



## HAMBURGER MARY'S NUTRITION INFORMATION

At Hamburger Mary's, we pride ourselves on making delicious food that is fresh and made-to-order.

We are committed to providing as accurate nutritional information as possible, but there may be differences between the actual nutritional content of freshly-prepared items and the information contained in this document. That is due to the natural variability that occurs within ingredients, and also due to variations that occur due to the hand-crafted nature of each menu item (and also substitutions requested by guests). Please keep this in mind when reviewing this document and when making dining decisions.

Nutrition information may include an entire menu item, or just one component of the menu item (example: Burger entrees vary depending on the type of meat/patty selected as well as the choice of side dish).

Please note that not every Hamburger Mary's menu is 100% the same, and some locations offer special/seasonal items that are not listed here. For nutrition info on these items, please contact your local Hamburger Mary's.

As always, we are happy to make modifications and substitutions if requested, but keep in mind that this will impact the nutritional information of that item.

*Eat, Drink, and be... Mary!*

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	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protien (g)
<b>STARTERS / APPS / SLIDERS</b>											
MINI MARY SLIDER (each)	256	122	13.5	4.5	0	50	365.5	16.8	1	4.5	15.5
LIL SPICY SLIDER (each)	342	185	20.5	7	0	64	641.5	18	2	4	18.5
LIL PRINCESS SLIDER (each)	332	171	19	7	0	67	481.5	17.5	1	5.5	19
MINI PULLED PORK SLIDER (each)	220	76	8.4	3.2	0	37.5	544.5	23.3	1	11	11.8
CALA-MARY	497	198	22	2	0	350	1340	36	2	0	228
CHICKEN TENDERS (no sauce)	1300	117	13	2	0	100	840	50	2	0	36
CHICKEN WINGS (6 w/ Sauce)	604	356	39.6	9	0	150	2452	38.8	6	14.9	25
COCONUT SHRIMP	600	324	36	8	0	0	1520	48	0	0	22
HUMMUS	458	162	18	3	0	0	360	12	3	0	6
MAC & CHEESE BALLS (6)	1570	347	38.5	19.5	0	175	1945	112	4.5	23	27
JALAPENO POPPERS (Half)	370	171	19	7	0	25	1110	40	3	4	9
LOADED TOTS	736	387	43	13.5	0	20	1604	66	3.5	37.5	18
MOZZARELLA STICKS (half)	405	176	20	9	0	54	965	38	0	6	16
NACHOS	656	355	39.5	14.9	0	80	1457	59	5.7	7.1	20.1
NACHOS w CHILI	806	427	47.5	17.4	0	102	1837	69	8.7	9.6	30.1
PICKLE SPEARS, FRIED (6)	777	522	58	3	0	228	1599	50	0	1.5	13
POTATO SKINS (half)	490	211.5	23.5	10.5	0	61.5	519	53	8	0	16.5
POTSTICKERS (chicken/pork half)	300		17	5	0	35					
POUTINE	840	509	56.5	22.5	0	122	1222	46	4	1	35.5
PRETZEL & CHEESE DIP	1140	459	51	19	0	10	3130	128	10	80	39
QUESADILLA - Cheese	607	270	30	15.5	0	80	900	62	1.5	5.5	23.5
QUESADILLA - CHICKEN	683	279	31	15.75	0	110	950	62	1.5	5.5	36
QUESADILLA - PORK	713	331	36.8	18	0	117.5	1102	63	1.5	6.5	33.3
SPIN-ARTICHOKE DIP - Pita	499	289	31.8	20.7	0	112	889	36.2	2.8	3.3	16.7
SPIN-ARTICHOKE DIP - Tortillas	521	347	38.3	21.4	0	112	774	30.7	3.4	3.1	15
CHEESE CURDS - battered & fried	831	342	54	18	0	90	2015	57	3	16.5	28
<b>SOUP AND CHILI</b>											
STEAK CHILI (cup)	272	126	14	6	0	38	975	18	5	0	18
STEAK CHILI (bowl)	423	207	23	10	0	61	1486	27	7	0	28
TOMATO SOUP (cup)	142	101	11.5	7	0.4	36	638	9	2	6	3.4
TOMATO SOUP (bowl)	285	203	23	14	0.7	72	1276	18	4.1	12	6.7

