

NUTRITIONAL INFORMATION

Products	Allergens	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	*Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
2,000 Calories is used for general nutrition advice, but calorie needs may vary.													
BREAKFAST													
The Breakfast Burger	E,M,S,W	283	790	359	40	15	1	280	1580	67	4	13	42
Grilled Cheese Breakfast Sandwich (Sausage)	E,M,S,W	211	640	370	41	16	0.5	260	1530	43	2	5	27
Grilled Cheese Breakfast Sandwich (Bacon)	E,M,S,W	190	540	260	29	12	0.5	250	1520	43	2	5	28
Steak & Egg Burrito	E,M,S,W	272	530	230	26	10	0	450	1570	41	2	3	33
Loaded Breakfast Burrito	E,M,S,W	308	830	470	53	19	0	465	1610	49	3	3	39
Big Country® Breakfast Burrito	E,M,S,W	326	860	492	55	18	1.5	460	1740	54	3	2	37
Bacon, Egg, & Cheese Burrito	E,M,S,W	188	530	244	27	9	0	435	1170	36	2	2	32
French Toast Dips® (5 pc)	E,M,S,W	186	620	170	19	3.5	0	0	670	106	3	30	9
Hash Rounds® - Small / Medium / Large	W	78 / 102 / 144	240 / 320 / 450	131 / 171 / 240	15 / 19 / 27	3 / 4 / 5	0 / 0 / 1	0 / 0 / 0	300 / 400 / 560	22 / 28 / 40	2 / 3 / 4	1 / 1 / 1	2 / 3 / 4
Sausage, Egg & Cheese Biscuit	E,M,S,W	184	640	382	42	19	0	235	1830	44	0	4	19
Bacon, Egg & Cheese Biscuit	E,M,S,W	157	520	262	29	14	0	225	1730	43	0	4	19
Monster Biscuit®	E,M,S,W	250	830	501	56	25	0.5	460	2420	47	0	5	34
Biscuit 'N' Gravy™	M,S,W	235	500	245	27	13	2.5	10	1780	53	0	4	8
CHARBROILED BURGERS													
Famous Star® with Cheese - Single	E,M,S,SS,W	269	670	342	38	13	1	75	1280	56	3	12	28
Famous Star® with Cheese - Double	E,M,S,SS,W	380	930	510	56	23	2	140	1530	59	3	13	48
Famous Star® with Cheese - Angus	E,M,S,SS,W	463	830	420	47	15	2	125	1500	70	7	18	38
Western Bacon Cheeseburger® - Single	M,S,SS,W	254	780	330	36	14	1	85	1720	77	4	16	38
Western Bacon Cheeseburger® - Double	M,S,SS,W	336	1040	500	56	24	2	150	2050	78	4	16	58
Western Bacon Cheeseburger® - Angus	M,S,SS,W	291	880	405	45	16	2	135	1950	76	5	16	46
Guacamole Bacon - Single	E,M,S,SS,W	332	870	503	56	17	1	100	1650	56	4	11	36
Guacamole Bacon - Double	E,M,S,SS,W	431	1130	673	75	26	2	165	1910	58	4	12	56
Guacamole Bacon - Angus	E,M,S,SS,W	375	970	580	65	19	2	150	1750	55	5	11	44
The Big Carl® - Single	E,M,S,SS,W	237	670	346	38	13	1	75	1050	55	3	12	28
The Big Carl® - Double	E,M,S,SS,W	323	930	530	58	23	2	145	1390	56	3	12	47
The Big Carl® - Angus	E,M,S,SS,W	274	770	425	47	15	2	125	1280	54	3	11	35
El Diablo - Single	E,M,S,SS,W	321	950	364	40	19	1	105	2300	78	2	12	41
El Diablo - Double	E,M,S,SS,W	402	1210	534	59	28	2	170	2610	78	4	12	60
El Diablo - Angus	E,M,S,SS,W	358	1050	443	49	21	2.5	155	2530	77	5	12	49
Beyond™ Famous Star® with Cheese	E,M,S,SS,W	311	710	360	40	12	0	30	1520	61	5	12	30
California Classic Double Cheeseburger	E,M,S,SS,W	221	520	320	36	10	1	65	880	37	2	8	19
Jalapeno Double Cheeseburger	E,M,S,SS,W	212	510	320	36	10	1	70	980	32	2	5	19
Double Cheeseburger	M,S,SS,W	159	370	190	21	8	1	60	750	34	1	6	19
Big Cheeseburger	M,S,SS,W	219	540	200	22	11	1	65	1150	56	3	13	28
CHICKEN SANDWICHES & MORE													
Hand- Breaded Chicken Sandwich	E,M,S,SS,W	252	640	290	32	5	0	85	2650	59	2	7	30
Charbroiled Chicken Club™ Sandwich	E,M,S,SS,W	291	660	271	30	8	0	155	1860	54	3	11	44
Charbroiled Santa Fe Chicken™ Sandwich	E,M,S,SS,W	323	670	320	35	8	0.5	105	1850	54	4	7	36
Charbroiled BBQ Chicken™ Sandwich	S,SS,W	272	430	40	8	2	0	70	1350	57	3	10	33
Hand-Breaded Bacon Swiss Chicken Sandwich	E,M,S,SS,W	319	790	380	42	10	0	120	3100	62	3	8	41
Hand-Breaded Chicken Tenders™ - 3 pcs	E,M,S,W	128	260	110	13	3	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders™ - 5 pcs	E,M,S,W	213	440	190	21	50	0	115	1290	21	3	0	41
Spicy Chicken Sandwich	E,M,S,SS,W	177	490	260	29	6	0	40	1320	43	4	4	14
Chicken Stars™ - 6 pcs	E,M,S,W	91	270	140	15	3	0	50	480	19	3	0	14
SIDES													
Natural-Cut Fries - Small / Medium / Large		97 / 137 / 157	280 / 400 / 450	130 / 173 / 198	14 / 19 / 22	2.5 / 3.5 / 4	0 / 0 / 0	0 / 0 / 0	560 / 800 / 910	36 / 51 / 59	3 / 5 / 6	0 / 0 / 0	3 / 4 / 5
Waffle Fries	W	120	380	222	25	5	0	0	780	36	0	0	5
Onion Rings	M,W	116	560	267	30	5	0	0	630	66	4	6	9
Jalapeno POPPERS® Bites 6 piece	M,W	124	370	170	19	7	0	25	1110	40	3	4	9
Jalapeno POPPERS® Bites 9 piece	M,W	186	550	250	28	10	0.5	35	1670	60	4	5	13
Fried Zucchini	M,W	114	310	167	19	3.5	0	0	680	32	-	2	4
DESSERTS													
Chocolate Chip Cookie	E,M,S,W	35	170	81	9	5	0	0	160	22	1	13	1
Strawberry Swirl Cheesecake	E,M,S,W	99	320	160	17	10	0.5	60	250	35	1	23	7
Chocolate Cake	E,M,S,W	85	290	100	11	3.5	0	30	240	46	1	35	3

