



SMASH BURGER®

ALLERGEN & NUTRITIONAL

INFORMATION

OUR ALLERGEN GUIDE DETAILS INFORMATION ON ALL OUR PRODUCTS, UNFORTUNATELY IT IS NOT POSSIBLE FOR US TO GUARANTEE OUR BUSY KITCHENS ARE 100% ALLERGEN/CONTAMINATION FREE.



PRODUCT NAME	PER 100G											PER PORTION							
	ENERGY (KCAL)	ENERGY (KJ)	FAT (G)	SAT (G)	CARB (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)	SODIUM (G)	ENERGY (KCAL)	ENERGY (KJ)	FAT (G)	SAT (G)	CARB (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	
BEEF																			
CLASSIC SMASH BURGER (REG)	244	1020	15.0	6.1	12.9	3.8	1.1	13.9	0.77	0.30	751	3141	46.1	18.9	39.7	11.7	3.5	42.9	
STILTON STACK BURGER (REG)	217	906	12.5	5.5	12.2	2.8	0.9	14.1	1.1	0.45	824	3441	47.3	20.9	46.4	10.8	3.4	53.4	
BACON CHEESEBURGER (REG)	234	976	13.0	5.8	13.3	3.2	0.9	15.5	1.3	0.52	797	3328	44.3	19.9	45.3	10.8	3.1	52.1	
BBQ BACON & CHEDDAR BURGER (REG)	218	911	11.9	5.2	13.8	4.3	0.8	13.6	1.3	0.50	847	3538	46.1	20.0	53.7	16.7	3.2	52.9	
SPINACH, CUCUMBER & GOATS CHEESE BURGER (REG)	205	859	10.4	5.0	14.2	2.8	1.4	13.4	0.58	0.23	505	2112	25.5	12.2	35.0	6.9	3.4	32.9	
BUFFALO & BLUE CHEESE BURGER (REG)	247	1031	14.4	5.5	15.4	4.5	1.1	13.9	1.2	0.48	779	3258	45.5	17.5	48.6	14.1	3.4	43.9	
TRUFFLE MUSHROOM SWISS BURGER (REG)	253	1055	15.9	6.4	13.1	2.1	0.9	14.6	0.6	0.22	784	3275	49.3	20.0	40.6	6.5	2.9	45.9	
AVOCADO CLUB BURGER (REG)	260	1085	18.0	5.3	10.1	2.0	0.9	13.8	0.95	0.38	904	3773	62.7	18.5	35.2	7.0	3.2	47.1	
SPICY JALAPEÑO BAJA BURGER (REG)	234	976	14.3	5.7	12.5	1.8	1.1	13.3	0.6	0.23	781	3265	48.0	19.1	41.8	5.9	3.8	44.4	
CLASSIC TRIPPLE DOUBLE BLOOMER	258	1080	16.2	6.9	13.2	3.9	0.2	14.3	1.1	0.44	985	4122	61.7	26.2	50.5	14.9	0.9	54.9	
TRIPLE DOUBLE BURGER (REG)	250	1044	15.3	6.9	12.1	3.0	0.8	15.2	1.0	0.39	931	3892	57.1	25.9	45.2	11.1	2.9	56.1	
TRIPLE HOT DOUBLE BURGER (REG)	254	1061	15.6	6.9	12.5	3.1	1.1	14.5	1.3	0.49	986	4124	60.8	27.0	48.5	12.0	4.3	56.9	
TRIPLE BACON TRIPLE DOUBLE BURGER (REG)	270	1127	18.0	7.6	9.4	2.3	0.6	17.2	1.8	0.69	1313	5482	87.5	36.9	46.0	11.2	3.0	83.9	
CHICKEN																			
CLASSIC SMASH (CRISPY CHICKEN)	231	967	9.7	2.9	17.7	4.0	1.2	17.5	0.98	0.39	760	3184	31.9	9.6	58.5	13.0	4.1	57.1	
CLASSIC SMASH (GRILLED CHICKEN)	195	818	8.4	2.9	12.9	3.9	1.1	16.2	0.79	0.31	574	2408	24.9	8.6	38.1	11.6	3.3	47.1	
STILTON STACK (CRISPY CHICKEN)	213	891	9.0	3.4	16.1	3.0	1.0	16.9	1.3	0.50	863	3609	36.4	13.7	65.1	12.2	4.0	68.9	
STILTON STACK (GRILLED CHICKEN)	225	937	13.2	6	13.1	2.9	1	13.5	1.2	0.47	801	3343	47	21.4	46.6	10.3	3.5	48.9	
BBQ BACON & CHEDDAR (CRISPY CHICKEN)	214	895	8.5	3.1	17.5	4.4	0.9	16.4	1.4	0.55	886	3706	35.1	12.8	72.5	18.1	3.8	67.1	
BBQ BACON & CHEDDAR (GRILLED CHICKEN)	184	771	7.4	3.1	13.7	4.4	0.8	15.2	1.48	0.58	700	2932	28.1	11.8	52.2	16.7	3.0	57.9	