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<b>SALADS</b>											
GARDEN SALAD (No Dressing)	106	17	1.9	0	0	0	158	18	4	4	3
SIDE SALAD (no dressing)	61	11	1.2	0	0	0	104	12	2	2.5	1.5
SIDE CAESAR SALAD	213	149	16.5	3.5	0	18	338	8.5	1	2	4
APPLE TOASTED WALNUT SALAD	960	640	68	16	0	40	860	68	12	52	20
CRISPY CARM-CHICKEN SALAD	1165	339	37.7	10.5	0	111.5	1336	57	4.5	15	32
CRISPY CALI-MARY SALAD	964	591	65	23	0	415	2031	48	8	11	47
FAJITA SALAD	2000	882	98	24	0	340	3460	158	20	12	122
HAIL CAESAR SALAD - Large	327	234	26	5.5	0	30	780	11.5	1.5	3	7.5
SALMON-ASPARAGUS Salad	599	353	39.2	7.7	0	104	1193	26.8	5.5	14.5	38.5
SAN FRAN SHANGHAI SALAD	880	288	32	4	0	120	0	86	10	62	72
SEARED AHI TUNA SALAD	940	576	64	9	0	0	3180	54	8	0	42
FAJITA SALAD	2000	882	98	24	0	340	3460	158	20	12	122
TACO SALAD - Chicken	951	562	62.4	15.3	0	105	1325	70.5	9.9	6.7	37.1
<b>SALAD DRESSINGS / DIPPING SAUCES</b>											
1.5oz APPLE VINAIGRETTE	180	135	15	2	0	0	60	12	0	12	0
1.5oz BALSAMIC VINAIG.	110	81	9	1.5	0	0	350	6	0	5	0
1.5oz BBQ SAUCE	75	0	0	0	0	0	360	20	0	18	0
1.5oz BLEU CHEESE	180	162	18	3	0	15	420	4.5	0	4.5	0
1.5oz CAESAR Dressing	210	198	22	4	0	22	510	3	0	3	1.5
1.5oz HONEY MUSTARD	165	122	13.5	2	0	15	210	14	0	14	0
1.5oz POMEGRANTE	129	120	13	2.1	0	7.8	270	1.8	0	1.4	0.4
1.5oz PEANUT SAUCE	93	52	6	1	0	0	482	8	0.7	6	2.3
1.5oz RANCH Dressing	165	144	16	3	0	15	285	3	0	1.5	0
1.5oz SWEET CHILI SAUCE	70	0	0	0	0	0	8	18	0	17	0

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<b>BURGERS</b>	<i>Burger info does not include choice of meat (except for the "stuffed" burgers) or side dish</i>										
MARY BURGER	398	131	14.5	3.5	0	10	874	44.7	3.3	11.2	6.3
BARBARELLA-Q BURGER	732	331	36.8	13.5	0	78	1764	59	3.3	23.2	23.3
BLACK & BLUE	584	259	28.8	10.5	0	48	1645	48	3.7	11.4	18.6
BRUSCHETTA	569	176	19.5	10.5	0	30	877	46.5	4	9.2	17
BUFFY BURGER - Classic	670	356	39.5	13.5	0	60	967	45.7	3.3	8.2	19.3
BUFFY BURGER - Stuffed	1225	671	74.5	25.5	0	232	1211	48.7	3.3	8.2	69.3
MAC DADDY	698	302	33.5	15	0	60	1904	64.7	4.3	14.2	21.3
GUACAMOLE B.J.	532	214	23.8	9.5	0	43	1374	48	7.3	7.2	19.3
GOUDA MORNING	685	300	33.3	13	0	249.5	1598	52.7	3	17.7	27.3
HAWAIIAN - BIG KAHUNA	757	304	33.8	13.5	0	78	2454	73	3.3	36.2	22.3
HAWAIIAN - HULA GIRL	632	210	23.3	12	0	68	2304	70	4.8	32.2	23.3
HERE FIGGIE / GETTIN' FIGGIE	512	169	18.8	10.5	0	53	888	54.3	3	20.5	18
MEATY MUSHROOM	577	248	27.5	11.7	0	50	1074	48.7	4.3	12.2	19.3
NOSTALGIA BURGER	501	252	27.5	10.7	0	60	1010	43.7	6.3	8.2	19.3
PATTY MELT	453	239	26.5	11.6	0	50	977	37	4	8.5	17.4
PROUD MARY	691	322	35.8	14.9	0	78	1724	53	5.3	14.7	24.3
QUEEN MARY BURGER	672	313	34.8	14.7	0	78	1624	51	4.3	13.7	23.3
SLOPPY MARY	596	221	24.5	12.5	0	72	1194	55.7	6.3	11.7	24.3
SPICY MARY	570	244	27.1	9.5	0	35	1756	53.5	5.3	14.6	12.3
CAPTAIN AMERICA - Stuffed	1245	700	77.8	28	0	247	2171	47	3.3	10.2	71.3
<b>MEAT OPTIONS</b>											
ANGUS BEEF PATTY (7oz)	488	279	31	12	0	170	166	0	0	0	48
CHICKEN BREAST (grilled)	200	36	4	1	0	80	150	0	0	0	32
CHICKEN BREASK (fried)	320	126	14	5	0	110	1130	13	0	0	36
KOBE / WAGYU	660	540	56	22	3	170	150	0	0	0	36
TURKEY PATTY	400	234	26	8	0	148	131	0	0	0	37
"BEYOND" VEGAN PATTY	300	180	20	8	0	0	360	11	3	0	20
BLACK BEAN VEGGIE PATTY	331	72	8	3	0	151	1401	41	11	2	20
"CAPT'N AMERICA" PATTY	575	342	38	16	0	189	566	2	0	1	54
STUFFED "BUFFY" PATTY	515	288	32	12	0	172	244	3	0	0	49

