



	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
CHARBROILED BURGERS													
Famous Star® with Cheese	279	660	340	39	13	1	0	80	1240	53	3	11	27
Super Star® with Cheese	385	920	510	58	24	1.5	0	145	1580	55	3	12	47
Western Bacon Cheeseburger®	237	710	300	33	13	1	0	75	1430	70	4	14	32
Double Western Bacon Cheeseburger™	321	960	470	52	23	2	0	140	1770	71	4	14	52
Teriyaki Burger™	309	610	260	29	11	0.5	0	65	1020	60	3	19	28
Jalapeño Burger™	287	720	420	47	14	0.5	0	85	1350	51	6	9	27
The Big Carl™	317	910	520	58	23	2	0	145	1350	52	2	11	47
The Original Six Dollar Burger®	386	900	480	54	21	2	0	130	2000	59	3	18	45
The Guacamole Bacon Six Dollar Burger®	411	1040	650	72	24	2	0	145	2240	51	4	10	49
The Western Bacon Six Dollar Burger®	328	1000	480	53	22	2.5	0	130	2370	77	4	15	52
The Low Carb Six Dollar Burger®	302	570	380	43	19	2	0	120	1460	9	1	5	38
The Portobello Mushroom Six Dollar Burger™	393	870	470	53	19	1.5	0	110	1730	52	4	9	47
The Jalapeño Six Dollar Burger™	384	930	570	63	21	1.5	0	135	2200	51	6	9	45
Big Hamburger	209	470	160	17	8	0.5	0	50	1010	55	3	14	24
Kid's Hamburger	102	230	90	10	3.5	0.5	0	25	510	24	1	5	9
Kid's Cheeseburger	119	290	140	15	7	0.5	0	40	790	25	1	5	12

CHICKEN & OTHER CHOICES													
Charbroiled Chicken Club™ Sandwich	262	560	240	27	7	0	0	90	1330	46	3	10	36
Charbroiled Santa Fe Chicken™ Sandwich	267	630	310	35	8	0	0	95	1460	46	3	10	32
Charbroiled BBQ Chicken™ Sandwich	239	380	60	7	1.5	0	0	60	1070	51	3	13	30
Bacon Swiss Crispy Chicken® Sandwich	310	750	360	40	9	0.5	0	70	1990	62	4	9	36
Kid's Hand-Breaded Chicken Tenders™ (2 pieces)	98	220	110	12	2.5	0	0	45	770	10	1	0	19
Hand-Breaded Chicken Tenders™ (3 pieces)	148	340	170	19	3.5	0	0	70	1160	14	1	1	28
Hand-Breaded Chicken Tenders™ (5 pieces)	246	560	280	31	6	0	0	120	1930	24	2	1	47
Spicy Chicken Sandwich	163	420	220	26	5	0	0	35	1260	37	3	3	12
Chicken Stars™ (4 pieces)	61	170	90	10	2	0	0	20	360	12	1	0	8
Chicken Stars™ (6 pieces)	91	260	140	16	3.5	0	0	30	540	18	2	0	12
Chicken Stars™ (9 pieces)	137	390	210	23	5	0	0	45	810	26	3	0	18
Carl's Catch Fish Sandwich®	291	680	330	37	6	0	0	40	1260	70	4	9	20
Fish & Chips	271	710	340	38	6	0	0	25	1410	69	7	0	22

SIDES													
Natural-Cut Fries (Kids)	84	240	110	12	2	0	0	0	490	32	3	0	3
Natural-Cut Fries (Small)	106	310	130	15	2.5	0	0	0	610	40	4	0	3
Natural-Cut Fries (Medium)	150	430	190	21	4	0	0	0	870	56	5	0	5
Natural-Cut Fries (Large)	164	470	210	23	4	0	0	0	950	61	6	0	5
Chili Cheese Fries	320	950	490	55	18	1	0	70	1950	83	8	2	27
CrissCut® Fries	139	450	260	29	5	0	0	0	900	42	4	0	5
Onion Rings	128	530	250	28	4.5	0	0	0	590	61	3	6	8
Fried Zucchini	139	330	160	18	3	0	0	0	610	36	2	7	6

