



*Luke Randall Fitness*

**NUTRITION SURVIVAL GUIDE TO**

# **GBK**

CALORIES AND MACRONUTRIENTS

**WWW.FACEBOOK.COM/LUKERANDALLFIT-  
NESS**

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BEEFBURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
The Mighty	1159	84	51	2.7	10	74	6.4
The Stack	1076	61	53	2.8	12	74	5.3
Kiwiburger	924	55	68	3.9	27	54	3.7
Major Tom	922	55	50	3.3	10	61	5.3
Cheese & Bacon with Cheddar	905	55	52	2.7	11	58	5.3
Cheese & Bacon with Smoked Applewood	905	55	52	2.7	11	58	5.2
Cheese & Bacon with Red Leicester	904	54	52	3.1	11	58	5.2
Cheese & Bacon with American Cheese	865	51	56	2.7	11	54	5.9
Blue Cheese with Blue Cheese Mayo	838	39	53	2.4	12	58	3
Classic with Cheddar	835	50	41	1.8	13	53	3.4
Classic with Smoked Applewood	835	50	41	1	13	53	3.3
Classic with Red Leicester	834	50	42	2	13	53	3
Camemburger	826	46	67	3.8	13	47	3.7
Bourbon Street	801	48	55	3.7	13	48	3.9
Avocado Bacon	798	45	53	3.7	12	51	4.2
Taxidriver	798	44	65	3.2	12	46	4.9
Classic with American Cheese	795	46	45	1.8	15	49	4
The Don	783	44	51	2.4	9	50	3.6
Classic Small with Smoked Applewood	750	48	50	2.6	10	45	2.9
Habanero	726	31	72	3.1	20	40	2.7
Blue Cheese with Cheese Slice	720	43	54	2.8	13	42	2.6
Classic 6oz Beef Burger - whole dish	673	40	41	1.8	13	39	2.6
Classic Small with Cheddar	668	43	50	2.6	10	38	2.7
Classic Small with Red Leicester	668	43	50	2.8	10	38	2.6
Classic Small with American Cheese	649	41	52	2.6	10	36	3
Blue Cheese with Blue Cheese Mayo Small	615	30	52	2.5	11	37	2.3
Classic Small	587	38	50	2.6	10	31	2.3
Blue Cheese with Cheese Slice Small	551	32	52	2.5	11	29	2.1

## CHICKEN BURGERS

Chicken Bacon Pesterella Panko	964	59	66	3	13	57	3.5
Cam & Cranberry Panko	803	49	80	2.7	28	38	2.3
Satay Panko	795	44	76	4.1	17	41	2.4
Chicken Bacon Pesterella	782	58	55	2.3	12	52	4.6
Cajun Blue Panko	757	42	70	4.3	19	40	1.7
Chicken Classic Panko	627	40	64	2.7	12	28	1.7
Cam & Cranberry	622	48	69	2.1	27	33	3.4
Cajun Blue	583	40	61	3.7	18	36	2.8
Chicken Classic Small Panko	579	40	61	2.2	9	25	1.5
Satay	552	42	61	3	15	32	3.5
Chicken Classic	445	39	53	2.1	11	24	2.8
Chicken Classic Small	360	28	50	1.6	8	17	2.1

1-200 CAL

## SPECIALITY

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Buffalo	811	47	56	3.7	13	49	4
Salvador	791	37	58	5	13	51	2.1
Persian Lamb	697	41	53	2.5	12	41	3.7

201-300 CAL

## VEGGIE

Californian	813	29	86	11.8	15	44	0.5
Veggie Classic with Cheddar	676	28	80	9.6	13	32	3.4
Veggie Classic with Smoked Applewood	676	28	80	9.6	13	32	3.3
Veggie Classic with Red Leicester	674	27	80	10	13	31	3.3
Veggie Classic with American Cheese	635	4	84	9.6	13	27	4.1
Falafel	550	15	84	10.7	13	24	4.4
Billy the Kid	528	15	65	3.2	13	29	2.5
Veggie Classic	513	18	80	9.6	13	18	2.6
Veggie Classic Small with Smoked Applewood	489	8	68	6.7	11	20	2.4
Veggie Classic Small with Cheddar	488	18	68	6.7	11	20	2.4
Veggie Classic Small with Red Leicester	487	18	68	6.9	11	20	2.3
Veggie Classic Small with American Cheese	468	16	70	6.7	11	18	2.7
Veggie Classic Small	406	13	68	6.7	11	14	2
Falafel Portion	230	8	33	8.9	2	9	2.9

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## SALADS

Quinoa Salad	966	30	32	10.5	12	80	2.6
Chilli Chick Salad	507	33	27	4.3	21	39	1.9
GBK Salad	404	9	16	8.3	10	35	0.8
Simple Salad	72	1	3	0.9	2	6	0.3