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<b>SANDWICHES</b>											
B.E.L.T. SANDWICH	755	430	47.8	10.5	0	458	1584	51	2.3	7.5	26.8
BIRD OF PARADISE	847	444	49.3	13.8	0	118	1864	55.8	4.5	7.5	41.8
CHICKEN PHILLY	747	378	42	15.9	0	100	1000	58	5	9.5	32.5
CHICKEN SANDWICH - Grilled	646	257	28.5	6	0	80	845	41.7	3.3	8	31.3
CHICKEN SANDWICH - Fried	816	365	40.5	10.5	0	130	1875	54.7	3.3	8	42.3
CHICKEN RANCH SANDWICH	605	91	21.1	5	0	70	990	49.5	3.3	15.6	31.3
CRAN-CHICKEN SALAD SAND.	673	351	39	7.5	0	50	1078	61.7	2.3	11	17.3
CUBAN SANDWICH	726	347	38.6	16	0	130	1895	54.5	3.6	6.5	43.7
FRIED FISH SANDWICH	602	213	23.7	5.7	0	93	891	52.7	3.6	9.7	28.3
GLBT SANDWICH	677	389.7	43.3	10	0	38	1368	56	6.3	7.2	16.3
MISS PIGGIE Pulled Pork Sand	655	207	23	9	0	100	1511	64	3	30	32
SICILIAN GRILLED CHEESE	714	410	45.5	21	0	60	1410	54	3	8	29
<b>WRAPS</b>											
BUFFALO CHICK WRAP - Grilled	552	191	21.2	4.5	0	70	704	60	3	6.5	27.5
BUFFALO CHICK WRAP - Fried	912	213	23.7	4.8	0	45	907	77	3.5	6.5	21.5
CHIPOTLE WRAP	747	317	35.2	10.3	0	100	890	67.5	6.5	3.5	36.3
CHICKEN RANCH WRAP	1020	531	59	18	0	50	2120	97	8	16	28
CHICKEN TENDER WRAP - Grilled	715	285	31.7	10.5	0	113.5	1027	67	3	12.5	39
CHICKEN TENDER WRAP - Fried	1075	308	34.2	10.8	0	88.5	1232	84	3.5	12.5	33
HUMMUS WRAP	625	180	20	0	0	0	0	84	18	0	29
SALMON-ASPARAGUS WRAP	686	290	32.2	7.2	0	65.5	1092	68	3.5	11.5	32
HAIL CAESAR WRAP - Grilled	588	221	24.5	6	0	78	658	54.5	2	3	30
HAIL CAESAR WRAP - Fried	948	243	27	6.3	0	53	863	71.5	2.5	3	24

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<b>SIDE OPTIONS</b>	<i>Burgers and Sandwiches include choice of side</i>										
FRESH-CUT FRIES	286	171	19	1	0	0	280	26	2	1	3
TATER TOTS	300	153	17	3	0	0	460	32	0	0	3
SWEET POTATO FRIES	308	126	14	1.4	0	0	161	43	7	11	3
CIDER-COLE SLAW	145	90	10	1.5	0	0	55	13	1	11	1
COLE SLAW, traditional	230	198	22	2	0	0	800	12	4	6	2
COTTAGE CHEESE (7oz)	100	41	4.5	2.5	0	18	370	4.5	0	3.5	10
FRESH FRUIT	120	0	0	0	0	0	15	27.5	3	24	1.5
Fresh Veggies	122	63	7	2.5	0	150	620	8.8	1.7	5	7
Garlic Mashed Potatoes	120	54	6	2.5	0	10	440	15	1	2	3
SIDE SALAD (no dressing)	61	11	1.2	0	0	0	104	12	2	2.5	1.5
CHILI CHEESE FRIES	546	324	36	8.5	0	52	840	37	5	3.5	20
ONION RINGS	400	171	19	3	0	0	740	48	3	6	7

<b>DESSERTS</b>											
BROWNIE SUNDAE	817	378	42	24.5	0	97	222	119	4	90	12
MARY TYLER S'MORES	950	288	32	16	0	20	415	160	4	106	10
FRIED TWINKIES	490	171	19	5.5	0	45	615	74	2	40.5	6
ICE CREAM SUNDAE	365	162	18	8.5	0	55	110	55	0	42	4
VANILLA ICE CREAM (1 Scoop)	130	72	8	4	0	25	40	16	0	11	2
BROWNIE SUNDAE WAFFLE	1229	492	52.7	11.1	0	116	1180	184	7	96	22
S'MORES WAFFLE	1362	402	44	7.7	0	39	1373	225	7	112	20

