



NUTRITIONAL INFORMATION



DESSERTS	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Strawberry Cheesecake	1 Serve	180	2520	1400	602	334	7.9	4.4	41.0	22.8	25.0	13.9	-	-	50.9	28.3	43.9	24.4	600	330	-	-
Passionfruit Cheesecake	1 Serve	180	2500	1390	597	332	9.0	5.0	40.0	22.2	25.0	13.9	-	-	50.9	28.3	43.9	24.4	590	330	-	-
Oreo Ice Cream Sandwich	1 Serve	75	990	1320	237	316	3.7	4.9	9.9	13.2	5.2	7.0	0.2	0.2	33.2	44.3	16.3	21.8	220	300	0.1	0.1

HAND-SCOOPED ICE CREAM SHAKES	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Vanilla Shake	1 Serve	395	3130	790	748	189	11.6	2.9	41.3	10.5	27.1	6.9	1.7	0.4	82.5	20.9	66.4	16.8	200	50	0.5	0.1
Chocolate Shake	1 Serve	395	3120	790	747	189	12.2	3.1	41.7	10.5	27.3	6.9	1.7	0.4	80.9	20.5	60.6	15.4	250	60	1.3	0.3
Strawberry Shake	1 Serve	395	3090	780	738	187	11.6	2.9	41.3	10.5	27.1	6.9	1.7	0.4	80.0	20.2	65.0	16.5	200	50	0.5	0.1
Oreo Cookie Shake	1 Serve	395	3450	870	825	209	14.2	3.6	46.7	11.8	29.3	7.4	1.7	0.4	87.3	22.1	56.1	14.2	420	110	0.5	0.1

- Nutrition information is based on data from suppliers and actual analysis. It is based on average figures 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.

- Dash (-) Indicates that the supplier did not provide any data.

- 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.

CHARBROILED BURGERS	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Famous Star with Cheese	1 Burger	285	2770	970	663	233	28.5	10.0	36.8	12.9	12.6	4.4	0.9	0.3	54.7	19.2	9.4	3.3	1110	390	2.4	0.9
Super Star with Cheese	1 Burger	360	3500	970	838	233	42.3	11.8	49.9	13.8	19.6	5.5	1.3	0.4	55.3	15.4	9.9	2.7	1350	370	2.4	0.7
Western Bacon Cheeseburger	1 Burger	270	3300	1220	789	292	32.9	12.2	43.3	16.0	13.9	5.2	0.8	0.3	67.0	24.8	13.9	5.2	1410	520	3.2	1.2
Double Western Bacon Cheeseburger	1 Burger	320	3960	1240	947	296	52.1	16.3	51.6	16.1	22.4	7.0	1.4	0.4	68.6	21.4	11.1	3.5	1560	490	3.2	1.0
Portobello Mushroom Burger	1 Burger	330	2870	870	687	208	30.0	9.1	39.4	11.9	13.1	4.0	0.8	0.3	53.3	16.2	6.1	1.9	1030	310	3.7	1.1
The Big Carl	1 Burger	300	3540	1180	845	282	41.5	13.8	51.8	17.3	19.8	6.6	1.3	0.4	53.7	17.9	8.7	2.9	1260	420	2.3	0.8
Original Thickburger	1 Burger	370	3550	960	850	230	45.2	12.2	49.9	13.5	18.8	5.1	1.8	0.5	55.3	14.9	10.0	2.7	1900	510	2.5	0.7
Guacamole Bacon Thickburger	1 Burger	405	4240	1050	1013	250	49.6	12.2	67.4	16.6	22.8	5.6	1.9	0.5	52.9	13.1	8.0	2.0	2060	510	3.0	0.7
Western Bacon Thickburger	1 Burger	390	5220	1340	1247	320	55.5	14.2	74.9	19.2	24.9	6.4	1.8	0.5	88.4	22.7	18.4	4.7	2670	680	4.3	1.1
Low Carb Thickburger	1 Burger	300	2490	830	594	198	37.5	12.5	46.3	15.4	18.0	6.0	1.8	0.6	7.8	2.6	5.7	1.9	1410	470	0.3	0.1
Portobello Mushroom Thickburger	1 Burger	395	3650	920	872	221	46.5	11.8	52.8	13.4	19.5	4.9	1.8	0.5	53.3	13.5	6.3	1.6	1720	430	3.7	0.9
Jalapeno Thickburger	1 Burger	360	3780	1050	903	251	45.2	12.5	58.1	16.1	20.3	5.8	1.9	0.5	50.6	14.1	6.5	1.8	1670	460	2.2	0.6
Kid's Hamburger	1 Burger	160	1640	1020	392	245	22.9	14.3	16.6	10.4	7.1	4.5	0.6	0.4	37.4	23.4	6.5	4.0	690	430	1.9	1.2
Kid's Cheeseburger	1 Burger	175	1850	1060	441	252	25.8	14.7	20.3	11.6	9.6	5.5	0.7	0.4	38.6	22.0	6.8	3.9	920	520	1.9	1.1

