



# 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 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 5.2019A

|            |                        | 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          | Single       | 560      | 37            | 15                | 2             | 105              | 1430        | 32                | 3          | 7         | 28          |
|            |                        | Double       | 890      | 63            | 27                | 3             | 200              | 2130        | 33                | 3          | 8         | 50          |
|            |                        | Grilled      | 390      | 20            | 7                 | 0             | 105              | 1150        | 29                | 3          | 3         | 31          |
|            |                        | Crispy       | 450      | 22            | 7                 | 0             | 65               | 1270        | 41                | 3          | 3         | 23          |
|            |                        | Black Bean   | 500      | 26            | 10                | 0             | 65               | 1720        | 55                | 7          | 8         | 16          |
|            | Bacon Smash            | Single       | 620      | 44            | 18                | 2             | 120              | 1420        | 28                | 2          | 4         | 31          |
|            |                        | Double       | 1010     | 75            | 32                | 3             | 230              | 2390        | 30                | 3          | 5         | 57          |
|            |                        | Grilled      | 530      | 31            | 13                | 0             | 140              | 1600        | 29                | 2          | 4         | 39          |
|            |                        | Crispy       | 590      | 34            | 12                | 0             | 100              | 1710        | 42                | 3          | 4         | 30          |
|            |                        | Black Bean   | 560      | 32            | 13                | 0             | 80               | 1700        | 51                | 6          | 5         | 19          |
|            | BBQ Bacon Smash        | Single       | 750      | 48            | 21                | 2             | 135              | 1610        | 46                | 3          | 12        | 35          |
|            |                        | Double       | 1090     | 76            | 34                | 3             | 230              | 2130        | 47                | 3          | 12        | 59          |
|            |                        | Grilled      | 650      | 36            | 16                | 0             | 150              | 1790        | 47                | 3          | 12        | 42          |
|            |                        | Crispy       | 710      | 38            | 16                | 0             | 115              | 1900        | 59                | 4          | 12        | 34          |
|            |                        | Black Bean   | 690      | 37            | 16                | 1             | 95               | 1900        | 69                | 7          | 13        | 23          |
|            | Avocado Bacon Club     | Single       | 620      | 44            | 15                | 2             | 105              | 1180        | 30                | 4          | 3         | 28          |
|            |                        | Double       | 880      | 65            | 24                | 3             | 175              | 1560        | 30                | 4          | 3         | 47          |
|            |                        | Grilled      | 530      | 32            | 10                | 0             | 120              | 1360        | 31                | 3          | 3         | 35          |
|            |                        | Crispy       | 580      | 34            | 10                | 0             | 80               | 1470        | 43                | 4          | 3         | 27          |
|            |                        | Black Bean   | 560      | 33            | 10                | 0             | 60               | 1460        | 52                | 7          | 4         | 16          |
|            | Spicy Baja with Guac   | Single       | 610      | 42            | 16                | 2             | 105              | 1030        | 31                | 4          | 6         | 30          |
|            |                        | Double       | 940      | 69            | 29                | 3             | 200              | 1600        | 32                | 4          | 6         | 54          |
|            |                        | Grilled      | 510      | 29            | 11                | 0             | 120              | 1210        | 32                | 4          | 6         | 37          |
|            |                        | Crispy       | 570      | 32            | 11                | 0             | 80               | 1320        | 44                | 4          | 6         | 29          |
|            |                        | Black Bean   | 550      | 31            | 11                | 0             | 60               | 1320        | 54                | 8          | 6         | 18          |
|            | Truffle Mushroom Swiss | Single       | 650      | 47            | 20                | 2             | 130              | 1350        | 28                | 3          | 3         | 33          |
|            |                        | Double       | 1020     | 76            | 34                | 3             | 235              | 1860        | 28                | 3          | 3         | 60          |
|            |                        | Grilled      | 560      | 34            | 15                | 0             | 145              | 1530        | 29                | 3          | 3         | 41          |
| Crispy     |                        | 610          | 37       | 15            | 0                 | 110           | 1640             | 41          | 3                 | 3          | 32        |             |
| Black Bean |                        | 590          | 36       | 15            | 0                 | 90            | 1630             | 51          | 7                 | 4          | 21        |             |

