

## Hopdoddy

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Burgers</b>						
Thunderbird	760	11	1180	50	7	55
Kids Burger	480	7	510	38	1	31
<b>Patties (without buns)</b>						
Bison	260	3.5	350	0	0	43
Chicken	200	1.5	380	0	0	36
Turkey	280	1.5	480	4	<1	33
Tuna	210	2	55	0	0	34
<b>Buns</b>						
Whole Wheat Bun	260	2	370	39	2	9
Gluten-Free Bun	250	1.5	75	47	5	7
<b>Sides</b>						
Hand-cut Fries (small)	310	4	105	31	4	4
Side Salad	180	2	115	11	3	2
<b>Toppings</b>						
Avocado	70	1	0	4	3	<1
Caramelized Onions	45	0	90	9	1	<1
<b>Sauces (1.5 oz)</b>						
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
<b>Salads</b>						
Thai Kale	580	8	370	34	5	10
Chicken Caesar	570	9	1110	15	3	46
Lil Side Salad	180	2	115	11	3	2