



NUTRITIONAL INFORMATION

U.S. LOCATIONS ONLY

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		SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBERS (g)	SUGAR (g)	PROTEIN (g)
MENU ITEM												
SIGNATURES	Classic Smash	Big	670	44	16	2	130	1630	32	3	7	38
		Regular	600	40	14	2	110	1600	32	3	7	32
		Crispy	560	28	8	0	90	1600	48	3	3	31
		Grilled	390	20	7	0	105	1150	29	2	3	31
		Turkey	570	39	11	0	120	1420	32	3	7	28
	Bacon Avocado Club	Black Bean	490	25	8	0	55	1720	55	7	8	16
		Big	720	51	15	2	120	1620	29	3	3	36
		Regular	650	47	13	2	100	1590	29	3	3	30
		Crispy	680	39	10	1	100	2050	49	4	3	34
		Grilled	510	31	9	1	115	1600	30	3	3	34
BBQ, Bacon & Cheddar	Turkey	620	46	10	1	110	1410	29	3	3	26	
	Black Bean	540	32	7	1	45	1710	52	7	4	14	
	Big	830	55	22	2	155	1720	43	3	10	44	
	Regular	760	51	20	2	135	1690	43	3	10	38	
	Crispy	800	43	17	1	135	2150	63	4	10	42	
Buffalo & Blue Cheese	Grilled	630	35	16	1	150	1700	44	3	10	42	
	Turkey	730	50	17	1	145	1510	43	3	10	34	
	Black Bean	650	36	14	1	80	1810	66	7	11	22	
	Big	680	48	18	2	130	2050	29	2	3	39	
	Regular	620	44	16	2	110	2020	29	2	3	33	
Spicy Jalapeno Baja	Crispy	650	36	13	0	110	2480	49	3	3	37	
	Grilled	480	28	12	0	125	2030	30	2	3	37	
	Turkey	590	43	13	0	120	1840	29	2	3	29	
	Black Bean	510	29	10	0	55	2140	52	6	4	17	
	Big	720	50	17	2	130	1300	31	4	6	40	
Spinach, Cucumber & Goat Cheese	Regular	660	46	15	2	110	1270	31	4	6	34	
	Crispy	690	38	12	0	110	1730	51	5	6	38	
	Grilled	520	30	11	0	125	1280	32	4	6	38	
	Turkey	630	45	12	0	120	1090	31	4	6	30	
	Black Bean	550	31	9	0	55	1390	54	8	7	18	
Triple Double	Big	620	39	15	2	115	1100	32	3	5	37	
	Regular	560	35	13	2	95	1070	32	3	5	31	
	Crispy	590	27	10	0	95	1530	52	4	5	35	
	Grilled	420	19	9	0	110	1080	33	3	5	35	
	Turkey	530	34	10	0	105	890	32	3	5	27	
Triple Double with Bacon	Black Bean	450	20	7	0	40	1190	55	7	6	15	
	Sandwich	785	56	21	2	150	2475	36	2	11	38	
	Big	830	59	23	2	160	2705	36	2	11	41	
	Regular	750	53	19	2	145	1230	27	3	2	43	
	Crispy	690	49	17	2	125	1200	27	3	2	37	
Truffle Mushroom Swiss	Grilled	720	41	14	0	125	1660	47	4	2	41	
	Turkey	550	33	13	0	140	1210	28	3	2	41	
	Black Bean	660	48	14	0	135	1020	27	3	2	33	
	Big	750	53	19	2	145	1230	27	3	2	43	
	Regular	690	49	17	2	125	1200	27	3	2	37	