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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) |
|--|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|------------|-----------|-------------|
| <b>MENU ITEM</b>   |              |          |               |                   |               |                  |             |                   |            |           |             |
| <b>Proteins</b>  |              |          |               |                   |               |                  |             |                   |            |           |             |
| Single Beef Patty (Seasoned & Grilled w/ Butter)                 | 1 Patty      | 260      | 21            | 9                 | 2             | 75               | 390         | 0                 | 0          | 0         | 19          |
| Double Beef Patty (Seasoned & Grilled w/ Butter)                 | 2 Patty      | 520      | 41            | 18                | 3             | 145              | 770         | 0                 | 0          | 0         | 38          |
| Grilled Chicken (Seasoned & Grilled w/ Butter)                   | 1 breast     | 170      | 8             | 4                 | 0             | 90               | 570         | 1                 | 0          | 0         | 27          |
| Crispy Chicken   | 1 breast     | 220      | 11            | 4                 | 0             | 50               | 680         | 13                | 1          | 0         | 18          |
| Black Bean (Seasoned & grilled w/ Butter; Contains cheese & egg) | 1 Patty      | 200      | 9             | 4                 | 0             | 30               | 670         | 23                | 4          | 1         | 7           |
| <b>Buns (Toasted with Butter)</b>                                |              |          |               |                   |               |                  |             |                   |            |           |             |
| Classic  | 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           |
| <b>Cheeses</b>   |              |          |               |                   |               |                  |             |                   |            |           |             |
| Aged Cheddar   | 1 Slice      | 80       | 7             | 4                 | 0             | 20               | 135         | 0                 | 0          | 0         | 5           |
| Aged Swiss   | 1 Slice      | 110      | 9             | 5                 | 0             | 30               | 130         | 0                 | 0          | 0         | 8           |
| American   | 1 Slice      | 90       | 7             | 4                 | 0             | 25               | 340         | 1                 | 0          | 1         | 4           |
| Blue, Crumbles   | 0.5 oz       | 50       | 5             | 3                 | 0             | 15               | 130         | 1                 | 0          | 0         | 3           |
| Pepper Jack  | 1 Slice      | 80       | 6             | 4                 | 0             | 20               | 140         | 0                 | 0          | 0         | 4           |
| <b>Sauces &amp; Dressings</b>                                    |              |          |               |                   |               |                  |             |                   |            |           |             |
| BBQ  | 0.75 oz.     | 40       | 0             | 0                 | 0             | 0                | 142         | 9                 | 0          | 7         | 0           |
| Ketchup  | 0.3 oz.      | 10       | 0             | 0                 | 0             | 0                | 80          | 2                 | 0          | 2         | 0           |
| Mayo   | 0.3 oz.      | 60       | 7             | 1                 | 0             | 5                | 50          | 0                 | 0          | 0         | 0           |
| Ranch  | 0.3 oz.      | 30       | 3             | 0                 | 0             | 0                | 70          | 1                 | 0          | 0         | 0           |
| Smash Sauce  | 0.3 oz.      | 45       | 5             | 1                 | 0             | 5                | 65          | 1                 | 0          | 1         | 0           |
| Spicy Chipotle   | 0.3 oz.      | 50       | 6             | 1                 | 0             | 5                | 80          | 0                 | 0          | 0         | 0           |
| Yellow Mustard   | 0.3 oz.      | 0        | 0             | 0                 | 0             | 0                | 95          | 2                 | 0          | 0         | 0           |
| <b>Toppings</b>  |              |          |               |                   |               |                  |             |                   |            |           |             |
| Applewood smoked bacon   | 1.5 slices   | 60       | 5             | 2                 | 0             | 15               | 280         | 0                 | 0          | 0         | 4           |
| Fresh sliced avocado   | 4 slices     | 25       | 2             | 0                 | 0             | 0                | 0           | 1                 | 1          | 0         | 0           |
| Fried Egg (Fried w/ Butter)                                      | 1 egg        | 130      | 11            | 5                 | 0             | 195              | 95          | 0                 | 0          | 0         | 6           |
| Grilled Onions (Seasoned & Grilled w/ Butter)                    | 1 oz         | 60       | 5             | 3                 | 0             | 10               | 390         | 4                 | 1          | 2         | 1           |
| Guacamole  | 1 Scoop      | 40       | 4             | 0                 | 0             | 0                | 100         | 2                 | 1          | 1         | 0           |
| Haystack Onions  | 1 oz         | 140      | 10            | 0                 | 4             | 20               | 280         | 11                | 1          | 3         | 1           |
| Jalapeños, Fresh   | 4 slices     | 10       | 0             | 0                 | 0             | 0                | 1           | 3                 | 1          | 2         | 0           |
| Lettuce  | 1 leaf       | 0        | 0             | 0                 | 0             | 0                | 0           | 0                 | 0          | 0         | 0           |
| Pickles  | 3 slices     | 0        | 0             | 0                 | 0             | 0                | 190         | 0                 | 0          | 0         | 0           |
| Red Onion  | 0.3 oz.      | 5        | 0             | 0                 | 0             | 0                | 0           | 1                 | 0          | 1         | 0           |
| Sauteed crimini mushrooms (Seasoned & Grilled w/ Butter & Oil)   | 1 oz         | 50       | 5             | 3                 | 0             | 10               | 390         | 2                 | 1          | 1         | 1           |
| Tomato   | 2 slices     | 5        | 0             | 0                 | 0             | 0                | 0           | 1                 | 0          | 1         | 0           |

