



NUTRITIONAL INFORMATION

Chargrilled Burgers		Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Fat (trans) *		Carbohydrates		Sugars		Sodium		Dietary Fibre *		
		Portion	Grams	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	
Big Hamburger		1 Burger	203	1696	836	406	200	21.2	10.4	21	10.3	9.3	4.6	0.9	0.5	42.4	20.9	17.4	8.6	745	367	2.8	1.4	
Big Cheeseburger		1 Burger	215	1870	870	447	208	23.6	11	24.3	11.3	11.6	5.4	0.9	0.4	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	0.9	0.5	34.2	17.1	9.3	4.7	703	352	3	1.5	
Famous Star		no cheese	1 Burger	240	2077	864	497	207	21.1	8.8	33.6	14	11.3	4.7	0.9	0.4	37.5	15.6	12.5	5.2	589	245	3.5	1.5
		with cheese	1 Burger	252	2251	892	538	213	23.5	9.3	36.9	14.6	13.5	5.4	0.9	0.4	38	15.1	12.7	5	801	317	3.5	1.4
Super Star		no cheese	1 Burger	331	2804	846	671	202	35.6	10.7	51.5	15.5	20.1	6.1	1.9	0.6	37.9	11.4	12.9	3.9	632	191	3.7	1.1
		with cheese	1 Burger	355	3152	887	754	212	40.5	11.4	58.2	16.4	24.7	6.9	1.9	0.5	38.9	11	13.3	3.7	1057	297	3.7	1.1
The Big Carl		1 Burger	288	2820	979	675	234	40	13.9	50.6	17.6	23.2	8	1.9	0.6	36.8	12.8	11.3	3.9	966	336	3.1	1.1	
Original Thickburger		1/3 lb.	1 Burger	357	3335	934	798	223	39.4	11	45.7	12.8	20.5	5.7	0	0	55.2	15.5	18.8	5.3	1855	519	4.1	1.1
		1/2 lb.	1 Burger	405	3817	942	913	225	50	12.3	53.8	13.3	26.1	6.4	0	0	55.2	13.6	18.8	4.6	2096	517	4.1	1.1
Western Bacon Cheeseburger		Single	1 Burger	215	1870	870	447	208	23.6	11	24.3	11.3	11.6	5.4	0.9	0.4	43	20	17.6	8.2	958	445	2.8	1.3
		Double	1 Burger	291	2585	888	618	213	38	13.1	42.2	14.5	20.5	7	1.9	0.6	43	14.8	17.6	6	1001	344	2.8	1.1
Western Bacon Thickburger		1/3 lb.	1 Burger	330	3637	1102	870	264	51.7	15.7	54.5	16.5	25.3	7.7	0.1	0	73.6	22.3	19	5.8	2208	669	4.9	1.5
		1/2 lb.	1 Burger	378	4119	1089	985	260	62.4	16.5	62.6	16.5	30.9	8.2	0.1	0	73.6	19.5	19	5	2449	647	4.9	1.3
Portobello Mushroom Burger		Single	1 Burger	318	2680	844	641	202	28.7	9	41.9	13.2	15.9	5	0.9	0.3	46.9	14.8	11.5	3.6	1064	335	4.5	1.4
		Double	1 Burger	394	3395	863	812	206	43.2	11	59.8	15.2	24.8	6.3	1.9	0.5	46.9	11.9	11.5	2.9	1107	281	4.5	1.1
Portobello Mushroom Thickburger		1/3 lb.	1 Burger	354	3084	872	738	209	39	11	42.9	12.1	20	5.7	0	0	46.9	13.3	11.5	3.3	1581	447	4.5	1.3
		1/2 lb.	1 Burger	402	3565	888	853	212	49.7	12.4	51	12.7	25.6	6.4	0	0	46.9	11.7	11.5	2.9	1822	453	4.5	1.1
Memphis BBQ Burger		Single	1 Burger	307	3073	1001	735	239	35.8	11.7	37.6	12.3	15.8	5.1	0.9	0.3	72.5	23.6	27.1	8.8	1866	608	4.7	1.5
		Double	1 Burger	383	3788	989	906	237	50.2	13.1	55.5	14.5	24.7	6.4	1.9	0.5	72.5	18.9	27.1	7.1	1910	499	4.7	1.2
Memphis BBQ Thickburger		1/3 lb.	1 Burger	343	3477	1014	832	243	46.1	13.4	38.6	11.3	19.9	5.8	0	0	72.5	21.1	27.1	7.9	2383	695	4.7	1.4
		1/2 lb.	1 Burger	391	3958	1012	947	242	56.8	14.5	46.7	11.9	25.5	6.5	0	0	72.5	18.5	27.1	6.9	2624	671	4.7	1.2
Jim Beam Bourbon Burger		Single	1 Burger	330	2987	905	715	217	40.1	12.2	50.8	15.4	21	6.4	0.9	0.3	66.5	20.1	22.7	6.9	1577	478	5.2	1.6
		Double	1 Burger	406	3703	912	886	218	54.6	13.4	68.6	16.9	29.9	7.4	1.9	0.5	66.5	16.4	22.7	5.6	1621	399	5.2	1.3
Jim Beam Bourbon Thickburger		1/3 lb.	1 Burger	366	3391	927	811	222	50.4	13.8	51.7	14.1	25.1	6.9	0	0	66.5	18.2	22.7	6.2	2094	572	5.2	1.4
		1/2 lb.	1 Burger	414	3873	935	927	224	61.1	14.8	59.8	14.4	30.7	7.4	0	0	66.5	16	22.7	5.5	2335	564	5.2	1.3
Guacamole Bacon Burger		Single	1 Burger	379	3253	859	778	206	40.4	10.7	65.4	17.3	22	5.8	0.9	0.2	49.3	13	13.5	3.6	1686	445	5.1	1.3
		Double	1 Burger	455	3968	873	949	209	54.9	12.1	83.3	18.3	30.9	6.8	1.9	0.4	49.3	10.9	13.5	3	1730	380	5.1	1.1
Guacamole Bacon Thickburger		1/3 lb.	1 Burger	415	3656	882	875	211	50.7	12.2	66.4	16	26.1	6.3	0	0	49.3	11.9	13.5	3.3	2203	531	5.1	1.2
		1/2 lb.	1 Burger	463	4138	894	990	214	61.4	13.3	74.5	16.1	31.7	6.9	0	0	49.3	10.7	13.5	2.9	2444	528	5.1	1.1
Hamburger		1 Burger	159	1438	903	344	216	16	10.1	14.3	9	7	4.4	0.7	0.4	38.9	24.4	14.1	8.9	654	411	2.5	1.6	
Cheeseburger		1 Burger	171	1612	942	386	225	18.5	10.8	17.6	10.3	9.3	5.4	0.7	0.4	39.4	23	14.3	8.4	867	506	2.5	1.5	

