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 CARBOHYDRATES (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,SS,W	289	810	370	41	15	1	280	1600	69	4	13	42
Grilled Cheese Breakfast Sandwich (Ham)	E,M,S,W	204	490	220	24	10	0.5	245	1520	43	2	5	26
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	264	530	230	26	10	0	450	1510	41	2	3	32
Loaded Breakfast Burrito	E,M,S,W	265	650	330	36	12	0	430	1240	50	3	2	29
Big Country® Breakfast Burrito	E,M,S,W	240	620	310	34	10	0	420	1170	49	3	2	26
Bacon, & Egg, & Cheese Burrito	E,M,S,W	213	620	314	35	14	0.5	460	1600	37	1	2	37
French Toast Dips® 5 pcs	M,S,W	184	540	170	19	3.5	0	0	620	84	3	20	9
Hash Rounds® - Small	W	84	260	140	160	3	0	0	320	23	2	1	2
Hash Rounds® - Medium	W	102	320	171	19	4	0	0	400	28	3	1	3
Hash Rounds® - Large	W	144	450	240	27	5	1	0	560	40	4	1	4
Sausage, Egg & Cheese Biscuit	E,M,W	184	640	382	42	19	0	235	1830	44	0	4	19
Bacon, Egg & Cheese Biscuit	E,M,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,W	235	500	245	27	13	2.5	10	1780	53	0	4	8
Biscuit	M,W	93	330	147	16	9	0	0	1160	40	0	3	5
CHARBROILED BURGERS													
Famous Star® with Cheese	E,M,S,SS,W	269	670	342	38	13	1	75	1280	56	3	12	28
Super Star® with Cheese	E,M,S,SS,W	345	930	516	57	23	2	145	1610	56	3	12	47
Western Bacon Cheeseburger®	M,S,SS,W	254	780	330	36	14	1	85	1720	77	4	16	38
Double Western Bacon Cheeseburger®	M,S,SS,W	336	1040	500	56	24	2	150	2050	78	4	16	58
The Big Carl®	E,M,S,SS,W	323	930	530	58	23	2	145	1390	56	3	12	47
Original Angus Burger	E,M,S,SS,W	332	780	430	48	15	2	110	1660	56	3	14	34
Guacamole Bacon Angus Burger	E,M,S,SS,W	375	970	580	65	19	2	150	1750	55	5	11	44
Jalapeño Angus Burger	E,M,S,SS,W	323	830	480	54	16	2	130	1450	53	4	10	35
Beyond™ Famous Star® with Cheese	E,M,S,SS,W	311	710	360	40	12	0	30	1520	61	5	12	30
Double Original Angus Burger	E,M,S,SS,W	453	1140	670	75	28	4	240	2060	56	6	13	65
Double Guacamole Bacon Angus Burger	E,M,S,SS,W	493	1340	840	93	31	4	265	2300	57	6	13	73
Double Jalapeño Angus Burger	E,M,S,SS,W	441	1200	740	82	29	4	245	2000	54	5	11	64
Big Hamburger	W,SS	210	480	160	18	8	0.5	50	970	55	3	13	25
Big Hamburger with Cheese	M,S,SS,W	226	540	200	23	11	1	65	1240	56	3	13	28
CHARBROILED DOUBLE DEALS													
California Classic Double Cheeseburger	E,M,S,SS,W	221	570	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	940	33	2	5	19
Double Cheeseburger	M,S,SS,W	159	380	190	20	8	1	60	800	34	1	6	20
CHICKEN SANDWICHES & MORE													
Hand-Breaded Chicken Sandwich	E,M,S,SS,W	252	650	290	32	5	0	85	2660	59	2	7	30
Charbroiled Chicken Club™ Sandwich	E,M,S,SS,W	269	650	272	30	8	0	155	1870	53	3	11	43
Charbroiled Santa Fe Chicken™ Sandwich	E,M,S,SS,W	285	670	320	35	8	0.5	105	1770	52	3	7	36