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PROTEINS											
Big Beef (Seasoned & Grilled w/ Butter & Oil)	1 Patty	370	28	10	2	95	580	0	0	0	29
Regular Beef (Seasoned & Grilled w/ Butter & Oil)	1 Patty	300	24	8	2	75	550	0	0	0	23
Small Beef (Seasoned & Grilled w/ Butter & Oil)	1 Patty	160	14	4	1	40	500	0	0	0	11
Grilled Chicken (Seasoned & Grilled w/ Butter & Oil)	1 breast	160	8	4	0	90	560	1	0	0	27
Crispy Chicken	1 breast	330	16	5	0	75	1010	20	1	0	27
Turkey (Seasoned & Grilled w/ Butter & Oil)	1 Patty	270	23	5	0	85	370	0	0	0	19
Black Bean (Seasoned & grilled w/ Butter & Oil; Contains cheese & egg)	1 Patty	190	9	2	0	20	670	23	4	1	7
BUNS (TOASTED WITH BUTTER)											
Classic Egg	1 bun	170	6	2	0	10	390	26	2	2	5
Multi Grain	1 bun	160	5	2	0	10	340	26	2	2	4
Spicy Chipotle	1 bun	170	6	2	0	10	330	26	2	3	5
Gluten Free	1 bun	280	10	3	0	10	480	43	5	6	6
CHEESES											
Aged Swiss	1 Slice	110	9	5	0	30	130	0	0	0	8
American	1 Slice	90	7	4	0	25	410	1	0	1	4
Blue, Crumbles	0.75 oz	80	7	5	0	19	197	1	0	0	5
Goat, Crumbles	0.5 oz.	50	4	3	0	11	73	0	0	0	3
Pepper Jack	1 Slice	80	6	4	0	20	140	0	0	0	4
Sliced Aged Cheddar	1 Slice	80	7	4	0	20	135	0	0	0	5
Melted Cheddar	1 Scoop	80	6	4	0	20	150	3	0	3	4
SAUCES & DRESSINGS											
Smash Sauce	0.3 oz.	45	5	1	0	5	65	1	0	1	0
Ketchup	0.3 oz.	10	0	0	0	0	80	2	0	2	0
Yellow Mustard	0.3 oz.	0	0	0	0	0	95	2	0	0	0
Mayo	0.3 oz.	60	7	1	0	5	50	0	0	0	0
Spicy Chipotle	0.3 oz.	50	6	1	0	5	80	0	0	0	0
BBQ	0.5 oz.	25	0	0	0	0	95	6	0	5	0
Ranch	0.3 oz.	30	3	0	0	0	70	1	0	0	0
TOPPINGS											
Lettuce	1 leaf	0	0	0	0	0	0	0	0	0	0
Tomato	2 slices	5	0	0	0	0	0	1	0	1	0
Yellow Onion	0.3 oz.	5	0	0	0	0	0	1	0	1	0
Grilled Onions (Seasoned & Grilled w/ Butter & Oil)	1 oz	40	4	1	0	0	80	1	0	0	0
Pickles	3 slices	0	0	0	0	0	190	0	0	0	0
Fresh Jalapeños	4 slices	10	0	0	0	0	1	3	1	2	0
Spinach	0.3 oz	0	0	0	0	0	14	1	0	0	0
Cucumbers	0.75 oz	0	0	0	0	0	0	1	0	0	0
Sauteed crimini mushrooms (Seasoned & Grilled w/ Butter & Oil)	1 oz	40	4	1	0	0	80	1	0	0	0
Guacamole	1 Scoop	40	4	0	0	0	100	2	1	1	0
Fried Egg (Fried w/ Butter & oil)	1 egg	130	11	3	0	185	95	0	0	0	6
Fresh sliced avocado	4 slices	25	2	0	0	0	0	1	1	0	0
Applewood smoked bacon	1.5 slices	45	4	2	0	10	230	0	0	0	3
Haystack Onions	1 oz	140	10	0	4	20	280	11	1	3	1

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	MENU ITEM												
SALADS	Classic Cobb (No Dressing, No Protein Option)	1 Salad	320	25	10	0	225	700	8	3	2	19	
	BBQ Ranch (No Dressing, No Protein Option)	1 Salad	510	36	11	0	54	1395	37	4	20	12	
	Spinach, Cucumber & Goat Cheese (No Dressing, No Protein Option)	1 Salad	208	13	9	0	34	358	14	5	3	12	
	Dressing Choices												
	Balsamic Vinaigrette	3 oz.	170	14	2	0	0	540	11	0	11	0	
	Ranch	3 oz.	310	30	6	0	12	710	6	0	3	0	
Chipotle Mayo	3 oz.	530	56	9	0	45	820	3	0	3	0		
KIDS MEALS	Kid's Smash (w/o Fries)	1 Burger	400	25	10	1	65	1200	27	2	3	19	
	Crispy Chicken Strips with BBQ Dipping Sauce (w/o Fries)	3 Strips	380	17	7	0	70	1380	33	3	15	24	
	Crispy Chicken Strips with Ranch Dipping Sauce (w/o Fries)	3 Strips	470	33	9	0	75	1450	18	2	1	24	
	Grilled Chicken with BBQ Dipping Sauce (w/o Fries)	1 Breast	240	8	4	0	90	850	19	0	15	27	
	Grilled Chicken with Ranch Dipping Sauce (w/o Fries)	1 Breast	330	24	6	0	95	940	4	0	1	27	
	Grilled Cheese (w/o Fries)	1 Sandwich	390	20	11	0	59	1221	36	2	6	14	
	Fries	Kid's	270	10	4	0	10	650	42	3	1	3	
	Tots	Kid's	160	8	2	0	0	730	19	2	1	2	
	Smash Tots	Kid's	270	21	3	0	0	780	20	2	1	2	
SIGNATURE SIDES	French Fries	Large	550	21	8	0	20	1310	84	6	2	6	
		Regular	370	14	5	0	10	870	56	4	1	4	
	Smashfries	Large	620	32	9	0	25	1040	79	5	0	5	
		Regular	420	21	6	0	15	690	53	3	0	4	
	Tots	Regular	240	12	3	0	0	890	29	3	2	3	
	Smash Tots	Regular	350	25	4	0	0	950	29	3	2	3	
	Sweet Potato Fries	Large	720	33	13	1	21	670	100	13	34	6	
		Regular	440	20	8	0	15	520	61	8	21	4	
	Sweet Potato Smashfries	Large	830	46	14	1	20	720	100	13	24	6	
		Regular	550	33	9	1	15	580	61	8	21	4	
	Haystack Onions (No Sauce)	1 Serving	560	42	17	1	75	1130	42	4	12	5	
	Fried Pickles (No Dressing)	1 Serving	300	15	0	8	37	3150	30	0	0	7	
	Brussels Sprouts (No Dressing)	1 Serving	245	21	13	0	0	118	14	6	3	5	
	Side Salad (No dressing)	1 Salad	40	3	2	0	5	70	3	1	1	3	
	Side Sauces												
Spicy Chipotle	1.5 oz.	260	28	5	0	20	410	1	0	1	0		
Ranch	1.5 oz.	160	16	2	0	5	350	3	0	1	0		
MILKSHAKES & MALTS	Milkshakes												
	Chocolate Milkshake	1 Shake	790	48	28	2	285	240	73	1	68	13	
	Vanilla Milkshake	1 Shake	790	48	28	2	285	170	74	0	63	13	
	Strawberry Milkshake	1 Shake	780	48	28	2	285	180	70	0	65	13	
	Oreo Milkshake	1 Shake	890	54	30	2	285	310	78	1	66	15	
	Chocolate Oreo Milkshake	1 Shake	920	54	30	2	285	380	93	2	79	15	
	Reese's Peanut Butter Milkshake	1 Shake	880	62	30	2	285	270	62	1	56	18	
	Salted Caramel Milkshake	1 Shake	810	48	28	2	285	410	76	0	71	13	
	Cold Brew Coffee Milkshake	1 Shake	720	45	26	1	275	120	68	0	57	10	
	Malts												
	Chocolate Malt	1 Malt	820	49	28	2	287	268	78	1	71	14	
	Vanilla Malt	1 Malt	820	49	28	2	287	198	79	0	66	14	
	Strawberry Malt	1 Malt	810	49	28	2	287	208	75	0	68	14	
	Oreo Malt	1 Malt	920	55	30	2	287	338	83	1	69	16	
	Chocolate Oreo Malt	1 Malt	950	55	30	2	287	408	98	2	82	16	
	Reese's Peanut Butter Malt	1 Malt	910	63	30	2	287	298	67	1	59	19	
	Salted Caramel Malt	1 Malt	840	49	28	2	287	438	81	0	74	14	
	Cold Brew Coffee Malt	1 Malt	750	46	26	1	277	148	73	0	60	11	