SPINACH, CUCUMBER & GOATS CHEESE (CRISPY CHICKEN)	200	838	6.4	2.4	17.1	2.6	1.3	17.8	0.75	0.30	628	2629	20.2	7.5	53.8	8.3	4.0	55.9	
SPINACH, CUCUMBER & GOATS CHEESE (GRILLED CHICKEN)	158	665	4.7	2.3	12.0	2.5	1.1	16.4	0.52	0.20	441	1852	13.2	6.5	33.5	6.9	3.2	45.1	
BUFFALO & BLUE CHEESE (CRISPY CHICKEN)	239	1002	10.1	3.0	19.7	4.5	1.2	17.2	1.4	0.54	818	3424	34.5	10.3	67.3	15.5	4.0	58.1	
BUFFALO & BLUE CHEESE (GRILLED CHICKEN)	206	862	8.9	3.0	15.3	4.6	1.0	15.8	1.47	0.58	632	2650	27.5	9.3	47.1	14.1	3.1	48.9	



				RDA INFORMATION PER PORTION										ALLERGEN INFO
PROTEIN (G)	SALT (G)	SODIUM (G)	PORTION SIZE (G)	ENERGY %	FAT %	FAT RAG	SAT %	SAT RAG	SUGAR %	SUGAR RAG	SALT %	SALT RAG		
BEEF														
42.9	2.38	0.94	307.85	38	66	RED	95	RED	13	GREEN	40	RED	WHEAT, BARLEY, OATS, SOYBEANS, MILK, EGGS, MUSTARD, CELERY, SULPHUR DIOXIDE	
53.6	4.3	1.70	379.66	41	68	RED	105	RED	12	GREEN	72	RED	WHEAT (GLUTEN), SOYBEANS, EGGS, SULPHUR DIOXIDE, MILK, MUSTARD, CELERY	
52.8	4.5	1.78	340.99	40	63	RED	100	RED	12	GREEN	76	RED	WHEAT (GLUTEN), SOYBEANS, SULPHUR DIOXIDE, MILK, CELERY, MUSTARD, EGGS	
52.9	4.9	1.94	388.5	42	66	RED	100	RED	19	GREEN	82	RED	WHEAT (GLUTEN), SOYBEANS, EGGS, SULPHUR DIOXIDE, MILK, CELERY, MUSTARD	
32.9	1.43	0.56	245.97	25	36	RED	61	RED	8	GREEN	24	AMBER	WHEAT, BARLEY, OATS, SOYBEANS, MILK, CELERY, EGGS, MUSTARD	
43.9	3.8	1.50	316.04	39	65	RED	88	RED	16	GREEN	64	RED	WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, CELERY, MUSTARD	
45.3	1.7	0.67	310.44	39	70	RED	100	RED	7	GREEN	28	AMBER	WHEAT (GLUTEN), SOBEANS, MILK, EGGS, CELERY, MUSTARD	
47.8	3.32	1.30	347.75	45	90	RED	93	RED	8	GREEN	55	RED	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, SULPHUR DIOXIDE, EGGS, MILK, CELERY, MUSTARD	
44.4	1.9	0.76	334.72	39	69	RED	96	RED	7	GREEN	32	RED	WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, CELERY, MUSTARD	
54.5	4.3	1.67	381.58	49	88	RED	131	RED	17	GREEN	71	RED	WHEAT (GLUTEN), MILK, EGGS, MUSTARD, CELERY, SULPHUR DIOXIDE	
56.8	3.7	1.46	372.88	47	82	RED	130	RED	12	GREEN	62	RED	WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, MUSTARD, CELERY, SULPHUR DIOXIDE	
56.5	4.9	1.91	388.7	49	87	RED	135	RED	13	GREEN	81	RED	WHEAT (GLUTEN) SOYBEANS, MILK, EGGS, CELERY, MUSTARD	
83.7	8.5	3.35	486.58	66	125	RED	185	RED	12	GREEN	142	RED	SULPHUR DIOXIDE, WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, MUSTARD, CELERY	
HICKEN														
57.8	3.24	1.27	329.45	38	46	RED	48	RED	14	GREEN	54	RED	CELERY, WHEAT (GLUTEN), BARLEY, OATS, MILK, SULPHUR DIOXIDE, EGGS, SOYBEANS, MUSTARD	
47.6	2.33	0.91	294.45	29	36	RED	43	RED	13	GREEN	39	RED	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, MILK, EGGS, MUSTARD, CELERY, SULPHUR DIOXIDE	