MILKSHAKE - VANILLA	402	198	22	11	0	70	210	44.5	0	34.5	12
MILKSHAKE - CHOCOLATE	492	198	22	11	0	70	240	66.5	0	54.5	12
MILKSHAKE - PB&J	585	306	34	13	0	70	285	63	1.5	49	17
MILKSHAKE - STRAWBERRY	496		22	11	0	70	219	71	0	46	12
MALTED MILK (add to Shake)	90	18	2	1	0	5	100	15	0	10	2

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<b>ENTREES</b>	<i>Most Entrees &amp; "Special Teases" are location-specific. If you do not see something here, ask you local Mary's</i>										
<b>FISH &amp; CHIPS</b>	803	469	51.7	6.2	0	93	898	55	3.3	7	26.5
CHICKEN MARINARA (one breast)	527	198	22	8	0	250	1680	29.3	4.2	10.5	47
CHICKEN & WAFFLES	1448	534	60	59	0	294	3450	163	6	74	78
CHICKEN POT PIE	2078	234	26	0	0	274	3210	170	10	0	57
FAJITAS	1329	432	48	22	1	0	5240	146	10	0	77
<b>FLATBREAD PIZZAS</b>											
MARGHERITA	445	140.5	15.5	7.5	0	35	1400	54	5	6	26.5
BBQ - CHICKEN	637	179	20	10.25	0	90	1461	78	3.4	27.2	34.8
BBQ - PORK	842	332	37	17	0	160	1951	80	3.4	29.2	48.3
BRUSCHETTA	728	385.5	43.5	10.5	0	40	1100	61.5	5.5	6.5	32.5
CHICKEN-SPINACH-ARTICHOKE	621	240.5	26.5	16.95	0	112	1293	60	5.7	7	33
FIG & PROSCUITTO	738	249.5	28.5	17	0	100	2108	89	3	41.5	37
LEI ME HAWAIIAN	664	216	25	13	0	90	1752	88	7	36	34.3
MUSHROOM MEDLEY	512	172.5	19.5	10.2	0	40	1412	58.5	6.5	7	33.5
PESTO CHICKEN	788	394.5	44.5	13.25	0	75	1635	56.5	5	5	46.5

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<b>BRUNCH ITEMS</b>											
<i>Some brunch items are served with choice of side. Nutrition info below does not include side choice</i>											
Scrambler - GREEN EGGS & HAM	703	389	44	17	0	613	1593	37	1	10	38
Scrambler - PESTO CHICKEN	790	355.5	40.5	13.5	0	618	1103	30.5	2	5	52
Scrambler - "FISHNET"	720	425	48	16.2	0	620	1078	28	1.5	3.5	44
Scrambler - VEGGIE	595	335	38	12.7	0	563	858	35	2.5	7.5	28.5
MONTE CRISTO SANDWICH	720	271	29	12	0	270	1420	70	2	37	47
BREAKFAST BURRITO (HAM)	885	350	39	16.5	0	613	2138	85	4.5	11.5	45.5
BREAKFAST BURRITO (BACON)	909	388.7	43.3	17.5	0	601	1938	83.3	4.5	9.5	41.5
BREAKFAST BURRITO (VEG SAUS)	965	386	43	15.5	0	583	2078	89	4.5	9.5	53.5
FRENCH TOAST - ENTRÉE	692	290	30	9.5	0	283	675	84	3	39	22
PANCAKES - ENTRÉE	668	172	20	5	0	20	0	102	2	22	20
CHICKEN & WAFFLES	989	183.6	20.4	4.2	0	87.5	1226.5	60	1.75	11.5	26.5
SWEET POTATO HASH	837	342.5	38.5	12.5	0	510	2661.7	80	7	20.5	41.5
PULLED PORK HASH	894	373.5	41.5	12.5	0	520	2546	79	7	18.5	48.5
TRUCKER B'FAST (HAM)	656	207.5	23.5	4.5	0	450	1346	73	2	13.5	36.5
TRUCKER B'FAST (BACON)	680	246.2	27.8	5.5	0	438	1146	71.3	2	11.5	32.5
TRUCKER B'FAST (VEG SAUSAGE)	736	243.5	27.5	3.5	0	420	1286	77	2	11.5	44.5
BISCUIT & SAUSAGE GRAVY	965	625.5	69.5	24	0	713	2749	48	1	6.5	39.5
<b>BREAKFAST MEATS</b>											
2 strips (2oz) Crisp Bacon	126	85	9.5	3	0	27	570	0.5	0	0	9
2 Chicken SAUSAGE PATTIES	100	50	6	2	0	60	460	0	0	0	12
2 oz/wt COOKED HAM	60	18	2	1	0	30	580	2	0	2	10
2 VEGGIE SAUSAGE Patties	140	54	6	0	0	0	520	6	0	0	18
<b>BREAKFAST SIDES</b>											
3/4 Cup BREAKFAST POTATOES	210	54	6	1.5	0	0	930	34.5	4.5	7.5	4.5
1/2 Cup COTTAGE CHEESE	110	40	4.5	3	0	25	440	5	0	4	13
2 EGGS (Scrambled or Fried)	178	121.5	13.5	2.5	0	420	476	1	0	0.5	12.5
TOAST (2) and JAM	310	36	4	2	0	0	580	61	2	19	8
PANCAKES (Short Stack)	288	50	6	0	0	0	0	46	1	8	10