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MENU ITEM											
BEVERAGES	Coca Cola	Large	390	0	0	0	125	105	0	105	0
	Coca Cola	Regular	270	0	0	0	85	72	0	72	0
	Coca Cola	Kids	150	0	0	0	45	39	0	39	0
	Diet Coke	Large	0	0	0	0	120	0	0	0	0
	Diet Coke	Regular	0	0	0	0	85	0	0	0	0
	Diet Coke	Kids	0	0	0	0	45	0	0	0	0
	Diet Coke, Caffeine Free	Large	0	0	0	0	120	0	0	0	0
	Diet Coke, Caffeine Free	Regular	0	0	0	0	85	0	0	0	0
	Diet Coke, Caffeine Free	Kids	0	0	0	0	45	0	0	0	0
	Coke Zero	Large	0	0	0	0	105	0	0	0	0
	Coke Zero	Regular	0	0	0	0	75	0	0	0	0
	Coke Zero	Kids	0	0	0	0	40	0	0	0	0
	Cherry Coke	Large	400	0	0	0	100	112	0	112	0
	Cherry Coke	Regular	280	0	0	0	70	77	0	77	0
	Cherry Coke	Kids	150	0	0	0	40	42	0	42	0
	Sprite	Large	380	0	0	0	95	107	0	95	1
	Sprite	Regular	260	0	0	0	65	74	0	65	0
	Sprite	Kids	140	0	0	0	35	40	0	36	0
	Minute Maid Lemonade	Large	360	0	0	0	60	116	0	112	0
	Minute Maid Lemonade	Regular	250	0	0	0	40	80	0	77	0
	Minute Maid Lemonade	Kids	140	0	0	0	20	43	0	42	0
	Minute Maid Light Lemonade	Large	15	0	0	0	135	5	0	0	0
	Minute Maid Light Lemonade	Regular	10	0	0	0	90	4	0	0	0
	Minute Maid Light Lemonade	Kids	5	0	0	0	50	2	0	0	0
	Dr. Pepper	Large	400	0	0	0	140	108	0	108	0
	Dr. Pepper	Regular	280	0	0	0	95	74	0	74	0
	Dr. Pepper	Kids	150	0	0	0	55	41	0	41	0
	Diet Dr. Pepper	Large	0	0	0	0	160	0	0	0	0
	Diet Dr. Pepper	Regular	0	0	0	0	110	0	0	0	0
	Diet Dr. Pepper	Kids	0	0	0	0	60	0	0	0	0
	Fanta Orange	Large	420	0	0	0	140	120	0	120	0
	Fanta Orange	Regular	290	0	0	0	95	82	0	82	0
	Fanta Orange	Kids	160	0	0	0	50	45	0	45	0
	Iced Tea, Unsweetened	Large	0	0	0	0	0	0	0	0	0
	Iced Tea, Unsweetened	Regular	0	0	0	0	0	0	0	0	0
	Iced Tea, Unsweetened	Kids	0	0	0	0	0	0	0	0	0
	Iced Tea, Sweetened	Large	330	0	0	0	0	85	0	85	0
	Iced Tea, Sweetened	Regular	220	0	0	0	0	57	0	57	0
	Iced Tea, Sweetened	Kids	130	0	0	0	0	34	0	34	0
	Iced Tea, Green	Large	190	0	0	0	20	45	0	45	0
Iced Tea, Green	Regular	130	0	0	0	15	30	0	30	0	
Iced Tea, Green	Kids	80	0	0	0	10	18	0	18	0	
Iced Tea, Lemon Herbal	Large	190	0	0	0	20	45	0	45	0	
Iced Tea, Lemon Herbal	Regular	130	0	0	0	15	30	0	30	0	
Iced Tea, Lemon Herbal	Kids	80	0	0	0	10	18	0	18	0	
Iced Tea, Raspberry	Large	190	0	0	0	20	45	0	45	0	
Iced Tea, Raspberry	Regular	130	0	0	0	15	30	0	30	0	
Iced Tea, Raspberry	Kids	80	0	0	0	10	18	0	18	0	
XXX Vitamin Water	Large	190	0	0	0	0	52	0	52	0	
XXX Vitamin Water	Regular	130	0	0	0	0	36	0	36	0	
XXX Vitamin Water	Kids	70	0	0	0	0	20	0	20	0	
Milk, Whole	Kids	220	12	7	0	35	160	18	0	18	12
Milk, Organic	8 oz	110	3	2	0	10	130	22	0	12	8
Milk, Organic Chocolate	8 oz	150	3	2	0	10	200	24	0	22	8
Juice, Organic Apple	6.75 oz	40	0	0	0	0	5	10	0	9	0

