

# MIAMI BURGER VS. THE COMPETITION

## Our Classics

### The Classic MB™

1g of saturated fat

**87%** less than a McDonald's Quarter Pounder™ without Cheese (7.7g sat fat).  
You could eat 7.5 of ours for every one of theirs.

### The Classic MB™ with Cheese

2.3g of saturated fat

**83%** less than a McDonald's Quarter Pounder™ with Cheese (13g sat fat).  
You could eat 5.5 of ours for every one of theirs.

### The Spicy MB™

1.4g of saturated fat

**82%** less than a McDonald's Quarter Pounder™ without Cheese (7.7g sat fat).  
You could eat 5.5 of ours for every one of theirs.

### The Spicy MB™ with Cheese

2.6g of saturated fat

**80%** less than a McDonald's Quarter Pounder™ with Cheese (13g sat fat).  
You could eat 5 of ours for every one of theirs.

### The Double MB™

2g of saturated fat

**70%** less than a McDonald's Big Mac® without Cheese (6.8g sat fat).  
You could eat 3 of ours for every one of theirs.

### The Double MB™ with Cheese

3.3g of saturated fat

**66%** less than a McDonald's Big Mac® (9.5g sat fat).  
You could eat 3 of ours for every one of theirs.

### The Louisiana Chick'n™

1.6g of saturated fat

**30%** less than a KFC Fillet Burger (2.3g sat fat).  
You could eat one of ours for every one of theirs.

### The Louisiana Chick'n™ with Cheese

2.8g of saturated fat

**38%** less than a KFC Fillet Tower Burger (4.6g sat fat).  
You could eat 1.5 of ours for every one of theirs.

### Louisiana Chick'n Slices (4)

0.7g of saturated fat

**68%** less than 3 McDonald's Chicken Selects® (2.2g sat fat).  
You could eat 3 portions of ours for every one of theirs.

### Louisiana Chick'n Slices (7)

1.2g of saturated fat

**67%** less than 5 McDonald's Chicken Selects® (3.6g sat fat).  
You could eat 3 portions of ours for every one of theirs.

### The Mac Cheese and Bacon Burger

2.6g of saturated fat

**84%** less than a McDonald's Grand Big Mac™ (16g sat fat).  
You could eat 6 of ours for every one of theirs.

### The True Veg™

2.3g of saturated fat

**9%** less than a BK Veggie Bean Burger without Cheese (2.5g sat fat).  
You could eat one of ours for every one of theirs.

### The True Veg™ with Cheese

3.5g of saturated fat

**41%** less than a BK Veggie Bean Burger (6g sat fat).  
You could eat 1.5 of ours for every one of theirs.

## All Day Breakfast

### Porridge

0.8g of saturated fat

**67%** less than a McDonald's Quaker Oat So Simple® (2.4g sat fat).  
You could eat 3 of ours for every one of theirs.

### Porridge with Syrup (30ml)

0.8g of saturated fat

**67%** less than McDonald's Quaker Oat So Simple® with 40ml Syrup (2.4g sat fat).  
You could eat 3 of ours for every one of theirs.

### Pancakes with Syrup

0.2g of saturated fat

**78%** less than a McDonald's Pancakes & Syrup (0.9g sat fat).  
You could eat 4.5 of ours for every one of theirs.

### Pancakes and Sausage with Syrup

1.1g of saturated fat

**75%** less than a McDonald's Pancakes & Sausage with Syrup (4.6g sat fat).  
You could eat 4 of ours for every one of theirs.

### Sausage, Hash and Cheese Muffin

4.3g of saturated fat

**50%** less than a McDonald's Sausage & Egg McMuffin® (8.5g sat fat).  
You could eat 2 of ours for every one of theirs.

### Sausage, Egg and Cheese Muffin

4.3g of saturated fat

**50%** less than a McDonald's Sausage & Egg McMuffin® (8.5g sat fat).  
You could eat 2 of ours for every one of theirs.

### 2 Hash Browns

0.7g of saturated fat

**10%** less than one McDonald's Hash Brown (0.8g sat fat).  
You could eat one portion of ours for every one of theirs.

# MIAMI BURGER VS. THE COMPETITION

## Wraps & Dogs

### The Miami Hot Dog (Single)

2.1g of saturated fat

**76%**

less than a Five Guys Beef Dog without Cheese (8.6g sat fat).  
You could eat 4 of ours for every one of theirs.

