



	Avg Serving Size Portion	Grams	Energy		Calories		Protein		Fat (total)		Fat (saturated)		Carbohydrates		Sugars		Sodium		Dietary Fibre	
			kj/serve	kj/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	g/serve	g/100g	mg/serve	mg/100g	g/serve	g/100g		

Chargrilled Burgers																					
Big Cheeseburger		1 Burger	215	1870	870	447	208	23.6	11	24.3	11.3	11.6	5.4	43	20	17.6	8.2	958	445	2.8	1.3
Classic Carl		1 Burger	200	2102	1051	503	251	23.2	11.6	34.9	17.5	12.5	6.2	34.2	17.1	9.3	4.7	703	352	3	1.5
Famous Star		1 Burger	252	2251	892	538	213	23.5	9.3	36.9	14.6	13.5	5.4	38	15.1	12.7	5	801	317	3.5	1.4
Super Star		1 Burger	355	3152	887	754	212	40.5	11.4	58.2	16.4	24.7	6.9	38.9	11	13.3	3.7	1057	297	3.7	1
The Big Carl		1 Burger	288	2820	979	675	234	40	13.9	50.6	17.6	23.2	8	36.8	12.8	11.3	3.9	966	336	3.1	1.1
Western Bacon Cheeseburger		1 Burger	215	1870	870	447	208	23.6	11	24.3	11.3	11.6	5.4	43	20	17.6	8.2	958	445	2.8	1.3
Original Big Angus Burger	Angus Single	1 Burger	358	3420	955	818	228	40.3	11.2	48.3	13.5	18.1	5.1	54.7	15.3	15.9	4.4	1312	366	3	0.8
	Angus Double	1 Burger	471	4731	1004	1132	240	65.8	14	72.1	15.3	28.9	6.1	55.3	11.7	16.5	3.5	1389	295	3	0.6
Western Bacon Angus	Angus Single	1 Burger	331	3746	1131	896	271	52.6	15.9	57.1	17.3	22.9	6.9	74.5	22.5	17.5	5.3	1697	512	3.8	1.2
	Angus Double	1 Burger	444	5057	1139	1210	272	78.2	17.6	81	18.2	33.7	7.6	75.1	16.9	18.1	4.1	1774	399	3.8	0.9
Portobello Mushroom Angus	Angus Single	1 Burger	355	3193	901	764	215	39.9	11.3	45.5	12.8	17.7	5	47.8	13.5	10.1	2.8	1070	302	3.4	1
	Angus Double	1 Burger	468	4504	963	1077	230	65.4	14	69.3	14.8	28.4	6.1	48.4	10.4	10.6	2.3	1147	245	3.4	0.7
Memphis BBQ Angus	Angus Single	1 Burger	344	3586	1042	858	249	47	13.7	41.2	12	17.5	5.1	73.5	21.4	25.7	7.5	1872	544	3.6	1
	Angus Double	1 Burger	457	4897	1072	1171	256	72.5	15.9	65.1	14.2	28.3	6.2	74	16.2	26.2	5.7	1949	426	3.6	0.8
Jim Beam Bourbon Angus	Angus Single	1 Burger	367	3500	954	838	228	51.3	14	54.4	14.8	22.8	6.2	67.4	18.4	21.2	5.8	1583	431	4.1	1.1
	Angus Double	1 Burger	480	4811	1002	1151	240	76.9	16	78.2	16.3	33.5	7	68	14.2	21.8	4.5	1660	346	4.1	0.9

Chicken & Fish																					
Chargrilled BBQ Chicken		1 Burger	185	1328	720	318	172	25.1	13.6	4.9	2.6	1.2	0.6	40.3	21.9	12.2	6.6	770	418	4.6	2.5
Chargrilled Chicken & Bacon		1 Burger	242	2159	892	516	213	38.5	15.9	37.4	15.5	11.3	4.7	36.8	15.2	8.5	3.5	1555	643	4.4	1.8
Ranch Big Chicken		1 Burger	230	2038	888	488	212	25.4	11.1	23.4	10.2	2.4	1	41.8	18.2	7.2	3.1	1101	480	3	1.3
Bacon Swiss Big Chicken		1 Burger	259	2311	894	553	214	33.5	12.9	34.5	13.3	7.6	3	42.1	16.3	7.3	2.8	1544	597	3	1.2
Alabama Chicken		1 Burger	357	2903	813	695	195	42.1	11.8	43.7	12.2	11.4	3.2	63.1	17.7	11.7	3.3	2037	570	4.8	1.4
Chicken Tenders	3pc	3 Pieces	140	1385	989	331	237	31.1	22.2	16.7	11.9	2.5	1.8	14.3	10.2	0.4	0.3	1294	924	0	0
	5pc	5 Pieces	233	2304	989	551	237	51.7	22.2	27.7	11.9	4.2	1.8	23.8	10.2	0.7	0.3	2153	924	0	0
Carl's Catch		1 Burger	245	2463	1007	589	241	20.6	8.4	25.4	10.4	7.7	3.1	47.3	19.3	14.6	6	923	378	6.7	2.8
Fish 'n' Chips		1 Burger	385	3662	951	876	228	38.7	10.1	38.9	10.1	20.1	5.2	31.9	8.3	6.3	1.6	1693	440	12	3.1

