MR. HERO NUTRITIONAL INFORMATION

MENU ITEM	SERVING (OZ)	SERVING (G)	**CALORIES**	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	SUGARS (G)	FIBER (G)	PROTEIN (G)
BURGERS													
Romanburger® - Regular	11.4	318.7	**805.9**	507.7	56.3	18.7	0.9	82.4	1499.8	45.5	5.3	4.3	30.8
Romanburger® - Medium	16.6	466.0	**1236.3**	784.9	87.0	28.4	1.4	123.6	2259.1	69.1	6.8	5.3	45.6
Romanburger® - Large	22.7	637.4	**1611.9**	1015.4	112.6	37.3	1.8	164.8	2999.6	91.0	10.6	8.5	61.6
Romanburger®BTE - Regular	13.8	388.4	**1007.6**	656.7	72.7	26.2	1.4	116.1	2012.0	47.8	6.1	4.9	42.2
Romanburger®BTE - Medium	20.4	571.3	**1536.1**	1006.0	111.3	39.6	2.0	172.5	3034.4	72.6	8.3	6.2	62.7
Romanburger®BTE - Large	27.7	776.8	**2015.2**	1313.4	145.3	52.5	2.7	232.2	4024.1	95.6	12.3	9.8	84.5
Cheeseburger - Regular	10.4	291.8	**720.8**	445.2	49.1	16.2	0.9	65.1	1071.9	44.1	4.5	4.3	27.2
Cheeseburger - Medium	15.2	425.8	**1108.7**	691.1	76.2	24.7	1.4	97.7	1617.2	66.9	5.7	5.3	40.2
Cheeseburger - Large	20.8	583.7	**1441.7**	890.4	98.3	32.4	1.8	130.2	2143.8	88.1	9.0	8.5	54.4
HOT BUTTERED™ CHEESESTEAKS													
Hot Buttered Cheesesteak™ Regular	9.5	265.6	**653.1**	363.6	39.6	19.6	1.6	122.0	1037.3	41.7	3.2	3.3	28.2
Hot Buttered Cheesesteak™ Medium	15.9	444.7	**1167.5**	692.1	75.7	37.2	3.2	234.0	1643.5	63.6	3.8	4.1	49.3
Hot Buttered Cheesesteak™ Large	18.9	531.2	**1306.3**	727.1	79.2	39.2	3.2	244.0	2074.5	83.3	6.4	6.7	56.3
Hot Buttered Cheesesteak™ BTE Regular	11.4	319.6	**803.1**	470.1	51.1	24.6	2.1	162.0	1279.8	41.7	3.2	3.3	38.2
Hot Buttered Cheesesteak™ BTE Medium	19.5	547.0	**1447.5**	890.1	97.2	46.2	4.2	309.0	2038.5	63.6	3.8	4.1	68.1
Hot Buttered Cheesesteak™ BTE Large	22.8	639.2	**1606.3**	940.1	102.2	49.2	4.2	324.0	2559.5	83.3	6.4	6.7	76.3
STEAKERY													
Sicilian Parm - Regular	9.6	263.6	**710.1**	407.4	46.2	14.5	1.0	112.6	1367.4	39.8	2.0	3.1	32.7
Sicilian Parm - Medium	14.3	393.0	**1076.2**	615.5	69.7	21.9	1.5	170.0	2096.5	60.9	2.0	3.7	48.9
Sicilian Parm - Large	19.2	527.3	**1420.2**	814.8	92.3	29.0	2.0	225.2	2734.7	79.6	4.0	6.1	65.5
Zesty Bacon & Swiss - Regular	8.9	250.0	**668.3**	373.0	41.0	14.0	1.0	105.0	1346.3	39.1	2.0	2.8	31.8
Zesty Bacon & Swiss - Medium	13.2	371.0	**1008.2**	559.5	61.5	21.0	1.5	157.5	2044.5	59.8	2.0	3.3	47.3
Zesty Bacon & Swiss - Large	17.7	500.0	**1336.5**	746.0	82.0	28.0	2.0	210.0	2692.5	78.2	4.0	5.7	63.7
CHICKEN													
Chicken Philly - Regular	9.6	270.0	**510.5**	190.2	21.5	6.5	0.0	90.0	1552.5	45.0	3.4	3.5	34.2
Chicken Philly - Medium	14.3	401.1	**771.6**	285.4	32.2	9.7	0.0	135.0	2353.8	68.6	4.1	4.3	50.9
Chicken Philly - Large	19.2	540.0	**1021.0**	380.5	43.0	13.0	0.0	180.0	3104.9	89.9	6.7	6.9	68.4
Chicken, Bacon & Ranch - Regular	8.1	228.0	**590.0**	260.0	28.5	8.5	0.0	95.0	1830.0	43.0	3.0	2.0	37.0
Chicken, Bacon & Ranch - Medium	11.9	334.5	**890.0**	390.0	42.7	12.7	0.0	142.5	2755.0	65.5	3.5	2.0	55.0
Chicken, Bacon & Ranch - Large	16.2	456.0	**1180.0**	520.0	57.0	17.0	0.0	190.0	3660.0	86.0	6.0	4.0	74.0

