

MOOYAH Burgers, Fries & Shakes | Nutritional and Allergen Information | April 2019

(1) Processed on same line (2) Present in same plant (3) Soybean oil  
(4) Fried in oil that fries products containing gluten

	Serving Size	Calories (kcal)	Calories from Fat	Total Fat (g) (%DV)	Saturated Fat (g) (%DV)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg) (%DV)	Cholesterol (%DV)	Sodium (mg) (%DV)	Sodium (%DV)	Carbohydrate (g)	Total Sugar (g)	Fiber (g) (%DV)	Fiber (%DV)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	PEANUT	TREENUT	FISH	SHELLFISH	WHEAT	SOY	EGG	MILK	CONTAINING GLUTEN OR POTENTIAL FOR CROSS CONTAMINATION?	
<b>FAVORITES &amp; TASTE TO TRY</b>																														
Favorite --- MOOYAH Burger	8.8 oz	610	350	38 58%	9 45%	0.5	70	23%	1020	45%	39	9	2	8%	26	2%	25%	20%	10%	N	N	N	N	Y	Y(margarine)	Y	N		Y	
Favorite --- MOOYAH Cheeseburger	9.6 oz	700	420	45 69%	13 65%	0.5	95	32%	1400	60%	40	10	2	8%	30	35%	25%	20%	10%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Favorite --- MOOYAH Double Cheeseburger	13.4 oz	990	610	65 100%	23 115%	1.5	190	63%	2180	90%	41	11	2	8%	54	70%	35%	25%	10%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Favorite --- The Best Quesonario	11.3 oz	830	555	61 95%	16 78%	1	100	33%	1970	83%	43	8	1	4%	30	19%	12%	23%	19%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Favorite --- A.1. Cheeseburger	9.4 oz	730	400	43 66%	14 70%	0.5	120	40%	1860	80%	44	11	2	8%	40	20%	25%	15%	8%	N	N	N	N	Y	Y(margarine)	N	Y		Y	
Favorite --- Mushroom Swiss	8.6 oz	820	560	61 94%	14 70%	0.5	95	32%	1420	60%	34	6	1	4%	31	15%	25%	15%	4%	N	N	N	N	Y	Y	Y	Y		Y	
Favorite --- Double Diablo	13.5 oz	1150	750	81 125%	26 130%	1.5	225	75%	2850	120%	33	5	1	4%	64	35%	35%	20%	4%	N	N	N	N	Y	Y	Y	Y		Y	
Favorite --- Turkey Burger Club	12.3 oz	730	380	41 63%	12 60%	0	165	55%	2250	100%	42	6	5	20%	50	20%	25%	15%	20%	N	N	N	N	Y	N(3)	Y	Y		Y	
Favorite --- Avocado Ranch Black Bean Burger	11.9 oz	650	310	34 52%	8 40%	0	35	12%	1900	80%	64	8	13	52%	31	25%	25%	15%	20%	N	N	N	N	Y	Y	Y	Y		Y	
Taste to Try --- The Indulgent BBQ	13.4 oz	1265	795	86 132%	27 133%	2	225	75%	2550	106%	50	14	1	4%	64	36%	39%	18%	4%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Taste to Try --- The Diablo Dog	9.0 oz	840	580	64 98%	21 105%	1	105	35%	2340	100%	35	5	1	4%	30	15%	20%	15%	4%	N	N	N	N	Y	Y	Y	Y		Y	
Taste to Try --- The Farmer's Favorite	10.3 oz	390	220	24 37%	6 30%	0	20	7%	1960	90%	29	5	11	44%	23	25%	15%	15%	15%	N	N	N	N	Y	Y	Y	Y		Y	