### The Miami Hot Dog (Double)

3.6g of saturated fat

**58%**

less than a Five Guys Beef Dog without Cheese (8.6g sat fat).  
You could eat 2 of ours for every one of theirs.

### MB Roasted Chickpea Wrap

2.7g of saturated fat

**38%**

less than a Pret Green Greek Flat Bread (4.3g sat fat).  
You could eat 1.5 of ours for every one of theirs.

### Warm Louisiana Chick'n Wrap

1.9g of saturated fat

**52%**

less than a McDonald's Fiery Buffalo Chicken One, Grilled (3.9g sat fat).  
You could eat 2 of ours for every one of theirs.

### Warm Soft Butter Bean Wrap

2.1g of saturated fat

**46%**

less than a Pret Falafel, Avo & Chipotle Flat Bread (4g sat fat).  
You could eat 2 of ours for every one of theirs.

### MB Latino Wrap

1.7g of saturated fat

**69%**

less than a Pret Mexican Avocado Flat Bread (5.4g sat fat).  
You could eat 3 of ours for every one of theirs.

## Super Bowls

### Warm Red Tapenade Butter Bean

1.7g of saturated fat

**65%**

less than a Pret Crayfish & Avocado No Bread (4.8g sat fat).  
You could eat 3 of ours for every one of theirs.

### Chargrilled Miso Aubergine Salad

1.3g of saturated fat

**66%**

less than a Pret Tuna Nicoise Salad (3.7g sat fat).  
You could eat 3 of ours for every one of theirs.

### MB Latino Salad

1.7g of saturated fat

**70%**

less than a Pret Roast Beets, Squash & Feta Veggie Box (5.7g sat fat).  
You could eat 3 of ours for every one of theirs.

### MB Roasted Chickpea Salad

2.2g of saturated fat

**85%**

less than a Pret Buffalo Mozzarella & Pesto (14.2g sat fat).  
You could eat 6.5 of ours for every one of theirs.

## Kids' Menu

### Miami Burger

0.8g of saturated fat

**76%**

less than a McDonald's Hamburger (3.3g sat fat).  
You could eat 4 of ours for every one of theirs.

### Miami Burger with Cheese

1.7g of saturated fat

**72%**

less than a McDonald's Cheeseburger (6g sat fat).  
You could eat 3.5 of ours for every one of theirs.

### Mac Cheese (Plain - 150g)

1.4g of saturated fat

**91%**

less than a Pret Macaroni Cheese Kale & Cauli (360g with 15.6g sat fat).  
You could eat 10.5 of ours for every one of theirs.

### Hot Dog

2.1g of saturated fat

**76%**

less than a Five Guys Beef Dog without Cheese (8.6g sat fat).  
You could eat 4 of ours for every one of theirs.

## Desserts

### Luxe Hazelnut Chocolate Bar (70g)

8.1g of sugar

**69%**

less than a Pret Choc Bar (25.7g sugar).  
You could eat 3 of ours for every one of theirs.

### Pancakes with Syrup

11.5g of sugar

**72%**

less than a McDonald's Pancakes & Syrup (41g sugar).  
You could eat 3.5 of ours for every one of theirs.

### Sweet Peanut Crispy Bar (44g)

7.3g of sugar

**66%**

less than a Pret Love Bar (21.8g sugar).  
You could eat 3 of ours for every one of theirs.

# MIAMI BURGER VS. THE COMPETITION

## Sides

### Thick-Cut Chips (Kids – 105g)

0.4g of saturated fat

**65%** less than a McDonald's Small Fries (80g with 1.2g sat fat).  
You could eat 3 portions of ours for every one of theirs.

### Thick-Cut Chips (Medium – 140g)

0.6g of saturated fat

**63%** less than a McDonald's Medium Fries (114g with 1.5g sat fat).  
You could eat 2.5 portions of ours for every one of theirs.

### Thick-Cut Chips (Large – 160g)

0.6g of saturated fat

**68%** less than a McDonald's Large Fries (150g with 2g sat fat).  
You could eat 3 portions of ours for every one of theirs.

### Sweet Potato Fries (Kids)

0.4g of saturated fat

**79%** less than a Nando's Sweet Potato Wedges (2.1g sat fat).  
You could eat 4.5 portions of ours for every one of theirs.