Chicken Nuggets - 5 pc	4.3	119.0	**438.2**	325.7	37.8	6.5	0.0	43.8	562.5	11.3	0.0	0.0	16.3
Chicken Nuggets - 10 pc	8.6	238.1	**876.4**	651.4	75.6	12.9	0.0	87.5	1125.0	22.5	0.0	0.0	32.5
Sauced Chicken Nuggets - 5 pc	4.3	119.0	**438.2**	325.7	37.8	6.5	0.0	43.8	562.5	11.3	0.0	0.0	16.3
Sauced Chicken Nuggets - 10 pc	8.6	238.1	**876.4**	651.4	75.6	12.9	0.0	87.5	1125.0	22.5	0.0	0.0	32.5
Homestyle Chicken Tenders - 3 pc	6.6	184.0	**478.2**	257.7	29.5	4.2	0.0	67.5	1110.0	27.0	1.5	1.1	25.5
Homestyle Chicken Tenders - 5 pc	11.0	306.6	**796.2**	428.7	49.1	7.0	0.0	112.5	1850.0	45.0	2.5	1.9	42.5
Chicken Tender Wrap (does not include sauce)	8.7	244.4	**419.5**	108.9	12.0	2.5	0.0	45.0	1285.0	55.0	4.1	2.6	22.7
*** Sauces not included in nutritional values for chicken nuggets and chicken tenders**													
DELI SUBS*													
Original Italian - Regular	9.6	270.0	**520.0**	240.0	27.0	6.0	0.0	45.0	1560.0	50.0	7.0	3.0	19.0
Original Italian - Medium	14.5	405.0	**830.0**	390.0	44.0	10.0	0.0	70.0	2370.0	77.0	10.0	4.0	29.0
Original Italian - Large	19.3	540.0	**1040.0**	480.0	54.0	12.0	0.0	90.0	3120.0	100.0	14.0	6.0	38.0
Italiano - Regular	9.5	265.0	**550.0**	230.0	26.0	6.0	0.0	55.0	1730.0	54.0	6.0	3.0	24.0
Italiano - Medium	15.7	440.0	**920.0**	400.0	46.0	10.0	0.0	90.0	2770.0	87.0	9.0	4.0	37.0
Italiano - Large	18.9	530.0	**1100.0**	460.0	52.0	12.0	0.0	110.0	3460.0	108.0	12.0	6.0	48.0
Tuna 'n cheese - Regular	9.8	274.0	**670.0**	470.0	53.0	8.0	0.0	55.0	870.0	45.0	4.0	3.0	16.0
Tuna 'n cheese - Medium	14.6	409.0	**1030.0**	720.0	82.0	13.0	0.0	80.0	1310.0	68.0	5.0	4.0	23.0
Tuna 'n cheese - Large	19.6	548.0	**1340.0**	940.0	106.0	16.0	0.0	110.0	1740.0	90.0	8.0	6.0	32.0
Smoked Turkey - Regular	10.1	283.0	**330.0**	20.0	2.5	0.0	0.0	35.0	1320.0	49.0	5.0	3.0	30.0
Smoked Turkey - Medium	14.9	418.0	**490.0**	30.0	3.5	0.0	0.0	50.0	1990.0	75.0	6.0	4.0	44.0
Smoked Turkey - Large	20.2	566.0	**660.0**	40.0	5.0	0.0	0.0	70.0	2640.0	98.0	10.0	6.0	60.0
Veggie Sub - Regular	13.3	373.0	**513.2**	270.3	29.6	7.5	0.0	35.0	2009.2	46.8	6.0	5.5	14.7
Veggie Sub - Medium	20.3	568.9	**804.5**	431.5	47.3	11.7	0.0	52.5	3024.8	72.1	8.4	7.4	21.8
Veggie Sub - Large	26.6	746.1	**1026.4**	540.5	59.3	15.0	0.0	70.0	4018.4	93.7	12.0	11.0	29.4
***Spreads and cheese not included in nutritional values**													
THE BUDS													
Bacon Cheeseburger	4.6	129.2	**329.7**	198.5	22.0	8.3	0.5	35.1	604.6	22.2	2.9	1.9	10.9
Double Cheeseburger	6.5	182.0	**471.3**	303.7	33.5	14.2	0.9	57.6	842.9	23.7	3.3	2.5	19.5
Chicken Bud	6.3	177.2	**421.3**	230.1	26.0	5.0	0.0	47.5	865.9	33.3	2.1	1.1	14.1
KID'S MENU													
Kid's Cheeseburger	3.4	94.3	**259.1**	127.7	13.8	6.3	0.5	25.1	468.3	19.5	2.5	1.6	12.7
Kid's Nuggets	3.6	100.0	**275.0**	162.5	18.8	3.8	0.0	43.8	562.5	11.3	0.0	0.0	16.3
Kid's Cheeseburger Meal	6.8	189.8	**507.5**	286.1	31.7	9.5	0.5	25.1	838.3	42.5	2.8	3.6	14.7
Kid's Nugget Meal	6.3	175.5	**468.4**	288.4	33.0	6.1	0.0	35.0	820.0	32.0	0.3	2.0	15.0