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MENU ITEM (Menu Items Only Available in specific locations)													
ALABAMA	Dixie Smashburger	Big	930	67	22	2	155	1740	39	5	3	45	
		Regular	860	63	20	2	135	1710	39	5	3	39	
		Crispy	890	55	17	0	135	2170	59	6	3	43	
		Grilled	720	47	16	0	150	1720	40	5	3	43	
		Turkey	830	62	17	0	145	1530	39	5	3	35	
		Black Bean	750	48	14	0	80	1830	62	9	4	23	
	Fried Green Tomatoes	1 Serving	420	34	8	0	20	1050	25	4	2	4	
ALASKA	Alaskan Kenai Smashburger	Big	980	73	26	2	175	1880	38	3	6	45	
		Regular	910	69	24	2	155	1850	38	3	6	39	
		Crispy	940	61	21	1	155	2310	58	4	6	43	
		Grilled	770	53	20	1	170	1860	39	3	6	43	
		Turkey	880	68	21	1	165	1670	38	3	6	35	
		Black Bean	800	54	18	1	100	1970	61	7	7	23	
ARIZONA	Arizona Smashburger	Big	730	50	17	2	130	1260	31	4	6	39	
		Regular	660	46	15	2	110	1230	31	4	6	33	
		Crispy	690	38	12	0	110	1690	51	5	6	37	
		Grilled	520	30	11	0	125	1240	32	4	6	37	
		Turkey	630	45	12	0	120	1050	31	4	6	29	
		Black Bean	550	31	9	0	55	1350	54	8	7	17	
ARKANSAS	Razorback Smashburger	Big	880	57	22	2	155	2220	50	3	18	42	
		Regular	810	53	20	2	135	2190	50	3	18	36	
		Crispy	840	45	17	1	135	2650	70	4	18	40	
		Grilled	670	37	16	1	150	2200	51	3	18	40	
		Turkey	780	52	17	1	145	2010	50	3	18	32	
		Black Bean	700	38	14	1	80	2310	73	7	19	20	
	Razorback Hog Sauce	1 Serving	70	0	0	0	440	18	0	18	0		
CALIFORNIA	Bay Smashburger	Big	850	58	19	2	140	1400	41	2	1	45	
		Regular	790	54	17	2	120	1370	41	2	1	39	
		Crispy	820	46	14	0	120	1830	61	3	1	43	
		Grilled	650	38	13	0	135	1380	42	2	1	43	
		Turkey	760	53	14	0	130	1190	41	2	1	35	
		Black Bean	680	39	11	0	65	1490	64	6	2	23	
		3pc. Chicken Strip with Ranch, no fries (L.A. Live Only)	1 Serving	470	33	9	0	75	1450	18	2	1	24
		3pc. Chicken Strip with BBQ, no fries (L.A. Live Only)	1 Serving	380	17	7	0	70	1380	33	3	15	24
	NorCal Smashburger	Big	920	58	24	2	165	2060	55	3	6	48	
		Regular	860	54	22	2	145	2030	55	3	6	42	
		Crispy	890	46	19	0	145	2490	75	4	6	46	
		Grilled	720	38	18	0	160	2040	56	3	6	46	
		Turkey	830	53	19	0	155	1850	55	3	6	38	
		Black Bean	750	39	16	0	90	2150	78	7	7	26	
	So Cal Smashburger	Big	850	55	20	2	135	1460	48	5	6	42	
Regular		780	51	18	2	115	1430	48	5	6	36		
Crispy		810	43	15	1	115	1890	68	6	6	40		
Grilled		640	35	14	1	130	1440	49	5	6	40		
Turkey		750	50	15	1	125	1250	48	5	6	32		
Black Bean		670	36	12	1	60	1550	71	9	7	20		