68.5	5.2	2.04	405.26	43	52	RED	69	RED	14	GREEN	86	RED	CELERY, WHEAT (GLUTEN), MILK, EGGS, SOYBEANS, SULPHUR DIOXIDE, MUSTARD	
48.3	4.2	1.67	356.66	40	67	RED	107	RED	11	GREEN	71	RED	WHEAT (GLUTEN), SOYBEANS, EGGS, SULPHUR DIOXIDE, MILK, MUSTARD	
67.8	5.8	2.28	414.1	44	50	RED	64	RED	20	GREEN	97	RED	CELERY, WHEAT (GLUTEN), MILK, EGGS, SOYBEANS, SULPHUR DIOXIDE	
57.7	5.62	2.21	380.1	35	40	RED	59	RED	19	GREEN	94	RED	WHEAT (GLUTEN), SOYBEANS, EGGS, SULPHUR DIOXIDE, MILK	
55.9	2.36	0.93	313.57	31	29	AMBER	38	RED	9	GREEN	39	RED	CELERY, WHEAT (GLUTEN), BARLEY, OATS, MILK, SULPHUR DIOXIDE, EGGS, SOYBEANS	
45.8	1.45	0.57	278.57	22	19	AMBER	33	RED	8	GREEN	24	AMBER	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, MILK	
58.8	4.7	1.84	341.64	41	49	RED	52	RED	17	GREEN	78	RED	CELERY, WHEAT (GLUTEN), MILK, EGGS, SOYBEANS, SULPHUR DIOXIDE	
48.7	4.52	1.78	307.64	32	39	RED	47	RED	16	GREEN	75	RED	WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, SULPHUR DIOXIDE	



PRODUCT NAME	PER 100G											PER PORTION							
	ENERGY (KCAL)	ENERGY (KJ)	FAT (G)	SAT (G)	CARB (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)	SODIUM (G)	ENERGY (KCAL)	ENERGY (KJ)	FAT (G)	SAT (G)	CARB (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	
CHICKEN																			
TRUFFLE MUSHROOM SWISS (CRISPY CHICKEN)	245	1025	11.4	3.8	17.7	2.3	1.0	17.9	0.8	0.30	823	3443	38.4	12.8	59.4	7.9	3.5	60.1	
TRUFFLE MUSHROOM SWISS (GRILLED CHICKEN)	211	883	10.4	3.9	13.0	2.1	0.9	16.6	0.79	0.31	637	2668	31.4	11.8	39.1	6.5	2.7	50.1	
AVOCADO CLUB (CRISPY CHICKEN)	252	1055	13.9	3.0	14.5	2.2	1.0	16.8	1.12	0.44	942	3940	51.8	11.3	54.0	8.3	3.8	62.1	
AVOCADO CLUB (GRILLED CHICKEN)	224	935	13.2	3.0	9.9	2.0	0.9	15.6	0.96	0.38	756	3163	44.7	10.3	33.7	6.9	2.9	52.1	
SPICY JALAPEÑO BAJA (CRISPY CHICKEN)	228	952	10.3	3.3	16.8	2.0	1.2	16.5	0.8	0.31	820	3432	37.0	11.8	60.5	7.3	4.4	59.1	
SPICY JALAPEÑO BAJA (GRILLED CHICKEN)	195	815	9.2	3.3	12.4	1.8	1.1	15.1	0.81	0.32	635	2659	30.1	10.9	40.3	5.9	3.6	49.1	
BLT BLOOMER (CRISPY CHICKEN)	252	1055	11.5	2.2	18.4	2.6	0.3	18.6	1.3	0.50	828	3465	37.9	7.4	60.5	8.6	1.0	61.1	
BLT BLOOMER (GRILLED CHICKEN)	244	1020	11.5	2.9	14.1	2.4	0.2	21.1	1.06	0.42	733	3072	34.6	8.6	42.6	7.3	0.6	63.1	
MEAT																			
SINGLE PATTY 4OZ (EACH)	219	916	15.7	7.3	1.3	0.1	0.2	18.6	0.2	0.07	262	1094	18.7	8.7	1.6	0.1	0.3	22.1	
REG PATTY 5.5OZ (EACH)	214	895	15.1	6.9	1.0	0.0	0.2	18.8	0.2	0.07	346	1444	24.4	11.2	1.6	0.1	0.3	30.1	
DOUBLE PATTY 2X 4OZ (EACH)	210	878	14.6	6.6	1.0	0.0	0.2	18.9	0.2	0.07	491	2050	34.1	15.3	2.4	0.1	0.4	44.1	
CRISPY CHICKEN (EACH)	194	813	5.5	1.0	11.1	0.8	0.5	24.7	0.6	0.25	355	1489	10.1	1.9	20.3	1.4	0.8	45.1	
GRILLED CHICKEN (EACH)	130	547	4.2	1.9	0.1	0.0	0.0	23.0	0.63	0.25	199	838	6.4	2.9	0.1	0.0	0.0	35.1	