***Beverage not included in meal nutritional values**

SIDE ORDERS													
Potato Waffers® - rg.	3.8	105.0	**360.0**	240.0	27.0	4.5	0.0	0.0	350.0	29.0	0.0	3.0	3.0
Potato Waffers® - lg.	5.8	161.0	**570.0**	380.0	43.0	7.0	0.0	0.0	540.0	45.0	1.0	4.0	4.0

Tater Tots - rg.	5.3	148.1	**429.6**	294.6	34.1	6.2	0.0	0.0	495.0	28.5	0.0	3.0	3.0
Tater Tots - lg.	8.8	247.0	**716.8**	491.8	57.0	10.3	0.0	0.0	825.0	47.5	0.0	5.0	5.0
Mozzarella Sticks - rg.	8.2	225.0	**503.2**	298.2	32.5	10.2	0.0	25.0	1280.0	37.0	4.0	6.0	21.0
Mozzarella Sticks - lg.	16.1	450.1	**1006.4**	596.4	65.1	20.4	0.0	50.0	2560.0	74.0	10.0	12.0	42.0
Marinara cup	2.5	71.0	**40.0**	10.0	1.0	0.0	0.0	0.0	230.0	7.0	4.0	1.0	1.0
Breaded Mushrooms - rg.	6.8	100.6	**484.8**	304.8	33.6	5.1	0.0	0.0	720.0	40.0	2.0	2.0	8.0
Breaded Mushrooms - lg.	7.2	201.1	**969.6**	609.6	67.1	10.2	0.0	0.0	1440.0	80.0	4.0	4.0	16.0
Jalapeno Poppers - rg.	3.8	107.2	**375.7**	227.0	26.1	7.0	0.0	10.6	963.3	30.5	0.0	2.1	7.1
Jalapeno Poppers - lg.	7.7	214.5	**751.4**	453.9	52.2	13.9	0.0	21.3	1926.7	60.9	14.0	4.3	14.2
Loaded Tater Tots - rg.	7.5	211.1	**591.6**	411.8	47.1	9.8	0.0	12.5	1149.5	34.2	0.3	3.0	8.5
Loaded Tater Tots - lg.	12.6	352.0	**1006.0**	717.6	82.7	16.0	0.0	20.0	1849.3	57.3	1.0	5.0	11.2
Onion Petals - rg.	5.7	159.0	**496.5**	313.2	35.7	5.2	0.0	0.0	916.7	41.7	5.0	1.7	3.3
Onion Petals - lg.	11.4	318.1	**993.1**	626.4	71.4	10.4	0.0	0.0	1833.3	83.3	10.0	3.3	6.7
Texas Onion Petal Sauce	1.5	42.0	**225.0**	216.0	24.0	3.8	0.0	22.5	225.0	1.5	1.5	0.0	0.0
Texas Onion Petal Sauce	3.0	84.0	**450.0**	432.0	48.0	7.5	0.0	45.0	450.0	3.0	3.0	0.0	0.0
