



# AMERICAN MUSCLE SINGLE

AMERICAN MUSCLE SINGLE INGREDIENTS: Grass fed NZ beef, cheddar, pickles, relish, Dijon Mustard, BurgerFuel Aioli, and wholemeal bun.

AMERICAN MUSCLE SINGLE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 374G	AVERAGE PER 100G	AVERAGE PER SERVE (374G)
ENERGY (KJ)	1111	4148
ENERGY (CAL)	266	992
PROTEIN (G)	14	51
FAT, TOTAL (G)	16	60
- SATURATED (G)	6.0	23
CARBOHYDRATES (G)	17	64
- SUGARS (G)	5.4	20
SODIUM (MG)	351	1311

AMERICAN MUSCLE SINGLE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 415G	AVERAGE PER 100G	AVERAGE PER SERVE (415G)
ENERGY (KJ)	1190	4932
ENERGY (CAL)	285	1179
PROTEIN (G)	11	46
FAT, TOTAL (G)	16	68
- SATURATED (G)	5.7	24
CARBOHYDRATES (G)	23	96
- SUGARS (G)	4.6	19
SODIUM (MG)	359	1489

AMERICAN MUSCLE SINGLE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 353G	AVERAGE PER 100G	AVERAGE PER SERVE (335G)
ENERGY (KJ)	843	2973
ENERGY (CAL)	202	711
PROTEIN (G)	12	42
FAT, TOTAL (G)	16	55
- SATURATED (G)	6.2	22
CARBOHYDRATES (G)	3.5	12
- SUGARS (G)	3.0	11
SODIUM (MG)	234	824

<sup>&</sup>lt;sup>1</sup>81% less carbohydrate than the regular American Muscle Single





# AMERICAN MUSCLE DOUBLE

AMERICAN MUSCLE DOUBLE INGREDIENTS:
Double NZ grass fed beef, cheddar, pickles, Dijon
Mustard, Relish, BurgerFuel Aioli, &
a wholemeal bun.

AMERICAN MUSCLE DOUBLE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 544G	AVERAGE PER 100G	AVERAGE PER SERVE (544G)
ENERGY (KJ)	1136	6177
ENERGY (CAL)	272	1478
PROTEIN (G)	17	90
FAT, TOTAL (G)	18	96
- SATURATED (G)	7.8	43
CARBOHYDRATES (G)	12	64
- SUGARS (G)	3.7	20
SODIUM (MG)	336	1828

AMERICAN MUSCLE DOUBLE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 585G	AVERAGE PER 100G	AVERAGE PER SERVE (585G)
ENERGY (KJ)	1190	6961
ENERGY (CAL)	285	1665
PROTEIN (G)	15	86
FAT, TOTAL (G)	18	105
- SATURATED (G)	7.5	44
CARBOHYDRATES (G)	16	96
- SUGARS (G)	3.3	19
SODIUM (MG)	343	2006

AMERICAN MUSCLE DOUBLE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 523G	AVERAGE PER 100G	AVERAGE PER SERVE (523G)
ENERGY (KJ)	956	5002
ENERGY (CAL)	229	1197
PROTEIN (G)	15	81
FAT, TOTAL (G)	18	92
- SATURATED (G)	8.0	42
CARBOHYDRATES (G)	2.3	12
- SUGARS (G)	2.0	11
SODIUM (MG)	256	1341

<sup>&</sup>lt;sup>1</sup> 81% less carbohydrate than the regular American Muscle Double





# BACON BBQ ROADSTER

BACON BBQ ROADSTER INGREDIENTS:
NZ grass fed beef, cheddar, bacon, battered onion rings, BBQ sauce, Relish, BurgerFuel Aioli, & a wholemeal bun.