CHICKEN & OTHER CHOICES	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Charbroiled Chicken Club Sandwich	1 Sandwich	215	1880	880	450	209	25.6	11.9	23.0	10.7	6.7	3.1	0.2	0.1	35.2	16.4	6.1	2.8	1140	530	1.7	0.8
Charbroiled Santa Fe Chicken Sandwich	1 Sandwich	210	2070	990	495	236	22.4	10.6	28.9	13.8	6.5	3.1	0.4	0.2	36.4	17.3	6.3	3.0	1110	530	2.0	1.0
Charbroiled BBQ Chicken Sandwich	1 Sandwich	195	1120	570	267	137	19.8	10.2	3.0	1.5	0.5	0.3	0.1	0.0	39.6	20.3	9.6	4.9	860	440	2.0	1.0
Bacon Swiss Crispy Hand-Breaded Chicken Tender Sandwich	1 Sandwich	285	3040	1070	727	255	32.4	11.4	47.0	16.5	8.8	3.1	0.2	0.1	44.1	15.5	9.1	3.2	1700	600	2.2	0.8
Buttermilk Ranch Hand-Breaded Chicken Tender Sandwich	1 Sandwich	255	2460	960	587	230	26.4	10.3	34.6	13.6	4.2	1.7	0.2	0.1	42.7	16.7	7.8	3.1	1300	510	2.2	0.8
Honey Mustard Hand-Breaded Chicken Tender Sandwich	1 Sandwich	250	2360	940	563	225	26.2	10.5	31.3	12.5	3.9	1.6	0.2	0.1	44.3	17.7	9.5	3.8	1230	490	2.2	0.9
Kid's Hand-Breaded Chicken Tenders (2 pcs.)	2 Pieces	85	680	790	161	190	18.7	22.0	7.7	9.1	1.0	1.2	0.1	0.1	4.2	4.9	0.1	0.1	540	640	0.4	0.5
Hand-Breaded Chicken Tenders (3 pcs.)	3 Pieces	130	1030	790	247	190	28.6	22.0	11.8	9.1	1.6	1.2	0.1	0.1	6.4	4.9	0.1	0.1	830	640	0.6	0.5
Hand-Breaded Chicken Tenders (5 pcs.)	5 Pieces	210	1670	790	399	190	46.2	22.0	19.1	9.1	2.5	1.2	0.2	0.1	10.3	4.9	0.2	0.1	1340	640	1.0	0.5
Carl's Catch Fish Sandwich	1 Sandwich	330	4510	1370	1077	326	21.6	6.5	80.0	24.3	11.4	3.5	0.7	0.2	69.3	21.0	5.6	1.7	1300	400	4.1	1.3

SIDES	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Natural-Cut Fries (Kids)	1 Serve	105	1270	1210	304	289	3.4	3.2	14.7	14.0	2.7	2.5	0.1	0.1	39.4	37.5	0.3	0.3	610	580	3.7	3.5
Natural-Cut Fries (Small)	1 Serve	105	1270	1210	304	289	3.4	3.2	14.7	14.0	2.7	2.5	0.1	0.1	39.4	37.5	0.3	0.3	610	580	3.7	3.5
Natural-Cut Fries (Medium)	1 Serve	150	1820	1210	434	289	4.8	3.2	21.0	14.0	3.8	2.5	0.2	0.1	56.3	37.5	0.4	0.3	870	580	5.2	3.5
Natural-Cut Fries (Large)	1 Serve	165	2000	1210	477	289	5.3	3.2	23.1	14.0	4.2	2.5	0.2	0.1	61.9	37.5	0.5	0.3	960	580	5.8	3.5
Chili Cheese Fries	1 Serve	320	3260	1020	781	244	12.9	4.0	39.5	12.4	10.6	3.3	0.3	0.1	93.2	29.1	1.8	0.6	2080	650	8.8	2.8
CrispCut Fries	1 Serve	140	1890	1350	451	322	5.0	3.6	29.2	20.9	5.0	3.6	0.0	0.0	42.3	30.2	0.0	0.0	910	650	4.0	2.9
Onion Rings	1 Serve	130	2240	1720	535	412	8.2	6.3	28.1	21.6	4.7	3.7	0.4	0.3	62.3	47.9	5.8	4.4	600	460	3.5	2.7
Fried Zucchini	1 Serve	140	1380	990	330	236	5.7	4.1	18.1	12.9	3.2	2.3	0.3	0.2	36.1	25.8	7.5	5.3	620	440	1.9	1.4