Cookies & Cream Shake Made with OREO® Cookie Pieces	M,S,W +	397	730	360	40	25	0.5	110	320	81	1	58	14
STAR PALS® KIDS MEALS & BEVERAGES													
Kids Meal - Chicken Tenders 2 pcs**	E,M,S,W	165	410	180	20	4	0	45	980	39	4	0	19
Kids Meal - Hamburger**	S,SS,W	176	440	169	19	4.5	0	25	940	57	1	5	13
Kids Meal - Cheeseburger**	M,S,SS,W	188	490	202	23	7	0.5	35	1160	58	1	6	15
Kids Meal - Chicken Stars 4 pcs**	E,M,S,W	190	410	22	4	0	35	780	780	43	5	0	12
Chocolate Milk	M	150	20	2.5	1.5	0	10	170	26	0	23	7	
1% Milk	M	100	20	2	1.5	0	10	130	13	0	12	9	
Orange Juice (Generic)		160	0	0	0	0	0	0	37	0	33	2	
**Nutritional information for Star Pal® Kids Meals include Fries, but does not include the drink that comes with the meal.													

DIPPING SAUCES

Honey Mustard Dipping Sauce	E	25	130	120	13	2	0	10	150	4	0	3	0
Spicy Buffalo Dipping Sauce		21	5	0	0	0	0	0	470	1	0	0	0
Sweet & Bold BBQ Dipping Sauce		25	50	0	0	0	0	0	190	12	0	11	0
Buttermilk Ranch Dipping Sauce	E,M	25	110	100	11	1.5	0	5	260	2	0	1	0
House Dressing PC (dipping cup)	E,M	25	90	90	10	1.5	0	10	190	2	0	1	0

