



BURGERFUEL SAUDI ARABIA

Nutritional Information (Burgers)

FUEL BASIC

Fuel Basic: 100% pure grass fed beef, wholemeal bun, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 328g.

Fuel Basic	Average per 100g	Average per serve
CALORIES (Cal)	234.0	767.5
PROTEIN (g)	13.0	42.6
FAT, TOTAL (g)	12.6	41.3
- SATURATED (g)	4.4	14.4
CARBOHYDRATES (g)	21.0	68.9
- SUGARS (g)	3.2	10.5
SODIUM (mg)	254.0	833.1

AMERICAN MUSCLE SINGLE

American Muscle Single: 100% pure grass fed beef, wholemeal bun, melted cheddar, sliced sandwich pickles, Dijon mustard, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 295g.

American Muscle Single	Average per 100g	Average per serve
CALORIES (Cal)	269.0	793.6
PROTEIN (g)	12.6	37.2
FAT, TOTAL (g)	16.5	48.7
- SATURATED (g)	6.4	18.9
CARBOHYDRATES (g)	18.0	53.1
- SUGARS (g)	2.3	6.8
SODIUM (mg)	439.0	1,295.1

AMERICAN MUSCLE DOUBLE

American Muscle Double: Double 100% pure grass fed beef, wholemeal bun, double melted cheddar, sliced sandwich pickles, Dijon mustard, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 475g.

American Muscle Double	Average per 100g	Average per serve
CALORIES (Cal)	244.0	1159.0
PROTEIN (g)	15.5	73.6
FAT, TOTAL (g)	14.7	69.8
- SATURATED (g)	6.8	32.3
CARBOHYDRATES (g)	16.0	76.0
- SUGARS (g)	2.4	11.4
SODIUM (mg)	324.0	1539.0

C N CHEESE

C N Cheese: 100% pure grass fed beef, wholemeal bun, melted cheddar, grated Parmesan, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 356g.

C N Cheese	Average per 100g	Average per serve
CALORIES (Cal)	244.0	868.6
PROTEIN (g)	13.9	49.5
FAT, TOTAL (g)	14.0	49.8
- SATURATED (g)	5.6	19.9
CARBOHYDRATES (g)	19.0	67.6
- SUGARS (g)	2.2	7.8
SODIUM (mg)	282.0	1,004

HOT ROD

Hot Rod: 100% pure grass fed beef, wholemeal bun, melted cheddar, chilli salsa, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 383g.

Hot Rod	Average per 100g	Average per serve
CALORIES (Cal)	219.0	838.8
PROTEIN (g)	11.6	44.4
FAT, TOTAL (g)	12.1	46.3
- SATURATED (g)	4.4	16.9
CARBOHYDRATES (g)	19.0	72.8
- SUGARS (g)	2.1	8.0
SODIUM (mg)	298.0	1141.3

MUSHROOM MELTDOWN

Mushroom Meltdown: 100% pure grass fed beef, wholemeal bun, melted Swiss cheese, grilled button mushrooms with Tuscan seasoning, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 398g.

Mushroom Meltdown	Average per 100g	Average per serve
CALORIES (Cal)	240.0	955.2
PROTEIN (g)	13.4	53.3
FAT, TOTAL (g)	14.7	58.5
- SATURATED (g)	5.6	22.3
CARBOHYDRATES (g)	18.0	71.6
- SUGARS (g)	2.2	8.8
SODIUM (mg)	270.0	1074.6

BBQ ROADSTER

BBQ Roadster: 100% pure grass fed beef, wholemeal bun, melted cheddar, crispy battered onion rings, smoky BBQ sauce, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 413g.

BBQ Roadster	Average per 100g	Average per serve
CALORIES (Cal)	244.0	1007.7
PROTEIN (g)	10.9	45.0
FAT, TOTAL (g)	12.4	51.2
- SATURATED (g)	4.6	19.0
CARBOHYDRATES (g)	25.0	103.3
- SUGARS (g)	4.5	18.6
SODIUM (mg)	306.0	1263.8

MONSTER

Monster: 100% pure grass fed beef, wholemeal bun, melted cheddar, beef bacon, smashed avocado, juicy mango, raw grated beetroot, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 493g.

Monster	Average per 100g	Average per serve
CALORIES (Cal)	203.0	1000.8
PROTEIN (g)	16.0	78.9
FAT, TOTAL (g)	10.1	49.8
- SATURATED (g)	4.0	19.7
CARBOHYDRATES (g)	14.0	69.0
- SUGARS (g)	4.7	23.2
SODIUM (mg)	244.0	1202.9

CHICK BASIC

Chick Basic: Grilled chicken breast, wholemeal bun, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 318g.

Chick Basic	Average per 100g	Average per serve
CALORIES (Cal)	175.0	556.5
PROTEIN (g)	7.0	22.3
FAT, TOTAL (g)	5.7	18.1
- SATURATED (g)	0.9	2.9
CARBOHYDRATES (g)	26.0	82.7
- SUGARS (g)	2.4	7.6
SODIUM (mg)	343.0	1090.7

CHOOK ROYALE

Chook Royale: Grilled chicken breast, wholemeal bun, grilled pineapple, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 378g.

