

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.

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. 22022019

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

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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	45.2	1.1	0.45	183	18	14	AMBER	10	GREEN	2	GREEN	19	AMBER	CELERY, WHEAT (GLUTEN), MILK, EGGS, SULPHUR DIOXIDE	
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	4.9	1.93	351.2	37	49	RED	66	RED	9	GREEN	82	RED	WHEAT (GLUTEN), SOYBEANS, MILK, CELERY, EGGS, MUSTARD	
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	19.6	5.3	2.09	294.9	34	45	RED	73	RED	4	GREEN	88	RED	WHEAT (GLUTEN), MILK	
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	1.7	0.68	249.75	26	29	AMBER	33	RED	8	GREEN	29	AMBER	WHEAT (GLUTEN), MILK, EGGS, SESAME, CELERY, MUSTARD	
KIDS FRENCH FRIES	214	894	12.4	2.3	21.9	0.2	2.8	2.1	0.5	0.18	356	1488	20.7	3.9	36.5	0.3	4.6	3.5	0.8	0.31	166.57	18	30	AMBER	20	AMBER	0	GREEN	13	AMBER	-	
MILKSHAKES																																
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	15.3	0.5	0.2	438.15	46	74	RED	159	RED	92	RED	9	GREEN	MILK, EGGS	
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	15.3	0.5	0.2	440.15	46	74	RED	159	RED	93	RED	9	GREEN	MILK, EGGS	
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	15.3	0.5	0.2	426.15	44	74	RED	159	RED	81	RED	9	GREEN	MILK, EGGS	
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	15.3	0.5	0.2	440.15	46	74	RED	159	RED	93	RED	9	GREEN	WHEAT (GLUTEN), MILK, EGGS, SOYBEAN	
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	0.6	0.23	475.59	55	84	RED	176	RED	108	RED	10	GREEN	WHEAT (GLUTEN), MILK, EGGS, SOYBEAN	
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	12.7	0.5	0.18	318.823	41	72	RED	150	RED	56	RED	8	GREEN	EGGS, MILK, WHEAT (GLUTEN), SOYBEANS	
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	12.7	0.5	0.18	318.816	41	72	RED	150	RED	56	RED	8	GREEN	EGGS, MILK, WHEAT (GLUTEN), SOYBEANS	
SALTED CARAMEL POPCORN	288	1207	17.0	10.5	29.8	21.7	0.0	3.7	0.5	0.19	609	2568	35.8	22.3	62.9	45.9	0.0	7.9	1.0	0.40	211.108	30	51	RED	112	RED	51	RED	17	AMBER	EGGS, MILK, SOYBEANS	
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	1.2	0.45	295.386	41	72	RED	155	RED	64	RED	19	AMBER	EGGS, MILK, SOYBEANS	
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	0.2	0.08	14.787	4	14	RED	4	AMBER	1	AMBER	4	AMBER	EGGS, CELERY, MUSTARD	
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	0.8	0.33	29.57	6	17	RED	5	AMBER	3	AMBER	14	RED	MILK, EGGS, MUSTARD	
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	0.30	0.12	14.78	1	0	GREEN	0	GREEN	5	RED	5	RED	CELERY	
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	0.04	0.02	3	0	0	GREEN	0	GREEN	0	GREEN	1	AMBER	SULPHUR DIOXIDE	
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	0.00	0.00	8	0	0	GREEN	0	GREEN	0	GREEN	0	GREEN	-	
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	0.2	0.07	14.78	5	17	RED	5	RED	0	GREEN	3	AMBER	PASTEURISED EGG, EGG YOLK	
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	0.4	0.15	29.57	2	0	GREEN	0	GREEN	11	RED	7	AMBER	-	
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	0.12	0.05	64	5	14	AMBER	15	AMBER	0	GREEN	2	GREEN	MILK	
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	0.36	0.14	14.78	3	9	RED	2	AMBER	1	AMBER	6	RED	EGGS	
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	0.4	0.16	14.2	0	1	AMBER	1	GREEN	0	GREEN	7	RED	MUSTARD	
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	1.60	0.63	37.5	6	14	RED	19	RED	0	GREEN	27	RED	SULPHUR DIOXIDE	
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	0	0	28.349	2	5	AMBER	4	AMBER	0	GREEN	0	GREEN	MILK	
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	0.11	0.04	35	2	6	AMBER	12	RED	1	GREEN	2	GREEN	MILK	
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	11.8	0.35	0.14	80	8	18	AMBER	14	AMBER	0	GREEN	6	AMBER	EGGS, MILK	
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	0	0	25.5	2	7	RED	5	AMBER	0	GREEN	0	GREEN	-	
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	0.8	0.31	59	2	5	AMBER	3	GREEN	0	GREEN	13	AMBER	WHEAT (GLUTEN), MILK, EGGS	
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	0.85	0.34	23	4	9	RED	20	RED	1	GREEN	14	RED	MILK	
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	0.45	0.18	21.26	4	11	RED	25	RED	0	GREEN	8	RED	MILK	
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	0.25	0.10	14.175	2	5	RED	13	RED	0	GREEN	4	RED	MILK	
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	0.41	0.16	23	5	11	RED	24	RED	0	GREEN	7	RED	MILK	
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	0.39	0.15	23	5	11	RED	25	RED	0	GREEN	7	RED	MILK	
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	0.21	0.08	21.26	4	9	RED	21	RED	0	GREEN	4	AMBER	MILK	
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	0.48	0.19	65	6	5	AMBER	1	GREEN	5	AMBER	8	AMBER	WHEAT (GLUTEN), PEANUTS, NUTS	
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	0.00	0.00	42	6	0	GREEN	1	GREEN	23	RED	0	GREEN	-	