Pepperoni & Cheese Bites™ - rg.	8.2	229.5	**698.2**	503.2	57.5	14.7	0.0	52.5	1415.0	31.0	5.5	2.5	17.5
Pepperoni & Cheese Bites™ - lg.	13.5	379.8	**1067.3**	759.8	86.8	22.1	0.0	78.8	2237.5	50.0	10.3	4.3	26.8
Loaded Potato Waffers® - reg.	8.3	232.1	**634.1**	436.8	49.4	9.8	0.0	15.0	1336.2	44.5	1.0	3.3	8.8
Loaded Potato Waffers® - lg.	13.3	373.0	**1066.1**	746.4	84.2	16.8	0.0	30.0	2192.6	70.2	1.8	5.3	15.3
Cheddar Cheese Sauce - rg.	1.5	42.0	**59.5**	37.2	4.5	1.1	0.0	0.0	349.5	5.2	0.0	0.0	1.5
Cheddar Cheese Sauce - lg.	3.0	84.0	**119.0**	74.4	8.9	2.2	0.0	0.0	699.0	10.4	0.0	0.0	3.0
BEVERAGES													
Pepsi®													
Regular	21.0	621.0	**220.0**	0.0	0.0	0.0	0.0	0.0	45.0	61.0	61.0	0.0	0.0
Large	32.0	946.4	**340.0**	0.0	0.0	0.0	0.0	0.0	70.0	92.0	92.0	0.0	0.0
20 oz. bottle	20.0	591 ml	**250.0**	0.0	0.0	0.0	0.0	0.0	55.0	69.0	69.0	0.0	0.0
Diet Pepsi®													
regular	21.0	621.0	**0.0**	0.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	0.0	0.0
large	32.0	946.4	**0.0**	0.0	0.0	0.0	0.0	0.0	90.0	0.0	0.0	0.0	0.0
20 oz. bottle	20.0	591 ml	**0.0**	0.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	0.0	0.0
BEVERAGES (cont.)													
Mountain Dew													
Regular	21.0	621.0	**240.0**	0.0	0.0	0.0	0.0	0.0	75.0	64.0	64.0	0.0	0.0
Large	32.0	946.4	**370.0**	0.0	0.0	0.0	0.0	0.0	115.0	97.0	97.0	0.0	0.0
20 oz. bottle	20.0	591 ml	**290.0**	0.0	0.0	0.0	0.0	0.0	105.0	77.0	77.0	0.0	0.0
Lemonade	24.0	709.8	**220.0**	0.0	0.0	0.0	0.0	0.0	0.0	57.0	54.0	0.0	0.0
Strawberry Lemonade	24.0	737.8	**229.0**	0.0	0.0	0.0	0.0	0.0	0.0	59.0	55.0	1.0	0.0
DESSERTS													
Chocolate Chip Brownie	4.0	113.0	**500.0**	250.0	28.0	11.0	0.0	90.0	180.0	63.0	47.0	3.0	5.0