Charbroiled BBQ Chicken™ Sandwich	S,SS,W	254	400	40	5	1	0	110	1330	57	3	13	33
Hand-Breaded Bacon Swiss Chicken Sandwich	E,M,S,SS,W	299	780	380	42	10	0	120	3100	61	2	8	41
Hand-Breaded Chicken Tenders™ 3 pcs	E,M,S,W	128	260	110	13	3.0	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders™ 5 pcs	E,M,S,W	213	440	190	21	5.0	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (10 piece box; two 5 pc servings)	E,M,S,W	425	880	380	43	9.0	0	230	2580	43	6	1	82
Hand-Breaded Chicken Tenders™ (15 piece box; three 5 pc servings)	E,M,S,W	638	1320	570	64	13.0	1	345	3870	64	9	1	123
Hand-Breaded Chicken Tenders™ (20 piece box; four 5 pc servings)	E,M,S,W	850	1760	770	85	18.0	1	460	5150	85	12	2	164
Spicy Chicken Sandwich	E,M,S,SS,W	177	490	260	29	6	0	40	1320	43	4	4	14
Chicken Stars™ 4 pcs	E,M,S,W	61	180	90	10	2	0	35	320	13	2	0	9
Chicken Stars™ 6 pcs	E,M,S,W	91	270	140	15	3	0	50	480	19	3	0	14
Chicken Stars™ 9 pcs	E,M,S,W	137	410	210	23	5	0	75	710	29	5	0	21
SIDES													
Natural-Cut Fries (Kids)		83	240	100	12	2	0	0	480	31	3	0	3
Natural-Cut Fries (Small)		104	300	130	15	3	0	0	600	39	4	0	3
Natural-Cut Fries (Medium)		147	420	190	21	3.5	0	0	850	55	5	0	5
Natural-Cut Fries (Large)		163	470	205	23	4	0	0	940	61	6	0	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 pcs	E,M,S,W	149	470	270	30	9	0	30	1310	42	3	5	9
Jalapeno POPPERS® Bites 9 pcs	E,M,S,W	236	750	460	51	14	0.5	50	2070	64	0	8	14
Fried Zucchini	M,W	122	330	180	20	3.5	0	0	720	34	7	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
Cinnamon Roll	M,S,W	160	520	143	16	9	0	0	1060	89	1	57	6
Chocolate Cake	E,M,S,W	85	290	100	11	3.5	0	30	240	46	1	35	3
HAND-SCOOPED ICE CREAM SHAKES & MALTS™													
Vanilla Shake	M,S +	397	740	320	36	24	0	105	220	87	0	70	13
Chocolate Shake	M,S +	397	710	330	36	24	0	105	270	86	1	64	13
Strawberry Shake	M,S +	397	710	320	36	24	0	105	220	85	0	69	13
OREO® Cookie Shake	M,S,SS,W +	397	730	360	40	25	0.5	110	320	81	1	58	14
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 - Cheeseburger**	M,S,SS,W	269	620	220	25	8	1	35	1820	84	5	10	18
Kids Meal - Hamburger**	S,SS,W	256	580	190	21	5	1	25	1600	84	5	9	16
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			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													
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
Honey Mustard Dipping Sauce	E	25	130	120	13	2	0	10	150	4	0	3	0
Spicy Buffalo Dipping Sauce	M	21	5	0	0	0	0	0	470	1	0	0	0
House Dressing PC (dipping cup)	E,M	25	90	90	10	1,5	0	10	190	2	0	1	0
BEVERAGES													
Barq's Root Beer (12 oz)		X Small	110	0	0	0	0	0	50	30	0	30	0
Barq's Root Beer (20 oz)		Small	190	0	0	0	0	0	85	50	0	50	0
