

## Nutritionals & Allergens

NO DAIRY, DAIRY DERIVATIVES, OR ANIMAL BY-PRODUCTS IN ANY MENU ITEM. 100% VEGAN!

DESCRIPTION	Allergens	Serving Size	Total Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Nice Burger	Peas (legumes)*, wheat, soy	1 burger	693	37	11	0	0	1666	61	4	12	28
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, lettuce, onion, pickle, mayonnaise, ketchup												
Nice Bacon Burger	Peas (legumes)*, wheat, soy	1 burger	738	38	11	0	0	2026	67	4	13	32
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, lettuce, tomato, onion, pickle, mayo, ketchup, bacon												
Cali Burger	Peas (legumes)*, wheat, soy	1 burger	678	38	11	0	0	2011	64	5	9	32
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, lettuce, tomato, bacon, guacamole, Thousand Island sauce												
Mexicali Burger	Peas (legumes)*, wheat, soy	1 burger	723	35	11	0	0	2298	66	6	10	33
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, lettuce, tomato, onion, pickle, bacon, guacamole, jalapeno, chipotle sauce												
BBQ Bacon Cheeseburger	Peas (legumes)*, wheat, soy	1 burger	708	31	10	0	0	1693	75	4	16	32
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, bacon, onion ring, BBQ sauce												
Grilled Shroom Burger	Peas (legumes)*, wheat, soy	1 burger	666	37	11	0	0	1198	65	4	8	28
Ingredients: Pea protein-based patty, mushroom, sesame bun, mung bean-based cheese, lettuce, tomato, onion, 'honey' mustard sauce												
The Mainlander Burger	Peas (legumes)*, wheat, soy	1 burger	856	37	11	0	0	1621	101	4	46	28
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, pineapple, lettuce, tomato, onion, mayonnaise, Teriyaki sauce												
Big Guy Burger	Peas (legumes)*, wheat, soy	1 burger	794	37	11	0	0	1874	79	5	10	29
Ingredients: Pea protein-based patty, sesame bun, mung bean-based cheese, lettuce, Thousand Island sauce												
Hot Chick Burger**	Wheat, soy	1 burger	430	13	1	0	0	1410	51	2	7	27
Ingredients: Soy-based patty, sesame bun, pickles, Chipotle sauce												
Spicy Chicken Burger**	Wheat, soy	1 burger	435	13	1	0	0	1411	52	2	8	27
Ingredients: Soy-based patty, sesame bun, lettuce, tomato, pickle, Chipotle sauce												
Premium Spicy Chicken Burger**	Wheat, soy	1 burger	495	18	5	0	0	1591	56	2	8	27
Ingredients: Soy-based patty, sesame bun, mung bean-based cheese, lettuce, tomato, pickle, Chipotle sauce												
Nice Breakfast	Peas (legumes)*, wheat, soy	1 burger	823	38	12	0	0	2017	83	6	12	35
Ingredients: Pea protein-based patty, sesame bun, soy-based bacon, mung bean-based cheese, eggs, tater tots**, ketchup												
Jalapeno Burger	Peas (legumes)*, wheat, soy	1 burger	595	28	10	0	0	1481	57	5	8	29
Ingredients: Pea protein-based patty, sesame bun, lettuce, cheese, tomato, jalapeno												
Fish Fillet**	Wheat, soy	1 burger	480	17	2	0	0	979	61	5	7	17
Ingredients: Soy-based patty, sesame bun, lettuce, tomato, tartar sauce												
Jr. Nice Burger	Peas (legumes)*, wheat, soy	1 burger	446	23	6	0	0	1149	41	2	6	16
Ingredients: Pea protein-based patty, buns, mung bean-based cheese, lettuce, tomato, onion, Thousand Island sauce												
Jr. Cheeseburger	Peas (legumes)*, wheat, soy	1 burger	382	16	6	0	0	1205	43	1	9	15
Ingredients: Pea protein-based patty, buns, cheese, onions, pickle, ketchup, mustard												

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Vegan Chicken Nuggets**	Wheat, soy	4 nuggets	180	8	1	0	0	280	17	3	<1	10
Ingredients: Chik'n (water, soy protein concentrate, textured wheat protein [wheat gluten, wheat starch, vitamin E (tocopherols)], canola oil, wheat gluten, vegan chik'n seasoning [maltodextrin, yeast extract, salt, gum arabic, natural flavors, citric acid], methylcellulose, yeast extract, natural vegan flavor), breading (wheat flour, wheat gluten, corn starch, canola oil, sugar, yeast, dextrose, leavening [sodium acid pyrophosphate, sodium bicarbonate], garlic powders, onion powder, salt, sunflower oil)												
Friend Fries**		3 oz	130	4	0	0	0	35	21	2	0	2
Ingredients: Potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate, dextrose												
Sweet Potato Fries**		3 oz	140	4	0.5	0	0	15	14	2	7	1
Ingredients: Sweet potatoes, vegetable oil (contains one or more of the following: high oleic canola, canola, sunflower), modified food starch (corn, tapioca, potato, sugar, rice flour, corn starch, dextrin, spice, salt, oleoresin paprika, xanthan gum, leavening (disodium dihydrogen pyrophosphate, sodium bicarbonate)												
Tater Tots**		3 oz	160	8	2	0	0	330	19	2	1	2
Ingredients: Potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn). Contains 2% or less of dextrose, natural flavor, salt, sodium acid pyrophosphate added to maintain natural color.												
Chicken tenders**	Wheat, soy	3 pieces	120	4	0	0	0	440	6	0	1	18
Ingredients: soy protein isolate, wheat gluten, canola oil, seasoning, sea salt, methylcellulose, ancient grain flour (khorasan wheat, amaranth, millet, quinoa), dipotassium phosphate, yeast extract, potato starch, distilled vinegar, cane sugar, colour,												
Carrots & Ranch		3 oz, 1 Tb	82	5	0	0	10	206	8	2	5	1
Dole whip (pineapple)		1 cup	220	0	0	0	0	30	36	2	34	0
*Caution advised for those with severe allergies to legumes (peanuts, peas).												
**Fried with rice bran oil sharing the same oil												