



BURGERFUEL SAUDI ARABIA

Nutritional Information (Sides, Shakes & Desserts)

SPUD FRIES

Spud Fries: Thick cut potato, canola oil, salt.

Average serving size: 260g.

Spud Fries	Average per 100g	Average per serve
CALORIES (Cal)	206.0	535.6
PROTEIN (g)	4.1	10.7
FAT, TOTAL (g)	8.7	22.6
- SATURATED (g)	0.7	1.8
CARBOHYDRATES (g)	31.0	80.6
- SUGARS (g)	<1.0	<2.6
SODIUM (mg)	147.0	382.2

KIDS SPUD FRIES

Kids Spud Fries: Thick cut potato, canola oil, salt.

Average serving size: 100g.

Kids Spud Fries	Average per 100g	Average per serve
CALORIES (Cal)	206.0	206.0
PROTEIN (g)	4.1	4.1
FAT, TOTAL (g)	8.7	8.7
- SATURATED (g)	0.7	0.7
CARBOHYDRATES (g)	31.0	31.0
- SUGARS (g)	<1.0	<1.0
SODIUM (mg)	147.0	147.0

CHEESY FRIES

Cheesy Fries: Thick cut potato, canola oil, salt, tasty cheese sauce and chipotle aioli.

Average serving size: 290g.

Cheesy Fries	Average per 100g	Average per serve
CALORIES (Cal)	234.0	678.6
PROTEIN (g)	6.3	18.3
FAT, TOTAL (g)	13.7	39.7
- SATURATED (g)	5.2	15.1
CARBOHYDRATES (g)	24.0	69.6
- SUGARS (g)	1.6	4.6
SODIUM (mg)	534.0	1,548.6

ONION RINGS

Onion Rings: Crispy battered onion rings.

Average serving size: 280g.

Onion Rings	Average per 100g	Average per serve
CALORIES (Cal)	313.0	876.4
PROTEIN (g)	3.3	9.2
FAT, TOTAL (g)	16.9	47.3
- SATURATED (g)	1.3	3.6
CARBOHYDRATES (g)	40.0	112.0
- SUGARS (g)	3.0	8.4
SODIUM (mg)	636.0	1,780.8

MOTOBITES

Motobites: Eight Crumbed, pumpkin, carrot, chickpea & ginger bites.

Average serving size: 184g.

Motobites	Average per 100g	Average per serve
CALORIES (Cal)	229.0	421.4
PROTEIN (g)	7.3	13.4
FAT, TOTAL (g)	9.5	17.5
- SATURATED (g)	0.8	1.5
CARBOHYDRATES (g)	32.0	58.9
- SUGARS (g)	2.9	5.3
SODIUM (mg)	624.0	1,148.2

CHICKEN FENDERS (4)

Chicken Fenders: Four grilled skinless chicken tenderloins, seasoned with natural sea salt, garlic and rosemary.

Average serving size: 220g.

Chicken Fenders (4)	Average per 100g	Average per serve
CALORIES (Cal)	150.0	330.0
PROTEIN (g)	29.4	64.7
FAT, TOTAL (g)	3.7	8.1
- SATURATED (g)	1.4	3.1
CARBOHYDRATES (g)	0.0	0.0
- SUGARS (g)	<1.0	<2.2
SODIUM (mg)	650.0	1,430.0

CHICKEN FENDERS (6)

Chicken Fenders: Six grilled skinless chicken tenderloins, seasoned with natural sea salt, garlic and rosemary.

Average serving size: 310g.

Chicken Fenders (6)	Average per 100g	Average per serve
CALORIES (Cal)	150.0	465.0
PROTEIN (g)	29.4	91.1
FAT, TOTAL (g)	3.7	11.5
- SATURATED (g)	1.4	4.3
CARBOHYDRATES (g)	0.0	0.0
- SUGARS (g)	<1.0	<3.1
SODIUM (mg)	650.0	2,015.0

CRISPY CHICKEN FENDERS (3)

Crispy Chicken Fenders: Three crispy cornflake chicken tenderloins.

Average serving size: 220g.