KIDS PATTY (EACH)	225	937	16.5	7.8	0.9	0.1	0.2	18.4	0.2	0.07	203	845	14.9	7.1	0.8	0.0	0.1	16.1	
VEGGIE																			
AVOCADO PORTOBELLO MUSHROOM	231	962	13.7	4.9	18.1	3.9	1.8	7.9	0.81	0.32	446	1860	26.4	9.4	35.0	7.5	3.5	15.1	
CHICKPEA & BUTTERNUT SQUASH CLASSIC	215	897	6.6	2.2	29.0	7.8	3.9	7.9	0.73	0.29	470	1964	14.5	4.8	63.4	17.1	8.6	17.1	
CHICKPEA & BUTTERNUT SQUASH PREMIUM	211	882	8.6	2.4	22.7	6.1	3.1	9.4	0.67	0.26	590	2461	23.9	6.8	63.4	17.1	8.6	26.1	
ALTERNATIVE PATTY	82	343	1.7	0.8	9.4	1.5	4.2	5.0	0.8	0.38	92	385	1.9	0.8	10.6	1.7	4.6	5.6	
BREAD																			
SMASH BUN	256	1071	2.7	0.8	47.3	8.1	4.1	10.7	1.10	0.43	200	836	2.1	0.6	36.9	6.3	3.2	8.3	
MULTI-GRAIN BUN	260	1088	2.7	0.9	46.0	8.2	4.1	10.9	1.00	0.39	177	740	1.8	0.6	31.3	5.6	2.8	7.4	
CHIPOTLE BUN	273	1142	5.4	1.7	46.4	5	3.8	9.7	1.1	0.43	213	891	4.2	1.3	36.2	3.9	3	7.6	
GLUTEN-FREE BUN	293	1226	7.2	0.8	53.3	4.1	2.3	2.7	1.02	0.40	234	981	5.8	0.6	42.6	3.3	1.8	2.2	
SALAD																			
SPINACH, CUCUMBER & GOATS CHEESE SALAD	99	416	4.9	2.3	9.5	6.7	1.0	4.1	0.80	0.31	274	1148	13.5	6.4	26.3	18.4	2.8	11.1	
BAJA COBB SALAD	191	797	17	2.6	4.6	3.2	0.8	3.5	1.1	0.41	555	2321	49.4	7.6	13.5	9.3	2.2	10.1	
HARVEST SALAD	161	676	8.7	4.1	14.7	9.9	1.3	5.9	0.9	0.34	477	1998	25.7	12.2	43.5	29.4	3.9	17.1	
CLASSIC COBB SALAD	188	785	16	3.6	3.5	2.9	0.6	7.2	1.1	0.45	662	2769	56.4	12.6	10.3	10.3	2.1	25.1	
SIDES																			
FRENCH FRIES	189	791	10.3	2.1	23.9	1	1.9	1.9	1.4	0.56	420	1755	22.8	4.6	53	2.1	4.2	4.2	
SMASH FRIES	191	800	15.3	2.8	22.8	0.9	1.9	1.9	1.3	0.53	453	1895	36.1	6.5	54	2.1	4.4	4.4	
SWEET POTATO FRIES	189	790	8.4	2.1	27.9	8.7	3.9	1	0.4	0.14	416	1742	18.6	4.6	61.7	19.1	8.5	2.1	
SWEET POTATO SMASHFRIES (REG)	189	792	13.5	2.8	26.4	8.1	3.7	1.0	1.18	0.46	450	1881	31.9	6.5	62.7	19.2	8.7	2.3	
SWEET POTATO SMASHFRIES (LARGE)	186	776	12.8	2.6	26.7	8.2	3.7	1.0	0.90	0.36	668	2795	46.3	9.3	96.1	29.4	13.3	3.5	
HAYSTACK ONIONS	81	338	6.4	0.7	4.7	3.9	1.2	1.3	1.68	0.66	242	1015	19.1	2.1	14.2	11.8	3.6	4.0	
MAC & CHEESE BITES	250	1043	10.4	5.2	30.3	8.9	0.0	8.7	1.4	0.54	557	2326	23.3	11.6	67.5	19.8	0.0	19.1	
FRIED PICKLES	78	328	6.4	0.7	3.6	3.3	0.7	1.3	2.17	0.85	235	982	19.1	2.1	10.8	9.8	2.0	4.0	
TATER TOTS	156	653	7	1	20	1	3	2	0.5	0.2	381	1594	24.4	5.1	34.6	0.7	4.5	3.3	
LOADED TATER TOTS	218	910	14.4	3.8	15.0	1.2	1.8	6.2	0.92	0.36	543	2267	35.8	9.6	37.4	2.9	4.6	15.1	
SPICY BAJA TATER TOTS	188	786	11.4	3.5	15.6	0.8	2.1	4.7	0.65	0.26	438	1831	26.5	8.1	36.5	1.8	4.8	10.1	



				RDA INFORMATION PER PORTION										ALLERGEN INFO
PROTEIN (G)	SALT (G)	SODIUM (G)	PORTION SIZE (G)	ENERGY %	FAT %	FAT RAG	SAT %	SAT RAG	SUGAR %	SUGAR RAG	SALT %	SALT RAG		
HICKEN														
60.3	2.6	1.01	336.04	41	55	RED	64	RED	9	GREEN	43	RED	CELERY, WHEAT (GLUTEN), MILK, EGGS, SOYBEANS, MUSTARD, SULPHUR DIOXIDE	