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<b>STARTERS / APPS / SLIDERS</b>											
MINI MARY SLIDER (each)	256	122	13.5	4.5	0	50	365.5	16.8	1	4.5	15.5
LIL SPICY SLIDER (each)	342	185	20.5	7	0	64	641.5	18	2	4	18.5
LIL PRINCESS SLIDER (each)	332	171	19	7	0	67	481.5	17.5	1	5.5	19
MINI PULLED PORK SLIDER (each)	220	76	8.4	3.2	0	37.5	544.5	23.3	1	11	11.8
CALA-MARY	497	198	22	2	0	350	1340	36	2	0	228
CHICKEN TENDERS (no sauce)	1300	117	13	2	0	100	840	50	2	0	36
CHICKEN WINGS (6 w/ Sauce)	604	356	39.6	9	0	150	2452	38.8	6	14.9	25
COCONUT SHRIMP	600	324	36	8	0	0	1520	48	0	0	22
HUMMUS	458	162	18	3	0	0	360	12	3	0	6
MAC & CHEESE BALLS (6)	1570	347	38.5	19.5	0	175	1945	112	4.5	23	27
JALAPENO POPPERS (Half)	370	171	19	7	0	25	1110	40	3	4	9
LOADED TOTS	736	387	43	13.5	0	20	1604	66	3.5	37.5	18
MOZZARELLA STICKS (half)	405	176	20	9	0	54	965	38	0	6	16
NACHOS	656	355	39.5	14.9	0	80	1457	59	5.7	7.1	20.1
NACHOS w CHILI	806	427	47.5	17.4	0	102	1837	69	8.7	9.6	30.1
PICKLE SPEARS, FRIED (6)	777	522	58	3	0	228	1599	50	0	1.5	13
POTATO SKINS (half)	490	211.5	23.5	10.5	0	61.5	519	53	8	0	16.5
POTSTICKERS (chicken/pork half)	300		17	5	0	35					
POUTINE	840	509	56.5	22.5	0	122	1222	46	4	1	35.5
PRETZEL & CHEESE DIP	1140	459	51	19	0	10	3130	128	10	80	39
QUESADILLA - Cheese	607	270	30	15.5	0	80	900	62	1.5	5.5	23.5
QUESADILLA - CHICKEN	683	279	31	15.75	0	110	950	62	1.5	5.5	36
QUESADILLA - PORK	713	331	36.8	18	0	117.5	1102	63	1.5	6.5	33.3
SPIN-ARTICHOKE DIP - Pita	499	289	31.8	20.7	0	112	889	36.2	2.8	3.3	16.7
SPIN-ARTICHOKE DIP - Tortillas	521	347	38.3	21.4	0	112	774	30.7	3.4	3.1	15
CHEESE CURDS - battered & fried	831	342	54	18	0	90	2015	57	3	16.5	28
<b>SOUP AND CHILI</b>											
STEAK CHILI (cup)	272	126	14	6	0	38	975	18	5	0	18
STEAK CHILI (bowl)	423	207	23	10	0	61	1486	27	7	0	28
TOMATO SOUP (cup)	142	101	11.5	7	0.4	36	638	9	2	6	3.4
TOMATO SOUP (bowl)	285	203	23	14	0.7	72	1276	18	4.1	12	6.7

## HAMBURGER MARY'S NUTRITION INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protien (g)
<b>SALADS</b>											
GARDEN SALAD (No Dressing)	106	17	1.9	0	0	0	158	18	4	4	3
SIDE SALAD (no dressing)	61	11	1.2	0	0	0	104	12	2	2.5	1.5
SIDE CAESAR SALAD	213	149	16.5	3.5	0	18	338	8.5	1	2	4
APPLE TOASTED WALNUT SALAD	960	640	68	16	0	40	860	68	12	52	20
CRISPY CARM-CHICKEN SALAD	1165	339	37.7	10.5	0	111.5	1336	57	4.5	15	32
CRISPY CALI-MARY SALAD	964	591	65	23	0	415	2031	48	8	11	47
FAJITA SALAD	2000	882	98	24	0	340	3460	158	20	12	122
HAIL CAESAR SALAD - Large	327	234	26	5.5	0	30	780	11.5	1.5	3	7.5
SALMON-ASPARAGUS Salad	599	353	39.2	7.7	0	104	1193	26.8	5.5	14.5	38.5
SAN FRAN SHANGHAI SALAD	880	288	32	4	0	120	0	86	10	62	72
SEARED AHI TUNA SALAD	940	576	64	9	0	0	3180	54	8	0	42
FAJITA SALAD	2000	882	98	24	0	340	3460	158	20	12	122
TACO SALAD - Chicken	951	562	62.4	15.3	0	105	1325	70.5	9.9	6.7	37.1
<b>SALAD DRESSINGS / DIPPING SAUCES</b>											
1.5oz APPLE VINAIGRETTE	180	135	15	2	0	0	60	12	0	12	0
1.5oz BALSAMIC VINAIG.	110	81	9	1.5	0	0	350	6	0	5	0
1.5oz BBQ SAUCE	75	0	0	0	0	0	360	20	0	18	0
1.5oz BLEU CHEESE	180	162	18	3	0	15	420	4.5	0	4.5	0
1.5oz CAESAR Dressing	210	198	22	4	0	22	510	3	0	3	1.5
1.5oz HONEY MUSTARD	165	122	13.5	2	0	15	210	14	0	14	0
1.5oz POMEGRANTE	129	120	13	2.1	0	7.8	270	1.8	0	1.4	0.4
1.5oz PEANUT SAUCE	93	52	6	1	0	0	482	8	0.7	6	2.3
1.5oz RANCH Dressing	165	144	16	3	0	15	285	3	0	1.5	0
1.5oz SWEET CHILI SAUCE	70	0	0	0	0	0	8	18	0	17	0