Crispy Chicken Fenders (3)	Average per 100g	Average per serve
CALORIES (Cal)	293.0	644.6
PROTEIN (g)	2.0	4.4
FAT, TOTAL (g)	17.5	38.5
- SATURATED (g)	1.8	4.0
CARBOHYDRATES (g)	38.0	83.6
- SUGARS (g)	<1.0	<2.2
SODIUM (mg)	470.0	1,034.0

CRISPY CHICKEN FENDERS (5)

Crispy Chicken Fenders: Five crispy cornflake chicken tenderloins.

Average serving size: 310g.

Crispy Chicken Fenders (5)	Average per 100g	Average per serve
CALORIES (Cal)	293.0	908.3
PROTEIN (g)	2.0	6.2
FAT, TOTAL (g)	17.5	54.3
- SATURATED (g)	1.8	5.6
CARBOHYDRATES (g)	38.0	117.8
- SUGARS (g)	<1.0	<3.1
SODIUM (mg)	470.0	1,457.0

CHICKEN WINGS - BUFFALO MILD

Chicken Wings - Buffalo Mild: Six chicken wings in mild buffalo sauce.

Average serving size: 200g.

Chicken Wings - Buffalo Mild	Average per 100g	Average per serve
CALORIES (Cal)	270.0	540.0
PROTEIN (g)	33.0	66.0
FAT, TOTAL (g)	15.6	31.2
- SATURATED (g)	3.0	6.0
CARBOHYDRATES (g)	0.0	0.0
- SUGARS (g)	<1.0	<2.0
SODIUM (mg)	430.0	860.0

CHICKEN WINGS - BUFFALO SPICY

Chicken Wings - Buffalo Spicy: Six chicken wings in spicy buffalo sauce.

Average serving size: 200g.

Chicken Wings - Buffalo Spicy	Average per 100g	Average per serve
CALORIES (Cal)	220.0	440.0
PROTEIN (g)	22.6	45.2
FAT, TOTAL (g)	11.7	23.4
- SATURATED (g)	2.3	4.6
CARBOHYDRATES (g)	6.0	12.0
- SUGARS (g)	<1.0	<2.0
SODIUM (mg)	958.0	1,916.0

CHICKEN WINGS - HONEY BBQ

Chicken Wings - Honey BBQ: Six chicken wings in honey BBQ sauce.

Average serving size: 200g.

Chicken Wings - Honey BBQ	Average per 100g	Average per serve
CALORIES (Cal)	220.0	616.0
PROTEIN (g)	23.9	66.9
FAT, TOTAL (g)	10.9	30.5
- SATURATED (g)	2.2	6.2
CARBOHYDRATES (g)	10.0	28.0
- SUGARS (g)	7.0	19.6
SODIUM (mg)	495.0	1,386.0

CAESAR SALAD

Caesar Salad: Crispy iceberg lettuce, crunchy croutons, grated Parmesan and ranch sauce.

Average serving size: 175g.

Caesar Salad	Average per 100g	Average per serve
CALORIES (Cal)	72.0	126.0
PROTEIN (g)	8.9	15.6
FAT, TOTAL (g)	2.4	4.2
- SATURATED (g)	1.1	1.9
CARBOHYDRATES (g)	6.0	10.5
- SUGARS (g)	1.2	2.1
SODIUM (mg)	247.0	432.3

CAESAR SALAD WITH CHICKEN

Caesar Salad with Chicken: Crispy iceberg lettuce, crunchy croutons, grated Parmesan, grilled chicken and ranch sauce.

Average serving size: 295g.

Caesar Salad with Chicken	Average per 100g	Average per serve
CALORIES (Cal)	126.0	371.7
PROTEIN (g)	22.1	65.2
FAT, TOTAL (g)	3.0	8.9
- SATURATED (g)	1.1	3.2
CARBOHYDRATES (g)	2.0	5.9
- SUGARS (g)	<1.0	<3.0
SODIUM (mg)	860.0	2,537.0

CHOCOLATE SHAKE

Average serving size: 300g.

