



NUTRITIONAL INFORMATION CHART

Product Name	Cholesterol, mg /100g (in Mgm)	Dietary Fiber	Energy (in kcal)	Monounsaturated Fatty Acid, g /100g (in gm)	Polyunsaturated Fatty Acid, g /100g (in gm)	Protein (in gm)	Saturated Fatty Acid g /100g (in gm)	Sodium, mg /100g (in Mgm)	Total Sugar, g /100g (in gm)	Carbohydrate (in gm)	Fat (in gm)	Trans Fatty Acid, g /100g (in gm)
 Amar-Prem Veg Burger	74.36	3.432	1046.76	0	10.296	41.756	17.732	1201.2	12.584	138.71	36.036	2.288
 American Grilled Chicken Burger	81.28	15.748	1016	8.128	12.192	35.052	14.224	1828.8	0	122.936	39.116	0
 Amritsari Murgh Makhani Burger	67.76	12.342	859.1	7.502	11.374	32.428	12.826	1597.2	0	97.284	37.752	0
 Bunty Pappah Da Aloo Burger	19.844	8.712	590.48	0	3.388	27.346	14.52	1548.8	2.904	111.804	23.232	0
 Big Crispy Chicken Burger	86.36	13.97	944.88	8.636	11.43	36.068	14.732	1879.6	0	107.696	40.894	0
 Bihari Ghost Mutton Burger	48.714	5.934	525.78	4.83	6.348	25.116	8.142	1097.1	0	51.75	24.15	0
 Cheesy Coins	34.08	1.8	482.4	1.44	4.08	19.44	8.76	336	6.48	67.56	14.88	0
 Cheesy Fries Classic Salted	48	3.52	574.4	2.24	6.72	24.32	12.16	1248	7.04	82.24	16.32	0
 Cheesy Fries Dilli-6	46.53	4.62	549.45	2.64	7.26	25.08	10.23	884.4	6.765	74.58	24.09	0
 Cheesy Fries Hot Shock	55.568	5.704	706.56	3.128	8.28	33.488	11.776	837.2	8.096	94.208	29.808	0
 Cheesy Fries Moroccan	60.214	6.358	824.67	3.366	7.667	37.774	12.342	888.25	7.106	90.134	34.782	0
 Chicken Cheese Kurkure Momos	58.32	3.96	565.2	3.24	6.66	31.14	11.52	1296	2.52	59.76	22.32	0
 Chicken Cheese Pan Fried Momos	42.75	5.375	426.25	2.75	5.875	20.625	7	812.5	1.875	48.25	16.5	0
 Chicken Churmur Pandey Burger	42.42	7.56	495.6	4.34	5.88	24.36	7.7	1057	1.96	53.48	20.44	0
 Chicken Kurkure Momos	54.18	4.14	586.8	3.78	8.46	29.16	11.7	1292.4	2.16	61.56	24.84	0
 Chicken Nikku Singh Burger	41.208	7.072	510	3.808	6.256	22.848	7.888	856.8	2.448	57.664	20.808	0
 Chicken Pan Fried Momos	41.5	5.25	508.75	4	5.875	23.375	8.25	925	2.75	60.25	20.375	0
 Chicken Pind-er Burger	85.668	8.954	832.48	6.05	10.164	34.848	15.004	1391.5	2.662	108.9	39.204	0
 Chicken Popcorn	14.25	1.35	184.5	1.1	2.25	9.6	3.25	320	1.2	20.05	7.3	0
 Chicken Popcorn Hot shock	18.81	3.575	201.3	0.77	2.915	9.625	3.96	345.4	1.21	21.23	8.635	0

“An average active adult requires 2,000 kcal energy per day, however, calorie needs may vary”.

The nutrition analysis is done by ISO 90001 : 2015 certified laboratory and information provided by Burger Singh suppliers. It is based on standard product formulations per serving. Variations in serve sizes, preparation process, sources of supply including seasonal changes/geographical/ weather conditions may impact nutritional values of the menu items. The data provided here is approximate and indicative.

