



# NUTRITIONAL & ALLERGEN INFORMATION

Larkburger features 100% All Natural Ingredients with no preservatives or additives. All sauces and dressings are made in-house.

## BURGERS

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fibers (g)	Sugar (g)	Protein (g)	Gluten	Dairy	Soy	Egg	Nuts	Fish
Rg. Larkburger	800	510	57	15	2	145	1250	33	2	6	34	•	•		•		
Sm. Larkburger	420	280	31	8	1	75	590	16	1	3	19	•	•		•		
Rg. Truffle Burger	790	500	56	15	2	135	1520	33	2	6	34	•	•		•		
Sm. Truffle Burger	420	270	30	8	1	75	550	16	1	3	19	•	•		•		
Rg. Turkey Burger	700	400	46	10	0	150	1060	34	2	7	35	•	•		•		
Sm. Turkey Burger	370	220	25	5	0	80	690	17	1	4	20	•	•		•		
Rg. Tuna Burger	640	340	38	5	0	85	1620	36	2	7	36	•	•	•	•		•
Sm. Tuna Burger	320	180	20	3	0	40	800	17	1	4	18	•	•	•	•		•
Rg. Amy Burger	650	450	51	7	0	35	940	39	4	10	10	•	•	•	•		
Sm. Amy Burger	320	230	26	3.5	0	15	460	19	2	5	5	•	•	•	•		
Rg. Chicken Burger	610	320	36	6	0	95	910	40	3	8	30	•	•		•		
Sm. Chicken Burger	300	160	18	3	0	45	440	19	1	4	15	•	•		•		
Rg. B.L.T.	520	320	36	7	0	60	1060	33	2	7	16	•	•		•		
Sm. B.L.T	260	170	19	3.5	0	25	510	15	0	3	8	•	•		•		
Brioche Bun - Rg. Burger	190	40	4.5	3	0	15	260	30	1	1	6	•	•		•		
Brioche Bun - Sm. Burger	80	20	2	1.5	0	5	115	13	0	2	3	•	•		•		
Lettuce Wrap	5	0	0	0	0	0	10	1	0	0	0						
Gluten-Free Bun	250	100	11	6	0	25	650	36	2	7	3				•		
House Sauce - Rg. Burger	180	170	20	1.5	0	20	250	0	0	0	0				•		
House Sauce - Sm. Burger	90	90	10	1	0	10	125	0	0	0	0				•		
Truffle Aioli - Truffle Burger	170	160	18	1.5	0	15	190	0	0	0	0				•		
Chipotle Sauce - Chicken Burger	170	160	18	1.5	0	20	260	1	0	0	0				•		
Wasabi Ginger Sauce - Tuna Burger	180	170	19	1.5	0	20	310	1	0	0	1			•	•		
Lettuce	0	0	0	0	0	0	0	0	0	0	0						
Tomato	5	0	0	0	0	0	0	1	0	1	0						
Red Onion	5	0	0	0	0	0	0	1	0	0	0						
Pickle	0	0	0	0	0	0	210	0	0	0	0						
Griddled Onion	15	10	1	0	0	0	55	2	0	1	0						
Crispy Jalapeno	40	15	2	0	0	0	190	5	0	1	0		•				
Cilantro	0	0	0	0	0	0	0	0	0	0	0						

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## BURGERS CONT.

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American Cheese - Rg. Burger	90	60	7	4.5	0	25	360	0	0	1	4		•				
American Cheese - Sm. Burger	45	30	3.5	2	0	10	180	0	0	0	2		•				
Pepper Jack Cheese - Rg. Burger	80	50	6	4	0	25	130	1	0	0	5		•				
Pepper Jack Cheese - Sm. Burger	40	25	3	2	0	15	65	1	0	0	3		•				
Swiss Cheese - Rg. Burger	80	50	6	4	0	20	40	1	0	0	6		•				
Swiss Cheese - Sm. Burger	40	25	3	2	0	10	20	1	0	0	3		•				
Tillamook® Cheddar Cheese - Rg. Burger	90	60	7	4.5	0	20	130	0	0	0	5		•				
Tillamook® Cheddar Cheese - Sm. Burger	45	30	3.5	2	0	10	65	0	0	0	3		•				
Bacon - Rg. Burger	290	200	22	7	0	35	1810	0	0	0	22						
Bacon - Sm. Burger	190	130	15	5	0	25	1210	0	0	0	15						

