

## Hop Doddy Burger

### Burgers

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
La Bandita	840	13	340	90	15	24
Thunderbird	760	11	1180	50	7	55
Continental Club	860	12	1030	48	4	54
Kids Burger	480	7	510	38	1	31
Ahi Tuna	650	5	680	52	3	48

### Patties

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Bison	260	3.5	350	0	0	43
Chicken	200	1.5	380	0	0	36
Turkey	280	1.5	480	4	<1	33
Black Bean & Corn	210	0	65	40	7	9
Tuna	210	2	55	0	0	34

### Salads

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Hail Caesar Salad	390	6	570	24	6	10

### Sides

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Kennebec Fries Small	310	4	105	31	4	4
Side Salad	100	1	125	6	2	1

### Toppings

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Avocado	70	1	0	4	3	<1
Caramelized Onions	45	1	90	9	1	<1
Spiced Chick Peas	50	0	35	8	2	2
House Lettuce Mix	40	0	35	7	4	4

### Sauces (1.5 oz)

Item	Calories	Saturated fat	Sodium	Carbohydrates	Fiber	Protein
Chipotle Ketchup	30	0	65	7	0	0
Caffeinated BBQ Sauce	30	0	50	7	0	0
HD1 Steak Sauce	25	0	45	4	0	0
Hot Honey	80	0	10	21	0	0
Salsa Roja	10	0	20	2	1	0
Tzatziki Sauce	15	0.5	80	1	0	0