Product Name	Cholesterol, mg /100g (in Mgm)	Dietary Fiber	Energy (in kcal)	Monounsaturated Fatty Acid, g /100g (in gm)	Polyunsaturated Fatty Acid, g /100g (in gm)	Protein (in gm)	Saturated Fatty Acid g /100g (in gm)	Sodium, mg /100g (in Mgm)	Total Sugar, g /100g (in gm)	Carbohydrate (in gm)	Fat (in gm)	Trans Fatty Acid, g /100g (in gm)
 Chicken Snacker Burger	44.608	1.632	518.16	3.536	5.576	20.672	8.568	748	1.632	57.528	22.848	0
 Chicken United States of Punjab Burger	68.728	3.146	798.6	6.05	11.132	32.428	17.424	1464.1	3.388	83.732	37.268	0
 Chocolava Cake	16.16	2.56	281.6	1.76	5.28	9.92	9.92	328	2.16	41.76	8.24	0
 Chunky Paneer Pandey Burger	147.32	3.302	1112.52	0	8.636	53.848	38.1	924.56	12.192	107.188	51.308	0
 Junior Fried Chicken Burger	37.926	1.764	495.18	3.402	7.056	18.648	9.576	604.8	2.016	55.692	21.924	0
 Fried Chicken Wings	75.6	2.7	752.4	6.84	12.06	30.96	15.12	1224	3.24	82.8	32.94	0
 Fried Chicken Cheese Momo Bros	36.75	2.25	498.75	1.875	5.75	24	10.625	862.5	4	51.875	21.625	0
 Fried Chicken Momo Bros	26.75	2.25	461.25	1.75	5.25	23.5	10.25	575	4	45.25	20.75	0
 Fries Classic Salted	32.48	1.392	371.2	0	4.176	17.98	7.308	858.4	4.988	44.544	13.456	0
 Fries Hot Shock	39.48	1.96	529.2	0	6.44	19.18	7.84	627.2	6.3	76.44	16.24	0
 Fried Paneer Momos Bros	35.25	2.75	396.25	1.5	3	20.375	7.75	350	5.25	61.25	12.75	0
 Fried Veg Momos Bros	36.5	2.875	476.25	2.75	4.25	21.625	9	637.5	4.75	57.5	17.75	0
 Fries Dilli-6	23.718	1.534	398.84	0	5.428	17.228	7.67	643.1	5.192	51.33	13.806	0
 Fries Morocoan	54.34	2.508	702.24	0	7.524	30.514	12.958	877.8	9.196	88.825	24.662	0
 Hot Shock Chicken Wings	79.2	2.88	768.6	7.02	12.06	36.9	14.76	1368	3.06	75.6	35.28	0
 Jai-Veeru Chicken Burger	94.38	12.584	1218.36	9.438	16.588	59.488	27.456	2159.3	4.004	132.704	49.764	0
 Jattputt Chicken Burger	61.468	2.904	851.84	6.292	11.374	32.912	15.488	1306.8	3.63	101.156	34.848	0
 Mini Batata Vada	9.288	1.296	329.4	0	1.296	9.072	2.592	226.8	1.512	56.592	7.344	0
 Veg Nikku Singh Burger	23.392	6.256	467.84	0	3.264	22.576	10.336	666.4	2.992	49.504	19.856	0
 Onion Rings	2.112	1.632	268.8	0	1.728	6.912	3.072	416.64	3.072	46.464	6.144	0

