

## FLAMERS GRILL - Nutritional Information

### Hamburger, 6 oz

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		420		25	227	135
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		4	22	0	202	0
TOTAL		636		27.5	683.5	135

### Hamburger, 4 oz

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		281		17	152	90
Lettuce	2 oz	4		0	1	0
Tomato Slice	1 oz	31		0.07	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		2	11	0	101	0
TOTAL		486		19.42	507.5	90

### Cheeseburger, 6 oz

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		420		25	227	135
Cheese	1 oz	106		8.9	406	27
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		4	22	0	202	0
TOTAL		742		36.4	1089.5	162

### Cheeseburger, 4 oz

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		281		17	152	90
Cheese	1 oz	106		8.9	406	27
Lettuce	2 oz	4		0	1	0
Tomato Slice	1 oz	31		0.07	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		2	11	0	101	0
TOTAL		592		28.32	913.5	117

**Mushroom Swiss Burger, 6 oz**

	Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145	2.25	249	0
Burger		420	25	227	135
Swiss Cheese	1 oz	95	7.1	388	15
Mushrooms	1 oz	36	2	1	0
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	2.5	0
Sautéed Onions	2 oz	20	5	6	0
Pickle Slices	4	22	0	202	0
TOTAL		773	41.5	1076.5	150

**Mushroom Swiss Burger, 4 oz**

	Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145	2.25	249	0
Burger		281	17	152	90
Swiss Cheese	1 oz	95	7.1	388	15
Mushrooms	2 oz	78	4	2	0
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	2.5	0
Sautéed Onions	.25 oz	5	1	1	0
Pickle Slices	4	22	0	202	0
TOTAL		661	31.5	997.5	105

**Cajun Cheese Burger, 6 oz**

	Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145	2.25	249	0
Burger		420	25	227	135
Cheese	1 oz	106	8.9	406	27
Cajun Spice					
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	2.5	0
Onion Slice	1 oz	14	0.1	2	0
Pickle Slices	4	22	0	202	0
TOTAL		742	36.4	1089.5	162

**Cajun Cheese Burger, 4 oz**

	Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145	2.25	249	0
Burger		281	17	152	90
Cheese	1 oz	106	8.9	406	27
Cajun Spice					
Lettuce	2 oz	4	0	1	0
Tomato Slice	1 oz	31	0.07	2.5	0
Onion Slice	1 oz	14	0.1	2	0

**Bacon Cheese Burger, 6 Oz**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		420		25	227	135
Cheese Whiz	1 oz	77		5.7	370	16
Bacon		3	109	9.4	303	16
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		4	22	0	202	0
TOTAL		822	42.6	1356.5	167	

**Bacon Cheese Burger, 4 oz**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		281		17	152	90
Cheese	1 oz	77		5.7	370	16
Bacon		2	73	6.2	202	10
Lettuce	2 oz	4		0	1	0
Tomato Slice	1 oz	31		0.07	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		2	11	0	101	0
TOTAL		636	31.32	1079.5	116	

**BBQ Swiss Burger, 6 oz**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		420		25	227	135
Swiss Cheese	1 oz	95		7.1	388	15
BBQ Sauce	1 oz	12		0.3	127	0
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		4	22	0	202	0
TOTAL		743	34.9	1198.5	150	

**BBQ Swiss Burger, 4 oz**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Burger		281		17	152	90
Swiss Cheese	1 oz	95		7.1	388	15
BBQ Sauce	2 oz	24		0.6	254	0
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	2.5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices		4	22	0	202	0
TOTAL		616	27.2	1250.5	105	

**Charbroiled Chicken**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Chicken Breast	5 oz	180		2	55	120
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices	4	22		0	202	0
TOTAL		396		4.5	514	120

**Lemon Pepper Chicken**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Chicken Breast	5 oz	180		2	55	120
Lemon Pepper Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices	4	22		0	202	0
TOTAL		396		4.5	514	120

**Teriyaki Chicken**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Chicken Breast	5 oz	180		2	55	120
Teriyaki Sauce	1 oz	45		0	930	0
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices	4	22		0	202	0
TOTAL		441		4.5	1444	120

**BBQ Chicken**

		Calories	Fat	Sodium	Cholesterol	
Hamburger Bun		145		2.25	249	0
Chicken Breast	5 oz	180		2	55	120
BBQ Sauce	1 oz	12		0.3	127	0
Lettuce	1 oz	4		0	1	0
Tomato Slice	1 oz	31		0.15	5	0
Onion Slice	1 oz	14		0.1	2	0
Pickle Slices	4	22		0	202	0
TOTAL		408		4.8	641	120

**Cajun Chicken**

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		Calories	Fat	Sodium	Cholesterol
Hamburger Bun		145	2.25	249	0
Chicken Breast	5 oz	180	2	55	120
Cajun Spice					
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	5	0
Onion Slice	1 oz	14	0.1	2	0
Pickle Slices	4	22	0	202	0
TOTAL		396	4.5	514	120

**Breaded Chicken Fillet**

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		Calories	Fat	Sodium	Cholesterol
Hamburger Bun		145	2.25	249	0
Chicken Fillet	4 oz	180	6	780	40
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	5	0
Onion Slice	1 oz	14	0.1	2	0
Pickle Slices	4	22	0	202	0
TOTAL		396	8.5	1239	40

**Turkey Burger**

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		Calories	Fat	Sodium	Cholesterol
Hamburger Bun		145	2.25	249	0
Turkey Patty	4 oz	200	12	360	100
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	5	0
Onion Slice	1 oz	14	0.1	2	0
Pickle Slices	4	22	0	202	0
TOTAL		416	14.5	819	100

**Veggie Patty**

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		Calories	Fat	Sodium	Cholesterol
Hamburger Bun		145	2.25	249	0
Veggie Patty	4 oz	107	1	450	0
Lettuce	1 oz	4	0	1	0
Tomato Slice	1 oz	31	0.15	5	0
Onion Slice	1 oz	14	0.1	2	0
Pickle Slices	4	22	0	202	0
TOTAL		323	3.5	909	0