



SMASHED FRESH. SERVED DELICIOUS.

# NUTRITIONAL INFORMATION

## Calorie Counts - 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. Even our shakes are made with creamy Häagen-Dazs® ice cream. Smashburger ingredients and products are MSG free. Below you'll find the nutritional information for all of our menu items. We offer a variety of options and sizes to accommodate appetites and dietary considerations.

AS OF JANUARY 2012													
	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g) <sup>(1)</sup>	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBOHYDRATES (g)	DIETARY FIBERS (g)	SUGAR (g)	PROTEIN (g)	
<b>MENU ITEM</b>													
<b>SIGNATURE RECIPE BURGERS</b>	Classic	Small Smash	610	360	40	16	1	105	1760	44	2	7	26
		Smash	731	436	49	20	1	134	1937	45	2	7	34
		Big Smash	838	515	58	24	2	168	2135	45	2	7	41
	All-American w/Cheese	Small Smash	540	300	32	15	1	100	2230	45	1	6	26
		Smash	661	366	41	18	1	129	2417	46	1	6	34
		Big Smash	768	455	50	23	2	163	2605	46	1	6	41
	BBQ, Bacon & Cheddar	Small Smash	820	470	52	23	1.5	140	2120	52	2	11	38
		Smash	931	546	60	26	1	174	2307	53	2	11	46
		Big Smash	1048	625	70	31	2.5	203	2495	53	2	11	53
	Mushroom Swiss	Small Smash	690	450	50	21	1	125	1240	37	1	2	29
		Smash	801	526	59	24	1	154	1427	38	1	2	37
		Big Smash	918	605	68	29	2	188	1615	38	1	2	44
Spicy Baja	Small Smash	650	400	43	16	1.5	95	1240	43	4	6	25	
	Smash	761	466	52	19	1	124	1427	44	4	6	33	
	Big Smash	878	555	61	24	2.5	158	1615	44	4	6	40	
<b>VEGGIE BURGERS</b>	Classic Black Bean Burger	1 sandwich	640	290	33	12.5	0	80	2610	76	8	8	22
	Spicy Baja Black Bean Burger	1 sandwich	670	320	36	11.5	0	70	2100	75	10	7	21
<b>SIGNATURE CHICKEN SANDWICHES</b>	Classic, Grilled	1 sandwich	430	160	19	5	0	90	1360	38	3	3	29
	Classic, Crispy	1 sandwich	620	260	31	8.5	0	130	2020	55	6	10	33
	Buffalo, Grilled	1 sandwich	510	230	27	9	0	105	2370	39	1	3	35
	Buffalo, Crispy	1 sandwich	710	330	39	12.5	0	145	3020	57	4	10	39
	Avocado Club, Grilled	1 sandwich	610	320	37	9	0	110	1740	39	3	4	34
	Avocado Club, Crispy	1 sandwich	800	420	49	12.5	0	150	2400	56	6	11	38
	BBQ Ranch, Grilled	1 sandwich	610	260	29	10	0	115	2080	55	2	11	36
	BBQ Ranch, Crispy	1 sandwich	800	360	41	14.5	0.5	155	2730	73	5	18	40
	BBQ, Bacon & Cheddar, Grilled	1 sandwich	730	330	37	16	0	150	2430	54	2	11	47
	BBQ, Bacon & Cheddar, Crispy	1 sandwich	920	430	49	19.5	0.5	190	3080	71	5	18	51
	Mushroom Swiss, Grilled	1 sandwich	590	300	35	14	0	135	1550	39	1	2	38
	Mushroom Swiss, Crispy	1 sandwich	790	400	47	17.5	0.5	175	2200	56	4	9	42
	Spicy Baja, Grilled	1 sandwich	560	250	28	9	0	105	1550	45	4	6	35
	Spicy Baja, Crispy	1 sandwich	750	350	40	12.5	0.5	145	2200	63	7	13	39
	Spinach & Goat Cheese, Grilled	1 sandwich	410	120	14	6	0	90	1260	41	3	3	32
Spinach & Goat Cheese, Crispy	1 sandwich	600	220	25	10	0	125	1920	59	6	13	37	
<b>DOGS</b>	Classic Dog	1 entrée	520	280	31	13	1.5	70	1730	50	2	16	16
	Chicago Dog	1 entrée	520	280	31	13	1.5	70	2330	49	2	13	16
	Chili Cheese Dog	1 entrée	670	420	46	20	1.5	110	1390	35	2	3	28
<b>SIGNATURE SALADS</b>	<b>Salads without Chicken or Dressing</b>												
	Baja Cobb	1 serving	210	120	13	5	0	25	520	13	6	4	11
	Caesar	1 serving	160	45	5	3	0	15	380	19	4	2	10
	Cobb	1 serving	350	230	26	13	0	235	690	11	5	3	20
	Harvest	1 serving	490	270	30	10	0	30	800	41	9	23	19
	Wedge	1 serving	320	200	22	12	0	55	1200	11	4	7	20
	BBQ Ranch	1 serving	300	180	20	9	0	45	690	19	5	5	12
	Honey Mustard	1 serving	160	80	9	4.5	0	25	400	10	5	3	11
	Spinach & Goat Cheese	1 serving	280	140	16	7	0	20	300	27	7	11	12
	<b>Chicken Add-Ons</b>												
	Grilled Chicken	1 breast	110	20	2	1	0	70	670	1	0	0	23
	Crispy Chicken	1 breast	310	120	14	4.5	0	110	1330	19	3	7	27
	<b>Dressing Choices</b>												
	Balsamic Vinaigrette	1 serving	170	130	14	1.5	0	0	540	11	0	11	0
	BBQ Sauce	1 serving	70	0	0	0	0	0	460	18	0	15	0
Blue Cheese	1 serving	600	580	64	13	0	55	1020	4	0	4	4	
Caesar	1 serving	370	330	37	7	0	30	1080	6	0	3	6	
Chipotle	1 serving	510	510	57	9	0	45	990	3	0	3	0	
Honey Mustard	1 serving	370	330	37	6	0	30	620	11	0	11	0	
<b>SIGNATURE SIDES</b>	Smashfries	1 serving	520	240	26	7	0	20	860	66	4	0	4
	French Fries	1 serving	460	160	17	7	0	15	1090	70	5	0	5
	Haystack Onions	1 serving	560	370	42	17	1	75	1130	42	4	12	5
	Sweet Potato Smashfries	1 serving	460	230	26	7	0	15	340	55	6	20	3
	Fried Pickles	1 serving	210	120	13	5	0	20	2100	20	2	2	3
	Veggie Frites	1 serving	110	60	6	2.5	0	5	490	12	4	9	2
	Beefy Chili	1 serving	750	490	55	23	0	105	1510	33	6	3	28
	Chili Cheese Fries	1 serving	700	320	36	15	0	55	1490	78	7	1	16
	Small Wedge Salad	1 serving	490	410	45	13	0	60	1140	8	2	6	12
	<b>Side Sauces</b>												
	Haystack Dipping Sauce	1 serving	240	230	25	3.5	0	20	280	1	0	1	0
	Ranch Dressing	1 serving	150	150	16	2	0	15	400	1	0	1	0
Chipotle Dressing	1 serving	270	270	30	4.5	0	20	520	1	0	1	0	



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

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

(1) All Trans Fat listed is naturally occurring.