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 Paneer Kurkure Momos	46.8	2.16	676.8	2.16	8.28	26.28	12.96	1166.4	7.92	91.8	22.68	0
 Paneer Pan Fried Momos	36.625	1.625	463.75	0	5.75	20.75	8.25	570	4.5	56.875	17	0
 Paneer Pind-er Burger	41.624	12.342	890.56	0	5.808	40.172	18.392	1234.2	5.808	103.092	35.332	0
 Potato Crunch Burger	7.744	9.922	822.8	0	5.082	15.488	12.584	1125.3	3.388	132.132	25.652	0
 Steamed Chicken Cheese Momo Bros	41.75	4	423.75	4.25	5.75	20.5	8	847.5	1.75	44	18.375	0
 Steamed Chicken Momos Bros	37.25	2	505	2.25	6.125	24.375	11.5	887.5	4.25	53.125	21.625	0
 Steamed Paneer Momos Bros	32.25	3	478.75	3	4.375	22.75	9.25	850	3.875	60	17.5	0
 Steamed Veg Momo Bros	38	2	401.25	0	3.125	18	5.875	593.75	6	58.125	10.625	0
 Udda Punjab 2.0 Cheese Burger	108.9	3.872	837.32	0	10.406	49.368	30.008	1887.6	10.648	54.45	44.528	0
 Vanila Softy	1.827	0	100.92	0	0	2.784	0	74.82	12.528	36.714	1.218	0
 Vanila Softy Cup with Mango Topping	2.64	5.28	366.3	0	2.31	4.62	3.52	41.8	31.24	70.62	7.26	0
 Vanila Softy Cup with Strawberry Topping	2.86	5.61	355.3	0	2.42	4.84	3.08	46.2	35.53	68.42	6.82	0
 Veg Kurkure Momos	43.56	2.34	601.2	2.16	8.46	29.52	12.24	1323	9.72	65.88	24.3	0
 Veg Pan Fried Momos	37.5	1.5	448.75	1.625	5.75	20.75	10.25	650	5.5	50.25	18.25	0
 Veg Snacker Burger	38.624	1.224	495.04	3.264	7.072	26.656	11.288	625.6	2.992	44.064	23.528	0
 Veg United States of Punjab Burger	56.682	1.128	552.72	3.666	9.447	28.341	12.972	896.76	1.974	48.645	27.213	0
 Veg Churmur Pandey Burger	24.22	3.64	597.8	2.94	9.1	28.28	12.04	861	3.64	63.84	25.48	0
 Gajar Halwa	8.58	6.18	277.93	0	0	4.97	0	195.51	22.9	45.05	8.65	0
 Gulaabo	0	0	50.4	0	0	0	0	17	6.39	12.42	0	0

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Product Name	Crustacean Allergen	Egg Allergen	Gluten Allergen	Hazelnut Allergen	Milk Allergen	Peanut Allergen	Soya Allergen
 Amar-Prem Veg Burger	-	-	Detected	-	Detected	-	Detected
 American Grilled Chicken Burger	-	-	Detected	-	Detected	-	Detected
 Amritsari Murgh Makhani Burger	-	-	Detected	-	Detected	-	Detected
 Buntly Pappeh Da Aloo Burger	-	-	Detected	-	Detected	-	Detected
 Big Crispy Chicken Burger	-	-	Detected	-	Detected	-	Detected
 Bihari Ghost Mutton Burger	-	-	Detected	-	Detected	-	Detected
 Cheesy Coins	-	-	-	-	Detected	-	-
 Cheesy Fries Classic Salted	-	-	-	-	Detected	-	-
 Cheesy Fries Dilli-6	-	-	-	-	Detected	-	-
 Cheesy Fries Hot Shock	-	-	Detected	-	Detected	-	Detected
 Cheesy Fries Moroccan	-	-	Detected	-	Detected	-	-
 Veg Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
 Paneer Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
 Chicken Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
 Chicken Cheese Pan Fried Momos	-	-	Detected	-	Detected	-	Detected
 Chicken Churmur Pandey Burger	-	-	Detected	-	Detected	-	Detected
 Veg Kurkure Momos	-	-	Detected	-	Detected	-	Detected
 Paneer Kurkure Momos	-	-	Detected	-	Detected	-	Detected
 Chicken Kurkure Momos	-	-	Detected	-	Detected	-	Detected
 Chicken Cheese Kurkure momos	-	-	Detected	-	Detected	-	Detected
 Chicken Nikku Singh Burger	-	-	Detected	-	Detected	-	Detected
 Chicken Pind-er Burger	-	-	Detected	-	Detected	-	Detected
 Chicken Popcorn	-	-	Detected	-	Detected	-	Detected
 Chicken Popcorn Hot Shock	-	-	Detected	-	Detected	-	Detected
 Chicken Snacker Burger	-	-	Detected	-	Detected	-	Detected
 Chicken United States of Punjab Burger	-	-	Detected	-	Detected	-	Detected
 Chokolava Cake	-	Detected	Detected	-	Detected	-	Detected
 Chunky Paneer Pandey Burger	-	-	Detected	-	Detected	-	Detected
 Fried Chicken Wings	-	Detected	Detected	-	-	-	Detected
 Fried Veg Momos Bros	-	Detected	Detected	-	Detected	-	Detected
 Fried Paneer Momos bros	-	Detected	Detected	-	Detected	-	Detected
 Fried Chicken Momo Bros	-	-	Detected	-	Detected	-	Detected

