

Nutrition Facts



Item	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
1/2 lb. Burger	432g	692	285	32g	11g	*2g	154mg	744mg	50g	3g	11g	53g
1/2 lb. Burger with Cheese	474g	792	338	38g	15g	*2g	169mg	1308mg	55g	3g	14g	60g
1/4 lb. Burger	264g	388	145	16g	6g	*1g	77mg	525mg	34g	3g	6g	28g
1/4 lb. Burger with Cheese	290g	439	172	19g	8g	*1g	85mg	807mg	37g	3g	8g	31g
Chili	106g	340	139	15g	6g	1g	60mg	1028mg	31g	1g	0g	18g
Crinkle-Cut French Fries	154g	493	200	22g	6g	0g	0mg	302mg	67g	2g	0g	9g
Chocolate Shake	476g	921	400	42g	29g	0g	164mg	343mg	112g	1g	98g	22g
Strawberry Shake	476g	833	395	42g	29g	0g	164mg	306mg	93g	1g	87g	21g
Vanilla Shake	420g	765	395	41g	29g	0g	142mg	302mg	76g	0g	70g	20g
Lemonade Shake	365g	750	267	27g	20g	0g	117mg	251mg	109g	0g	107g	17g
Lemonade	86g	182	0	0g	0g	0g	0mg	1mg	48g	0g	46g	0g
Strawberry Lemonade	103g	204	0	0g	0g	0g	0mg	2mg	54g	0g	51g	0g

*Naturally occurring trans fatty acids present in meat, milk and other dairy products.

*Naturally occurring trans fats have not, as they occur in animal fats, been shown to share the harmful properties of the synthetic trans fat resulting from hydrogenation.

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WHY DO WE USE PEANUT OIL?

1. We believe that QUALITY IS EVERYTHING!
2. It's the purest oil
3. It's the best tasting oil
4. It's monounsaturated
5. It's trans-fat free

For more information
visit: [www.foodallergy.org/
page/peanut-allergy](http://www.foodallergy.org/page/peanut-allergy)

ALLERGEN INFORMATION

- ★ We use a highly refined (heat processed) peanut oil, which removes the proteins from the oil.
- ★ Allergic individuals react to protein fractions of oilseeds rather than refined oils.
- ★ The Food Allergen Labeling and Consumer Protection Act, which became effective January 1, 2006, requires that labels clearly state the presence of any of the eight major food allergies (milk, egg, peanut, tree nut, fish, shellfish, wheat, and soy). Within this legislation there are a few exceptions to the rule. One is that highly refined oils, such as our peanut oil, are not considered a "major food allergen," and therefore do not have to be labeled as such.
- ★ We recommend that guests with peanut allergies consult their physician before consuming products at Mighty Fine Burgers, Fries & Shakes.

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