Chicken and Fish		Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Fat (trans) *		Carbohydrates		Sugars		Sodium		Dietary Fibre *		
		Portion	Grams	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	
BBQ Chicken Sandwich		1 Burger	185	1328	720	318	172	25.1	13.6	4.9	2.6	1.2	0.6	0.1	0	40.3	21.9	12.2	6.6	770	418	4.6	2.5	
Chicken & Bacon Sandwich		1 Burger	242	2159	892	516	213	38.5	15.9	37.4	15.5	11.3	4.7	0.1	0	36.8	15.2	8.5	3.5	1555	643	4.4	1.8	
Guacamole, Chicken & Bacon Sandwich		1 Burger	290	2130	736	509	176	39.4	13.6	34.9	12.1	10.9	3.8	0.1	0	39.4	13.6	10.5	3.6	1702	588	5.1	1.8	
Ranch Big Chicken Burger		1 Burger	230	2038	888	488	212	25.4	11.1	23.4	10.2	2.4	1	0	0	41.8	18.2	7.2	3.1	1101	480	3	1.3	
Honey Mustard Big Chicken Burger		1 Burger	230	2033	886	486	212	25.3	11	22.2	9.7	2.2	1	0	0	44.3	19.3	9.7	4.2	1052	458	3	1.3	
Bacon Swiss Crispy Chicken Tender Sandwich		1 Burger	259	2311	894	553	214	33.5	12.9	34.5	13.3	7.6	3	0	0	42.1	16.3	7.3	2.8	1544	597	3	1.2	
Chicken Tenders		3pc	3 Pieces	140	1385	989	331	237	31.1	22.2	16.7	11.9	2.5	1.8	0.1	0.1	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	0.2	0.1	23.8	10.2	0.7	0.3	2153	924	0	0
Carl's Catch Fish Sandwich		1 Burger	245	2463	1007	589	241	20.6	8.4	25.4	10.4	7.7	3.1	0	0	47.3	19.3	14.6	6	923	378	6.7	2.8	