BACON BBQ ROADSTER SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 488G	AVERAGE PER 100G	AVERAGE PER SERVE (488G)
ENERGY (KJ)	1100	5362
ENERGY (CAL)	263	1283
PROTEIN (G)	14	67
FAT, TOTAL (G)	16	76
- SATURATED (G)	5.6	27
CARBOHYDRATES (G)	17	81
- SUGARS (G)	4.5	22
SODIUM (MG)	569	2776

BACON BBQ ROADSTER SERVED ON A <b>GLUTEN FREE BUN</b>		
AVERAGE SERVING SIZE: 529G	AVERAGE PER 100G	AVERAGE PER SERVE (529G)
ENERGY (KJ)	1163	6146
ENERGY (CAL)	278	1470
PROTEIN (G)	12	63
FAT, TOTAL (G)	16	85
- SATURATED (G)	5.4	28
CARBOHYDRATES (G)	21	114
- SUGARS (G)	4.0	21
SODIUM (MG)	559	2954

BACON BBQ ROADSTER SERVED AS A 'LOW CARBORATOR' (LOWER CARB¹)		
AVERAGE SERVING SIZE: 413G	AVERAGE PER 100G	AVERAGE PER SERVE (413G)
ENERGY (KJ)	1004	4140
ENERGY (CAL)	240	991
PROTEIN (G)	14	58
FAT, TOTAL (G)	17	72
- SATURATED (G)	6.4	26
CARBOHYDRATES (G)	7.0	29
- SUGARS (G)	2.8	12
SODIUM (MG)	554	2285

<sup>1 65%</sup> less carbohydrate than the regular Bacon BBQ Roadster





### FORD FREAKOUT

FORD FREAKOUT INGREDIENTS: NZ grass fed beef, bacon, avocado, salad, Relish, BurgerFuel Aioli & a wholemeal bun.

FORD FREAKOUT SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 428G	AVERAGE PER 100G	AVERAGE PER SERVE (428G)
ENERGY (KJ)	1049	4492
ENERGY (CAL)	251	1075
PROTEIN (G)	14	60
FAT, TOTAL (G)	15	66
- SATURATED (G)	5.0	21
CARBOHYDRATES (G)	14	61
- SUGARS (G)	3.2	14
SODIUM (MG)	501	2142

FORD FREAKOUT SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 469G	AVERAGE PER 100G	AVERAGE PER SERVE (469G)
ENERGY (KJ)	1125	5276
ENERGY (CAL)	269	1262
PROTEIN (G)	12	56
FAT, TOTAL (G)	16	74
- SATURATED (G)	4.8	23
CARBOHYDRATES (G)	20	93
- SUGARS (G)	32.7	13
SODIUM (MG)	495	2320

FORD FREAKOUT SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 353G	AVERAGE PER 100G	AVERAGE PER SERVE (353G)
ENERGY (KJ)	926	3270
ENERGY (CAL)	222	782
PROTEIN (G)	14	51
FAT, TOTAL (G)	17	61
- SATURATED (G)	5.8	20
CARBOHYDRATES (G)	2.3	8.2
- SUGARS (G)	0.9	3.2
SODIUM (MG)	468	1651

<sup>187%</sup> less carbohydrate than the regular Ford Freakout





### **BASTARD**

#### **BASTARD INGREDIENTS:**

NZ grass fed beef, cheddar, bacon, avocado, mango, grated beetroot with chia seeds, Relish, BurgerFuel Aioli, & a wholemeal bun.

BASTARD SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 519G	AVERAGE PER 100G	AVERAGE PER SERVE (519G)
ENERGY (KJ)	986	5110
ENERGY (CAL)	236	1222
PROTEIN (G)	13	67
FAT, TOTAL (G)	14	75
- SATURATED (G)	5.2	27
CARBOHYDRATES (G)	14	71
- SUGARS (G)	4.1	21
SODIUM (MG)	458	2373

BASTARD SERVED ON A <b>GLUTEN FREE BUN</b>		
AVERAGE SERVING SIZE: 560G	AVERAGE PER 100G	AVERAGE PER SERVE (560G)
ENERGY (KJ)	1053	5894
ENERGY (CAL)	252	1409
PROTEIN (G)	11	62
FAT, TOTAL (G)	15	83
- SATURATED (G)	5.1	28
CARBOHYDRATES (G)	18	103
- SUGARS (G)	3.7	21
SODIUM (MG)	456	2551

BASTARD SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 444G	AVERAGE PER 100G	AVERAGE PER SERVE (444G)
ENERGY (KJ)	877	3888
ENERGY (CAL)	210	930
PROTEIN (G)	13	57
FAT, TOTAL (G)	16	70
- SATURATED (G)	5.9	26
CARBOHYDRATES (G)	4.2	19
- SUGARS (G)	2.5	11
SODIUM (MG)	424	1882

<sup>174%</sup> less carbohydrate than the regular Bastard





### **BACON BACKFIRE**

BACON BACKFIRE INGREDIENTS: Grilled chicken, bacon, brie, salad, Relish, BurgerFuel Aioli & a wholemeal bun.