Barq's Root Beer (24 oz)		Medium	220	0	0	0	0	0	105	60	0	60	0
Barq's Root Beer (32 oz)		Large	300	0	0	0	0	0	140	81	0	80	0
Coca-Cola Cherry (12 oz)		X Small	130	0	0	0	0	0	30	31	0	31	0
Coca-Cola Cherry (20 oz)		Small	210	0	0	0	0	0	50	52	0	52	0
Coca-Cola Cherry (24 oz)		Medium	250	0	0	0	0	0	60	63	0	63	0
Coca-Cola Cherry (32 oz)		Large	340	0	0	0	0	0	80	84	0	84	0
Coca-Cola (12 oz)		X Small	120	0	0	0	0	0	30	30	0	30	0
Coca-Cola (20 oz)		Small	200	0	0	0	0	0	50	50	0	50	0
Coca-Cola (24 oz)		Medium	240	0	0	0	0	0	55	60	0	60	0
Coca-Cola (32 oz)		Large	320	0	0	0	0	0	75	80	0	80	0
Diet Coke (12 oz)		X Small	0	0	0	0	0	0	35	0	0	0	0
Diet Coke (20 oz)		Small	0	0	0	0	0	0	60	0	0	0	0
Diet Coke (24 oz)		Medium	0	0	0	0	0	0	70	0	0	0	0
Diet Coke (32 oz)		Large	0	0	0	0	0	0	95	0	0	0	0
Fanta Strawberry (12 oz)		X Small	130	0	0	0	0	0	60	32	0	32	0
Fanta Strawberry (20 oz)		Small	210	0	0	0	0	0	105	54	0	53	0
Fanta Strawberry (24 oz)		Medium	260	0	0	0	0	0	125	64	0	64	0
Fanta Strawberry (32 oz)		Large	340	0	0	0	0	0	170	86	0	85	0
Fuze Peach Tea (12 oz)		X Small	70	0	0	0	0	0	40	17	0	17	0
Fuze Peach Tea (20 oz)		Small	120	0	0	0	0	0	65	28	0	28	0
Fuze Peach Tea (24 oz)		Medium	140	0	0	0	0	0	75	33	0	33	0
Fuze Peach Tea (32 oz)		Large	180	0	0	0	0	0	100	45	0	44	0
Fuze Raspberry Tea (12 oz)		X Small	70	0	0	0	0	0	40	17	0	17	0
Fuze Raspberry Tea (20 oz)		Small	110	0	0	0	0	0	65	28	0	28	0
Fuze Raspberry Tea (24 oz)		Medium	140	0	0	0	0	0	75	33	0	33	0
Fuze Raspberry Tea (32 oz)		Large	180	0	0	0	0	0	100	44	0	44	0
Hi-C Orange Lavaburst (12 oz)		X Small	130	0	0	0	0	0	30	31	0	31	0
Hi-C Orange Lavaburst (20 oz)		Small	210	0	0	0	0	0	50	52	0	52	0
Hi-C Orange Lavaburst (24 oz)		Medium	250	0	0	0	0	0	60	62	0	62	0
Hi-C Orange Lavaburst (32 oz)		Large	340	0	0	0	0	0	80	83	0	83	0
Mello Yello (12 oz)		X Small	130	0	0	0	0	0	40	33	0	33	0
Mello Yello (20 oz)		Small	210	0	0	0	0	0	65	54	0	54	0
Mello Yello (24 oz)		Medium	260	0	0	0	0	0	75	65	0	65	0
Mello Yello (32 oz)		Large	340	0	0	0	0	0	100	87	0	87	0
Minute Maid Lemonade (12 oz)		X Small	110	0	0	0	0	0	75	27	0	26	0
Minute Maid Lemonade (20 oz)		Small	180	0	0	0	0	0	125	45	0	43	0
Minute Maid Lemonade (24 oz)		Medium	210	0	0	0	0	0	150	54	0	52	0
Minute Maid Lemonade (32 oz)		Large	290	0	0	0	0	0	200	72	0	69	0
Powerade Mountain Berry Blast (12 oz)		X Small	70	0	0	0	0	0	85	16	0	16	0
Powerade Mountain Berry Blast (20 oz)		Small	110	0	0	0	0	0	140	27	0	27	0
Powerade Mountain Berry Blast (24 oz)		Medium	140	0	0	0	0	0	170	33	0	33	0
Powerade Mountain Berry Blast (32 oz)		Large	180	0	0	0	0	0	220	44	0	44	0
Sprite (12 oz)		X Small	110	0	0	0	0	0	50	27	0	27	0
Sprite (20 oz)		Small	190	0	0	0	0	0	85	46	0	46	0
Sprite (24 oz)		Medium	220	0	0	0	0	0	100	55	0	55	0