SALADS - WITHOUT DRESSINGS													
Cranberry Apple Walnut Grilled Chicken Salad	318	310	100	11	3.5	0	0	70	840	27	4	16	26
Hawaiian Grilled Chicken Salad	428	260	70	8	0	0	0	55	560	34	4	17	22
Original Grilled Chicken Salad	368	270	80	9	3	0	0	70	780	21	3	6	25
Side Salad	135	120	50	5	1.5	0	0	5	250	13	2	2	4

SALAD DRESSINGS													
House Dressing	57	220	200	22	3.5	0	0	20	440	3	0	2	1
Blue Cheese Dressing	57	320	310	34	7	0	0	20	410	1	0	1	2
Low Fat Balsamic Vinaigrette	57	35	15	1.5	0	0	0	0	480	5	0	3	0
Sesame Asian Dressing	43	120	70	8	1.5	0	0	0	480	12	0	10	1
Raspberry Vinaigrette	43	160	110	12	2	0	0	0	150	12	0	11	0

BREAKFAST													
Breakfast Burger™	296	780	370	41	15	1	0	305	1410	65	4	14	38
Steak & Egg Burrito	311	650	330	36	15	0	0	535	1730	42	2	3	41
Loaded Breakfast Burrito	312	780	430	48	17	0	0	510	1460	51	3	2	35
Sourdough Breakfast Sandwich	200	450	190	21	8	0	0	270	1470	38	1	3	29
Bacon & Egg Burrito	208	550	280	31	12	0	0	500	970	37	1	1	29
Sunrise Croissant®	176	590	390	44	17	0	0	285	810	28	1	4	20
French Toast Dips® - No Syrup (5 pieces)	130	460	190	21	4	0	0	0	570	60	3	16	9
Hash Brown Nuggets	108	350	210	23	4	0	0	0	440	32	3	0	3
Sausage Biscuit	119	420	240	26	11	0	0	30	1140	37	1	3	11
Sausage & Egg Biscuit	166	500	290	32	12	0	0	235	1190	37	1	3	17
Sausage, Egg & Cheese Biscuit	178	550	320	36	15	0	0	245	1420	38	1	3	19
Bacon, Egg & Cheese Biscuit	152	430	220	25	11	0	0	220	1170	37	1	2	16
Ham, Egg & Cheese Biscuit	179	430	200	22	10	0	0	230	1590	38	1	3	19
Monster Biscuit™	245	710	430	48	19	0	0	465	1790	38	1	3	31
Biscuit 'N' Gravy™	228	420	190	21	8	0	0	10	1380	50	1	3	8
Strawberry Biscuit	130	360	110	12	6	0	0	0	810	60	1	24	5
Made From Scratch Biscuit™	86	270	110	12	6	0	0	0	790	36	1	2	5

DESSERTS													
Chocolate Chip Cookie	71	370	170	19	10	0	0	30	350	48	2	27	3
Strawberry Swirl Cheesecake	99	290	140	16	9	0	0	55	230	32	0	21	6
Chocolate Cake	85	300	110	12	3	0	0	30	350	48	1	36	3

HAND-SCOOPED ICE CREAM SHAKES & MALTS™													
Vanilla Shake	397	700	310	34	23	0	0	100	250	85	0	75	14
Chocolate Shake	397	700	310	34	23	0	0	100	310	84	1	70	14
Strawberry Shake	397	690	310	34	23	0	0	100	260	84	0	74	14
OREO® Cookie Shake	397	720	340	38	25	0	0	100	370	79	1	63	15
Vanilla Malt	414	770	310	35	24	0	0	105	330	100	0	86	15
Chocolate Malt	414	770	310	35	24	0	0	105	390	98	1	81	15
Strawberry Malt	414	760	310	35	24	0	0	105	330	98	0	85	15
OREO® Cookie Malt	414	780	350	39	25	0	0	105	450	93	1	74	17