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|------------------------|--|--------------|----------|---------------|-------------------|---------------|------------------|-------------|-------------------|------------|-----------|-------------|
| <b>MENU ITEM</b>       |  |              |          |               |                   |               |                  |             |                   |            |           |             |
| <b>SALADS</b>          | Classic Cobb (No Dressing, No Protein Option)              | 1 Salad      | 320      | 25            | 10                | 0             | 225              | 700         | 8                 | 3          | 2         | 20          |
|                        | BBQ Ranch (No Dressing, No Protein Option)                 | 1 Salad      | 510      | 35            | 11                | 0             | 55               | 1390        | 37                | 4          | 20        | 12          |
|                        | <b>Dressing Choices</b>                                    |              |          |               |                   |               |                  |             |                   |            |           |             |
|                        | 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         |             |
| <b>KIDS MEALS</b>      | Kid's Smashburger (w/o Fries)                              | 1 Burger     | 430      | 26            | 11                | 2             | 85               | 780         | 26                | 2          | 2         | 24          |
|                        | Kid's Smash Cheeseburger (w/o Fries)                       | 1 Burger     | 500      | 32            | 14                | 2             | 105              | 1090        | 27                | 2          | 3         | 27          |
|                        | 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          |
|                        | Fries  | Regular      | 370      | 14            | 5                 | 0             | 10               | 870         | 56                | 4          | 1         | 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           |
| <b>SIGNATURE SIDES</b> | 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           |
|                        | 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           |
|                        | <b>Side Sauces</b>   |              |          |               |                   |               |                  |             |                   |            |           |             |
| 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         |             |
| <b>Milkshakes</b>      |  |              |          |               |                   |               |                  |             |                   |            |           |             |
| <b>MILKSHAKES</b>      | 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          |
|                        | 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          |

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| <b>MENU ITEM</b>        |                            |          |               |                   |               |                  |             |                   |            |           |             |
| <b>BEVERAGES</b>        | 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           |

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. Smashburger uses a beef tallow/canola oil blend in our fryers. All grilled items are grilled using a butter and oil blend. © 2019 Smashburger IP Holder LLC