17	27
Jalapeno BBQ Smashchicken, Grilled		1 Sandwich	620	240	27	12	0.5	120	2150	63	3	17	36
Jalapeno BBQ Smashchicken, Crispy		1 Sandwich	820	350	39	15	1.0	160	2810	80	6	23	41
Texas Smashburger		Big	750	440	49	22	2.0	155	2400	43	2	4	40
Texas Smashburger		Regular	640	350	39	18	1.5	125	2210	43	2	4	33
Texas Smashburger		Small	530	270	30	14	1.0	95	2020	42	2	4	26
Texas Smashchicken, Grilled		1 Sandwich	430	130	15	7	0.0	105	2320	44	2	4	34
Texas Smashchicken, Crispy		1 Sandwich	620	240	26	11	0.0	140	2990	61	4	11	39
Fried Jalapenos	1 Serving	170	100	11	4.5	0.0	15	490	16	2	4	3	
UTAH	Beehive Smashburger	Big	1060	640	71	31	2.0	205	2590	54	2	10	53
	Beehive Smashburger	Regular	940	560	62	27	1.5	175	2400	54	2	10	45
	Beehive Smashburger	Small	830	480	53	23	1.5	140	2210	54	2	10	38
	Beehive Smashchicken, Grilled	1 Sandwich	730	340	38	16	0.0	150	2510	55	2	10	47
	Beehive Smashchicken, Crispy	1 Sandwich	920	440	49	20	0.5	190	3170	72	5	17	51
	Grasshopper Mint Milkshake	1 Shake	760	420	46	27	1.5	245	180	71	0	68	13
	Grasshopper Mint Malt	1 Malt	790	420	47	27	1.5	245	210	76	0	71	14
	VIRGINIA	Capitol Smashburger	Big	1040	640	71	30	2.0	195	1700	50	3	7
Capitol Smashburger		Regular	930	550	62	26	1.5	165	1510	50	3	7	42
Capitol Smashburger		Small	820	470	53	22	1.0	130	1320	50	3	7	35
Capitol Smashchicken, Grilled		1 Sandwich	720	340	37	15	0.0	140	1630	51	3	7	44
Capitol Smashchicken, Crispy		1 Sandwich	910	440	49	19	0.5	180	2290	69	5	13	49
Wisconsin	Wisconsin 3 Cheese Smashburger	Big	1170	734	82	40	3	266	2230	42	1	7	63
	Wisconsin 3 Cheese Smashburger	Regular	854	503	56	29	2	175	1693	42	1	7	42
	Wisconsin 3 Cheese Smashburger	Small	733	415	46	24	1	141	1487	42	1	7	34
	Wisconsin 3 Cheese Smashchicken, Grilled	1 Sandwich	643	284	32	18	0	154	1810	43	1	7	43
	Wisconsin 3 Cheese Smashchicken, Crispy	1 Sandwich	883	405	45	22	1	209	2677	63	4	14	52
	Wisconsin Fried Cheese Curds	Regular	344	186	21	10	0	52	825	24	0	0	17
	Wisconsin Fried Cheese Curds	Large	687	371	41	21	0	103	1649	48	0	0	34

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