Taste to Try --- The Full Count	9.6 oz	780	500	55 85%	20 100%	1	100	33%	2370	100%	43	12	2	8%	30	30%	20%	20%	4%	N	N	N	N	Y	Y	N	Y		Y	
Taste to Try --- The Hamburger	12.7 oz	1040	650	73 112%	26 130%	1.5	170	57%	2990	130%	48	13	1	4%	51	20%	30%	25%	6%	N	N	N	N	Y	Y	N	Y		Y	
Taste to Try --- The Ranch Hand	9.4 oz	705	420	47 72%	12 60%	1	105	34%	1410	55%	36	6	1	4%	34	2%	22%	16%	12%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Taste to Try --- The Lean Green	8.5 oz	410	210	23 35%	7 35%	0	130	43%	1460	60%	17	11	3	12%	33	20%	15%	10%	8%	N	N	N	N	N	N(3)	N	Y		N	
Taste to Try --- The Meatless Beast	12.6 oz	940	570	63 97%	16 80%	0	65	22%	2660	120%	69	13	10	40%	35	40%	20%	25%	10%	N	N	N	N	Y	Y	Y	Y		Y	
Taste to Try --- The TurCall Club	11.4 oz	680	350	38 58%	8 40%	0	145	48%	2340	100%	42	6	5	20%	44	6%	25%	8%	15%	N	N	N	N	Y	N(3)	Y	Y		Y	
Taste to Try --- The Well D'onion	11.3 oz	740	420	46 71%	13 65%	0.5	100	33%	1760	80%	49	11	3	12%	33	20%	25%	15%	15%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Taste to Try --- The Wing It On	12.9 oz	830	490	55 85%	18 90%	0	165	55%	3700	160%	38	7	2	8%	47	35%	20%	30%	10%	N	N	N	N	Y	Y(margarine)	Y	Y		Y	
Lifestyle -- The Paleo	13.5 oz	625	370	40 62%	14 68%	1.5	165	55%	1760	75%	12	3	3	0%	49	6%	33%	10%	24%	N	N	N	N	N	N(3)	N	N		N	
Lifestyle -- The Keto	11.4 oz	580	420	47 72%	12 59%	0	150	49%	1490	62%	6	1	2	8%	33	21%	14%	18%	18%	N	N	N	N	N	Y	Y	Y		N	
Lifestyle -- The Whole30®	9.4 oz	285	170	18 28%	6 28%	1	70	23%	1050	15%	10	3	2	8%	20	2%	14%	10%	20%	N	N	N	N	N	N(3)	N	N		N	
Lifestyle -- The Vegetarian	10.3 oz	635	280	31 48%	4 18%	0	0	0%	2310	100%	73	10	12	48%	25	12%	24%	8%	20%	N	N	N	N	Y	Y	Y	Y		Y	
Lifestyle -- The Gluten-Free	9.4 oz	830	520	56 86%	17 83%	1	130	42%	2470	107%	41	9	4	16%	37	17%	16	6%	2%	N	N	N	N	N	Y	Y	Y		N	
<b>PROTEINS</b>																														
Proteins --- Single Beef - 1/4 lb	4 oz raw /3 oz cooked	200	120	13 20%	5 25%	0.5	70	23%	400	15%	0	0	0	0%	20	2%	10%	0%	0%	N	N	N	N	N	N(3)	N	N		N	
Proteins --- Single Beef - 1/4 lb --- No MOOYAH Seasoning	4 oz raw /2.9 oz cooked	200	120	13 20%	5 25%	0.5	70	23%	70	4%	0	0	0	0%	20	2%	10%	0%	0%	N	N	N	N	N	N	N	N		N	
Proteins --- Double Beef - 1/2 lb	8 oz raw /5.9 oz cooked	410	240	26 40%	10 50%	1.5	140	47%	810	35%	0	0	0	0%	40	4%	25%	0%	0%	N	N	N	N	N	N(3)	N	N		N	
Proteins --- Double Beef - 1/2 lb --- No MOOYAH Seasoning	8 oz raw /5.8 oz cooked	410	240	26 40%	10 50%	1.5	140	47%	135	6%	0	0	0	0%	40	4%	25%	0%	0%	N	N	N	N	N	N	N	N		N	