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MENU ITEM (Menu Items Only Available in specific locations)												
COLORADO	Colorado Smashburger	Big	850	60	25	2	170	1420	37	3	10	46
		Regular	780	56	23	2	150	1390	37	3	10	40
		Crispy	810	48	20	1	150	1850	57	4	10	44
		Grilled	640	40	19	1	165	1400	38	3	10	44
		Turkey	750	55	20	1	160	1210	37	3	10	36
		Black Bean	670	41	17	1	95	1510	60	7	11	24
	Fried Green Chilies	1 Serving	690	51	21	2	50	3400	50	6	6	7
CONNECTICUT	Husky Smashburger	Big	750	50	18	2	140	1610	36	2	9	41
		Regular	680	46	16	2	120	1580	36	2	9	35
		Crispy	710	38	13	0	120	2040	56	3	9	39
		Grilled	550	30	12	0	135	1590	37	2	9	39
		Turkey	650	45	13	0	130	1400	36	2	9	31
		Black Bean	570	31	10	0	65	1700	59	6	10	19
FLORIDA	Central Florida Smashburger	Big	930	67	22	2	145	1820	39	4	3	41
		Regular	870	63	20	2	125	1790	39	4	3	35
		Crispy	900	55	17	0	125	2250	59	5	3	39
		Grilled	730	47	16	0	140	1800	40	4	3	39
		Turkey	840	62	17	0	135	1610	39	4	3	31
		Black Bean	760	48	14	0	70	1910	62	8	4	19
	Florida Smashburger	Big	930	67	22	2	145	1820	39	4	3	41
		Regular	870	63	20	2	125	1790	39	4	3	35
		Crispy	900	55	17	0	125	2250	59	5	3	39
		Grilled	730	47	16	0	140	1800	40	4	3	39
		Turkey	840	62	17	0	135	1610	39	4	3	31
		Black Bean	760	48	14	0	70	1910	62	8	4	19
	Medianoche Smashburger	Big	700	44	17	2	155	1780	30	2	4	51
		Regular	640	40	15	2	135	1750	30	2	4	45
		Crispy	670	32	12	0	135	2210	50	3	4	49
		Grilled	500	24	11	0	150	1760	31	2	4	49
		Turkey	610	39	12	0	145	1570	30	2	4	41
		Black Bean	530	25	9	0	80	1870	53	6	5	29
	Miami Smashburger	Big	860	55	21	2	150	1660	45	2	5	48
		Regular	800	51	19	2	130	1630	45	2	5	42
		Crispy	830	43	16	0	130	2090	65	3	5	46
		Grilled	660	35	15	0	145	1640	46	2	5	46
		Turkey	770	50	16	0	140	1450	45	2	5	38
		Black Bean	690	36	13	0	75	1750	68	6	6	26
Panhandle Smashburger	Big	930	67	22	2	145	1820	39	4	3	41	
	Regular	870	63	20	2	125	1790	39	4	3	35	
	Crispy	900	55	17	0	125	2250	59	5	3	39	
	Grilled	730	47	16	0	140	1800	40	4	3	39	
	Turkey	840	62	17	0	135	1610	39	4	3	31	
	Black Bean	760	48	14	0	70	1910	62	8	4	19	
GEORGIA	Georgia Smashburger	Regular	780	56	17	2	115	1380	38	3	11	34
		Crispy	810	48	14	0	115	1840	58	4	11	38
		Grilled	640	40	13	0	130	1390	39	3	11	38
		Turkey	750	55	14	0	125	1200	38	3	11	30
		Black Bean	670	41	11	0	60	1500	61	7	12	18

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MENU ITEM (Menu Items Only Available in specific locations)														
IDAHO	Bronco Smashburger	Big	740	51	19	2	140	2280	29	2	3	43		
		Regular	670	47	17	2	120	2250	29	2	3	37		
		Crispy	700	39	14	0	120	2710	49	3	3	41		
		Grilled	530	31	13	0	135	2260	30	2	3	41		
		Turkey	640	46	14	0	130	2070	29	2	3	33		
	Black Bean	560	32	11	0	65	2370	52	6	4	21			
	Huckleberry Milkshake	1 Shake	740	49	28	1	287	170	61	1	56	14		
ILLINOIS	Windy City Smashburger	Big	860	53	22	2	150	1480	52	2	10	42		
		Regular	800	49	20	2	130	1450	52	2	10	36		
		Crispy	830	41	17	1	130	1910	72	3	10	40		
		Grilled	660	33	16	1	145	1460	53	2	10	40		
		Turkey	770	48	17	1	140	1270	52	2	10	32		
		Black Bean	690	34	14	1	75	1570	75	6	11	20		
IOWA	Iowa Smashburger	Big	1070	76	30	2	195	2330	49	4	9	49		
		Regular	1000	72	28	2	175	2300	49	4	9	43		
		Crispy	1030	64	25	1	175	2760	69	5	9	47		
		Grilled	860	56	24	1	190	2310	50	4	9	47		
		Turkey	970	71	25	1	185	2120	49	4	9	39		
		Black Bean	890	57	22	1	120	2420	72	8	10	27		
KANSAS	Kansas City Smashburger	Big	900	61	23	2	160	2010	44	4	9	44		
		Regular	830	57	21	2	140	1980	44	4	9	38		
		Crispy	860	49	18	1	140	2440	64	5	9	42		
		Grilled	690	41	17	1	155	1990	45	4	9	42		
		Turkey	800	56	18	1	150	1800	14	6	3	5		
		Black Bean	720	42	15	1	85	2100	67	8	10	22		
KENTUCKY	Bluegrass Smashburger	Big	790	51	20	2	145	2160	41	3	7	44		
		Regular	730	47	18	2	125	2130	41	3	7	38		
		Crispy	760	39	15	0	125	2590	61	4	7	42		
		Turkey	700	46	15	0	135	1950	41	3	7	34		
		Black Bean	620	32	12	0	70	2250	64	7	8	22		
		Ale-8-One Float	1 Float	540	29	17	1	165	105	66	0	64	6	
	Fried Banana Peppers	1 Serving	410	28	12	1	30	2720	34	3	2	4		
LOUISIANA	Louisiana Smashburger	Big	790	55	19	2	140	1810	32	3	6	41		
		Regular	720	51	17	2	120	1780	32	3	6	35		
		Crispy	750	43	14	0	120	2240	52	4	6	39		
		Grilled	580	35	13	0	135	1790	33	3	6	39		
		Turkey	690	50	14	0	130	1600	32	3	6	31		
		Black Bean	610	36	11	0	65	1900	55	7	7	19		
	NOLA Smashburger	Big	910	64	22	2	155	1780	40	5	4	45		
		Regular	850	60	20	2	135	1750	40	5	4	39		
		Crispy	880	52	17	0	135	2210	60	6	4	43		
		Grilled	710	44	16	0	150	1760	41	5	4	43		
		Turkey	820	59	17	0	145	1570	40	5	4	35		
		Black Bean	740	45	14	0	80	1870	63	9	5	23		
			Debris Fries	1 Serving	720	42	15	0	60	3010	70	4	0	16
			Cajun Fries	1 Serving	530	27	7	0	20	1390	68	4	0	5
	Root Beer Float	1 Float	580	29	17	1	165	150	78	0	75	6		
	Crush Float	1 Float	600	29	17	1	165	125	85	0	83	6		