50.1	2.40	0.94	302.04	32	45	RED	59	RED	7	GREEN	40	RED	WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, CELERY, MUSTARD, SULPHUR DIOXIDE	
62.8	4.18	1.64	373.35	47	74	RED	57	RED	9	GREEN	70	RED	CELERY, WHEAT (GLUTEN), BARLEY, OAT, MILK, SULPHUR DIOXIDE, EGGS, SOYBEANS	
52.6	3.26	1.28	338.35	38	64	RED	52	RED	8	GREEN	54	RED	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, SULPHUR DIOXIDE, EGGS, MILK	
59.3	2.8	1.10	340.32	41	53	RED	59	RED	8	GREEN	47	RED	CELERY, WHEAT (GLUTEN), MILK, EGGS, SOYBEANS, SULPHUR DIOXIDE	
49.2	2.64	1.04	326.32	32	43	RED	55	RED	7	GREEN	44	RED	WHEAT (GLUTEN), SOYBEANS, MILK, EGGS, SULPHUR DIOXIDE	
61.0	4.1	1.63	328.5	41	54	RED	37	RED	10	GREEN	69	RED	CELERY, WHEAT (GLUTEN), MILK, EGGS, SULPHUR DIOXIDE	
63.5	3.20	1.26	301.1	37	49	RED	43	RED	8	GREEN	53	RED	WHEAT (GLUTEN), SULPHUR DIOXIDE, EGGS, MILK	
MEAT														
22.2	0.2	0.08	119.4	13	27	AMBER	44	RED	0	GREEN	3	GREEN	MILK, CELERY, EGGS, MUSTARD	
30.3	0.3	0.11	161.4	17	35	RED	56	RED	0	GREEN	5	GREEN	MILK, CELERY, EGGS, MUSTARD	
44.2	0.4	0.16	233.6	25	49	RED	77	RED	0	GREEN	7	GREEN	MILK, CELERY, EGGS, MUSTARD	
45.2	1.1	0.45	183	18	14	AMBER	10	GREEN	2	GREEN	19	AMBER	CELERY, WHEAT (GLUTEN), MILK, EGGS, SULPHUR DIOXIDE	
35.1	0.97	0.38	153	10	9	AMBER	15	AMBER	0	GREEN	16	AMBER	MILK, WHEAT (GLUTEN), SULPHUR DIOXIDE	
16.6	0.2	0.06	90.2	10	21	AMBER	36	RED	0	GREEN	3	GREEN	MILK, CELERY, EGGS, MUSTARD	
EGGIE														
15.3	1.57	0.62	193.33	22	38	RED	47	RED	8	GREEN	26	AMBER	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, MILK, EGGS	
17.3	1.59	0.63	219	24	21	AMBER	24	AMBER	19	AMBER	27	AMBER	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, SULPHUR DIOXIDE, MILK	
26.1	1.86	0.73	279	29	34	RED	34	RED	19	AMBER	31	RED	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS, EGGS, MILK, SULPHUR DIOXIDE	
5.6	0.9	0.35	90.35	5	5	AMBER	1	GREEN	2	GREEN	15	AMBER	WHEAT (GLUTEN), SOY, BARLEY, SULPHITE	
BREAD														
8.3	0.86	0.34	78	10	3	GREEN	3	GREEN	7	AMBER	14	AMBER	WHEAT (GLUTEN), SOYBEANS	
7.4	0.68	0.27	68	9	3	GREEN	3	GREEN	6	AMBER	11	AMBER	WHEAT (GLUTEN), BARLEY, OATS, SOYBEANS	
7.6	0.9	0.34	78	11	6	AMBER	7	AMBER	4	GREEN	14	AMBER	WHEAT (GLUTEN), SOYBEANS	
2.2	0.82	0.32	80	12	8	AMBER	3	GREEN	4	GREEN	14	AMBER	SESAME SEEDS	
SALAD														
11.2	2.21	0.87	276.35	14	19	AMBER	32	RED	20	AMBER	37	RED	WHEAT (GLUTEN), NUTS, PEANUTS, SESAME SEEDS, SOYBEANS, MILK	
10.2	3.1	1.21	291.18	28	71	RED	38	RED	10	GREEN	51	RED	MILK, MUSTARD, SULPHUR DIOXIDE	
17.5	2.6	1.01	295.69	24	37	RED	61	RED	33	RED	43	RED	BARLEY, MILK, SOYBEANS, PEANUTS, NUTS, SESAME	
25.3	4	1.58	353	33	81	RED	63	RED	11	GREEN	67	RED	MILK, EGGS, MUSTARD, SULPHUR DIOXIDE	
SIDES														
4.2	3.2	1.25	222	21	33	RED	23	AMBER	2	GREEN	53	RED	/	