Sprite (32 oz)		Large	300	0	0	0	0	0	135	73	0	73	0
Dr Pepper® (12 oz)		X Small	135	0	0	0	0	0	41	36	0	24	0
Dr Pepper® (20 oz)		Small	220	0	0	0	0	0	70	60	0	59	0
Dr Pepper® (24 oz)		Medium	264	0	0	0	0	0	80	72	0	71	0
Dr Pepper® (32 oz)		Large	352	0	0	0	0	0	108	96	0	95	0
Diet Dr Pepper® (12 oz)		X Small	0	0	0	0	0	0	68	0	0	0	0
Diet Dr Pepper® (20 oz)		Small	0	0	0	0	0	0	115	1	0	0	0
Diet Dr Pepper® (24 oz)		Medium	0	0	0	0	0	0	136	1	0	0	0
Diet Dr Pepper® (32 oz)		Large	0	0	0	0	0	0	184	1	0	0	0
Regular Coffee (12 oz)		X Small	10	5	0	0	0	0	0	0	1	0	0
Regular Coffee (16 oz)		Small	15	5	0	0	0	0	0	0	1	0	1
Regular Coffee (20 oz)		Medium	15	5	0.5	0	0	0	0	0	2	0	0
Decaffinated Coffee (12 oz)		X Small	10	5	0	0	0	0	0	0	1	0	0
Decaffinated Coffee (16 oz)		Small	15	5	0	0	0	0	0	0	1	0	0
Decaffinated Coffee (20 oz)		Medium	15	5	0.5	0	0	0	0	0	2	0	0
Unsweetened Iced Tea (12 oz)		X Small	0	0	0	0	0	0	8	1	0	0	0
Unsweetened Iced Tea (20 oz)		Small	5	0	0	0	0	0	15	1	0	0	0
Unsweetened Iced Tea (24 oz)		Medium	5	0	0	0	0	0	16	1	0	0	0
Unsweetened Iced Tea (32 oz)		Large	5	0	0	0	0	0	24	2	0	0	0
Sweetened Iced Tea (12 oz)		X Small	75	0	0	0	0	0	8	19	0	19	0
Sweetened Iced Tea (20 oz)		Small	130	0	0	0	0	0	15	33	0	32	0
Sweetened Iced Tea (24 oz)		Medium	152	0	0	0	0	0	16	40	0	39	0
Sweetened Iced Tea (32 oz)		Large	184	0	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, SF=Shellfish, S=Soy, T=Treenuts, 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 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. The information contained in this guide is based on standard U.S. product formulations and discloses the 8 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 reported for informational purposes only. We (including our franchisees, and our and their parents, subsidiaries, affiliates, suppliers and vendors) are not responsible for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. We do not have an allergen-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 December 13, 2022. We update this information from time to time to reflect changes in our products. If you have any questions about our menu and/or ingredients, please contact Guest Relations at 877-799-7827. © 2022 Carl's Jr. Restaurants LLC. All rights reserved. Beyond Meat and related trademarks are trademarks of Beyond Meat, Inc.® Carl's Jr. Beyond Meat® products are not vegan. The products are cooked on the same cooking surface as meat. POPPERS® is a registered trademark of H.J. Heinz Company Brands, LLC and is used under license. OREO is a registered trademark of Mondelēz International group, used under license.

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