The information contained in this guide is based on standard U.S. product formulations. 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. This information is current as of 10/1/10. The information in this guide is reported for informational purposes only by Carl Karcher Enterprises, Inc. Neither CKE, its franchisees, its suppliers and/or vendors, or its employees assume any responsibility 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 kitchen. All of our products are prepared in the same kitchen area. Anyone with any food sensitivity, allergies, special dietary needs, or specific dietary inquiries and/or concerns should consult a medical professional of their own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at www.carlsjr.com for content updates. 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. *Cold Beverage Nutritional Information calculated as served, with 1/3 ice by volume. **Sodium Values may vary depending on water contribution from where beverages are dispensed or brewed. © 2010 The Coca-Cola Company. © 2010 Dr Pepper/Seven Up, Inc.

Carl's Jr. Beverage Nutritional Information

DRINKS	Calories	Calories from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coca-Cola® Classic (Kid's 12 oz)	100	0	0	0	0	0	5	27	0	27	0
Coca-Cola® Classic (20 oz)	160	0	0	0	0	0	10	45	0	45	0
Coca-Cola® Classic (32 oz)	260	0	0	0	0	0	15	72	0	72	0
Coca-Cola® Classic (42 oz)	350	0	0	0	0	0	20	95	0	95	0
Diet Coke® (Kid's 12 oz)	0	0	0	0	0	0	15	0	0	0	0
Diet Coke® (20 oz)	0	0	0	0	0	0	20	0	0	0	0
Diet Coke® (32 oz)	0	0	0	0	0	0	35	0	0	0	0
Diet Coke® (42 oz)	0	0	0	0	0	0	45	0	0	0	0
Sprite® (Kid's 12 oz)	100	0	0	0	0	0	25	26	0	26	0
Sprite® (20 oz)	160	0	0	0	0	0	40	43	0	43	0
Sprite® (32 oz)	260	0	0	0	0	0	65	69	0	69	0
Sprite® (42 oz)	340	0	0	0	0	0	85	91	0	91	0
Barq's® Rootbeer (Kid's 12 oz)	110	0	0	0	0	0	25	30	0	30	0
Barq's® Rootbeer (20 oz)	180	0	0	0	0	0	45	50	0	50	0
Barq's® Rootbeer (32oz)	300	0	0	0	0	0	75	80	0	80	0
Barq's® Rootbeer (42 oz)	390	0	0	0	0	0	95	105	0	105	0
Minute Maid Light™ Lemonade (Kid's 12 oz)	5	0	0	0	0	0	5	1	0	0	0
Minute Maid Light™ Lemonade (20 oz)	5	0	0	0	0	0	10	1	0	0	0
Minute Maid Light™ Lemonade (32 oz)	10	0	0	0	0	0	15	1	0	0	0
Minute Maid Light™ Lemonade (42 oz)	15	0	0	0	0	0	20	2	0	0	0
Nestlea® Raspberry Iced Tea (Kid's 12 oz)	60	0	0	0	0	0	10	16	0	15	0
Nestlea® Raspberry Iced Tea (20 oz)	100	0	0	0	0	0	20	27	0	25	0
Nestlea® Raspberry Iced Tea (32 oz)	160	0	0	0	0	0	30	43	0	40	0
Nestlea® Raspberry Iced Tea (42 oz)	210	0	0	0	0	0	40	56	0	53	0