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MENU ITEM (Menu Items Only Available in specific locations)

MASSACHUSETTS	New Englander Smashburger	Big	830	58	19	2	130	1470	38	4	10	41
		Regular	760	54	17	2	110	1440	38	4	10	35
		Crispy	790	46	14	0	110	1900	58	5	10	39
		Grilled	620	38	13	0	125	1450	39	4	10	39
		Turkey	730	53	14	0	120	1260	38	4	10	31
		Black Bean	650	39	11	0	55	1560	61	8	11	19
MICHIGAN	Cherry BBQ Bacon & Cheddar Smashburger	Big	860	55	22	2	155	1790	49	3	15	44
		Regular	790	51	20	2	135	1760	49	3	15	38
		Crispy	820	43	17	1	135	2220	69	4	15	42
		Grilled	650	35	16	1	150	1770	50	3	15	42
		Turkey	760	50	17	1	145	1580	49	3	15	34
		Black Bean	680	36	14	1	80	1880	72	7	16	22
	Michigan Olive Smashburger	Big	720	51	17	2	130	2220	29	3	4	38
		Regular	650	47	15	2	110	2190	29	3	4	32
		Crispy	680	39	12	0	110	2650	49	4	4	36
		Grilled	510	31	11	0	125	2200	30	3	4	36
		Turkey	620	46	12	0	120	2010	29	3	4	28
		Black Bean	540	32	9	0	55	2310	52	7	5	16
	Motor City Smashburger	Big	830	51	21	2	145	1700	53	2	9	40
		Regular	760	47	19	2	125	1670	53	2	9	34
		Crispy	790	39	16	1	125	2130	73	3	9	38
		Grilled	620	31	15	1	140	1680	54	2	9	38
		Turkey	730	46	16	1	135	1490	53	2	9	30
		Black Bean	650	32	13	1	70	1790	76	6	10	18
Michigan Cherry Milkshake	1 Shake	810	49	29	1	290	240	83	0	78	14	
Michigan Cherry Malt	1 Malt	840	50	29	1	290	270	88	0	81	15	
MINNESOTA	Twin Cities Smashburger	Big	940	61	24	2	160	1310	49	3	6	51
		Regular	880	57	22	2	140	1280	49	3	6	45
		Crispy	910	49	19	0	140	1740	69	4	6	49
		Grilled	740	41	18	0	155	1290	50	3	6	49
		Turkey	850	56	19	0	150	1100	49	3	6	41
		Black Bean	770	42	16	0	85	1400	72	7	7	29
MISSOURI	St. Louis Smashburger	Big	850	55	26	2	165	1880	41	2	5	49
		Regular	790	51	24	2	145	1850	41	2	5	43
		Crispy	820	43	21	0	145	2310	61	3	5	47
		Grilled	650	35	20	0	160	1860	42	2	5	47
		Turkey	760	50	21	0	155	1670	41	2	5	39
		Black Bean	680	36	18	0	90	1970	64	6	6	27
Gooley Butter Cake Milkshake	1 Shake	930	58	33	1	330	290	83	0	77	15	
Gooley Butter Cake Malt	1 Malt	960	59	33	1	330	320	88	0	80	16	
NEBRASKA	Husker Smashburger	Big	1060	74	27	2	180	2270	54	5	12	46
		Regular	1000	70	25	2	160	2240	54	5	12	40
		Crispy	1030	62	22	1	160	2700	74	6	12	44
		Grilled	860	54	21	1	175	2250	55	5	12	44
		Turkey	970	69	22	1	170	2060	54	5	12	36
		Black Bean	890	55	19	1	105	2360	77	9	13	24
NEVADA	Sin City Smashburger	Big	1020	73	25	2	345	2040	44	4	9	49
		Regular	960	69	23	2	325	2010	44	4	9	43
		Crispy	990	61	20	1	325	2470	64	5	9	47
		Grilled	820	53	19	1	340	2020	45	4	9	47
		Turkey	930	68	20	1	335	1830	44	4	9	39
		Black Bean	850	54	17	1	270	2130	67	8	10	27

