

# Carl's Jr. NUTRITION INFORMATION

	‡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)
<b>CHARBROILED BURGERS</b>													
Famous Star® with Cheese	E,M,S,W	284	670	330	37	13	1	75	1210	57	3	12	28
Super Star® with Cheese	E,M,S,W	390	920	510	56	23	2	140	1540	59	4	13	48
Western Bacon Cheeseburger®	M,S,W	250	750	320	35	14	1	80	1650	75	4	16	36
Double Western Bacon Cheeseburger®	M,S,W	332	1010	490	55	24	2	150	1980	76	4	16	55
Teriyaki Burger™	E,M,S,W	334	660	260	29	11	1	70	1270	71	4	23	28
The Big Carl®	E,M,S,W	321	920	520	58	23	2	140	1380	56	3	12	47
California Classic Double Cheeseburger	M,S,W	283	600	350	39	14	1.5	85	1100	41	2	11	23
Grass-Fed All-Natural* Burger (Single)	E,M,S,W	307	700	360	39	12	1	80	1100	55	3	17	30
The 1/3 lb. Original Six Dollar Thickburger®	E,M,S,W	338	780	430	48	15	2	110	1490	55	3	18	33
The 1/2 lb. Original Six Dollar Thickburger®	E,M,S,W	405	980	580	69	27	2.5	165	2070	59	5	18	46
The 1/3 lb. Guacamole Bacon Thickburger®	E,M,S,W	369	950	600	67	19	2	135	1810	50	3	12	39
The 1/2 lb. Guacamole Bacon Thickburger®	E,M,S,W	445	1200	800	89	30	3	165	1990	51	4	12	46
The 1/3 lb. Jalapeño Thickburger®	E,M,S,W	335	820	500	56	16	2.5	115	1550	48	3	11	32
The 1/2 lb. Jalapeño Thickburger®	E,M,S,W	400	1020	650	72	24	3	170	2060	49	5	11	45
The 1/3 lb. Lettuce-Wrapped Thickburger®	E,M,S	252	420	300	33	13	1.5	105	1060	8	2	5	25
The 1/2 lb. Lettuce-Wrapped Thickburger®	E,M,S	319	630	450	55	21	2.5	160	1630	9	1	4	39
Big Hamburger	W	203	480	160	18	8	0.5	50	870	56	3	13	25
Double Cheeseburger	M,S,W	171	390	170	19	8	1	60	860	37	2	10	19
Kid's Hamburger	W	107	250	80	8	3	0	25	540	33	1	7	11
Kid's Cheeseburger	M,S,W	123	310	120	13	6	0.5	40	810	34	1	7	14
*Grass-Fed and All-Natural attributes refer only to beef patty													
<b>CHICKEN &amp; OTHER CHOICES</b>													
All-Natural Charbroiled Chicken Club™ Sandwich	E,M,S,W	268	590	250	27	8	0	145	1670	46	2	12	42
All-Natural Charbroiled Santa Fe Chicken™ Sandwich	E,M,S,W	255	550	230	25	6	0	135	1540	45	3	10	36
All-Natural Charbroiled BBQ Chicken™ Sandwich	S,W	238	370	50	5	1	0	110	1210	49	3	14	33
Big Chicken Fillet Sandwich	E,M,S,W	288	650	290	33	6	0	70	1330	55	3	9	33
Bacon Swiss Crispy Chicken® Sandwich	E,M,S,W	322	770	360	41	11	0.5	100	1980	58	3	11	42
Kid's Hand-Breaded Chicken Tenders™ (2 pieces)	E,M,W	85	180	80	9	2	0	45	520	9	1	0	16
Hand-Breaded Chicken Tenders™ (3 pieces)	E,M,W	128	260	110	13	2.5	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders™ (5 pieces)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (10 piece box; 2, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (15 piece box; 3, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Hand-Breaded Chicken Tenders™ (20 piece box; 4, 5pc servings)	E,M,W	213	440	190	21	4.5	0	115	1290	21	3	0	41
Spicy Chicken Sandwich	E,M,S,W	177	490	260	29	6	0	40	1320	43	2	5	14
Chicken Stars™ (4 pieces)	E,M,S,W	61	180	90	10	2	0	35	320	13	2	0	9
Chicken Stars™ (6 pieces)	E,M,S,W	91	270	140	15	3	0	50	480	19	3	0	14
Chicken Stars™ (9 pieces)	E,M,S,W	137	410	210	23	5	0	75	710	29	5	0	21
<b>SIDES</b>													
Natural-Cut Fries (Kids)		83	240	100	12	2	0	0	480	31	3	0	3
Natural-Cut Fries (Small)		104	300	130	15	2.5	0	0	600	39	4	0	3
Natural-Cut Fries (Medium)		147	430	190	21	4	0	0	860	55	5	0	5
Natural-Cut Fries (Large)		158	460	200	22	4	0	0	920	59	6	0	5