Lunch Deals from \$5 (burger only)																					
Hamburger		1 Burger	171	1460	853	349	204	16.2	9.4	14.3	8.3	7	4.1	39.9	23.3	15.1	8.8	655	382	2.7	1.6
Cheeseburger		1 Burger	183	1634	892	391	213	18.6	10.1	17.6	9.6	9.3	5.1	40.4	22.1	15.3	8.3	867	473	2.7	1.5
Double Cheeseburger		1 Burger	242	2196	908	525	217	28.6	11.8	29.5	12.2	16.3	6.7	40.5	16.7	15.3	6.3	935	386	2.7	1.1
Value Chicken Burger		1 Burger	168	1650	982	395	235	14.5	8.7	19.9	11.9	3.3	2	39	23.2	6.4	3.8	1003	597	2.9	1.8

Sides																					
Natural-Cut French Fries	Small	1 Serve	85	1029	1210	246	289	2.7	3.2	11.9	14	2.1	2.5	31.9	37.5	0.3	0.3	493	580	3	3.5
	Medium	1 Serve	105	1271	1210	304	289	3.4	3.2	14.7	14	2.6	2.5	39.4	37.5	0.3	0.3	609	580	3.7	3.5
	Large	1 Serve	165	1997	1210	478	289	5.3	3.2	23.1	14	4.1	2.5	61.9	37.5	0.5	0.3	957	580	5.8	3.5
Crisscut Fries		1 Serve	110	1485	1350	355	323	4	3.6	23	20.9	4	3.6	33.2	30.2	0	0	715	650	3.2	2.9
Onion Rings		1 Serve	80	1376	1720	329	411	5	6.3	17.3	21.6	3	3.7	38.3	47.9	3.5	4.4	368	460	2.2	2.7
Chili Cheese Fries		1 Serve	400	4297	1074	1028	257	20.5	5.1	55.4	13.9	16.4	4.1	114.7	28.7	2	0.5	2443	611	10.8	2.7

Shakes and Desserts																					
Chocolate Milkshake		1 Serve	369	2512	681	602	163	10.4	2.8	31.6	8.6	21.8	5.9	68.2	18.5	57.3	15.5	159	43	0	0
Strawberry Milkshake		1 Serve	369	2512	681	602	163	10.4	2.8	31.6	8.6	21.8	5.9	68.2	18.5	57.3	15.5	159	43	0	0
Vanilla Milkshake		1 Serve	369	2512	681	602	163	10.4	2.8	31.6	8.6	21.8	5.9	68.2	18.5	57.3	15.5	159	43	0	0
Oreo Milkshake		2 Serve	353	2660	753	638	181	11.9	3.4	34.8	9.8	23.1	6.5	68.1	19.3	48	13.6	285	81	0	0
Sundaes	Chocolate	1 Serve	245	2709	1106	649	265	9	3.7	35	14.3	23.4	9.6	73.8	30.1	65	26.5	121	49	0	0
	Strawberry	1 Serve	200	1692	846	406	203	5.3	2.6	21.1	10.5	14.6	7.3	48.2	24.1	40	20	86	43	0	0
	Cookies & Cream	1 Serve	192	2076	1081	497	259	6.7	3.5	21.2	11	12.8	6.7	69.3	36.1	43.7	22.7	342	178	0	0

- Nutrition information is based on data from suppliers and actual analysis. It is based on averages and standard product formulations. Actual serving sizes and nutrient values may vary due to regional and seasonal differences in ingredients, minor differences in product assembly and other factors.
- Product data is based on current formulations as of date of publication. If you intend to use this information in a publication then you should ensure a notation is included of the date the information is current.
- Not always provided by suppliers, actual composition may be different.
- Some menu items may not be available at all Carl's Jr. restaurants and certain locations may at times offer test products, limited time offerings or other regional menu choices not listed. Nutrition information shown does not apply to special or custom orders.

Nutritional Information correct as of 27/02/18.