

P. TERRY'S BURGER STAND NUTRITIONAL INFORMATION

Nutrition Facts	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	% Daily Value*	Saturated Fat (g)	% Daily Value*	Trans Fat (g)	Cholesterol (mg)	% Daily Value*	Sodium (mg)	%Daily Value*	Carbohydrates (g)	% Daily Value*	Dietary Fiber (g)	% Daily Value*	Sugars (g)	Protein (g)	% Daily Value			
																			Vitamin A	Vitamin C	Calcium	Iron
BURGERS																						
Hamburger	156	443	207	23	35	6	30	0	52	17	665	27	39	13	3	12	10	20	10	15	4	20
Cheeseburger	174	521	261	29	44	11	55	0	72	24	849	35	39	13	3	12	10	26	15	15	20	20
Double Cheeseburger	256	732	396	44	67	19	94	0	144	48	1304	54	39	13	3	12	10	45	20	15	35	30
Chicken Burger	178	367	135	15	23	3	15	0	77	25	581	24	27	9	2	8	5	31	0	0	19	8
Veggie Burger	223	403	171	19	29	5	25	0	30	10	580	24	46	15	8	32	11	12	13	11	30	14
Substitute special sauce w/ketchup or mustard		(35)	(35)	(4)	(3)	(.5)	(3)	0	(2)	(0)	(30)	(1)	0	0	0	0	0	0	0	0	0	0
Exclude Cheese	(18)	(78)	(54)	(6)	(9)	(5)	(25)	0	(20)	(6)	(184)	(7)	0	0	0	0	0	(6)	(5)	0	(16)	0
Exclude Bun	(50)	(126)	(18)	(2)	(3)	(.5)	(2)	0	0	0	(220)	(9)	(23)	(7)	0	0	(3)	(4)	0	0	(6)	(8)
SIDES																						
French Fries	120	386	162	18	27	2	10	0	0	0	250	10	50	16	2	8	0	6	0	0	2	10
Oatmeal Chocolate Chip Cookie	80	241	117	13	20	6	30	0	39	13	165	6	27	8	2	8	15	4	5	0	3	5
MILKSHAKES																						
Vanilla Shake	16oz	720	180	20	30	12	60	0	80	26	375	15	119	39	0	0	87	16	48	0	64	0
Chocolate Shake	16oz	878	198	22	33	12	60	0	80	26	385	16	153	51	0	0	92	17	48	0	64	4
Strawberry Shake	16oz	797	189	21	32	12	60	0	80	26	380	15	136	45	0	0	98	16	48	0	64	0
BEVERAGES																						
Coca-Cola®	24oz	232	0	0	0	0	0	0	0	0	15	1	58	19	0	0	58	0	0	0	0	0
Diet Coke®	24oz	0	0	0	0	0	0	0	0	0	30	1	0	0	0	0	0	0	0	0	0	0
Dr. Pepper®	24oz	276	0	0	0	0	0	0	0	0	90	3	69	24	0	0	69	0	0	0	0	0
Sprite®	24oz	224	0	0	0	0	0	0	0	0	55	2	56	19	0	0	56	0	0	0	0	0
Root Beer	24oz	360	0	0	0	0	0	0	0	0	62	3	90	30	0	0	90	0	0	0	0	0

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Iced Tea	24oz	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Lemonade	16oz	320	0	0	0	0	0	0	0	6	1	80	26	.4	1	73	.4	0	0	0	0	

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need

- **HAMBURGER** – Bun, 100% all natural black angus beef patty, lettuce, tomato, special sauce
- **CHEESEBURGER** – Bun, 100% all natural black angus beef patty, American cheese, lettuce, tomato, special sauce
- **DOUBLE CHEESEBURGER** – Bun, 2 100% all natural black angus beef patties, 2 slices American cheese, lettuce, tomato, special sauce
- **CHICKEN BURGER** – Bun, 100% all natural ground chicken breast, Swiss cheese, lettuce, tomato, mayonnaise
- **VEGGIE BURGER** – Bun, our very own veggie burger, American cheese, lettuce, tomato, special sauce
- **FRENCH FRIES** – fresh cut fries prepared in 100% canola oil