BEVERAGES														
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Barq's® Root Beer		20	270		0	0	0	0	115	67	0	67	0
Barq's® Root Beer		24	320		0	0	0	0	140	81	0	80	0
Barq's® Root Beer		32	430		0	0	0	0	180	108	0	107	0
Coca-Cola®		20	270		0	0	0	0	65	67	0	67	0
Coca-Cola®		24	320		0	0	0	0	75	80	0	80	0
Coca-Cola®		32	430		0	0	0	0	100	107	0	107	0
Coca-Cola® Cherry		20	280		0	0	0	0	70	70	0	70	0
Coca-Cola® Cherry		24	340		0	0	0	0	80	84	0	84	0
Coca-Cola® Cherry		32	450		0	0	0	0	110	112	0	112	0
Coca-Cola® Zero		20	0		0	0	0	0	65	0	0	0	0
Coca-Cola® Zero		24	0		0	0	0	0	80	0	0	0	0
Coca-Cola® Zero		32	0		0	0	0	0	105	0	0	0	0
Diet Coke®		20	0		0	0	0	0	80	0	0	0	0
Diet Coke®		24	0		0	0	0	0	95	0	0	0	0
Diet Coke®		32	0		0	0	0	0	130	0	0	0	0
Diet Dr Pepper®		20	0		0	0	0	0	115	1	0	0	0
Diet Dr Pepper®		24	0		0	0	0	0	136	1	0	0	0
Diet Dr Pepper®		32	0		0	0	0	0	184	1	0	0	0
Dr Pepper®		20	220		0	0	0	0	70	60	0	59	0
Dr Pepper®		24	264		0	0	0	0	80	72	0	71	0
Dr Pepper®		32	352		0	0	0	0	108	96	0	95	0
Fanta® Orange		20	270		0	0	0	0	65	66	0	66	0
Fanta® Orange		24	320		0	0	0	0	75	79	0	79	0
Fanta® Orange		32	430		0	0	0	0	100	106	0	106	0
Fuze® Raspberry Iced Tea		20	150		0	0	0	0	85	37	0	37	0
Fuze® Raspberry Iced Tea		24	180		0	0	0	0	100	44	0	44	0
Fuze® Raspberry Iced Tea		32	240		0	0	0	0	135	59	0	59	0
Hand-Crafted Lemonade		16	200		0	0	0	0	10	53	0	50	0
Hand-Crafted Strawberry Lemonade		16	270		0	0	0	0	20	71	0	67	0
Hi-C® Fruit Punch		20	280		0	0	0	0	65	69	0	69	0
Hi-C® Fruit Punch		24	340		0	0	0	0	80	83	0	83	0
Hi-C® Fruit Punch		32	450		0	0	0	0	105	111	0	110	0
Sprite®		20	250		0	0	0	0	115	61	0	61	0
Sprite®		24	300		0	0	0	0	135	73	0	73	0
Sprite®		32	400		0	0	0	0	180	97	0	97	0
Sweetened Iced Tea		20	130		0	0	0	0	15	33	0	32	0
Sweetened Iced Tea		24	152		0	0	0	0	16	40	0	39	0
Sweetened Iced Tea		32	184		0	0	0	0	20	49	0	47	0

Nutrient amounts may vary by flavor, items may vary by restaurant. All food items are prepared in the same kitchen. Cross-contact may occur, and we cannot guarantee that any menu item does not contain a certain allergen. **†ALLERGEN KEY:** E=Egg, F=Fish, M=Milk, P=Peanuts, S=Shellfish, Soy=Soy, T=Tree Nuts, W=Wheat, SS=Sesame, *Note: Ice cream and other products used in our shakes and malts may be processed in facilities where peanuts or tree nuts are present. **\$The Dietary Guidelines for Americans** recommend limiting saturated fat to less than 10% of total daily calories. **†The Food and Drug Administration (FDA)** has identified 9 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete nutritional and allergen information, refer to the "Nutritional Info" pdf on our website. Variations may occur due to a variety of factors and circumstances including, but not limited to, differences in suppliers, ingredient substitutions, recipe revisions, product assembly and seasonal variances. Product participation may vary by location and test products are not included. The information in this guide is for informational purposes only and is not intended to be used for medical advice. We do not have a formal allergen testing protocol. If you have a severe food allergy, we recommend you consult with your allergist. We do not have a formal gluten-free cooking environment in our kitchens. All products are prepared in the same kitchen area. Anyone with any food sensitivities, allergies, special dietary needs or specific dietary inquiries or concerns should consult a medical professional of his/her own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at our website for content updates. This information is current as of March 12, 2024. We update this information from time to time to reflect changes in our products. If you have any questions about our menu items, ingredients, please contact Guest Relations at 877-877-7827. All products are cooked on the same cooking surface as COCA-COLA, M&M's and associated marks and registered trademarks of Beyoncé, Meat, Inc. FORTYFOUR is a registered trademark of Forty-Four Co. and its associated marks and registered trademarks. All trademarks and associated marks are registered marks of The Coca-Cola Company, DR PEPPER/SEVEN UP, and the trademarks of Dr. Pepper/Seven Up, © 2024 Carl's Jr. Restaurants LLC. All rights reserved.



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