Proteins --- Turkey Burger 5.3 oz	5.3 oz raw /3.9 oz cooked	230	110	12 18%	3 15%	0	115	38%	970	40%	0	0	0	0%	28	4%	10%	2%	0%	N	N	N	N	N	N(3)	N	N		N	
Proteins --- Turkey Burger 5.3 oz --- No MOOYAH Seasoning	5.3 oz raw /3.8 oz cooked	220	110	12 18%	3 15%	0	115	38%	300	15%	0	0	0	0%	28	4%	10%	2%	0%	N	N	N	N	N	N	N	N		N	
Proteins --- Veggie Burger	4.3 oz	190	60	7 11%	1 5%	0	0	0%	1210	50%	22	2	8	32%	17	8%	10%	0%	0%	N	N	N	N	Y	Y	Y	Y		Y	
Proteins --- Veggie Burger --- No MOOYAH Seasoning	4.2 oz	190	60	7 11%	1 5%	0	0	0%	540	25%	22	2	8	32%	17	8%	10%	0%	0%	N	N	N	N	Y	Y	Y	Y		Y	
Proteins --- 100% All Beef Hot Dog	3.2 oz	280	230	26 40%	11 55%	1	50	17%	860	35%	2	0	0	0%	11	0%	6%	0%	0%	N	N	N	N	N	Y	N	N		N	
<b>PICK YOUR BUN</b>																														
Bun --- Potato 2.4 oz	1 bun	270	120	13 20%	2 10%	0	0	0%	380	15%	32	5	1	4%	6	0%	10%	10%	2%	N	N	N	N	Y	Y(margarine)	N	N		Y	
Bun --- Multigrain	1 bun	190	25	2.5 4%	0 0%	0	0	0%	310	15%	35	4	2	8%	8	2%	10%	0%	4%	N	N	N	N	Y	N(3)	N	N		Y	
Bun --- Lettuce Cup	1.7 oz	5	0	0 0%	0 0%	0	0	0%	0	0%	1	<1g	<1g	0%	0	0%	2%	4%	2%	N	N	N	N	N	N	N	N		N	
Bun --- Gluten-Free	1 bun	240	70	7 11%	1 5%	0	0	0%	530	25%	41	9	4	16%	4	4%	4%	0%	0%	N	N	N	N	N	Y	N	N		N	
Bun --- Hot Dog	1 bun	270	120	13 20%	2 10%	0	0	0%	380	15%	32	5	1	4%	6	0%	10%	10%	2%	N	N	N	N	Y	Y(margarine)	N	N		Y	
<b>EXTRAS &amp; CHEESE</b>																														
Extras --- Cheese --- American (1 slice)	0.8 oz /1 slice	90	70	7 11%	4.5 23%	0	25	8%	380	15%	1	1	0	0%	4	30%	0%	4%	0%	N	N	N	N	N	N	N	N	Y		N
Extras --- Cheese --- American (2 slice)	1.7 oz /2 slice	180	140	14 22%	9 45%	0	50	17%	760	35%	2	2	0	0%	8	60%	0%	8%	0%	N	N	N	N	N	N	N	N	Y		N
Extras --- Cheese --- Blue Cheese	2 oz	200	150	16 25%	11 55%	0	45	15%	790	35%	1	0	0	0%	12	30%	0%	8%	0%	N	N	N	N	N	N	N	N	Y		N
Extras --- Cheese --- Cheddar (1 slice)	0.7 oz /1 slice	80	60	8 12%	4.5 23%	0	25	8%	150	6%	<1g	0	0	0%	5	15%	0%	4%	0%	N	N	N	N	N	N	N	Y		N	
Extras --- Cheese --- Cheddar (2 slice)	1.5 oz /2 slice	170	120	15 23%	9 45%	0	55	18%	300	15%	2	0	0	0%	11	30%	0%	10%	0%	N	N	N	N	N	N	N	Y		N	



Fries --- Sweet Potato Fries --- 5 oz	5.1 oz	380	140	16	25%	2.5	13%	0	0	0%	640	30%	62	14	5	20%	2	4%	6%	4%	20%	N	N	N	N	Y(2)	N(3)	N	N	Y(2,4)
Fries --- Sweet Potato Fries --- 8 oz --- Personal	8.1 oz	610	230	25	38%	4	20%	0	0	0%	1010	45%	99	22	8	32%	4	8%	8%	6%	30%	N	N	N	N	Y(2)	N(3)	N	N	Y(2,4)
Fries --- Sweet Potato Fries --- 16 oz --- Shareable	16.2 oz	1230	460	50	77%	8	40%	0	0	0%	2020	90%	198	44	16	64%	8	15%	15%	15%	60%	N	N	N	N	Y(2)	N(3)	N	N	Y(2,4)