BACON BACKFIRE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 405G	AVERAGE PER 100G	AVERAGE PER SERVE (405G)
ENERGY (KJ)	915	3700
ENERGY (CAL)	219	885
PROTEIN (G)	17	68
FAT, TOTAL (G)	10	42
- SATURATED (G)	3.1	13
CARBOHYDRATES (G)	14	58
- SUGARS (G)	3.4	14
SODIUM (MG)	538	2177

BACON BACKFIRE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 446G	AVERAGE PER 100G	AVERAGE PER SERVE (446G)
ENERGY (KJ)	1007	4484
ENERGY (CAL)	241	1072
PROTEIN (G)	14	63
FAT, TOTAL (G)	11	51
- SATURATED (G)	3.1	14
CARBOHYDRATES (G)	20	90
- SUGARS (G)	2.9	13
SODIUM (MG)	529	2355

BACON BACKFIRE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 330G	AVERAGE PER 100G	AVERAGE PER SERVE (330G)
ENERGY (KJ)	752	2478
ENERGY (CAL)	180	593
PROTEIN (G)	18	58
FAT, TOTAL (G)	11	37
- SATURATED (G)	3.5	12
CARBOHYDRATES (G)	1.6	5.2
- SUGARS (G)	0.9	3.1
SODIUM (MG)	512	1686

<sup>1 91%</sup> less carbohydrate than the regular Bacon Backfire



# **BURNOUT**

BURNOUT INGREDIENTS:
Grilled chicken, bacon, avocado, stilton cheese sauce, Dijon Mustard, salad, Relish, BurgerFuel Aioli & a wholemeal bun.

BURNOUT SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 433G	AVERAGE PER 100G	AVERAGE PER SERVE (433G)
ENERGY (KJ)	970	4193
ENERGY (CAL)	232	1003
PROTEIN (G)	15	64
FAT, TOTAL (G)	13	55
- SATURATED (G)	2.1	9.3
CARBOHYDRATES (G)	14	62
- SUGARS (G)	3.2	14
SODIUM (MG)	549	2375

BURNOUT SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 474G	AVERAGE PER 100G	AVERAGE PER SERVE (474G)
ENERGY (KJ)	1051	4977
ENERGY (CAL)	251	1190
PROTEIN (G)	13	59
FAT, TOTAL (G)	13	64
- SATURATED (G)	2.2	10
CARBOHYDRATES (G)	20	94
- SUGARS (G)	2.8	13
SODIUM (MG)	539	2553

BURNOUT SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 358G	AVERAGE PER 100G	AVERAGE PER SERVE (358G)
ENERGY (KJ)	831	2971
ENERGY (CAL)	199	711
PROTEIN (G)	15	54
FAT, TOTAL (G)	14	51
- SATURATED (G)	2.3	8.4
CARBOHYDRATES (G)	2.6	9.4
- SUGARS (G)	1.0	3.4
SODIUM (MG)	527	1884

<sup>185%</sup> less carbohydrate than the regular Burnout





# MODIFRIED THUNDERBIRD

MODIFRIED THUNDERBIRD INGREDIENTS: Buttermilk fried chicken with a jalapeño & corn crumb, jalapeños, salad, Relish, BurgerFuel Chipotle Aioli, and a wholemeal bun.