## HAMBURGER MARY'S NUTRITION INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protien (g)
<b>BURGERS</b>	<i>Burger info does not include choice of meat (except for the "stuffed" burgers) or side dish</i>										
MARY BURGER	398	131	14.5	3.5	0	10	874	44.7	3.3	11.2	6.3
BARBARELLA-Q BURGER	732	331	36.8	13.5	0	78	1764	59	3.3	23.2	23.3
BLACK & BLUE	584	259	28.8	10.5	0	48	1645	48	3.7	11.4	18.6
BRUSCHETTA	569	176	19.5	10.5	0	30	877	46.5	4	9.2	17
BUFFY BURGER - Classic	670	356	39.5	13.5	0	60	967	45.7	3.3	8.2	19.3
BUFFY BURGER - Stuffed	1225	671	74.5	25.5	0	232	1211	48.7	3.3	8.2	69.3
MAC DADDY	698	302	33.5	15	0	60	1904	64.7	4.3	14.2	21.3
GUACAMOLE B.J.	532	214	23.8	9.5	0	43	1374	48	7.3	7.2	19.3
GOUDA MORNING	685	300	33.3	13	0	249.5	1598	52.7	3	17.7	27.3
HAWAIIAN - BIG KAHUNA	757	304	33.8	13.5	0	78	2454	73	3.3	36.2	22.3
HAWAIIAN - HULA GIRL	632	210	23.3	12	0	68	2304	70	4.8	32.2	23.3
HERE FIGGIE / GETTIN' FIGGIE	512	169	18.8	10.5	0	53	888	54.3	3	20.5	18
MEATY MUSHROOM	577	248	27.5	11.7	0	50	1074	48.7	4.3	12.2	19.3
NOSTALGIA BURGER	501	252	27.5	10.7	0	60	1010	43.7	6.3	8.2	19.3
PATTY MELT	453	239	26.5	11.6	0	50	977	37	4	8.5	17.4
PROUD MARY	691	322	35.8	14.9	0	78	1724	53	5.3	14.7	24.3
QUEEN MARY BURGER	672	313	34.8	14.7	0	78	1624	51	4.3	13.7	23.3
SLOPPY MARY	596	221	24.5	12.5	0	72	1194	55.7	6.3	11.7	24.3
SPICY MARY	570	244	27.1	9.5	0	35	1756	53.5	5.3	14.6	12.3
CAPTAIN AMERICA - Stuffed	1245	700	77.8	28	0	247	2171	47	3.3	10.2	71.3
<b>MEAT OPTIONS</b>											
ANGUS BEEF PATTY (7oz)	488	279	31	12	0	170	166	0	0	0	48
CHICKEN BREAST (grilled)	200	36	4	1	0	80	150	0	0	0	32
CHICKEN BREASK (fried)	320	126	14	5	0	110	1130	13	0	0	36
KOBE / WAGYU	660	540	56	22	3	170	150	0	0	0	36
TURKEY PATTY	400	234	26	8	0	148	131	0	0	0	37
"BEYOND" VEGAN PATTY	300	180	20	8	0	0	360	11	3	0	20
BLACK BEAN VEGGIE PATTY	331	72	8	3	0	151	1401	41	11	2	20
"CAPT'N AMERICA" PATTY	575	342	38	16	0	189	566	2	0	1	54
STUFFED "BUFFY" PATTY	515	288	32	12	0	172	244	3	0	0	49