Fanta® Orange (Kid's 12 oz)	110	0	0	0	0	0	15	30	0	30	0
Fanta® Orange (20 oz)	180	0	0	0	0	0	30	50	0	50	0
Fanta® Orange (32 oz)	300	0	0	0	0	0	45	80	0	80	0
Fanta® Orange (42 oz)	390	0	0	0	0	0	60	105	0	105	0
Fanta® Strawberry (Kid's 12 oz)	110	0	0	0	0	0	10	31	0	31	0
Fanta® Strawberry (20 oz)	190	0	0	0	0	0	20	52	0	52	0
Fanta® Strawberry (32 oz)	300	0	0	0	0	0	35	83	0	83	0
Fanta® Strawberry (42 oz)	400	0	0	0	0	0	45	109	0	109	0
Coca-Cola Zero™ (Kid's 12 oz)	0	0	0	0	0	0	5	0	0	0	0
Coca-Cola Zero™ (20 oz)	0	0	0	0	0	0	10	0	0	0	0
Coca-Cola Zero™ (32 oz)	0	0	0	0	0	0	20	0	0	0	0
Coca-Cola Zero™ (42 oz)	0	0	0	0	0	0	25	0	0	0	0
Powerade® Mountain Blast (Kid's 12 oz)	60	0	0	0	0	0	55	15	0	15	0
Powerade® Mountain Blast (20 oz)	90	0	0	0	0	0	90	25	0	25	0
Powerade® Mountain Blast (32 oz)	150	0	0	0	0	0	150	40	0	40	0
Powerade® Mountain Blast (42 oz)	200	0	0	0	0	0	190	53	0	53	0
Hi-C® Flashin' Fruit Punch (Kid's 12 oz)	100	0	0	0	0	0	10	28	0	28	0
Hi-C® Flashin' Fruit Punch (20 oz)	170	0	0	0	0	0	20	47	0	47	0
Hi-C® Flashin' Fruit Punch (32 oz)	280	0	0	0	0	0	35	75	0	75	0
Hi-C® Flashin' Fruit Punch (42 oz)	360	0	0	0	0	0	45	98	0	98	0
Hi-C® Poppin' Pink Lemonade (Kid's 12 oz)	100	0	0	0	0	0	45	25	0	25	0
Hi-C® Poppin' Pink Lemonade (20 oz)	160	0	0	0	0	0	75	42	0	42	0
Hi-C® Poppin' Pink Lemonade (32 oz)	260	0	0	0	0	0	120	67	0	67	0
Hi-C® Poppin' Pink Lemonade (42 oz)	340	0	0	0	0	0	160	88	0	88	0
Cherry Coca-Cola® (Kid's 12 oz)	100	0	0	0	0	0	5	28	0	28	0
Cherry Coca-Cola® (20 oz)	170	0	0	0	0	0	10	47	0	47	0
Cherry Coca-Cola® (32 oz)	280	0	0	0	0	0	20	75	0	75	0
Cherry Coca-Cola® (42 oz)	360	0	0	0	0	0	25	98	0	98	0
Dr Pepper® (Kid's 12 oz)	90	0	0	0	0	0	35	26	0	26	0
Dr Pepper® (20 oz)	150	0	0	0	0	0	55	43	0	43	0
Dr Pepper® (32 oz)	240	0	0	0	0	0	90	69	0	69	0
Dr Pepper® (42 oz)	320	0	0	0	0	0	115	91	0	91	0
Diet Dr Pepper® (Kid's 12 oz)	0	0	0	0	0	0	55	0	0	0	0
Diet Dr Pepper® (20 oz)	0	0	0	0	0	0	90	0	0	0	0
Diet Dr Pepper® (32 oz)	0	0	0	0	0	0	140	0	0	0	0
Diet Dr Pepper® (42 oz)	0	0	0	0	0	0	190	0	0	0	0
Squirt® (Kid's 12 oz)	100	0	0	0	0	0	40	26	0	25	0
Squirt® (20 oz)	170	0	0	0	0	0	65	43	0	42	0
Squirt® (32 oz)	270	0	0	0	0	0	100	69	0	67	0
Squirt® (42 oz)	350	0	0	0	0	0	135	91	0	88	0
Regular Coffee (16 oz)	10	0	0	0	0	0	10	2	0	0	0
Decaffeinated Coffee (16 oz)	10	0	0	0	0	0	10	2	0	0	0
Fresh Brewed Iced Tea (Kid's 12 oz)	5	0	0	0	0	0	15	0	0	0	0
Fresh Brewed Iced Tea (20 oz)	5	0	0	0	0	0	25	1	0	0	0
Fresh Brewed Iced Tea (32 oz)	10	0	0	0	0	0	35	1	0	0	0
Fresh Brewed Iced Tea (42oz)	10	0	0	0	0	0	50	1	0	0	1



