

Miami Burger – Nutritional Information

Our Classics	Cals	Sat Fat	Sugar
The Classic MB™	357.0	1.0	5.6
The Classic MB™ with Cheeze	392.0	2.3	5.6
The Spicy MB™	386.9	1.4	3.7
The Spicy MB™ with Cheeze	421.9	2.6	3.7
The Deluxe Guac Burger™	406.0	1.6	5.7
The Deluxe Guac Burger™ with Cheeze	441.6	2.9	5.7
The Double MB™	512.6	2.0	6.7
The Double MB™ with Cheeze	547.6	3.3	6.7
The Louisiana Chick'n™	469.4	1.6	6.3
The Louisiana Chick'n™ with Cheeze	504.4	2.8	6.3
Louisiana Chick'n Slices 4	234.2	0.7	4.0
Louisiana Chick'n Slices 7	409.9	1.2	7.0
The Mac Cheeze Burger	427.2	2.8	5.6
The True Veg™	340.3	1.7	4.1
The True Veg™ with Cheeze	375.3	375.3	375.3
with Vmayo	+89.7	+0.7	+0.2
with Foraging Fox Smoke Beetroot Ketchup	+16.1	+0.05	+2.8

Wraps & Dogs	Cals	Sat Fat	Sugar
The Miami Hot Dog	234.2	2.7	4.2
The Miami Double Dog	306.2	4.2	4.3
MB Roasted Chickpea Wrap	571.3	2.7	3.2
Warm Louisiana Chick'n Wrap	398.7	1.9	2.5
MB Latino Wrap	501.9	1.4	5.1

Breakfast	Cals	Sat Fat	Sugar
Porridge	217.6	0.8	0.5
Porridge with Syrup (30ml)	281.5	0.8	0.5
Porridge with Berries	276.6	0.8	5.5
Pancakes with Syrup	239.9	0.2	11.5
Pancakes with Syrup and Berries	298.9	0.2	16.5
Pancakes with Sausage Patty	345.5	1.9	11.9
Sausage, Hash and Cheeze Muffin	363.1	4.1	2.7
Sausage, Egz and Cheeze Muffin	345.0	4.6	2.1
2 Hash Browns	154.8	0.7	0.5

Super Bowls	Cals	Sat Fat	Sugar
MB Latino Salad	424.4	1.7	4.5
MB Roasted Chickpea Salad	451.7	2.2	2.4

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Sides	Cals	Sat Fat	Sugar
Thick-Cut Chips (Kids)	125.0	0.3	0.7
Thick-Cut Chips (Medium)	166.6	0.4	1.0
Thick-Cut Chips (Large)	190.4	0.5	1.1
Sweet Potato Fries (Kids)	97.9	0.4	8.0
Sweet Potato Fries (Medium)	132.0	0.6	10.8
Sweet Potato Fries (Large)	154.0	0.7	12.6
Baked Onion Rings 5	198.8	0.7	2.2
Baked Onion Rings 12	477.2	1.8	5.3
Warm Mixed Peas	141.5	0.6	5.7
Baked Beans	125.8	0.0	8.2
Mac Cheeze (Plain)	178.8	1.4	0.9
Mac Cheeze (Sriracha)	209.6	2.0	2.7
Mac Cheeze (Smoked Paprika Crumb)	215.6	2.0	1.1
Mac Cheeze (Herb Garlic Crunch)	216.6	2.0	1.3
House Coleslaw	136.7	0.8	2.5

Drinks	Cals	Sat Fat	Sugar
Vanilla Shake M (350ml)	192.5	1.0	24.7
Vanilla Shake L (500ml)	275.0	1.5	35.4
Chocolate Shake M (350ml)	216.0	2.0	20.5
Chocolate Shake L (500ml)	308.6	2.9	29.3
Strawberry Shake M (350ml)	197.4	1.0	22.9
Strawberry Shake L (500ml)	282.1	1.5	32.6
Salted Caramel M (350ml)	193.8	1.0	24.7
Salted Caramel L (500ml)	276.0	1.5	35.4
Pic's Peanut Butter Malt Shake M (350ml)	418.9	2.7	24.3
Pic's Peanut Butter Malt Shake L (500ml)	598.4	3.89	34.6
Pic's Peanut & Jello Shake M	395.8	2.6	21.3
Pic's Peanut & Jello Shake L	565.4	3.71	28.4
Green Cola, per can	2.0	0.0	0.0
Cloudly Lemonade, per can	9.9	0.0	0.7
Low Sugar Orangeade, per can	23.1	0.0	4.6
Low sugar Sour Cherry, per can	29.7	0.0	6.6
Fresh Orange juice	86.0	0.2	17.6
Fresh Apple Juice	92.0	0.2	22.0
Sugar Free Orange Squash	2.5	0.0	0.0
Sugar Free Apple & Blackcurrent	5.0	0.0	0.0
Vanilla syrup 15 ml shot	1.0	0.0	0.0
Caramel syrup 15ml shot	1.4	0.0	0.0

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Kids	Cals	Sat Fat	Sugar
Miami Burger (small)	284.2	0.8	4.9
Miami Burger with Cheeze (small)	309.2	1.7	4.9
Hot Dog	234.2	2.7	4.2
Mac Cheeze (Plain)	196.6	2.0	0.9

Desserts	Cals	Sat Fat	Sugar
Pancakes with Syrup	239.9	0.2	11.5
Pancakes with Syrup and Added Berries	298.9	0.2	16.5

Nutrition information provided is based on representative values provided by suppliers, published resources, using desktop analysis, industry standard software and testing conducted in regulated laboratories. Miami Burger cannot guarantee the nutrition information provided is fully accurate as it relates to the prepared menu items in delivery and test kitchen. Our menu items are made to order by hand. This may cause slight variation in serving size which may in turn impact nutritional values on each product.