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Product Name	Crustacean Allergen	Egg Allergen	Gluten Allergen	Hazelnut Allergen	Milk Allergen	Peanut Allergen	Soya Allergen
 Fried Chicken Cheese Momo Bros	-	-	Detected	-	Detected	-	Detected
 Fries Classic Salted	-	-	Detected	-	Detected	-	Detected
 Fries Hot Shock	-	-	Detected	-	Detected	-	Detected
 Fries Dilli-6	-	-	Detected	-	Detected	-	Detected
 Fries Morocoan	-	-	Detected	-	Detected	-	Detected
 Hot Shock Chicken Wings	-	Detected	Detected	-	-	-	Detected
 Jai-Veeru Chicken Burger	-	-	Detected	-	Detected	-	Detected
 Jattputt Chicken Burger	-	-	Detected	-	Detected	-	Detected
 Jr. Udta Punjab Burger	-	-	Detected	-	Detected	-	Detected
 Junior Fried Chicken Burger	-	-	Detected	-	Detected	-	Detected
 Mini Batata Vada	-	-	Detected	-	Detected	-	Detected
 Onion Rings	-	-	Detected	-	Detected	-	Detected
 Paneer Pind-er Burger	-	-	Detected	-	Detected	-	Detected
 Potato Crunch Burger	-	-	Detected	-	Detected	-	Detected
 Steamed Veg Momo Bros	-	-	Detected	-	Detected	-	Detected
 Steamed Paneer Momos Bros	-	Detected	Detected	-	Detected	-	Detected
 Steamed Chicken Momos Bros	-	-	Detected	-	Detected	-	Detected
 Steamed Chicken Cheese Momo Bros	-	-	Detected	-	Detected	-	Detected
 Udta Punjab 2.0 Cheese Burger	-	-	Detected	-	Detected	-	Detected
 Vanila Softy	-	-	-	-	Detected	-	-
 Vanila Softy Cup with Mango Topping	-	-	-	-	Detected	-	-
 Vanila Softy Cup with Strawberry Topping	-	-	-	-	Detected	-	-
 Veg Nikku Singh Burger	-	-	Detected	-	Detected	-	Detected
 Veg Snacker Burger	-	-	Detected	-	Detected	-	Detected
 Veg United States of Punjab Burger	-	-	Detected	-	Detected	-	Detected
 Veg Churmur Pandey Burger	-	-	Detected	-	Detected	-	Detected
 Cheesy Dip	-	-	-	-	Detected	-	Detected
 Hot Bihari Dip	-	-	Detected	-	-	-	Detected
 Tandoori Dip	-	-	-	-	-	-	Detected
 Mayonnaise dip	-	-	-	-	-	-	-
 Gulaabo	-	-	-	-	-	-	-

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