Fries --- Sweet Potato Fries --- 24 oz --- Family	24.4 oz	1840	680	75	115%	12	60%	0	0	0%	3030	130%	297	66	23	92%	12	25%	25%	20%	90%	N	N	N	N	Y(2)	N(3)	N	N	Y(2,4)
<b>KIDS</b>																														
Kids --- Little Burger	5.9 oz	480	240	26	40%	7	35%	0.5	70	23%	780	35%	32	5	1	4%	26	2%	20%	10%	2%	N	N	N	N	Y	Y(margarine)	N	N	Y
Kids --- Hot Dog	6.1 oz	550	350	39	60%	13	65%	1	50	17%	1240	50%	34	5	1	4%	17	0%	15%	10%	2%	N	N	N	N	Y	Y	N	N	Y
Kids --- Grilled Cheese	4.6 oz	450	250	27	42%	11	55%	0	50	17%	1140	50%	34	7	1	4%	14	60%	10%	20%	2%	N	N	N	N	Y	Y(margarine)	N	Y	Y
Kids --- Chicken Tenders	3.1 oz	270	130	15	23%	2	10%	0	50	17%	720	30%	14	0	1	4%	21	0%	0%	0%	0%	N	N	N	N	Y	Y	N	Y	Y
Kids --- Applesauce	4.0 oz	90	0	0	0%	0	0%	0	0	0%	0	0%	24	22	1	4%	0	0%	0%	0%	20%	N	N	N	N	N	N	N	N	N
Fries --- French Fries --- 2.5 oz	2.5 oz	190	80	9	14%	0.5	3%	0	0	0%	340	15%	25	< 1g	2	8%	3	2%	6%	0%	15%	N	N	N	N	N	N(3)	N	N	Y(4)
Fries --- Sweet Potato Fries --- 2.5 oz	2.5 oz	190	70	8	12%	1	5%	0	0	0%	320	15%	31	7	2	8%	1	2%	2%	2%	10%	N	N	N	N	Y(2)	N(3)	N	N	Y(2,4)
Beverages --- Low Fat Chocolate Milk	8.0 fl oz	140	25	2.5	4%	1.5	8%	0	15	5%	160	6%	24	20	3	12%	8	30%	10%	10%	0%	N	N	N	N	N	N	N	Y	N
Beverages --- Low Fat Milk	8.0 fl oz	100	20	2.5	4%	1.5	8%	0	10	3%	105	4%	12	13	0	0%	8	30%	0%	10%	0%	N	N	N	N	N	N	N	Y	N
<b>SHAKES</b>																														
Shakes --- Hersheys Chocolate --- Little MOO	12.5 oz /12 oz cup	630	250	28	43%	19	95%	0	110	37%	260	10%	86	70	1	4%	10	30%	6%	20%	0%	N	N	N	N	N	N	N	Y	N
Shakes --- Hersheys Chocolate --- Big MOO	17.9 oz /20 oz cup	1040	420	47	72%	31	155%	0	180	60%	440	20%	140	113	2	8%	17	50%	10%	30%	0%	N	N	N	N	N	N	N	Y	N
Shakes --- Vanilla --- Little MOO	12.0 oz /12 oz cup	570	270	30	46%	20	100%	0	120	40%	270	10%	68	54	0	0%	10	35%	6%	20%	0%	N	N	N	N	N	N	N	Y	N
Shakes --- Vanilla --- Big MOO	17.1 oz /20 oz cup	960	450	51	78%	34	170%	0	195	65%	450	20%	113	90	0	0%	17	60%	10%	35%	0%	N	N	N	N	N	N	N	Y	N
Shakes --- Cookie Dough --- Little MOO	12.3 oz /12 oz cup	740	340	38	58%	23	115%	0	100	33%	420	20%	94	65	< 1g	0%	10	30%	10%	25%	0%	N(2)	N(2)	N	N	Y	Y	N(2)	Y	Y
Shakes --- Cookie Dough --- Big MOO	17.5 oz /20 oz cup	1210	550	62	95%	37	185%	0	170	57%	670	30%	152	107	1	4%	17	50%	20%	40%	0%	N(2)	N(2)	N	N	Y	Y	N(2)	Y	Y
Shakes --- Reeses PB Cup --- Little MOO	12.0 oz /12 oz cup	740	350	39	60%	23	115%	0	100	33%	410	20%	84	71	1	4%	14	30%	10%	15%	0%	Y	N	N	N	N	Y	N	Y	Y