MODIFRIED THUNDERBIRD SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 357G	AVERAGE PER 100G	AVERAGE PER SERVE (357G)
ENERGY (KJ)	917	3275
ENERGY (CAL)	219	783
PROTEIN (G)	11	38
FAT, TOTAL (G)	10	37
- SATURATED (G)	1.3	4.6
CARBOHYDRATES (G)	21	73
- SUGARS (G)	4.1	15
SODIUM (MG)	443	1581

MODIFRIED THUNDERBIRD SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 282G	AVERAGE PER 100G	AVERAGE PER SERVE (282G)
ENERGY (KJ)	728	2052
ENERGY (CAL)	174	491
PROTEIN (G)	10	28
FAT, TOTAL (G)	12	33
SATURATED (G)	1.3	3.7
CARBOHYDRATES (G)	7.4	21
SUGARS (G)	1.5	4.2
SODIUM (MG)	386	1089

 $<sup>^{\</sup>mathrm{1}}$  72% less carbohydrate than the regular Modifried Thunderbird





# **CHOOK ROYALE**

CHOOK ROYALE INGREDIENTS:
Grilled chicken tenderloins seasoned with sea salt, garlic, & rosemary, pineapple, salad, Relish, BurgerFuel Aioli, & a smaller wholemeal bun.

CHOOK ROYALE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 235G	AVERAGE PER 100G	AVERAGE PER SERVE (235G)
ENERGY (KJ)	682	1603
ENERGY (CAL)	163	383
PROTEIN (G)	13	30
FAT, TOTAL (G)	5.7	13
- SATURATED (G)	1.0	2.3
CARBOHYDRATES (G)	15	35
- SUGARS (G)	4.5	11
SODIUM (MG)	267	628

CHOOK ROYALE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 325G	AVERAGE PER 100G	AVERAGE PER SERVE (325G)
ENERGY (KJ)	891	2896
ENERGY (CAL)	213	692
PROTEIN (G)	9.3	30
FAT, TOTAL (G)	7.4	24
- SATURATED (G)	1.2	3.8
CARBOHYDRATES (G)	27	88
- SUGARS (G)	3.8	12
SODIUM (MG)	287	934

CHOOK ROYALE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 229G	AVERAGE PER 100G	AVERAGE PER SERVE (229G)
ENERGY (KJ)	435	996
ENERGY (CAL)	104	238
PROTEIN (G)	11	25
FAT, TOTAL (G)	4.8	11
- SATURATED (G)	0.8	1.8
CARBOHYDRATES (G)	3.8	8.7
- SUGARS (G)	3.2	7.4
SODIUM (MG)	179	410

<sup>175%</sup> less carbohydrate than the regular Chook Royale





### **C N CHEESE**

C N CHEESE INGREDIENTS:
NZ grass fed beef, cheddar, truffle mascarpone,
parmesan, salad, Relish, BurgerFuel Aioli,
and a wholemeal bun.

C N CHEESE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 398G	AVERAGE PER 100G	AVERAGE PER SERVE (398G)
ENERGY (KJ)	1078	4285
ENERGY (CAL)	258	1025
PROTEIN (G)	14	54
FAT, TOTAL (G)	16	65
- SATURATED (G)	6.8	27
CARBOHYDRATES (G)	14	56
- SUGARS (G)	3.3	13
SODIUM (MG)	302	1202

C N CHEESE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 439G	AVERAGE PER 100G	AVERAGE PER SERVE (439G)
ENERGY (KJ)	1156	5069
ENERGY (CAL)	276	1212
PROTEIN (G)	11	49
FAT, TOTAL (G)	17	74
- SATURATED (G)	6.4	28
CARBOHYDRATES (G)	20	89
- SUGARS (G)	2.8	12
SODIUM (MG)	315	1380

C N CHEESE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 323G	AVERAGE PER 100G	AVERAGE PER SERVE (323G)
ENERGY (KJ)	950	3063
ENERGY (CAL)	227	733
PROTEIN (G)	14	44
FAT, TOTAL (G)	19	60
SATURATED (G)	8.1	26
CARBOHYDRATES (G)	1.2	3.8
SUGARS (G)	0.8	2.5
SODIUM (MG)	221	711

<sup>1 93%</sup> less carbohydrate than the regular C N Cheese





#### **V-TWIN VEGE**

#### **V-TWIN VEGE INGREDIENTS:**

Mushroom, kūmara, chickpea & basil patty; vegetarian cheddar, truffle mascarpone, plum sauce, salad, Relish, BurgerFuel Aioli & a wholemeal bun.

