

Herald Sun

Mammoth burger beyond belief

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Stuart Martin attempted to eat a 3.5kg burger.

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JOCKEY-weight Stuart Martin reckons he can eat anything.

Tipping the scales at only 55kg, the 22-year-old chef can put away a Big Mac in 35 seconds. But he met his match in a Tocumwal takeaway when he faced the Mammoth burger - a 3.5kg monument to junk food described as "a heart attack in a half-kilo bun".

Like every local challenger who has gone before him, Martin was green around the gills before reaching the halfway mark.

The Mammoth burger at Mel's Cafe has been panned by health officials for its excessive fat and salt levels.

As wide as a family-sized pizza, it has five meat patties, half a kilogram of bacon, five fried potato cakes, mozzarella cheese, pineapple, beetroot, ham, salad and a hole in the middle of the giant bun for a pile of hot chips.

"I felt absolutely horrible," said Mr Martin, who cooks pizzas at Kelly's Farmers Arms Hotel up the road.

"I never want to see another hamburger again.

"I was going OK at first. It tasted really good, but after an hour I couldn't stomach any more. In the end, it was the chips in the middle that did me in."

Cafe customers go into a ballot for the right to have a crack at the Mammoth.

One lucky - or not so lucky - contender tests their burger mettle each Saturday at 2.30pm. If they eat the whole burger within an hour, they win a year's worth of DVD rentals and deluxe hamburgers (worth about \$800).

"We've had three attempts, but nobody's got close," cafe owner Lincoln Campbell said.

"It really is heart-attack material."

Nearby Cobram Bakery makes the Mammoth's special 500g bread roll with a hole in the top for deep-fried chips, taking the saturated fat levels to five times over the recommended daily limit.

Each Mammoth has almost 29,000kJ and a staggering 19.5g of salt, more than eight times the recommended daily limit.

"This burger alone has half a kilo of meat and it's not necessarily lean. That's enough meat for one person for more

than two weeks," Nutrition Australia dietitian Megan Alford said.

"The only good thing about this burger is the salad, but even 20 slices of tomato and half a lettuce head won't counterbalance the levels of saturated fat and salt found in this burger.

"If you're after a challenge, you're better off challenging yourself to an exercise competition and to steer clear of gimmicks like this."

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