## HAMBURGER MARY'S NUTRITION INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protien (g)
<b>SANDWICHES</b>											
B.E.L.T. SANDWICH	755	430	47.8	10.5	0	458	1584	51	2.3	7.5	26.8
BIRD OF PARADISE	847	444	49.3	13.8	0	118	1864	55.8	4.5	7.5	41.8
CHICKEN PHILLY	747	378	42	15.9	0	100	1000	58	5	9.5	32.5
CHICKEN SANDWICH - Grilled	646	257	28.5	6	0	80	845	41.7	3.3	8	31.3
CHICKEN SANDWICH - Fried	816	365	40.5	10.5	0	130	1875	54.7	3.3	8	42.3
CHICKEN RANCH SANDWICH	605	91	21.1	5	0	70	990	49.5	3.3	15.6	31.3
CRAN-CHICKEN SALAD SAND.	673	351	39	7.5	0	50	1078	61.7	2.3	11	17.3
CUBAN SANDWICH	726	347	38.6	16	0	130	1895	54.5	3.6	6.5	43.7
FRIED FISH SANDWICH	602	213	23.7	5.7	0	93	891	52.7	3.6	9.7	28.3
GLBT SANDWICH	677	389.7	43.3	10	0	38	1368	56	6.3	7.2	16.3
MISS PIGGIE Pulled Pork Sand	655	207	23	9	0	100	1511	64	3	30	32
SICILIAN GRILLED CHEESE	714	410	45.5	21	0	60	1410	54	3	8	29
<b>WRAPS</b>											
BUFFALO CHICK WRAP - Grilled	552	191	21.2	4.5	0	70	704	60	3	6.5	27.5
BUFFALO CHICK WRAP - Fried	912	213	23.7	4.8	0	45	907	77	3.5	6.5	21.5
CHIPOTLE WRAP	747	317	35.2	10.3	0	100	890	67.5	6.5	3.5	36.3
CHICKEN RANCH WRAP	1020	531	59	18	0	50	2120	97	8	16	28
CHICKEN TENDER WRAP - Grilled	715	285	31.7	10.5	0	113.5	1027	67	3	12.5	39
CHICKEN TENDER WRAP - Fried	1075	308	34.2	10.8	0	88.5	1232	84	3.5	12.5	33
HUMMUS WRAP	625	180	20	0	0	0	0	84	18	0	29
SALMON-ASPARAGUS WRAP	686	290	32.2	7.2	0	65.5	1092	68	3.5	11.5	32
HAIL CAESAR WRAP - Grilled	588	221	24.5	6	0	78	658	54.5	2	3	30
HAIL CAESAR WRAP - Fried	948	243	27	6.3	0	53	863	71.5	2.5	3	24

## HAMBURGER MARY'S NUTRITION INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protien (g)
<b>SIDE OPTIONS</b>	<i>Burgers and Sandwiches include choice of side</i>										
FRESH-CUT FRIES	286	171	19	1	0	0	280	26	2	1	3
TATER TOTS	300	153	17	3	0	0	460	32	0	0	3
SWEET POTATO FRIES	308	126	14	1.4	0	0	161	43	7	11	3
CIDER-COLE SLAW	145	90	10	1.5	0	0	55	13	1	11	1
COLE SLAW, traditional	230	198	22	2	0	0	800	12	4	6	2
COTTAGE CHEESE (7oz)	100	41	4.5	2.5	0	18	370	4.5	0	3.5	10
FRESH FRUIT	120	0	0	0	0	0	15	27.5	3	24	1.5
Fresh Veggies	122	63	7	2.5	0	150	620	8.8	1.7	5	7
Garlic Mashed Potatoes	120	54	6	2.5	0	10	440	15	1	2	3
SIDE SALAD (no dressing)	61	11	1.2	0	0	0	104	12	2	2.5	1.5
CHILI CHEESE FRIES	546	324	36	8.5	0	52	840	37	5	3.5	20
ONION RINGS	400	171	19	3	0	0	740	48	3	6	7

<b>DESSERTS</b>											
BROWNIE SUNDAE	817	378	42	24.5	0	97	222	119	4	90	12
MARY TYLER S'MORES	950	288	32	16	0	20	415	160	4	106	10
FRIED TWINKIES	490	171	19	5.5	0	45	615	74	2	40.5	6
ICE CREAM SUNDAE	365	162	18	8.5	0	55	110	55	0	42	4
VANILLA ICE CREAM (1 Scoop)	130	72	8	4	0	25	40	16	0	11	2
BROWNIE SUNDAE WAFFLE	1229	492	52.7	11.1	0	116	1180	184	7	96	22
S'MORES WAFFLE	1362	402	44	7.7	0	39	1373	225	7	112	20

MILKSHAKE - VANILLA	402	198	22	11	0	70	210	44.5	0	34.5	12
MILKSHAKE - CHOCOLATE	492	198	22	11	0	70	240	66.5	0	54.5	12
MILKSHAKE - PB&J	585	306	34	13	0	70	285	63	1.5	49	17
MILKSHAKE - STRAWBERRY	496		22	11	0	70	219	71	0	46	12
MALTED MILK (add to Shake)	90	18	2	1	0	5	100	15	0	10	2