SALADS - WITHOUT DRESSINGS	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Charbroiled Chicken Salad	1 Serve	330	570	170	136	41	17.7	5.4	3.9	1.2	2.0	0.6	0.1	0.0	7.4	2.2	6.0	1.8	470	140	2.4	0.7
Crispy Chicken Salad	1 Serve	350	930	270	222	63	23.3	6.6	10.7	3.1	2.7	0.8	0.1	0.0	8.0	2.3	3.6	1.0	660	190	2.5	0.7
Side Salad	1 Serve	80	520	660	125	157	7.5	9.4	10.2	12.7	6.9	8.6	0.0	0.0	1.2	1.5	1.0	1.3	210	260	0.3	0.4

SALAD DRESSINGS & DIPPING SAUCES	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Ranch Dipping Sauce	1 Serve	40	880	2190	209	523	0.5	1.3	22.5	56.2	1.8	4.4	-	-	2.1	5.3	1.7	4.2	320	800	0.1	0.2
Honey Mustard Dipping Sauce	1 Serve	40	870	2180	209	522	0.4	1.0	20.5	51.2	1.5	3.8	-	-	6.4	16.1	5.7	14.2	230	580	0.1	0.3
BBQ Dipping Sauce	1 Serve	40	270	680	65	163	0.6	1.5	0.3	0.7	0	0.1	-	-	14.9	37.2	10.4	25.9	610	1530	0.7	1.7
Italian Dressing	1 Sachet	12	30	270	8	65	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	1.9	15.8	1.9	15.8	150	1240	0.1	0.6
Balsamic Dressing	1 Sachet	12	30	250	7	59	0.0	0.3	0.3	2.2	0.0	0.3	0.0	0.0	1.1	9.4	1.1	8.8	50	400	0.1	0.5

BREAKFAST	Avg Serving Size		Energy		Calories		Protein		Fat, total		Fat, saturated		Fat, trans		Carbohydrate		Carbohydrate, sugars		Sodium		Dietary fibre, total	
	portion	gram	kJ/serve	kJ/100g	cal/serve	cal/100g	g/serve	g/100g	g/serve	g/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
Monster Breakfast Sandwich	1 Serve	190	2410	1270	576	303	30.3	15.9	37.7	19.8	15.8	8.3	0.0	0.0	29.4	15.5	1.9	1.0	1200	630	1.3	0.7
Breakfast Burger	1 Serve	320	3710	1160	886	277	38.8	12.1	50.5	15.8	16.0	5.0	0.8	0.2	69.5	21.7	11.7	3.7	1460	460	3.9	1.2
Deluxe Platter	1 Serve	287	3397	1182	813	283	29.7	10.3	60.5	21	16.3	5.7	0.4	0.1	59.5	20.7	1.3	0.4	1285	447.1	5	1.7
Super Deluxe Platter	1 Serve	391	4388	1121	1050	268	36.7	9.4	65.2	16.7	17.8	4.6	0.5	0.1	100.5	25.7	15.6	4	1643	419.7	5	1.3
Pancakes Platter	1 Serve	210	2310	1100	552	263	14.1	6.7	11.7	5.6	4.1	2.0	0.1	0.1	96.1	45.8	48.4	23.0	700	330	0	0
Pancakes Platter - No bacon	1 Serve	200	2080	1040	497	248	10.6	5.3	7.0	3.5	2.3	1.2	0.1	0.1	96.5	48.3	48.6	24.3	530	270	0	0
Hash Rounds	1 Serve	135	1820	1350	436	323	3.8	2.8	28.9	21.4	5.3	3.9	0.4	0.3	40.5	30.0	0.0	0.0	550	410	4.1	3.1
Bacon, Egg and Cheese Sandwich	1 Serve	149	948	634	227	151.7	27.6	18.5	14.7	9.8	7.6	5.1	0.1	0.1	34.8	23.3	2.3	1.5	874	585	1.5	1
Bacon, Egg and Cheese Sandwich	1 Serve	182	1614	889	213	386	32.1	17.7	16.9	30.6	12.6	6.9	0	0	34.8	19.2	2.1	1.1	1068	598.2	1.5	0.8