Shakes --- Reeses PB Cup --- Big MOO	17.2 oz /20 oz cup	1200	570	64	98%	38	190%	0	170	57%	650	30%	138	116	2	8%	23	50%	15%	30%	0%	Y	N	N	N	N	Y	N	Y	Y
Shakes --- Mint Chocolate Chip --- Little MOO	12.4 oz /12 oz cup	800	350	40	62%	30	150%	0	90	30%	210	10%	109	94	3	12%	10	25%	40%	15%	0%	N(1)	N(1)	N	N	N(1)	Y	N(1)	Y	Y(1)
Shakes --- Mint Chocolate Chip --- Big MOO	17.7 oz /20 oz cup	1300	570	64	98%	48	240%	0	155	52%	350	15%	175	150	4	16%	17	45%	60%	25%	0%	N(1)	N(1)	N	N	N(1)	Y	N(1)	Y	Y(1)
Shakes --- Oreo --- Little MOO	11.7 oz /12 oz cup	670	300	33	51%	19	95%	0	100	33%	380	15%	85	61	1	4%	10	30%	15%	15%	0%	N	N	N	N	Y	Y	N	Y	Y
Shakes --- Oreo --- Big MOO	16.6 oz /20 oz cup	1100	490	55	85%	32	160%	0	170	57%	620	25%	138	101	2	8%	16	50%	20%	30%	0%	N	N	N	N	Y	Y	N	Y	Y
Shakes --- Strawberry --- Little MOO	12.1 oz /12 oz cup	640	250	28	43%	19	95%	0	110	37%	250	10%	89	77	0	0%	9	30%	15%	20%	4%	N	N	N	N	N	N	N	Y	N
Shakes --- Strawberry --- Big MOO	17.3 oz /20 oz cup	1050	420	47	72%	31	155%	0	180	60%	420	20%	145	124	0	0%	16	50%	25%	30%	4%	N	N	N	N	N	N	N	Y	N
<b>ADD INS</b>																														
Shakes --- Add in --- Hersheys Chocolate --- 12oz	1.4 oz /2 tbsp	100	0	0	0%	0	0%	0	0	0%	15	0%	24	20	1	4%	1	0%	0%	0%	0%	N	N	N	N	N	N	N	N	N
Shakes --- Add in --- Hersheys Chocolate --- 20oz	2.1 oz /3 tbsp	150	0	0	0%	0	0%	0	0	0%	25	2%	36	30	2	8%	2	0%	0%	0%	0%	N	N	N	N	N	N	N	N	N
Shakes --- Add in --- Cookie Dough --- 12oz	2.0 oz	270	110	12	18%	6	30%	0	0	0%	190	8%	37	20	< 1g	0%	2	0%	6%	8%	0%	N(2)	N(2)	N	N	Y	Y	N(2)	N(2)	Y
Shakes --- Add in --- Cookie Dough --- 20oz	3.0 oz	400	170	19	29%	9	45%	0	0	0%	290	15%	56	30	1	4%	3	0%	10%	15%	0%	N(2)	N(2)	N	N	Y	Y	N(2)	N(2)	Y
Shakes --- Add in --- Reeses PB Cup --- 12oz	1.8 oz /2 oz (volume)	260	130	14	22%	6	30%	0	0	0%	180	8%	28	26	1	4%	6	4%	4%	0%	0%	Y	N	N	N	N	Y	N	Y	Y
Shakes --- Add in --- Reeses PB Cup --- 20oz	2.6 oz /3 oz (volume)	390	190	21	32%	9	45%	0	0	0%	270	10%	42	39	2	8%	9	6%	6%	0%	0%	Y	N	N	N	N	Y	N	Y	Y
Shakes --- Add in --- Mint Syrup --- 12oz	1 oz /2 tbsp	90	0	0	0%	0	0%	0	0	0%	0	0%	22	22	0	0%	0	0%	0%	0%	0%	N	N	N	N	N	N	N	N	N
Shakes --- Add in --- Mint Syrup --- 20oz	1.5 oz /3 tbsp	140	0	0	0%	0	0%	0	0	0%	0	0%	33	33	0	0%	0	0%	0%	0%	0%	N	N	N	N	N	N	N	N	N
Shakes --- Add in --- Chocolate Shavings --- 12oz	2.0 oz	280	140	17	26%	15	75%	0	0	0%	0	0%	36	31	3	12%	2	2%	35%	0%	0%	N(1)	N(1)	N	N	N(1)	Y	N(1)	N(1)	Y
Shakes --- Add in --- Chocolate Shavings --- 20oz	3.0 oz	420	220	25	38%	22	110%	0	0	0%	5	0%	54	47	4	16%	3	2%	50%	0%	0%	N(1)	N(1)	N	N	N(1)	Y	N(1)	N(1)	Y