## HAMBURGER MARY'S NUTRITION INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protien (g)
<b>ENTREES</b>	<i>Most Entrees &amp; "Special Teases" are location-specific. If you do not see something here, ask you local Mary's</i>										
<b>FISH &amp; CHIPS</b>	803	469	51.7	6.2	0	93	898	55	3.3	7	26.5
CHICKEN MARINARA (one breast)	527	198	22	8	0	250	1680	29.3	4.2	10.5	47
CHICKEN & WAFFLES	1448	534	60	59	0	294	3450	163	6	74	78
CHICKEN POT PIE	2078	234	26	0	0	274	3210	170	10	0	57
FAJITAS	1329	432	48	22	1	0	5240	146	10	0	77

### FLATBREAD PIZZAS

MARGHERITA	445	140.5	15.5	7.5	0	35	1400	54	5	6	26.5
BBQ - CHICKEN	637	179	20	10.25	0	90	1461	78	3.4	27.2	34.8
BBQ - PORK	842	332	37	17	0	160	1951	80	3.4	29.2	48.3
BRUSCHETTA	728	385.5	43.5	10.5	0	40	1100	61.5	5.5	6.5	32.5
CHICKEN-SPINACH-ARTICHOKE	621	240.5	26.5	16.95	0	112	1293	60	5.7	7	33
FIG & PROSCUITTO	738	249.5	28.5	17	0	100	2108	89	3	41.5	37
LEI ME HAWAIIAN	664	216	25	13	0	90	1752	88	7	36	34.3
MUSHROOM MEDLEY	512	172.5	19.5	10.2	0	40	1412	58.5	6.5	7	33.5
PESTO CHICKEN	788	394.5	44.5	13.25	0	75	1635	56.5	5	5	46.5

## HAMBURGER MARY'S NUTRITION INFORMATION

	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>BRUNCH ITEMS</b>											
<i>Some brunch items are served with choice of side. Nutrition info below does not include side choice</i>											
Scrambler - GREEN EGGS & HAM	703	389	44	17	0	613	1593	37	1	10	38
Scrambler - PESTO CHICKEN	790	355.5	40.5	13.5	0	618	1103	30.5	2	5	52
Scrambler - "FISHNET"	720	425	48	16.2	0	620	1078	28	1.5	3.5	44
Scrambler - VEGGIE	595	335	38	12.7	0	563	858	35	2.5	7.5	28.5
MONTE CRISTO SANDWICH	720	271	29	12	0	270	1420	70	2	37	47
BREAKFAST BURRITO (HAM)	885	350	39	16.5	0	613	2138	85	4.5	11.5	45.5
BREAKFAST BURRITO (BACON)	909	388.7	43.3	17.5	0	601	1938	83.3	4.5	9.5	41.5
BREAKFAST BURRITO (VEG SAUS)	965	386	43	15.5	0	583	2078	89	4.5	9.5	53.5
FRENCH TOAST - ENTRÉE	692	290	30	9.5	0	283	675	84	3	39	22
PANCAKES - ENTRÉE	668	172	20	5	0	20	0	102	2	22	20
CHICKEN & WAFFLES	989	183.6	20.4	4.2	0	87.5	1226.5	60	1.75	11.5	26.5
SWEET POTATO HASH	837	342.5	38.5	12.5	0	510	2661.7	80	7	20.5	41.5
PULLED PORK HASH	894	373.5	41.5	12.5	0	520	2546	79	7	18.5	48.5
TRUCKER B'FAST (HAM)	656	207.5	23.5	4.5	0	450	1346	73	2	13.5	36.5
TRUCKER B'FAST (BACON)	680	246.2	27.8	5.5	0	438	1146	71.3	2	11.5	32.5
TRUCKER B'FAST (VEG SAUSAGE)	736	243.5	27.5	3.5	0	420	1286	77	2	11.5	44.5
BISCUIT & SAUSAGE GRAVY	965	625.5	69.5	24	0	713	2749	48	1	6.5	39.5
<b>BREAKFAST MEATS</b>											
2 strips (2oz) Crisp Bacon	126	85	9.5	3	0	27	570	0.5	0	0	9
2 Chicken SAUSAGE PATTIES	100	50	6	2	0	60	460	0	0	0	12
2 oz/wt COOKED HAM	60	18	2	1	0	30	580	2	0	2	10
2 VEGGIE SAUSAGE Patties	140	54	6	0	0	0	520	6	0	0	18
<b>BREAKFAST SIDES</b>											
3/4 Cup BREAKFAST POTATOES	210	54	6	1.5	0	0	930	34.5	4.5	7.5	4.5
1/2 Cup COTTAGE CHEESE	110	40	4.5	3	0	25	440	5	0	4	13
2 EGGS (Scrambled or Fried)	178	121.5	13.5	2.5	0	420	476	1	0	0.5	12.5
TOAST (2) and JAM	310	36	4	2	0	0	580	61	2	19	8
PANCAKES (Short Stack)	288	50	6	0	0	0	0	46	1	8	10