Chocolate Shake	Average per 100g	Average per serve
CALORIES (Cal)	125.0	375.0
PROTEIN (g)	3.2	9.6
FAT, TOTAL (g)	6.3	18.9
- SATURATED (g)	5.2	15.6
CARBOHYDRATES (g)	15.0	45.0
- SUGARS (g)	14.6	43.8
SODIUM (mg)	34.0	102.0

KIDS CHOCOLATE SHAKE

Average serving size: 255g.

Kids Chocolate Shake	Average per 100g	Average per serve
CALORIES (Cal)	125.0	318.8
PROTEIN (g)	3.2	8.2
FAT, TOTAL (g)	6.3	16.1
- SATURATED (g)	5.2	13.3
CARBOHYDRATES (g)	15.0	38.3
- SUGARS (g)	14.6	37.2
SODIUM (mg)	34.0	86.7

CARAMEL SHAKE

Average serving size: 300g.

Caramel Shake	Average per 100g	Average per serve
CALORIES (Cal)	114.0	342.0
PROTEIN (g)	2.3	6.9
FAT, TOTAL (g)	5.9	17.7
- SATURATED (g)	5.1	15.3
CARBOHYDRATES (g)	22.0	66.0
- SUGARS (g)	19.9	59.7
SODIUM (mg)	39.0	117.0

KIDS CARAMEL SHAKE

Average serving size: 255g.

Kids Caramel Shake	Average per 100g	Average per serve
CALORIES (Cal)	114.0	290.7
PROTEIN (g)	2.3	5.9
FAT, TOTAL (g)	5.9	15.0
- SATURATED (g)	5.1	13.0
CARBOHYDRATES (g)	22.0	56.1
- SUGARS (g)	19.9	50.7
SODIUM (mg)	39.0	99.5

STRAWBERRY SHAKE

Average serving size: 300g.

Strawberry Shake	Average per 100g	Average per serve
CALORIES (Cal)	118.0	354.0
PROTEIN (g)	2.7	8.1
FAT, TOTAL (g)	5.6	16.8
- SATURATED (g)	4.8	14.4
CARBOHYDRATES (g)	15.0	45.0
- SUGARS (g)	17.0	51.0
SODIUM (mg)	32.0	96.0

KIDS STRAWBERRY SHAKE

Average serving size: 255g.

Kids Strawberry Shake	Average per 100g	Average per serve
CALORIES (Cal)	118.0	300.9
PROTEIN (g)	2.7	6.9
FAT, TOTAL (g)	5.6	14.3
- SATURATED (g)	4.8	12.2
CARBOHYDRATES (g)	15.0	38.3
- SUGARS (g)	17.0	43.4
SODIUM (mg)	32.0	81.6

VANILLA SHAKE

Average serving size: 300g.

Vanilla Shake	Average per 100g	Average per serve
CALORIES (Cal)	138.0	414.0
PROTEIN (g)	2.4	7.2
FAT, TOTAL (g)	6.6	19.8
- SATURATED (g)	5.8	17.4
CARBOHYDRATES (g)	18.0	54.0
- SUGARS (g)	18.1	54.3
SODIUM (mg)	33.0	99.0

KIDS VANILLA SHAKE

Average serving size: 255g.

Kids Vanilla Shake	Average per 100g	Average per serve
CALORIES (Cal)	138.0	351.9
PROTEIN (g)	2.4	6.1
FAT, TOTAL (g)	6.6	16.8
- SATURATED (g)	5.8	14.8
CARBOHYDRATES (g)	18.0	45.9
- SUGARS (g)	18.1	46.2
SODIUM (mg)	33.0	84.2

ICE CREAM (CHOCOLATE MUD, HOKEY POKEY & BLACK ICE)

Average serving size: 100g.

Ice Cream	Average per 100g	Average per serve
CALORIES (Cal)	228.0	228.0
PROTEIN (g)	3.5	3.5
FAT, TOTAL (g)	11.3	11.3
- SATURATED (g)	7.3	7.3
CARBOHYDRATES (g)	31.0	31.0
- SUGARS (g)	20.7	20.7
SODIUM (mg)	90.0	90.0