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MENU ITEM (Menu Items Only Available in specific locations)												
NEW JERSEY	New Jersey Smashburger	Big	1040	66	25	2	160	1760	65	4	11	47
		Regular	970	62	23	2	140	1730	65	4	11	41
		Crispy	1000	54	20	1	140	2190	85	5	11	45
		Grilled	830	46	19	1	155	1740	66	4	11	45
		Turkey	940	61	20	1	150	1550	65	4	11	37
		Black Bean	860	47	17	1	85	1850	88	8	12	25
NEW YORK	Brooklyn Smashburger	Big	870	55	22	2	165	1830	41	1	4	51
		Regular	800	51	20	2	145	1800	41	1	4	45
		Crispy	830	43	17	0	145	2260	61	2	4	49
		Grilled	660	35	16	0	160	1810	42	1	4	49
		Turkey	770	50	17	0	155	1620	41	1	4	41
		Black Bean	690	36	14	0	90	1920	64	5	5	29
	New Yorker Smashburger	Big	870	61	25	2	180	1330	39	2	4	41
		Regular	800	57	23	2	160	1300	39	2	4	35
		Crispy	830	49	20	1	160	1760	59	3	4	39
		Grilled	660	41	19	1	175	1310	40	2	4	39
		Turkey	770	56	20	1	170	1120	39	2	4	31
		Black Bean	690	42	17	1	105	1420	62	6	5	19
	Western NY Smashburger	Big	800	54	20	2	185	1520	38	3	9	42
		Regular	730	50	18	2	165	1490	38	3	9	36
		Crispy	760	42	15	0	165	1950	58	4	9	40
		Grilled	700	49	15	0	175	1310	38	3	9	32
		Turkey	700	49	15	0	175	1310	38	3	9	32
		Black Bean	620	35	12	0	110	1610	61	7	10	20
	3pc Chicken Strip w/Ranch	1 Serving	470	33	9	0	75	1450	18	2	1	24
	3pc Chicken Strip w/BBQ	1 Serving	380	17	7	0	70	1380	33	3	15	24
	NORTH CAROLINA	Carolina Chili Smashburger	Big	840	54	20	2	140	1420	45	2	8
Regular			770	50	18	2	120	1390	45	2	8	35
Crispy			800	42	15	0	120	1850	65	3	8	39
Grilled			630	34	14	0	135	1400	46	2	8	39
Turkey			740	49	15	0	130	1210	45	2	8	31
Black Bean			660	35	12	0	65	1510	68	6	9	19
Carolina Chili Cheese Fries		1 Serving	610	33	14	0	55	1340	64	6	2	14
Brunswick Fries	1 Serving	540	21	9	0	40	1450	73	6	6	14	
Brunswick Stew	1 Serving	310	8	4	0	65	1400	36	4	18	24	
N. DAKOTA	North Dakota Smashburger	Big	910	62	24	2	165	1290	41	2	5	49
		Regular	850	58	22	2	145	1260	41	2	5	43
		Crispy	880	50	19	0	145	1720	61	3	5	47
		Grilled	710	42	18	0	160	1270	42	2	5	47
		Turkey	820	57	19	0	155	1080	41	2	5	39
		Black Bean	740	43	16	0	90	1380	64	6	6	27
OHIO	Buckeye Smashburger	Big	890	62	23	2	155	2130	45	4	7	40
		Regular	820	58	21	2	135	2100	45	4	7	34
		Crispy	850	50	18	1	135	2560	65	5	7	38
		Grilled	680	42	17	1	150	2110	46	4	7	38
		Turkey	790	57	18	1	145	1920	45	4	7	30
		Black Bean	710	43	15	1	80	2220	68	8	8	18
Fried Banana Peppers	1 Serving	410	28	12	1	30	2720	34	3	2	4	

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MENU ITEM (Menu Items Only Available in specific locations)													
OKLAHOMA	Oklahoma Smashburger	Big	900	63	23	2	155	2100	44	4	7	41	
		Regular	840	59	21	2	135	2070	44	4	7	35	
		Crispy	870	51	18	1	135	2530	64	5	7	39	
		Grilled	700	43	17	1	150	2080	45	4	7	39	
		Turkey	810	58	18	1	145	1890	44	4	7	31	
		Black Bean	730	44	15	1	80	2190	67	8	8	19	
	Fried Jalapenos	1 Serving	170	11	5	0	15	490	16	2	4	3	
PENNSYLVANIA	Philly Smashburger	Big	780	48	20	2	140	1870	43	1	6	41	
		Regular	720	44	18	2	120	1840	43	1	6	35	
		Crispy	750	36	15	0	120	2300	63	2	6	39	
		Grilled	580	28	14	0	135	1850	44	1	6	39	
		Turkey	690	43	15	0	130	1660	43	1	6	31	
		Black Bean	610	29	12	0	65	1960	66	5	7	19	
	Cheez Whiz Cheese Fries	1 Serving	680	38	20	0	95	2730	67	4	9	17	
TENNESSEE	Tennessee Smashburger	Big	770	49	21	2	155	1890	41	3	13	41	
		Regular	700	45	19	2	135	1860	41	3	13	35	
		Crispy	730	37	16	0	135	2320	61	4	13	39	
		Grilled	560	29	15	0	150	1870	42	3	13	39	
		Turkey	670	44	16	0	145	1680	41	3	13	31	
		Black Bean	590	30	13	0	80	1980	64	7	14	19	
TEXAS	Fort Bliss Smashburger	Big	860	61	22	2	150	1500	40	4	8	41	
		Regular	790	57	20	2	130	1470	40	4	8	35	
		Crispy	820	49	17	1	130	1930	60	5	8	39	
		Grilled	650	41	16	1	145	1480	41	4	8	39	
		Turkey	760	56	17	1	140	1290	40	4	8	31	
		Black Bean	680	42	14	1	75	1590	63	8	9	19	
	Spicy Cowboy Smashburger	Big	910	59	24	2	170	1940	55	4	20	44	
		Regular	850	55	22	2	150	1910	55	4	20	38	
		Crispy	880	47	19	1	150	2370	75	5	20	42	
		Grilled	710	39	18	1	165	1920	56	4	20	42	
		Turkey	820	54	19	1	160	1730	55	4	20	34	
		Black Bean	740	40	16	1	95	2030	78	8	21	22	
	Jalapeno BBQ Smashburger	Big	910	59	24	2	170	1940	55	4	20	44	
		Regular	850	55	22	2	150	1910	55	4	20	38	
		Crispy	880	47	19	1	150	2370	75	5	20	42	
		Grilled	710	39	18	1	165	1920	56	4	20	42	
		Turkey	820	54	19	1	160	1730	55	4	20	34	
		Black Bean	740	40	16	1	95	2030	78	8	21	22	
	Fried Jalapenos	1 Serving	170	11	5	0	15	490	16	2	4	3	
UTAH	Beehive Smashburger	Big	860	55	22	2	155	1910	50	3	14	44	
		Regular	800	51	20	2	135	1880	50	3	14	38	
		Crispy	830	43	17	1	135	2340	70	4	14	42	
		Grilled	660	35	16	1	150	1890	51	3	14	42	
		Turkey	770	50	17	1	145	1700	50	3	14	34	
		Black Bean	690	36	14	1	80	2000	73	7	15	22	
		Grasshopper Mint Milkshake	1 Shake	790	48	28	1	290	180	73	0	69	13
		Grasshopper Mint Malt	1 Malt	820	49	28	1	290	210	78	0	72	14

