

# Zinburger

## Nutritional Information

<b>Burgers</b>	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ahi Sandwich	942	475	52.8	11.5	145	2,117	66	6	17	49
Southwest Chicken	659	378	42	12.9	86	945	51	3	10	19
Beyond Burger	1,010	581	65.5	20.1	0	2,400	66	7	6	44
Big Bad Blue Burger	907	500	55.5	19.3	223	2,453	63	3	12	59
Breakfast Burger	1,320	910	101.1	29.2	475	3,091	60	6	10	69
Buffalo Chicken Sandwich	933	599	66.6	21.2	123	3,409	56	3	12	21
Veggie Burger	992	515	57.2	14.3	87	1,547	95	12	13	26
Veggie Burger - Vegan Style	355	128	14.2	1.8	0	884	50	12	7	13
El Diablo Burger	1,090	695	77.2	22.1	231	2,160	64	5	15	61
Kobe Burger	987	619	68.8	25	253	1,989	56	3	10	61
No Buns Burger	622	338	37.5	8.3	143	2,888	22	2	18	75
Plain & Simple Burger	752	437	48.5	12.4	192	1,477	54	2	10	49
Samburger	1,049	665	73.9	24.7	259	2,486	58	2	13	62
The Double Burger	770	422	46.9	15.9	217	2,026	58	2	13	54
The French Dip Burger	842	433	48.1	17.5	212	2,903	64	2	11	57
Turkey Burger	1,109	618	68.7	20.8	223	2,359	62	6	10	62
Zinburger	963	509	56.6	14	192	1,866	63	3	15	51
Z's Best Chili	546	331	36.8	15.9	170	1,715	28	8	5	54

<b>Toppings</b>	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
American Cheese	101	82	9.1	5.1	30	466	1	0	0	5
Avocado Fan	96	79	8.8	1.3	0	4	5	4	0	1
Crispy Bacon	271	230	25.5	8.6	42	428	1	0	1	8
Caramelized Onions	115	21	2.3	0.2	0	122	23	3	13	2
Cheddar Cheese	171	127	14.1	9	45	264	1	0	0	11
Fried Egg	111	84	9.3	1.9	211	718	1	0	0	6
Pickled Jalapenos	7	2	0.2	0	0	434	1	1	1	0
Macheo Cheese	113	18	2	1.1	0	51	0	0	0	1
Point Reyes Blue Cheese	125	92	10.2	6.6	27	494	1	0	0	8
Onion Rings	130	64	7.1	2.3	0	124	15	1	0	2
Pepper Jack Cheese	169	122	13.6	8.5	39	247	1	0	0	11
Smoked Mozzarella	80	45	5	3	15	170	0	0	0	8
Swiss Cheese	151	99	11	7.1	37	76	2	0	1	11
Wild Mushrooms	74	57	6.3	3.6	16	250	3	1	1	2

<b>Sides</b>	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coleslaw	322	288	32	4.8	16	348	8	2	5	1
Double Truffle Fries	723	440	48.9	8.3	27	1,621	59	12	0	15
Habanero Tater Tots	1,066	465	51.7	24.9	104	1,970	80	10	2	22
Hand Cut Fries	347	5	0.5	0.1	0	1,631	77	12	16	12
Loaded Fries	776	350	38.9	23.6	124	1,844	57	11	3	29
Mac & Cheese	781	253	28.1	25.4	139	2,024	69	3	5	27
Onion Rings	772	324	36	11.6	0	1,737	107	5	25	8
Sweet Potato Waffle Fries	700	262	29.1	8.8	25	2,192	95	6	36	12
Zucchini Fries	1,269	581	64.5	20.3	3269	4,781	136	7	9	48

<b>Salads</b>	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chinese Chicken Salad	1,155	738	82	9.4	142	2,254	54	10	32	61
Large Chopped Wedge Salad	774	658	73.1	21.2	226	1,960	8	2	5	21
Large Farm Salad	872	548	60.9	9.6	25	2,348	73	19	18	18
Large Napa Salad	458	105	11.7	4.1	32	369	37	7	26	19
Salmon Salad	897	634	70.4	9.4	111	2,038	38	11	2	44
Seared Ahi Salad	997	621	69	8	73	3,329	56	13	30	51
Small Chopped Wedge Salad	387	329	36.5	10.6	113	980	4	1	3	11
Small Farm Salad	435	275	30.5	4.8	13	1,173	37	9	9	9
Small Napa Salad	229	52	5.8	2	16	185	19	3	13	10

<b>Shakes &amp; Pies</b>	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bars of Zin	1,494	533	59.2	45.5	221	472	167	1	126	26
Black Cow Float	719	275	30.5	12.8	71	161	105	0	79	13
Butterfinger	1,551	707	78.6	39.6	170	671	145	5	91	39
Chocolate Mint	1,412	541	60.1	39.7	159	446	178	5	120	23
Cookies & Cream	1,243	488	54.2	32.4	169	517	133	2	83	24
Creme Brulee	1,395	384	42.7	41.5	1176	585	156	1	67	23
Double Chocolate	1,327	428	47.6	40	223	542	157	2	117	27
Salted Caramel	1,403	357	39.7	28.7	162	1,697	214	2	59	21
Banana Cream Pie	1,376	176	19.6	37.2	1932	952	189	7	64	11
Chocolate Cream Pie	2,122	351	39	57	1989	810	396	7	86	12

<b>Kids Meals</b>	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kid Chocolate Shake	630	206	22.9	19.6	111	238	73	1	55	13
Kid Hand Cut Fries	187	2	0.2	0	0	1,603	43	5	16	5
Kid Root Beer Float	416	165	18.3	7.7	43	92	59	0	43	8
Kid Salad	343	324	36	6.3	22	1,017	3	1	2	2
Kid Sweet Potato Waffle Fries	202	73	8.1	0.7	0	1,174	31	3	7	3
Kid Vanilla Shake	499	191	21.2	15.1	85	114	47	0	32	11
Kid Cheeseburger	483	203	22.6	7.9	126	1,012	51	1	8	31
Kid Chicken Sandwich	986	537	59.7	14.3	213	1,737	51	1	8	58
Kid Chicken Strip Basket	741	227	25.2	9.4	1864	2,401	61	2	2	69
Kid Grilled Cheese	174	153	17	9.9	52	466	1	0	0	5
Kid Hamburger	432	163	18.1	5.4	111	779	50	1	8	28
Kid Macaroni & Cheese	695	198	22	21.8	123	1,954	62	2	5	26
Kid PB & J	556	257	28.6	5.8	0	286	66	4	44	15
Kid Turkey Burger	491	165	18.3	5.4	108	857	51	1	8	29
Kid Veggie Burger	486	144	16	4.2	51	795	72	4	9	13