V-TWIN VEGE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 367G	AVERAGE PER 100G	AVERAGE PER SERVE (367G)
ENERGY (KJ)	1047	3842
ENERGY (CAL)	250	919
PROTEIN (G)	8.4	31
FAT, TOTAL (G)	13	49
- SATURATED (G)	3.8	14
CARBOHYDRATES (G)	24	88
- SUGARS (G)	6.1	22
SODIUM (MG)	374	1373

V-TWIN VEGE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 408G	AVERAGE PER 100G	AVERAGE PER SERVE (408G)
ENERGY (KJ)	1260	4626
ENERGY (CAL)	301	1106
PROTEIN (G)	7.1	26
FAT, TOTAL (G)	16	58
- SATURATED (G)	4.2	15
CARBOHYDRATES (G)	33	120
- SUGARS (G)	5.9	22
SODIUM (MG)	423	1551

V-TWIN VEGE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 292G	AVERAGE PER 100G	AVERAGE PER SERVE (292G)
ENERGY (KJ)	897	2619
ENERGY (CAL)	215	627
PROTEIN (G)	7.1	21
FAT, TOTAL (G)	15	45
- SATURATED (G)	4.5	13
CARBOHYDRATES (G)	12	35
- SUGARS (G)	4.1	12
SODIUM (MG)	302	882

<sup>1 60%</sup> less carbohydrate than the regular V-Twin Vege





### **V8 VEGAN**

#### **V8 VEGAN INGREDIENTS:**

Crumbed pumpkin, carrot, chickpea, & ginger bites; vegan provolone, avocado, grated beetroot with chia, salad, Relish, BurgerFuel Vegan Aioli & a wholemeal bun.

V8 VEGAN SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 365G	AVERAGE PER 100G	AVERAGE PER SERVE (365G)
ENERGY (KJ)	879	3207
ENERGY (CAL)	210	767
PROTEIN (G)	5.4	20
FAT, TOTAL (G)	9.4	34
- SATURATED (G)	1.7	6.3
CARBOHYDRATES (G)	26	94
- SUGARS (G)	5.4	20
SODIUM (MG)	348	1271

V8 VEGAN SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 290G	AVERAGE PER 100G	AVERAGE PER SERVE (290G)
ENERGY (KJ)	684	1985
ENERGY (CAL)	162	469
PROTEIN (G)	3.6	10
FAT, TOTAL (G)	10	30
- SATURATED (G)	2.1	6.2
CARBOHYDRATES (G)	14	41
- SUGARS (G)	3.0	8.6
SODIUM (MG)	281	814

 $<sup>^{\</sup>rm 1}\, {\rm 56\%}$  less carbohydrate than the regular V8 Vegan



# KIDS CHEESEBURGER MEAL

KIDS CHEESEBURGER MEAL INGREDIENTS: Mini cheeseburger, spud fries served with BurgerFuel Aioli or tomato sauce and a small juice.

KIDS CHEESEBURGER MEAL SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 320G	AVERAGE PER 100G	AVERAGE PER SERVE (320G)
ENERGY (KJ)	1214	3886
ENERGY (CAL)	291	930
PROTEIN (G)	14	43
FAT, TOTAL (G)	17	54
- SATURATED (G)	5.5	18
CARBOHYDRATES (G)	21	66
- SUGARS (G)	1.5	4.9
SODIUM (MG)	302	966

KIDS CHEESEBURGER MEAL SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 410G	AVERAGE PER 100G	AVERAGE PER SERVE (410G)
ENERGY (KJ)	1263	5179
ENERGY (CAL)	302	1238
PROTEIN (G)	11	43
FAT, TOTAL (G)	16	65
- SATURATED (G)	4.7	19
CARBOHYDRATES (G)	29	121
- SUGARS (G)	1.6	6.7
SODIUM (MG)	310	1272