## KID'S MEAL

Kid's Grilled Cheese	500	310	34	13	0	70	650	31	1	5	17	•	•		•		
Kid's Little Lark	410	280	31	8	1	75	515	13	0	2	18	•	•		•		
Kid's Little Turkey	360	220	25	5	0	80	685	14	0	3	19	•	•		•		
Kid Fry	420	220	26	2	0	0	440	47	3	2	6						
Kid Truffle Fry	460	250	29	3	0	5	510	47	3	2	7		•				
Kid Soybean	200	60	6	0	0	0	790	21	16	4	16			•			
Kid Apple	130	0	0	0	0	0	0	34	5	25	1						

## SIDES

Rg. Truffle & Parmesan Fries	640	350	41	4	0	5	710	65	5	2	10		•				
Sm. Truffle & Parmesan Fries	460	250	29	3	0	5	510	47	3	2	7		•				
French Fries	590	310	36	2.5	0	0	610	65	5	2	8						
Sm. French Fries	470	250	29	2	0	0	490	52	4	2	6						
Soy Beans	200	60	6	0	0	0	790	21	16	4	16			•			
Black Angus Red Chili Bowl (12oz)	450	180	20	6	1	60	1890	42	11	9	24		•				
Black Angus Red Chili Cup (6oz)	225	90	10	3	0.5	30	945	21	5.5	4.5	12		•				

## SALADS

Rg. Rocket Power Salad	530	340	40	3	0	0	1240	37	9	9	10						
Rg. Caesar Salad	520	400	45	7	0	50	1250	20	3	4	10		•		•		•
Rg. Kale Salad	360	240	27	2	0	0	1100	22	6	6	11			•			
Side Salad	180	160	12	1.5	0	0	540	3	1	1	1						

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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fibers (g)	Sugar (g)	Protein (g)	Gluten	Dairy	Soy	Egg	Nuts	Fish
Sm. Rocket Power Salad	450	330	39	3	0	0	1240	22	5	4	6						
Sm. Caesar Salad	470	370	42	4.5	0	40	1060	18	3	3	6		•		•		•
Sm. Kale Salad	300	220	25	1.5	0	0	1200	14	4	7	8			•			
Miso-Ginger Dressing	230	210	23	1.5	0	0	1040	4	0	1	2			•			
House Vinaigrette	320	310	36	2.5	0	0	1020	0	0	0	0						
Caesar Dressing	450	430	49	4	0	50	970	1	0	0	2				•		
Add Adobo Grilled Chicken	150	50	5	1	0	65	200	2	0	1	23						
Add Ahi Tuna	200	70	8	0.5	0	50	1050	2	0	1	29			•			•
Add Certified Angus Beef®	360	240	27	10	2	105	100	0	0	0	27						
Add All Natural Turkey	370	140	15	5	0	115	30	2	1	0	28						

## DRINKS & MILKSHAKES

Vanilla Shake	150	60	6	4	0	20	95	16	0	16	7		•				
Chocolate Shake	150	60	7	4	0	20	105	17	0	17	7		•				
Strawberry Shake	160	50	6	4	0	20	85	19	0	19	6		•				
Vanilla Shake	200	80	8	5	0	27	127	21	0	21	9		•				
Chocolate Shake	200	80	9	5	0	27	140	23	0	23	9		•				
Strawberry Shake	213	67	8	5	0	27	113	25	0	25	8		•				
Vanilla Shake	267	107	11	7	0	36	169	28	0	28	12		•				
Chocolate Shake	267	107	12	7	0	36	187	30	0	30	12		•				
Strawberry Shake	284	89	11	6	0	36	151	34	0	34	11		•				
Vanilla Shake	333	133	13	9	0	44	211	36	0	36	16		•				
Chocolate Shake	333	133	16	9	0	44	233	38	0	38	16		•				
Strawberry Shake	356	111	13	8	0	44	189	42	0	42	13		•				
Lg. 20 oz Lemonade	222	0	0	0	0	0	11	58	0	56	0						

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