### Sweet Potato Fries (Medium)

0.6g of saturated fat

**71%** less than a Nando's Sweet Potato Wedges (2.1g sat fat).  
You could eat 3.5 portions of ours for every one of theirs.

### Sweet Potato Fries (Large)

0.7g of saturated fat

**67%** less than a Nando's Sweet Potato Wedges (2.1g sat fat).  
You could eat 3 portions of ours for every one of theirs.

### Baked Onion Rings (5)

0.7g of saturated fat

**70%** less than 5 BK Onion Rings (2.5g sat fat).  
You could eat 3 portions of ours for every one of theirs.

### Baked Onion Rings (12)

1.8g of saturated fat

**75%** less than 12 BK Onion Rings (7g sat fat).  
You could eat 4 portions of ours for every one of theirs.

### Warm Mixed Peas

0.6g of saturated fat

**83%** less than a Nando's Macho Peas (3.6g sat fat).  
You could eat 5.5 portions of ours for every one of theirs.

### Baked Beans

0g of saturated fat

**0%** less than a KFC Regular Beans (0.1g sat fat).  
You could eat one portion of ours for every one of theirs.

### Mac Cheeze (Plain – 150g)

1.4g of saturated fat

**91%** less than a Pret Macaroni Cheese Kale & Cauli (360g with 15.6g sat fat).  
You could eat 10.5 of ours for every one of theirs.

### House Coleslaw

0.3g of saturated fat

**82%** less than a Nando's Regular Coleslaw (1.8g sat fat).  
You could eat 5 of ours for every one of theirs.

## Shakes

### Vanilla Shake (Kids – 250ml)

17.7g of sugar

**43%** less than a McDonald's Vanilla Milkshake 250ml (31g sugar).  
You could drink 1.5 of ours for every one of theirs.

### Vanilla Shake (Regular – 350ml)

24.7g of sugar

**58%** less than a McDonald's Vanilla Milkshake 400ml (59g sugar).  
You could drink 2 of ours for every one of theirs.

### Vanilla Shake (Large – 500ml)

35.4g of sugar

**53%** less than a McDonald's Vanilla Milkshake 500ml (76g sugar).  
You could drink 2 of ours for every one of theirs.

### Strawberry Shake (Kids – 250ml)

16g of sugar

**46%** less than a McDonald's Strawberry Milkshake 250ml (30g sugar).  
You could drink 1.5 of ours for every one of theirs.

### Strawberry Shake (Regular – 350ml)

22.9g of sugar

**60%** less than a McDonald's Strawberry Milkshake 400ml (57g sugar).  
You could drink 2.5 of ours for every one of theirs.

### Strawberry Shake (Large – 500ml)

33g of sugar

**56%** less than a McDonald's Strawberry Milkshake 500ml (74g sugar).  
You could drink 2 of ours for every one of theirs.

### Chocolate Shake (Kids – 250ml)

15g of sugar

**41%** less than a McDonald's Chocolate Milkshake 250ml (25g sugar).  
You could drink 1.5 of ours for every one of theirs.

### Chocolate Shake (Regular – 350ml)

21g of sugar

**56%** less than a McDonald's Chocolate Milkshake 400ml (47g sugar).  
You could drink 2 of ours for every one of theirs.

### Chocolate Shake (Large – 500ml)

29g of sugar

**51%** less than a McDonald's Chocolate Milkshake 500ml (60g sugar).  
You could drink 2 of ours for every one of theirs.

## The small print

All items here are, as consumed, per portion sold. Weights are approximate.

Data is derived from MB nutritional analysis and information from the following UK websites: mcdonalds.com, kfc.co.uk, burgerking.co.uk, pret.co.uk, nandos.co.uk, fiveguys.co.uk.

Data Correct as of 5th February 2019. Data above is derived by analysis and are averages of composite food samples. Products may be subject to some variation depending on ingredients used, supplier and seasons of the year. Therefore products described above may not be identical to the product served. The 'You could eat' figures are rounded to the nearest 5.

Note, whilst many of the products are very similar, this is not meant to be a direct comparison, mainly because ingredients and serving size will naturally differ. Where freely available from other retailer websites, we provide the grams/ml on each portion size.

Where possible we have tried to find the most similar product in the United Kingdom. The table is here to show you what saturated fat (for savoury items) and sugar (for dessert/shakes) is in our food and drink, and what is in others (as stated on their website).