

# 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)
<b>BURGERS</b>													
Romanburger® - 7"	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® - 10"	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® - 14"	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 - 7"	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 - 10"	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 - 14"	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 - 7"	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 - 10"	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 - 14"	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
<b>HOT BUTTERED™ CHEESESTEAKS</b>													
Hot Buttered Cheesesteak™ 7"	9.4	259.0	579.1	292.5	31.0	12.5	1.0	80.0	1092.3	41.7	3.2	3.3	28.2
Hot Buttered Cheesesteak™ 10"	15.7	431.5	1019.5	549.9	58.5	23.0	2.0	150.0	1753.5	63.6	3.8	4.1	49.3
Hot Buttered Cheesesteak™ 14"	18.7	518.0	1158.3	584.9	62.0	25.0	2.0	160.0	2184.5	83.3	6.4	6.7	56.3
Hot Buttered Cheesesteak™ BTE 7"	11.3	313.0	729.1	399.0	42.5	17.5	1.5	120.0	1334.8	41.7	3.2	3.3	38.2
Hot Buttered Cheesesteak™ BTE 10"	19.3	533.8	1299.5	747.9	80.0	32.0	3.0	225.0	2148.5	63.6	3.8	4.1	68.1
Hot Buttered Cheesesteak™ BTE 14"	22.6	626.0	1458.3	797.9	85.0	35.0	3.0	240.0	2669.5	83.3	6.4	6.7	76.3
<b>STEAKERY</b>													
Sir Racha Bourbon - 7"	9.8	271.8	633.8	306.4	34.5	11.2	1.0	87.5	1485.2	47.5	7.0	2.4	29.8
Sir Racha Bourbon - 10"	14.5	400.6	957.8	460.9	51.9	16.8	1.5	131.4	2241.1	72.4	9.6	2.6	44.2
Sir Racha Bourbon - 14"	19.6	543.5	1267.6	612.8	69.0	22.4	2.0	175.0	2970.3	95.0	14.0	4.8	59.6
Hatta Pottata - 7"	10.0	281.6	720.8	395.6	45.2	11.8	1.0	82.5	1378.0	53.0	2.3	2.8	26.8
Hatta Pottata - 10"	14.9	418.4	1102.5	608.4	69.5	17.9	1.5	125.0	2109.5	80.8	2.5	3.2	39.7
Hatta Pottata - 14"	20.0	563.2	1441.6	791.2	90.3	23.6	2.0	165.0	2756.0	106.1	4.5	5.6	53.6
Sicilian Parm - 7"	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 - 10"	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 - 14"	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 - 7"	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 - 10"	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 - 14"	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
<b>CHICKEN</b>													
Chicken Philly - 7"	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 - 10"	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 - 14"	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 - 7"	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 - 10"	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 - 14"	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	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
Chicken Nuggets - 10 pc	7.2	200.0	550.0	325.0	37.5	7.5	0.0	87.5	1125.0	22.5	0.0	0.0	32.5
Chicken Bistro - 7"	8.7	243.8	543.3	221.2	24.7	7.5	0.0	95.0	1681.3	42.9	2.0	2.8	35.8
Chicken Bistro - 10"	12.9	361.7	820.9	332.0	37.1	11.2	0.0	142.5	2547.2	65.4	2.0	3.3	53.3
Chicken Bistro - 14"	17.4	487.5	1086.5	442.5	49.5	15.0	0.0	190.0	3362.5	85.7	4.0	5.7	71.7
<b>DELI SUBS*</b>													
Original Italian - 7"	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 - 10"	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 - 14"	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 - 7"	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 - 10"	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 - 14"	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 - 7"	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 - 10"	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 - 14"	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
Turkey - 7"	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
Turkey - 10"	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
Turkey - 14"	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

**\*Spreads and cheese not included in nutritional values**

**CRAVERS**

Bacon Cheeseburger	8.7	244.6	452.6	214.9	23.3	10.1	0.8	38.8	803.1	38.3	4.5	2.3	22.1
Amazing Ultimate Cheeseburger	8.5	238.1	454.3	229.4	25.1	9.4	0.7	33.8	1746.3	37.5	3.8	1.2	18.7
Zesty Chicken and Bacon	7.4	206.5	633.9	345.7	39.5	8.3	0.0	50.0	1305.9	50.3	2.1	1.1	20.6

**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 Waffer® Fries - 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 Waffer® Fries - 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
Onion Petals - rg.	5.7	159.04	547.2	313.2	36.04	5.22	0	0	885	52	0	1.67	5
Onion Petals - lg.	11.4	318.1	1094.4	626.4	72.1	10.4	0.0	0.0	1770.0	104.0	0.0	3.3	10.0
Mozzarella Sticks - rg.	9.2	252.0	563.2	323.2	35.0	11.7	0.0	30.0	1490.0	43.0	4.0	7.0	25.0
Mozzarella Sticks - lg.	18.0	504.1	1126.4	646.4	70.1	23.4	0.0	60.0	2980.0	86.0	10.0	14.0	50.0