Peanut Butter Brownie	4.0	113.0	**490.0**	252.0	28.0	11.0	0.0	90.0	200.0	59.0	45.0	2.0	7.0
Cheesecake Swirl Brownie	4.0	113.0	**480.0**	243.0	27.0	10.0	0.0	90.0	210.0	59.0	44.0	2.0	5.0
Mini Churros	2.9	80.3	**375.7**	275.7	31.5	7.7	0.0	0.0	225.0	23.8	0.0	0.0	2.5
Caramel Sauce	1.5	60.0	**150.0**	0.0	0.0	0.0	0.0	0.0	157.5	37.5	30.0	0.0	0.0
CHEESE													
Swiss American (2 sl)	0.8	23.0	**80.0**	60.0	6.0	4.0	0.0	20.0	360.0	0.0	0.0	0.0	5.0
Provolone (1 sl)	0.8	21.0	**80.0**	50.0	6.0	3.0	0.0	15.0	180.0	0.0	0.0	0.0	5.0
DRESSINGS													
Oil 'n Spice (house dressing)	0.5	14.0	**130.0**	130.0	14.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mayonnaise	0.5	14.0	**100.0**	100.0	12.0	2.0	0.0	10.0	75.0	0.0	0.0	0.0	0.0
Ranch	1.0	28.0	**120.0**	90.0	10.0	1.5	0.0	15.0	270.0	5.0	1.0	0.0	3.0
Honey Mustard	1.1	30.0	**120.0**	80.0	9.0	1.5	0.0	10.0	250.0	9.0	8.0	0.0	0.0
Parmesan Spread	0.5	14.0	**100.0**	100.0	11.0	2.0	0.0	10.0	135.0	0.0	0.0	0.0	0.0
Honey Mustard (dipping cup)	1.0	28.0	**45.0**	0.0	0.0	0.0	0.0	0.0	150.0	10.0	10.0	0.0	0.0
BBQ (dipping cup)	1.0	28.0	**40.0**	0.0	0.0	0.0	0.0	0.0	370.0	10.0	9.0	0.0	0.0
Ranch (dipping cup)	1.0	28.0	**140.0**	130.0	14.0	2.0	0.0	5.0	220.0	1.0	1.0	0.0	0.0
Garlic Parmesan sauce (dipping cup)	2.0	56.0	**54.4**	49.0	5.4	0.7	0.0	0.0	299.2	1.4	0.0	0.0	0.0
BBQ sauce (dipping cup)	2.0	56.0	**108.5**	0.0	0.0	0.0	0.0	0.0	449.6	27.9	26.4	0.0	0.0
Kentucky Bourbon sauce (dipping cup)	2.0	56.0	**54.4**	0.0	0.0	0.0	0.0	0.0	272.0	15.0	13.6	0.0	0.0
Teriyaki sauce (dipping cup)	2.0	56.0	**54.4**	0.0	0.0	0.0	0.0	0.0	435.2	12.2	10.9	0.0	1.4
Hot Honey sauce (dipping cup)	2.0	56.0	**39.0**	0.0	0.0	0.0	0.0	0.0	247.0	10.4	9.1	0.0	0.0
Buffalo sauce (dipping cup)	2.0	56.0	**11.4**	10.3	1.1	0.0	0.0	0.0	535.8	1.1	0.0	0.0	0.0

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu items and nutritional information may vary based on differences in product offerings and unit compliance with Mr. Hero's standard operating procedures. Also, from time to time test products may be marketed that are not available at all locations.

The nutrition information is based on standard product formulations and serving sizes. Beverage values may vary based on cup fill level, amount of ice and fountain equipment performance.

The following major food allergens are used as ingredients in this facility: Milk, egg, wheat and soy.
Please notify staff for more information regarding these ingredients.

Oct-25