CrissCut® Fries	W	139	450	260	29	5	0	0	900	42	4	0	5
Onion Rings	M,W	128	530	250	28	4.5	0	0	590	61	3	6	8
Fried Zucchini	M,W	139	380	200	23	4	0	0	820	39	8	2	5
<b>SALADS-WITHOUT DRESSINGS</b>													
All-Natural Charbroiled Chicken Salad	M,S,W	293	280	80	9	2	0	120	950	19	2	6	32
Garden Side Salad	M,S,W	193	140	60	7	2.5	0	10	240	15	2	2	6
<b>SALAD DRESSINGS &amp; DIPPING SAUCES</b>													
House Dressing	E,M	57	210	210	23	3.5	0	25	430	5	0	2	0
Blue Cheese Dressing	E,M	57	310	310	34	6	0	20	370	2	0	1	2
Low Fat Balsamic Vinaigrette Dressing		28	20	10	1	0	0	0	240	3	0	2	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	250	2	0	1	0
Honey Mustard Dipping Sauce	E	25	130	110	12	2	0	10	150	4	0	3	0
Spicy Buffalo Dipping Sauce		21	5	0	0	0	0	0	470	1	0	0	0
<b>BREAKFAST</b>													
The Breakfast Burger™ (Single)	E,M,S,W	256	730	390	43	16	1	240	1290	47	3	10	37
The Breakfast Burger™ (Double)	E,M,S,W	377	1080	570	64	26	2	305	1870	68	4	13	59
Grilled Cheese Breakfast Sandwich (Ham)	E,M,S,W	202	500	230	26	10	0.5	210	1610	43	2	4	34
Grilled Cheese Breakfast Sandwich (Sausage)	E,M,S,W	209	660	390	43	17	0.5	225	1460	43	2	3	34
Grilled Cheese Breakfast Sandwich (Bacon)	E,M,S,W	184	550	280	32	13	0.5	210	1410	43	2	3	34
Steak & Egg Burrito	E,M,S,W	297	630	330	36	14	0	390	1570	37	2	3	35
Loaded Breakfast Burrito	E,M,S,W	301	760	430	48	16	0	370	1330	46	3	2	33
Big Country® Breakfast Burrito	E,M,S,W	259	660	360	40	12	0	345	1140	45	2	1	26
Bacon & Egg Burrito	E,M,S,W	207	570	310	35	12	0	360	1000	32	1	1	29
French Toast Dips	M,S,W	184	540	170	19	3.5	0	0	620	84	3	20	9
Hash Brown Nuggets (Small)	W	108	350	210	23	4	0	0	440	32	3	0	3
Hash Brown Nuggets (Medium)	W	119	390	230	26	4.5	0	0	490	36	4	0	3
Hash Brown Nuggets (Large)	W	173	560	330	37	7	0	0	710	52	5	0	5
Sausage, Egg & Cheese Biscuit	E,M,S,W	186	610	380	42	18	0	200	1380	38	2	3	20
Bacon, Egg & Cheese Biscuit	E,M,S,W	157	480	260	29	13	0	185	1250	38	2	3	18
Monster Biscuit®	E,M,S,W	258	820	530	59	24	0.5	385	1930	39	2	4	32
Biscuit 'N' Gravy	M,S,W	228	450	220	24	12	0	10	1320	50	3	3	9
Made From Scratch Biscuit™	M,S,W	86	290	120	13	7	0	0	730	37	2	2	6
<b>DESSERTS</b>													
Chocolate Chip Cookie	E,M,S,W	71	330	150	17	9	0	20	280	43	2	24	3
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
<b>HAND-SCOOPED ICE CREAM SHAKES &amp; MALTS™</b>													
Vanilla Shake	M,+	397	700	320	35	24	1.5	105	240	86	0	65	12
Chocolate Shake	M,+	397	690	320	36	24	1.5	105	300	84	1	59	12
Strawberry Shake	M,+	397	690	320	35	24	1.5	105	250	83	0	64	12
OREO® Cookie Shake	M,S,W,+	397	710	350	39	25	1.5	105	340	79	1	53	13
Vanilla Malt	M,W,+	414	770	320	36	25	1.5	105	290	100	0	76	13
Chocolate Malt	M,W,+	414	760	330	36	25	1.5	105	350	99	1	70	14
Strawberry Malt	M,W,+	414	760	320	36	25	1.5	105	290	98	0	75	13
OREO® Cookie Malt	M,S,W,+	414	780	360	40	26	1.5	105	390	94	1	64	15

For additional information visit [www.carlsjr.com](http://www.carlsjr.com).

‡ All food items are prepared in the same kitchen. Cross-contact may occur. ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, +=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 ingredient information, refer to the "Ingredients" 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 February 16, 2017. 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 us at: (877)799-STAR (7827).