KIDS CHEESEBURGER MEAL SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 368G	AVERAGE PER 100G	AVERAGE PER SERVE (368G)
ENERGY (KJ)	904	3326
ENERGY (CAL)	216	796
PROTEIN (G)	11	39
FAT, TOTAL (G)	14	52
- SATURATED (G)	4.7	17
CARBOHYDRATES (G)	12	43
- SUGARS (G)	0.8	2.9
SODIUM (MG)	205	753

<sup>&</sup>lt;sup>1</sup> 36% less carbohydrate than the regular Kid's Cheeseburger Meal





# **BIO FUEL**

#### **BIO FUEL INGREDIENTS:**

NZ grass fed beef, free range egg, grated beetroot with chia seeds, salad, Relish, BurgerFuel Aioli, and a wholemeal bun.

BIO FUEL SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 442G	AVERAGE PER 100G	AVERAGE PER SERVE (442G)
ENERGY (KJ)	926	4094
ENERGY (CAL)	222	980
PROTEIN (G)	12	55
FAT, TOTAL (G)	13	57
- SATURATED (G)	4.2	19
CARBOHYDRATES (G)	14	61
- SUGARS (G)	3.7	16
SODIUM (MG)	236	1045

BIO FUEL SERVED ON A <b>GLUTEN FREE BUN</b>		
AVERAGE SERVING SIZE: 482.5G	AVERAGE PER 100G	AVERAGE PER SERVE (482.5G)
ENERGY (KJ)	1011	4878
ENERGY (CAL)	242	1166
PROTEIN (G)	10	50
FAT, TOTAL (G)	14	66
- SATURATED (G)	4.1	20
CARBOHYDRATES (G)	19	94
- SUGARS (G)	3.2	16
SODIUM (MG)	253	1222

BIO FUEL SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 367G	AVERAGE PER 100G	AVERAGE PER SERVE (367G)
ENERGY (KJ)	784	2872
ENERGY (CAL)	187	687
PROTEIN (G)	12	45
FAT, TOTAL (G)	14	53
- SATURATED (G)	4.9	18
CARBOHYDRATES (G)	2.4	8.9
- SUGARS (G)	1.6	5.8
SODIUM (MG)	151	553

<sup>186%</sup> less carbohydrate than the regular Bio Fuel





#### HAMBURGINI WITH CHEESE

HAMBURGINI WITH CHEESE INGREDIENTS: NZ grass fed beef, cheddar, pickles, Relish, BurgerFuel Aioli, and a smaller wholemeal bun.

HAMBURGINI WITH CHEESE SERVED ON A WHOLEMEAL BUN		
AVERAGE SERVING SIZE: 218G	AVERAGE PER 100G	AVERAGE PER SERVE (218G)
ENERGY (KJ)	1230	2681
ENERGY (CAL)	294	641
PROTEIN (G)	18	39
FAT, TOTAL (G)	18	40
- SATURATED (G)	7.6	17
CARBOHYDRATES (G)	15	32
- SUGARS (G)	3.9	8.5
SODIUM (MG)	322	703

HAMBURGINI WITH CHEESE SERVED ON A GLUTEN FREE BUN		
AVERAGE SERVING SIZE: 308G	AVERAGE PER 100G	AVERAGE PER SERVE (308G)
ENERGY (KJ)	1290	3974
ENERGY (CAL)	308	950
PROTEIN (G)	13	39
FAT, TOTAL (G)	16	50
- SATURATED (G)	5.9	18
CARBOHYDRATES (G)	28	85
- SUGARS (G)	3.3	10
SODIUM (MG)	327	1009

HAMBURGINI WITH CHEESE SERVED AS A 'LOW CARBORATOR' (LOWER CARB')		
AVERAGE SERVING SIZE: 266G	AVERAGE PER 100G	AVERAGE PER SERVE (266G)
ENERGY (KJ)	797	2121
ENERGY (CAL)	191	507
PROTEIN (G)	13	34
FAT, TOTAL (G)	14	38
- SATURATED (G)	6.1	16
CARBOHYDRATES (G)	2.8	7.3
- SUGARS (G)	2.4	6.5
SODIUM (MG)	184	490

<sup>177%</sup> less carbohydrate than the regular Hamburgini with cheese