**SIDE ORDERS (cont.)**

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.	6.7	187.1	515.5	285.2	32.6	9.5	0.0	27.1	1490.5	43.4	7.0	2.7	13.6
Jalapeno Poppers - lg.	13.4	374.1	1031.0	570.3	65.2	19.0	0.0	54.2	2981.0	86.7	14.0	5.4	27.1
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
Pizza 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
Pizza 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
Wings - rg. (5)	7.9	221.0	710.0	510.0	58.0	12.0	0.0	100.0	1100.0	21.0	12.0	0.0	30.0
Wings - md. (8)	12.8	359.0	1220.0	910.0	103.0	20.0	0.0	160.0	1710.0	31.0	17.0	0.0	48.0
Wings - lg. (10)	15.8	442.0	1420.0	1020.0	116.0	24.0	0.0	200.0	2200.0	42.0	24.0	0.0	60.0
BBQ sauce (rg.)	1.5	42.0	68.4	0.0	0.0	0.0	0.0	0.0	456.0	17.1	7.7	0.0	0.0
BBQ sauce (md.)	2.3	63.0	102.6	0.0	0.0	0.0	0.0	0.0	684.0	25.7	11.7	0.0	0.0
BBQ sauce (lg.)	3.0	84.0	136.8	0.0	0.0	0.0	0.0	0.0	912.0	34.2	15.3	0.0	0.0
Frank's Hot Sauce (rg.)	1.5	42.0	15.0	0.0	0.0	0.0	0.0	0.0	1380.0	0.0	0.0	0.0	0.0
Frank's Hot Sauce (md.)	2.3	63.0	22.5	0.0	0.0	0.0	0.0	0.0	2070.0	0.0	0.0	0.0	0.0
Frank's Hot Sauce (lg.)	3.0	84.0	30.0	0.0	0.0	0.0	0.0	0.0	2760.0	0.0	0.0	0.0	0.0
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
Onion Petal Sauce - rg.	1.5	43.0	150.0	120.0	13.5	2.3	0.0	22.5	390.0	9.0	6.0	0.0	0.0
Onion Petal Sauce - lg.	3.0	85.0	300.0	240.0	27.0	4.5	0.0	45.0	780.0	18.0	12.0	0.0	0.0
Marinara cup	2.3	65.0	35.0	10.0	1.0	0.0	0.0	0.0	310.0	3.0	2.0	0.0	0.0
Coleslaw	3.0	85.1	129.1	80.0	8.9	1.3	0.0	13.3	257.8	11.2	9.8	1.4	0.7

**BEVERAGES**

<b>Pepsi®</b>													
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
medium	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
large	44.0	1301.2	470.0	0.0	0.0	0.0	0.0	0.0	100.0	127.0	127.0	0.0	0.0
<b>Diet Pepsi®</b>													
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
medium	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
large	44.0	1301.2	0.0	0.0	0.0	0.0	0.0	0.0	125.0	0.0	0.0	0.0	0.0

**BEVERAGES (cont.)**

<b>Mountain Dew</b>													
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
medium	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
large	44.0	1301.2	510.0	0.0	0.0	0.0	0.0	0.0	160.0	133.0	133.0	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**

Brownie	4.0	114.0	500.0	250.0	28.0	11.0	0.0	90.0	180.0	63.0	47.0	3.0	5.0
Crème Brulee Cookies (4 pack)	5.2	144.0	760.0	320.0	36.0	18.0	0.0	20.0	640.0	104.0	68.0	0.0	4.0
Chocolate Souffle Cookies (4 pack)	5.2	144.0	760.0	320.0	36.0	18.0	0.0	20.0	520.0	104.0	72.0	4.0	4.0
Carrot Cake Cookies (4 pack)	5.2	144.0	720.0	320.0	36.0	18.0	0.0	20.0	560.0	96.0	56.0	4.0	8.0
Funnel Cake Fries - rg. w/caramel sauce	3.0	102.0	283.6	50.9	5.7	1.9	0.0	12.7	303.9	56.6	36.4	0.0	1.3
Funnel Cake Fries - lg. w/caramel sauce	4.1	132.0	379.1	87.3	9.8	3.3	0.0	21.8	408.4	70.2	40.9	0.0	2.2

**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	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
Roasted Garlic Parmesan	1.1	30.0	140.0	130.0	14.0	2.5	0.0	15.0	580.0	3.0	0.0	0.0	1.0
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

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.