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NUTRITIONAL INFORMATION

U.S. LOCATIONS ONLY

At Smashburger, we use only the best quality ingredients to create our delicious menu. From 100% fresh, never-frozen 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 11.2018

	SERVING SIZE	CALORIES	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	FIBERS (g)	SUGAR (g)	PROTEIN (g)	
MENU ITEM (Menu Items Only Available in specific locations)												
VIRGINIA / D.C.	Capital Smashburger	Big	890	64	25	2	190	1460	35	2	3	46
		Regular	830	60	23	2	170	1430	35	2	3	40
		Crispy	860	52	20	0	170	1890	55	3	3	44
		Grilled	690	44	19	0	185	1440	36	2	3	44
		Turkey	800	59	20	0	180	1250	35	2	3	36
	Black Bean	720	45	17	0	115	1550	58	6	4	24	
	Old Dominion Smashburger	Big	900	68	22	2	150	1700	31	3	4	42
		Regular	830	64	20	2	130	1670	31	3	4	36
		Crispy	860	56	17	0	130	2130	51	4	4	40
		Grilled	690	48	16	0	145	1680	32	3	4	40
Turkey		800	63	17	0	140	1490	31	3	4	32	
Black Bean	720	49	14	0	75	1790	54	7	5	20		
WISCONSIN	Wisconsin 3 Cheese Smashburger	Big	900	58	25	2	170	1620	41	1	7	49
		Regular	830	54	23	2	150	1590	41	1	7	43
		Crispy	860	46	20	0	150	2050	61	2	7	47
		Grilled	690	38	19	0	165	1600	42	1	7	47
		Turkey	800	53	20	0	160	1410	41	1	7	39
	Black Bean	720	39	17	0	95	1710	64	5	8	27	
Wisconsin Fried Cheese Curds	Regular	340	21	10	0	50	820	24	0	0	17	
Wisconsin Fried Cheese Curds	Large	690	41	21	0	105	1650	48	0	0	34	
LIMITED LOCATION MENU OFFERINGS	Spicy Jalapeno BBQ Smashburger	Big	760	48	20	2	145	1610	41	3	14	43
	Spicy Jalapeno BBQ Smashburger	Regular	690	44	18	2	125	1580	41	3	14	37
	Harvest Salad (No Dressing, No Protein)	1 Salad	470	31	11	0	40	620	40	8	22	19
	Egg & Cheese Sandwich	1 Sandwich	500	35	11	0	400	720	27	2	2	23
	Bacon, Egg & Cheese Sandwich	1 Sandwich	550	38	13	0	410	950	27	2	2	26
	Breakfast Burger	Big	790	56	20	2	320	1430	27	2	2	49
	Breakfast Burger	Regular	730	51	18	2	300	1400	27	2	2	43
	Breakfast Burger	Small	590	41	14	1	265	1350	27	2	2	31
	Bagel, Toasted & Buttered, Plain	1 Bagel	320	6	3	0	10	560	56	2	0	11
	Bagel, Toasted & Buttered, Plain w/Cream Cheese	1 Bagel	350	8	4	0	20	580	56	2	0	11
	Bagel, Toasted & Buttered, Cinnamon Raisin	1 Bagel	320	6	3	0	10	460	58	2	6	10
	Bagel, Toasted & Buttered, Cinnamon Raisin w/Cream Cheese	1 Bagel	340	8	4	0	20	480	58	2	7	11
	Bagel, Toasted & Buttered, Everything	1 Bagel	340	6	3	0	10	790	61	4	7	12
	Bagel, Toasted & Buttered, Everything w/Cream Cheese	1 Bagel	370	8	4	0	20	810	61	4	7	12
	Breakfast Potatoes	4 oz.	150	4	2	0	0	1950	26	3	1	3
	Beverage, Coffee 16 oz.	1 Cup	5	0	0	0	0	10	0	0	0	1

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