4.4	3.2	1.25	236.78	23	52	RED	33	RED	2	GREEN	53	RED	/	
2.1	0.8	0.32	220.6	21	27	AMBER	23	AMBER	21	AMBER	13	AMBER	/	
2.3	2.80	1.10	237.38	22	46	RED	33	RED	21	AMBER	47	RED	CELERY, EGGS, MUSTARD	
3.5	3.25	1.28	340.18	33	66	RED	47	RED	33	RED	54	RED	CELERY, EGGS, MUSTARD	
4.0	5.05	1.98	299.93	12	27	AMBER	11	GREEN	13	GREEN	84	RED	WHEAT (GLUTEN), EGGS, MILK	
19.4	3.1	1.21	223	28	33	RED	58	RED	22	AMBER	51	RED	EGGS, WHEAT (GLUTEN), MILK, SOYBEANS	
4.0	6.51	2.56	299.93	12	27	AMBER	11	GREEN	11	GREEN	109	RED	WHEAT (GLUTEN), SULPHUR DIOXIDE, EGGS, MILK, MUSTARD	
3.3	0.88	0.35	187	19	35	RED	26	AMBER	1	GREEN	15	AMBER	/	
15.5	2.29	0.90	249	27	51	RED	48	RED	3	GREEN	38	RED	MILK, SULPHUR DIOXIDE	
10.9	1.52	0.60	233	22	38	RED	41	RED	2	GREEN	25	AMBER	MILK, EGGS	



PRODUCT NAME	PER 100G											PER PORTION									
	ENERGY (KCAL)	ENERGY (KJ)	FAT (G)	SAT (G)	CARB (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)	SODIUM (G)	ENERGY (KCAL)	ENERGY (KJ)	FAT (G)	SAT (G)	CARB (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)			
KIDS																					
KIDS CRISPY CHICKEN STRIPS/BURGER	194	813	5.5	1.0	11.1	0.8	0.5	24.7	0.6	0.25	355	1489	10.1	1.9	20.3	1.4	0.8	45.1			
KIDS SMASHBURGER WITH FRIES	212	888	9.7	3.8	22.3	2.3	1.5	9.2	1.4	0.55	746	3119	34.1	13.2	78.4	8.0	5.4	32.4			
KIDS GRILLED CHEESE	230	959	10.8	4.9	26	1.4	1.8	6.7	1.8	0.71	677	2829	31.8	14.5	76.8	4	5.2	19.4			
KIDS HOT DOG WITH FRIES	211	884	8.2	2.6	31.3	2.8	2.5	4.8	0.7	0.27	528	2209	20.4	6.5	78.2	7	6.1	12			
MILKSHAKE																					
VANILLA MILKSHAKE	210	880	11.8	7.2	22.6	19	0	3.5	0.1	0.05	921	3855	51.6	31.7	98.9	83	0	15.1			
CHOCOLATE MILKSHAKE	209	876	11.7	7.2	22.6	19	0	3.5	0.1	0.05	921	3857	51.6	31.7	99.3	83.4	0	15.1			
STRAWBERRY MILKSHAKE	207	866	12.1	7.4	20.9	17.1	0	3.6	0.1	0.05	881	3689	51.6	31.7	88.9	73.1	0	15.1			
OREO® MILKSHAKE	209	876	11.7	7.2	22.6	19	0	3.5	0.1	0.05	921	3857	51.6	31.7	99.3	83.4	0	15.1			
CHOCOLATE OREO® MILKSHAKE	229	960	12.3	7.4	26	20.4	0.2	3.6	0.1	0.05	1091	4568	58.7	35.2	123.7	96.9	0.9	17.1			
SANDOWS COLD BREW COFFEE	256	1069	15.8	9.4	24.0	15.8	0.3	4.0	0.1	0.06	815	3410	50.5	30.0	76.5	50.4	0.9	12.1			
SANDOWS COLD BREW COFFEE (TO GO)	256	1069	15.8	9.4	24.0	15.8	0.3	4.0	0.1	0.06	815	3410	50.5	30.0	76.5	50.4	0.9	12.1			
SALTED CARAMEL POPCORN	288	1207	17.0	10.5	29.8	21.7	0.0	3.7	0.5	0.19	609	2548	35.8	22.3	62.9	45.9	0.0	7.9			
SALTED CARAMEL POPCORN (TO GO)	278	1162	17.0	10.5	27.1	19.6	0.0	3.9	0.4	0.15	820	3432	50.1	31.0	79.9	57.9	0.0	11.4			
SAUCES & TOPPINGS																					
SMASH SAUCE	581	2431	65.6	4.7	6.2	5.6	0.4	1.3	1.4	0.56	86	360	9.7	0.7	0.9	0.8	0.1	0.2			
RANCH	407	1703	39.5	3.1	9.2	8.5	0.3	2.2	2.8	1.1	120	504	11.7	0.9	2.7	2.5	0.1	0.7			