Chook Royale	Average per 100g	Average per serve
CALORIES (Cal)	162.0	612.4
PROTEIN (g)	10.2	38.6
FAT, TOTAL (g)	6.0	22.7
- SATURATED (g)	1.2	4.5
CARBOHYDRATES (g)	19.0	71.8
- SUGARS (g)	4.8	18.1
SODIUM (mg)	289.0	1092.4

BURNOUT

Burnout: Grilled chicken breast, wholemeal bun, beef bacon, smashed avocado, Stilton cheese sauce, Dijon mustard, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 353g.

Burnout	Average per 100g	Average per serve
CALORIES (Cal)	205.0	723.7
PROTEIN (g)	14.3	50.5
FAT, TOTAL (g)	9.8	34.6
- SATURATED (g)	2.0	7.1
CARBOHYDRATES (g)	17.0	60.0
- SUGARS (g)	3.2	11.3
SODIUM (mg)	467.0	1648.5

FIRE BIRD

Fire Bird: Grilled chicken breast, wholemeal bun, chilli salsa, smashed avocado, sour cream, lettuce, tomato, red onion and tomato relish.

Average serving size: 393g.

Fire Bird	Average per 100g	Average per serve
CALORIES (Cal)	138.0	542.3
PROTEIN (g)	10.8	42.4
FAT, TOTAL (g)	4.0	15.7
- SATURATED (g)	1.4	5.5
CARBOHYDRATES (g)	18.0	70.7
- SUGARS (g)	<1.0	<3.9
SODIUM (mg)	326.0	1281.2

CRISPY CHICKEN CHARGER

Crispy Chicken Charger: Crispy cornflake chicken breast, wholemeal bun, melted cheddar, BurgerFuel chilli aioli, lettuce, tomato, red onion and tomato relish.

Average serving size: 303g.

Crispy Chicken Charger	Average per 100g	Average per serve
CALORIES (Cal)	231.0	699.9
PROTEIN (g)	11.4	34.5
FAT, TOTAL (g)	11.6	35.1
- SATURATED (g)	2.5	7.6
CARBOHYDRATES (g)	23.0	69.7
- SUGARS (g)	2.8	8.5
SODIUM (mg)	340.0	1030.2

V DUB VEGE

V Dub Vege: Crumbed pumpkin, carrot, chickpea & ginger bites, wholemeal bun, melted cheddar, raw grated beetroot, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 355g.

V Dub Vege	Average per 100g	Average per serve
CALORIES (Cal)	216	766.8
PROTEIN (g)	6.2	22.0
FAT, TOTAL (g)	15.1	53.6
- SATURATED (g)	3.3	11.7
CARBOHYDRATES (g)	18.0	63.9
- SUGARS (g)	4.0	14.2
SODIUM (mg)	359.0	1274.5

ONION OVERDRIVE

Onion Overdrive: Crispy battered onion rings, wholemeal bun, melted cheddar, smoky BBQ sauce, lettuce, tomato, red onion, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 258g.

Onion Overdrive	Average per 100g	Average per serve
CALORIES (Cal)	232.0	598.6
PROTEIN (g)	7.0	18.1
FAT, TOTAL (g)	10.9	28.1
- SATURATED (g)	3.0	7.7
CARBOHYDRATES (g)	30.0	77.4
- SUGARS (g)	4.9	12.6
SODIUM (mg)	327.0	843.7

KIDS CHEESEBURGER

Kids Cheeseburger: 100% pure grass fed beef, smaller potato bun, melted cheddar, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 215g.

Kids Cheeseburger	Average per 100g	Average per serve
CALORIES (Cal)	304.0	653.6
PROTEIN (g)	14.6	31.4
FAT, TOTAL (g)	16.6	35.7
- SATURATED (g)	6.9	14.8
CARBOHYDRATES (g)	26.0	55.9
- SUGARS (g)	5.7	12.3
SODIUM (mg)	543.0	1167.5

KIDS CHICKEN BURGER

Kids Chicken Burger: Grilled chicken, smaller potato bun, lettuce, tomato relish and fresh, natural BurgerFuel Aioli.

Average serving size: 220g.

Kids Chicken Burger	Average per 100g	Average per serve
CALORIES (Cal)	266.0	585.2
PROTEIN (g)	15.6	34.3
FAT, TOTAL (g)	13.6	29.9
- SATURATED (g)	5.3	11.7
CARBOHYDRATES (g)	21.0	46.2
- SUGARS (g)	4.2	9.2
SODIUM (mg)	648.0	1,425.6

KIDS NATURAL NUGGETS

Kids Natural Nuggets: Grilled skinless chicken tenderloins.

Average serving size: 235g.

Kids Natural Nuggets	Average per 100g	Average per serve
CALORIES (Cal)	132	310.2
PROTEIN (g)	23.6	55.5
FAT, TOTAL (g)	3.2	7.5
- SATURATED (g)	1.2	2.8
CARBOHYDRATES (g)	2.0	4.7
- SUGARS (g)	<1.0	<2.4
SODIUM (mg)	909.0	2,136.2

KIDS CRISPY CHICKEN FENDERS

Kids Crispy Chicken Fenders: Crispy cornflake chicken tenderloins.

Average serving size: 147g.

Kids Crispy Chicken Fenders	Average per 100g	Average per serve
CALORIES (Cal)	195.3	429.7
PROTEIN (g)	1.3	2.9
FAT, TOTAL (g)	11.7	25.7
- SATURATED (g)	1.2	2.6
CARBOHYDRATES (g)	25.3	55.7
- SUGARS (g)	<1.0	<2.2
SODIUM (mg)	313.3	689.3