



# BASTARD

*High in Vitamin B12*  
(good for your metabolism)

*High in Riboflavin (B2)*  
(produces healthy skin & Vision)

**You are what you eat, and you're more than just a number.** That's why we encourage you to get your taste buds off life support, and leap towards what food and life is really meant to be – a damn good time, all of the time.

We're fiercely passionate about putting only the most pure, highly nutritious, great tasting fuel in your tank. We leave no stone unturned in our relentless quest to source ingredients that are 100% natural, wholesome, healthy and ethical. **It's what we call Fuel for the Human Engine**

**BASTARD INGREDIENTS:** 100% pure NZ grass fed beef, cheddar, bacon, avocado, beetroot with chia seeds, mango, lettuce, red onion, tomato, batch-brewed tomato relish, free range BurgerFuel aioli and wholemeal bun.

**Average serving size: 457g.**

..... • **TRY THIS BURGER:** .....



The healthy standard with no added sugar



Replace the bun on any burger with double salad



White light and tasty Gluten Free alternative

The below nutritional information is based on the average weights of cooked burgers and actual ingredients sourced directly from our stores in order to be as true and accurate as possible. The below information is based on the burger served in a wholemeal bun.		
BASTARD	AVERAGE PER 100G	AVERAGE PER SERVE
ENERGY (KJ)	930kJ	4252kJ
CALORIES (CAL)	221.5	1012.3
PROTEIN (G)	12.4	56.8
FAT, TOTAL (G)	13.0	59.5
- SATURATED (G)	4.4	20.0
CARBOHYDRATES (G)	19.2	87.9
- SUGARS (G)	3.9	17.9
SODIUM (MG)	394.3	1802.1

**Allergens:** Please note the Bastard contains gluten, dairy and eggs. BurgerFuel wholemeal buns contain soy. Please see our allergens chart for more details if you have serious allergies or intolerances.