KETCHUP	115	489	0.1	0.0	28.6	27.5	0.9	1.6	2.04	0.80	17	72	0.0	0.0	4.2	4.1	0.1	0.2			
PICKLES	29	121	0.1	0.0	5.0	4.5	0.8	1.0	1.30	0.51	1	4	0.0	0.0	0.2	0.1	0.0	0.0			
SLICED TOMATO	14	61	0.1	0.0	3.0	3.0	1.0	0.5	0.01	0.00	1	5	0.0	0.0	0.2	0.2	0.1	0.0			
MAYO	720	3013	79	6	1.5	1.5	0	1	1.3	0.5	106	445	11.7	0.9	0.2	0.2	0	0.1			
BBQ SAUCE	162	678	0.1	0.1	39	34	0.5	1	1.3	0.52	48	200	0	0	11.5	10.1	0.1	0.3			
GRILLED ONIONS	171	716	15.1	4.6	7.9	0.1	1.8	1.2	0.19	0.08	110	458	9.6	2.9	5.1	0.1	1.1	0.8			
CHIPOTLE MAYO	438	1833	41.7	2.7	9.6	6.8	0.3	1.1	2.40	0.94	65	271	6.2	0.4	1.4	1.0	0.0	0.2			
YELLOW MUSTARD	69	290	3.9	0.8	4.3	0.9	2.7	4.2	2.8	1.11	10	41	0.6	0.1	0.6	0.1	0.4	0.6			
APPLEWOOD SMOKED BACON	337	1400	26.9	9.8	0.0	0.0	0.0	23.8	4.27	1.68	126	525	10.1	3.7	0.0	0.0	0.0	8.9			
GUACAMOLE	128	529	12.7	2.7	2.2	1.3	0	1.4	0	0.01	36	150	3.6	0.8	0.6	0.4	0	0.4			
GRILLED MUSHROOMS	122	504	11.0	6.8	4.5	2.3	1.4	2.4	0.30	0.12	43	177	3.9	2.4	1.6	0.8	0.5	0.8			
FRIED EGG	200	831	15.7	3.4	0.0	0.0	0.0	14.7	0.44	0.17	160	665	12.6	2.7	0.0	0.0	0.0	11.1			
AVOCADO	190	784	19.5	4.1	1.9	0.5	0	1.9	0	0.01	49	200	5	1	0.5	0.1	0	0.5			
HAYSTACK ONIONS	72	304	5.8	1	4.2	0.4	1.2	1.2	1.3	0.53	43	179	3.4	0.6	2.5	0.2	0.7	0.7			
AMERICAN CHEESE	371	1552	27.0	17.6	3.5	3.5	0.0	19.5	3.70	1.46	85	357	6.2	4.0	0.8	0.8	0.0	4.5			
BLUE CHEESE	410	1715	35.0	23.0	0.1	0.1	0.0	23.7	2.10	0.83	87	365	7.4	4.9	0.0	0.0	0.0	5.0			
GOATS CHEESE	314	1314	26.0	18.0	0.1	0.1	0.0	20.0	1.73	0.68	45	186	3.7	2.6	0.0	0.0	0.0	2.8			
PEPPER JACK CHEESE	412	1724	32.4	20.7	1.3	0.5	0.3	24.5	1.80	0.71	95	397	7.5	4.8	0.3	0.1	0.1	5.6			
SHARP CHEDDAR CHEESE	403	1686	33.1	21.1	1.3	0.5	0.0	24.9	1.70	0.67	93	388	7.6	4.9	0.3	0.1	0.0	5.7			
SWISS CHEESE	363	1519	28.0	19.8	0.0	0.0	0.0	28.0	1.00	0.39	77	323	6.0	4.2	0.0	0.0	0.0	6.0			
DESSERTS																					
CHURROS	183	765	5.3	0.2	31.6	7.2	0.5	3.8	0.73	0.29	119	497	3.4	0.1	20.5	4.7	0.3	2.4			
DAVINCI GOURMET CHOC DESSERT SAUCE	289	1209	0.4	0.4	68.7	48.9	2.3	1.4	0.01	0.00	121	508	0.2	0.2	28.9	20.5	1.0	0.6			



				RDA INFORMATION PER PORTION										ALLERGEN INFO	
PROTEIN (G)	SALT (G)	SODIUM (G)	PORTION SIZE (G)	ENERGY %	FAT %	FAT RAG	SAT %	SAT RAG	SUGAR %	SUGAR RAG	SALT %	SALT RAG			
KIDS															
45.2	1.1	0.45	183	18	14	AMBER	10	GREEN	2	GREEN	19	AMBER	CELERY, WHEAT (GLUTEN), MILK, EGGS, SULPHUR DIOXIDE		
32.4	4.9	1.93	351.2	37	49	RED	66	RED	9	GREEN	82	RED	WHEAT (GLUTEN), SOYBEANS, MILK, CELERY, EGGS, MUSTARD		
19.6	5.3	2.09	294.9	34	45	RED	73	RED	4	GREEN	88	RED	WHEAT (GLUTEN), MILK		
12	1.7	0.68	249.75	26	29	AMBER	33	RED	8	GREEN	29	AMBER	WHEAT (GLUTEN), MILK, EGGS, SESAME, CELERY, MUSTARD		
SHAKES															
15.3	0.5	0.2	438.15	46	74	RED	159	RED	92	RED	9	GREEN	MILK, EGGS		
15.3	0.5	0.2	440.15	46	74	RED	159	RED	93	RED	9	GREEN	MILK, EGGS		