## WHILE YOU WAIT, FRIES AND SIDES

Truffle Cheese Fries	667	13	80	8.9	2	35	1.1
Sweet Potato Fries (with Baconnaise)	632	6	54	6.2	19	47	1.8
Chunky Skin On Fries	547	7	76	8.5	1	26	0.8
House Onion Rings	514	9	65	4.1	9	27	3.6
Chicken Skewers with Smoked Chilli Mayo	466	29	6	0.8	2	46	1.7
Halloumi Bites	418	0	8	0.1	3	30	0
Skinny Fries	415	4	49	4.8	0	23	2
Sweet Potato Fries (without Baconnaise)	405	4	53	6.1	19	23	1.1
Chilli Fried Chicken Bites	289	21	20	2.1	2	15	2.2



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## SAUCES AND EXTRAS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Blue Cheese Slaw	412	7	9	4	7	40	1
Garlic Mayo	241	1	1	0.2	1	27	0.6
Baconnaisse	227	2	1	0.1	1	24	0.6
Basil Mayo	226	1	1	0.2	1	25	0.5
Blue Cheese Mayo	225	3	1	0	0	24	0.4
Sriracha Mayo	219	0	2	0.2	2	24	0.9
Harissa Mayo	217	1	2	0.5	1	24	0.7
Smoked Chilli Mayo	202	1	3	0.3	2	21	0.6
Onion Ring	171	3	22	1.4	3	9	1.2
Smoked Applewood	163	10	0	0	0	14	0.7
Cheddar	163	10	0	0	0	14	0.8
Red Leicester	161	10	0	0.4	0	14	0.7
American Cheese	123	6	4	0	2	10	1.4
Sweetcorn - 1 piece with butter	73	1	4	0.3	1	6	0.1
Crispy Bacon	54	4	0	0.1	0	4	0.4
Homeslaw	49	2	9	4.6	8	1	0.9
Pineapple	48	0	13	0.5	13	0	0
Chilli Salsa	37	0	9	0.4	8	0	0.7
Bourbon Glazed Mushroom	30	1	6	0.8	5	0	0.4
Jalapeños	22	1	4	0.9	2	0	0
Dill Pickle	13	1	1	0	0	0	1.1
Classic 6oz Beef Burger - whole dish	673	40	41	1.8	13	39	2.6
Classic Small with Cheddar	668	43	50	2.6	10	38	2.7
Classic Small with Red Leicester	668	43	50	2.8	10	38	2.6
Classic Small with American Cheese	649	41	52	2.6	10	36	3
Blue Cheese with Blue Cheese Mayo Small	615	30	52	2.5	11	37	2.3
Classic Small	587	38	50	2.6	10	31	2.3
Blue Cheese with Cheese Slice Small	551	32	52	2.5	11	29	2.1

## MILKSHAKES

The Nutter Milkshake	1034	27	107	6.8	96	56	1.1
Peanut Butter Milkshake	912	30	89	4.6	76	51	1.5
Oreo Milkshake	850	21	113	2	92	34	1.2
Chocolate Milkshake	752	20	87	4.8	81	35	0.7
Honeycomb Milkshake	722	18	103	0.6	96	28	0.8
Salted Caramel Milkshake	681	16	91	0.3	85	28	1.2
Lime Milkshake	640	16	90	1.2	82	23	1.1
Strawberry Milkshake	631	16	90	1.2	83	22	0.6
Banana Milkshake	627	17	86	0.6	80	24	0.7
Vanilla Milkshake	624	18	80	0.6	75	26	0.7

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## DRINKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Homemade Lemonade	208	2	51	0.3	51	1	0
L&P	158	0	38	0	38	0	0.1
Coca Cola	142	0	35	0	35	0	0
Cloudy Apple Juice	138	0	32	1.8	29	0	0.1
Orange Juice	116	2	26	0.3	26	0	0
Sprite	92	0	22	0	22	0	0
Ginger & Lemongrass Fizz	82	0	20	0	20	0	0
Strawberry & Elderflower Fizz	82	0	20	0	20	0	0
Elderflower Fizz	81	0	20	0	20	0	0
Diet Coke	1	0	0	0	0	0	0

## DRINKS

Cappuccino	122	6	9	0.1	9	7	0.2
Flat White	118	6	9	0	8	7	0.2
Latte	118	6	9	0	8	7	0.2
Americano	56	2	7	0	2	2	0.1

## HOT DRINKS

Cappuccino	122	6	9	0.1	9	7	0.2
Flat White	118	6	9	0	8	7	0.2
Latte	118	6	9	0	8	7	0.2
Americano	56	2	7	0	2	2	0.1

## ICE CREAM

Ice Cream Pots - Greek Yoghurt & Honey	117	2	15	0	14	6	0.1
Ice Cream Pots - Vanilla	112	2	11	0	11	6	0.1
Ice Cream Pots - Strawberry	91	3	15	0	15	2	0.1

## ICE CREAM

Standard Bun Option (bun only)	309	7	46	1.9	6	16	1.1
GF Bun (bun only)	204	2	43	1.3	2	3	1.2
Naked - Salad Option	135	3	9	3.2	8	10	0.8
Naked - Corn Option	101	2	9	2.9	5	7	0.5