AVAILABLE AT PARTICIPATING LOCATIONS

TACOS	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Hard Taco - Chicken	95	190	80	8	3	0	0	40	350	14	2	1	14
Hard Taco - Steak	95	200	90	10	4	0	0	35	470	15	2	1	14
Hard Taco - Ground Beef	95	240	120	14	6	0.5	0	35	330	15	2	1	12
Soft Taco - Chicken	109	200	70	8	4	0	0	40	580	17	1	1	15
Soft Taco - Steak	109	210	80	9	4.5	0	0	35	690	19	1	1	15
Soft Taco - Ground Beef	109	250	120	13	6	0	0	35	550	18	2	1	13
Southwest Chicken Soft Taco	116	300	170	19	6	0	0	50	680	17	1	1	15
Fish Taco	178	320	140	15	2.5	0	0	15	500	36	4	2	9
Nacho Taco	98	210	100	11	4	0.5	0	25	360	16	2	1	9

BURRITOS	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
The Green Burrito® - Chicken	507	800	250	27	11	0	0	85	2660	102	12	5	43
The Green Burrito® - Steak	507	830	270	30	12	0	0	75	2890	104	12	6	42
Grilled Chicken Burrito	359	860	400	44	13	0	0	105	2070	77	3	3	35
Carne Asada Burrito	293	610	230	25	11	0	0	75	1860	61	3	4	33
Bean & Cheese Burrito	203	440	170	19	9	0	0	30	1130	56	8	0	19
Bean & Cheese Burrito - Chicken	216	440	160	18	8	0	0	55	1240	49	6	1	25
Bean & Cheese Burrito - Steak	216	460	170	19	9	0	0	50	1350	51	6	1	25
Bean & Cheese Burrito - Ground Beef	216	500	210	23	11	0	0	50	1210	50	7	1	24

SPECIALTIES	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Super Nachos - Chicken	434	900	420	47	10	0	0	75	1650	92	13	5	35
Super Nachos - Steak	434	930	450	50	12	0	0	65	1870	94	13	6	34
Super Nachos - Ground Beef	448	1040	540	60	16	1.5	0	70	1660	94	15	4	34
Taco Salad - Chicken	542	780	390	44	13	0	0	90	1710	66	12	7	40
Taco Salad - Steak	542	810	420	46	15	0	0	80	1930	69	12	8	40
Taco Salad - Ground Beef	556	920	510	57	19	1.5	0	85	1720	69	14	6	39
Crisp Burritos (3 Pieces)	198	540	230	25	9	0.5	0	35	1030	57	5	4	22
Crisp Burritos (5 Pieces)	330	910	380	42	15	1	0	60	1720	94	8	6	37
Quesadilla - Cheese	114	380	160	18	10	0	0	40	810	36	1	0	16
Quesadilla - Chicken	199	470	180	20	10	0	0	95	1270	38	1	1	34
Quesadilla - Steak	199	500	200	22	12	0	0	90	1500	41	1	2	33

SIDES	Serving Size (g)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Natural Trans Fat (g)	Artificial Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pinto Beans & Cheese - Small	276	360	160	18	6	0	0	15	1140	50	18	0	19
Pinto Beans & Cheese - Family Size	600	750	300	34	11	0	0	15	2430	112	41	0	39
Rice - Small	133	210	50	6	1	0	0	0	560	36	1	1	4
Rice - Family Size	333	540	130	15	2.5	0	0	0	1390	89	3	4	9
Guacamole	40	60	45	5	1	0	0	0	150	3	1	1	1
Sour Cream	40	50	30	3.5	2	0	0	15	40	3	0	3	3
Chips	57	300	150	17	3	0	0	0	35	35	3	0	4
Chips & Cheese	170	620	320	36	7	0	0	10	570	65	5	1	9



Nutritional Information



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