15.3	0.5	0.2	426.15	44	74	RED	159	RED	81	RED	9	GREEN	MILK, EGGS		
15.3	0.5	0.2	440.15	46	74	RED	159	RED	93	RED	9	GREEN	WHEAT (GLUTEN), MILK, EGGS, SOYBEAN		
17.1	0.6	0.23	475.59	55	84	RED	176	RED	108	RED	10	GREEN	WHEAT (GLUTEN), MILK, EGGS, SOYBEAN		
12.7	0.5	0.18	318.823	41	72	RED	150	RED	56	RED	8	GREEN	EGGS, MILK, WHEAT (GLUTEN), SOYBEANS		
12.7	0.5	0.18	318.816	41	72	RED	150	RED	56	RED	8	GREEN	EGGS, MILK, WHEAT (GLUTEN), SOYBEANS		
7.9	1.0	0.40	211.188	30	51	RED	112	RED	51	RED	17	AMBER	EGGS, MILK, SOYBEANS		
11.4	1.2	0.45	295.386	41	72	RED	155	RED	64	RED	19	AMBER	EGGS, MILK, SOYBEANS		
SAUCES & TOPPINGS															
0.2	0.2	0.08	14.787	4	14	RED	4	AMBER	1	AMBER	4	AMBER	EGGS, CELERY, MUSTARD		
0.7	0.8	0.33	29.57	6	17	RED	5	AMBER	3	AMBER	14	RED	MILK, EGGS, MUSTARD		
0.2	0.30	0.12	14.78	1	0	GREEN	0	GREEN	5	RED	5	RED	CELERY		
0.0	0.04	0.02	3	0	0	GREEN	0	GREEN	0	GREEN	1	AMBER	SULPHUR DIOXIDE		
0.0	0.00	0.00	8	0	0	GREEN	0	GREEN	0	GREEN	0	GREEN	-		
0.1	0.2	0.07	14.78	5	17	RED	5	RED	0	GREEN	3	AMBER	PASTEURISED EGG, EGG YOLK		
0.3	0.4	0.15	29.57	2	0	GREEN	0	GREEN	11	RED	7	AMBER			
0.8	0.12	0.05	64	5	14	AMBER	15	AMBER	0	GREEN	2	GREEN	MILK		
0.2	0.36	0.14	14.78	3	9	RED	2	AMBER	1	AMBER	6	RED	EGGS		
0.6	0.4	0.16	14.2	0	1	AMBER	1	GREEN	0	GREEN	7	RED	MUSTARD		
8.9	1.60	0.63	37.5	6	14	RED	19	RED	0	GREEN	27	RED	SULPHUR DIOXIDE		
0.4	0	0	28.349	2	5	AMBER	4	AMBER	0	GREEN	0	GREEN	MILK		
0.8	0.11	0.04	35	2	6	AMBER	12	RED	1	GREEN	2	GREEN	MILK		
11.8	0.35	0.14	80	8	18	AMBER	14	AMBER	0	GREEN	6	AMBER	EGGS, MILK		
0.5	0	0	25.5	2	7	RED	5	AMBER	0	GREEN	0	GREEN			
0.7	0.8	0.31	59	2	5	AMBER	3	GREEN	0	GREEN	13	AMBER	WHEAT (GLUTEN), MILK, EGGS		
4.5	0.85	0.34	23	4	9	RED	20	RED	1	GREEN	14	RED	MILK		
5.0	0.45	0.18	21.26	4	11	RED	25	RED	0	GREEN	8	RED	MILK		
2.8	0.25	0.10	14.175	2	5	RED	13	RED	0	GREEN	4	RED	MILK		
5.6	0.41	0.16	23	5	11	RED	24	RED	0	GREEN	7	RED	MILK		
5.7	0.39	0.15	23	5	11	RED	25	RED	0	GREEN	7	RED	MILK		
6.0	0.21	0.08	21.26	4	9	RED	21	RED	0	GREEN	4	AMBER	MILK		
DESSERTS															
2.4	0.48	0.19	65	6	5	AMBER	1	GREEN	5	AMBER	8	AMBER	WHEAT (GLUTEN), PEANUTS, NUTS		
0.6	0.00	0.00	42	6	0	GREEN	1	GREEN	23	RED	0	GREEN	/		



SMASHBURGER®

PLEASE SEE THE BACK OF THE PACKAGING FOR ALLERGEN INFORMATION ON ALL BOTTLED OR PACKAGED DRINKS. CONTACT US IF YOU HAVE ANY FURTHER QUESTIONS.

Please inform a member of the team before ordering of any special dietary requirements that you may have. Unfortunately, it is not possible to guarantee that our busy kitchens are completely free of allergens. Due to fryers being used for more than one product on the menu, there is a small risk of cross contamination of products that are deep fried. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time. 19112018