



HART HOUSE NUTRITION FACTS

SANDWICHES AND ENTREES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
SINGLE BURG'R	542	33	14	4	774	44	0	16
SINGLE BURG'R W/ CHEESE	602	38	18	5	954	48	0	16
DOUBLE BURG'R	652	40	19	6	899	47	0	24
DOUBLE BURG'R W/ CHEESE	772	49	27	6	1,259	55	0	24
CRISPY CHICK'N	638	30	4	12	1,510	67	0	25
HOT N CRISPY CHICK'N	615	27	7	13	1,440	67	0	25
DELUXE CRISPY CHICK'N	642	26	6	13	1,511	75	0	27
DELUXE HOT N CRISPY CHICK'N	648	29	8	12	1,569	72	0	25
CAESAR SALAD	409	28	5	2	991	32	0	9
KALE CRUNCH SALAD	227	20	3	3	314	7	0	4

CHICK'N NUGGETS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
4 PIECE CHICK'N NUGGETS	262	13	1	0	645	24	0	13
8 PIECE CHICK'N NUGGETS	524	26	2	1	1,290	47	0	26

SIDES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
REGULAR FRIES	261	13	1	0	501	33	0	3
LARGE FRIES	413	15	2	0	795	52	0	6
REGULAR TOTS	167	11	1	0	402	16	0	2
LARGE TOTS	334	21	2	0	703	32	0	4
KALE CRUNCH SIDE	114	9	2	2	160	3	0	2

SHAKES AND DESSERTS

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
REGULAR CHOCOLATE SHAKE	478	15	12	64	247	81	0	5
LARGE CHOCOLATE SHAKE	673	20	16	97	320	120	0	7
REGULAR VANILLA SHAKE	378	14	12	41	232	56	0	5
LARGE VANILLA SHAKE	473	18	16	51	290	70	0	7
REGULAR COOKIES 'N CREAM SHAKE	443	17	13	46	284	66	0	6
LARGE COOKIES 'N CREAM SHAKE	603	23	17	62	395	90	0	8
REGULAR STRAWBERRY SHAKE	478	14	12	64	247	81	0	5
LARGE STRAWBERRY SHAKE	673	18	16	97	320	120	0	7
CHOCOLATE CHIP	290	14	6	26	200	43	0	3
CONFETTI SUGAR	280	12	4	21	280	41	0	3

BEVERAGES

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
ROOT BEER - 12 OZ	180	0	0	42	0	43	0	0
ROOT BEER - 16 OZ	225	0	0	53	0	54	0	0
KOLA - 12 OZ	160	0	0	39	0	39	0	0
KOLA - 16 OZ	200	0	0	49	0	49	0	0
KOLA LITE - 12 OZ	60	0	0	16	0	16	0	0
KOLA LITE - 16 OZ	75	0	0	20	0	20	0	0
CHERRY CREAM - 12 OZ	160	0	0	38	0	39	0	0
CHERRY CREAM - 16 OZ	200	0	0	49	0	49	0	0
LEMONGRASS - 12 OZ	160	0	0	39	0	39	0	0
LEMONGRASS - 16 OZ	200	0	0	49	0	49	0	0
UNSWEETENED BLACK TEA - 12 OZ	0	0	0	0	0	1	0	0
UNSWEETENED BLACK TEA - 16 OZ	0	0	0	0	0	1	0	0
BERRY PATCH - 12 OZ	130	0	0	31	0	31	0	0
BERRY PATCH - 16 OZ	163	0	0	39	0	39	0	0
LEMONADE - 12 OZ	130	0	0	29	0	31	0	0
LEMONADE - 16 OZ	163	0	0	36	0	39	0	0
HIBISCUS - 12 OZ	90	0	0	20	0	22	0	0
HIBISCUS - 16 OZ	113	0	0	25	0	28	0	0

DIPPING SAUCES (22G)

	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	SUGARS (G)	SODIUM (MG)	CARBOHYDRATE (G)	CHOLESTEROL (G)	PROTEIN (G)
BBQ	45	1	0	9	458	10	0	0
SWEET HEAT	70	1	0	11	263	12	0	0
RANCH	98	11	1	0	94	1	0	0
BUFFALO	100	8	1	6	200	6	0	0
HUNNY MUSTARD	83	7	0	5	79	5	0	1
HART HOUSE SIGNATURE	60	5	0	2	158	3	0	0
KETCHUP	60	5	0	2	158	3	0	0



HART HOUSE

ALLERGEN INFORMATION

All products served at Hart House are 100% Plant Based and free of:

Animal protein Cholesterol Hormones Artificial Colors Preservatives High Fructose Corn Syrup Transfats

Please see the chart below for other ingredients that are present:

	SOY	WHEAT	PEANUT	TREE NUT	SESAME
BRIOCHE STYLE BUN	✓	✓			
BURG'R PATTY ●	✓			◆	
CHICK'N PATTY		✓			
CHICK'N NUGGETS		✓			
AMERICAN 'CHEESE' ●				◆	
ONIONS					
TOMATO					
LETTUCE					
PICKLE					
FRENCH FRIES					
TATER TOTS	✓				
KALE CRUNCH SIDE SALAD	✓				
KALE CRUNCH ENTRÉE SALAD	✓				
CAESAR ENTRÉE SALAD ●	✓				
PLANT-BASED BUTTER					
PLANT-BASED MAYONNAISE ●	✓				
HART HOUSE HOT SAUCE					
HART HOUSE SIGNATURE SAUCE ●	✓				
HUNNY MUSTARD ●	✓				
CREAMY BUFFALO ●	✓				
CREAMY RANCH ●	✓				
SMOKEY BBQ					
SWEET HEAT	✓	✓			✓
KETCHUP					
ORGANIC SODAS					
ORGANIC STILL BEVERAGES AND JUICES					
CHOCOLATE SHAKE				★	
COOKIES N CREAM SHAKE		✓		★	
STRAWBERRY SHAKE				★	
VANILLA SHAKE				★	
CHOCOLATE CHIP COOKIE	✓	✓			
CONFETTI SUGAR COOKIE	✓	✓			

✓ This item contains the listed allergen as an ingredient.

● This item is manufactured in a facility that also produces tree nuts, soy, and/or wheat and may present a risk for cross contact and cross contamination at the manufacturing facility.

◆ This item is made with refined coconut oil. This coconut oil is a highly refined vegetable oil which contains insignificant amounts of proteins and has "no risk of provoking allergic reactions in the overwhelming majority of susceptible individuals". Please note that finished, highly refined oils as defined above are statutorily excluded from the major food allergens as defined in the *Food Allergen Labeling and Consumer Protection Act (FALCPA)* of 2004 and in section 201 of the Food Drug, and Cosmetic Act.

★ This item is made with coconut; no other tree nut is a listed ingredient.