Jr. Menu		Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Fat (trans) *		Carbohydrates		Sugars		Sodium		Dietary Fibre *	
		Portion	Grams	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
California Classic Double Cheeseburger		1 Burger	272	2667	981	638	235	30.6	11.2	43.2	15.9	19.1	7	1.4	0.5	36.6	13.4	11.4	4.2	937	345	3.3	1.2
Jr. Cheeseburger		1 Burger	183	1634	892	391	213	18.6	10.1	17.6	9.6	9.3	5.1	0.7	0.4	40.4	22.1	15.3	8.3	867	473	2.7	1.5
Jr. Carl		1 Burger	163	1675	1027	401	246	18.1	11.1	21.7	13.3	9.6	5.9	0.7	0.4	34.8	21.3	10	6.1	665	407	2.9	1.8
Jr. Burger		1 Burger	223	1928	866	461	207	18.6	8.3	29	13	11	5	0.7	0.3	32.9	14.8	8.3	3.7	662	297	3.6	1.6
Jr. Double Cheeseburger		1 Burger	242	2196	908	525	217	28.6	11.8	29.5	12.2	16.3	6.7	1.4	0.6	40.5	16.7	15.3	6.3	935	386	2.7	1.1
Jr. Chicken Burger		1 Burger	168	1650	982	395	235	14.5	8.7	19.9	11.9	3.3	2	0	0	39	23.2	6.4	3.8	1003	597	2.9	1.8

Sides	Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Fat (trans) *		Carbohydrates		Sugars		Sodium		Dietary Fibre *		
	Portion	Grams	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	
Bacon Ranch Crisscut Fries	1 Serve	237	3506	1479	839	354	12.3	5.2	61.7	26	10.4	4.4	0	0	59.3	25	1.5	0.6	1863	786	5.6	2.3	
Natural-Cut French Fries	Small	1 Serve	105	1271	1210	304	289	3.4	3.2	14.7	14	2.6	2.5	0.1	0.1	39.4	37.5	0.3	0.3	609	580	3.7	3.5
	Medium	1 Serve	150	1815	1210	434	289	4.8	3.2	21	14	3.8	2.5	0.2	0.1	56.3	37.5	0.5	0.3	870	580	5.3	3.5
	Large	1 Serve	165	1997	1210	478	289	5.3	3.2	23.1	14	4.1	2.5	0.2	0.1	61.9	37.5	0.5	0.3	957	580	5.8	3.5
Crisscut Fries	1 Serve	140	1890	1350	452	323	5	3.6	29.3	20.9	5	3.6	0	0	42.3	30.2	0	0	910	650	4.1	2.9	
Onion Rings	1 Serve	130	2236	1720	535	411	8.2	6.3	28.1	21.6	4.8	3.7	0.4	0.3	62.3	47.9	5.7	4.4	598	460	3.5	2.7	
Chilli Cheese Fries	1 Serve	400	4297	1074	1028	257	20.5	5.1	55.4	13.9	16.4	4.1	0.5	0.1	114.7	28.7	2	0.5	2443	611	10.8	2.7	

Shakes and Desserts	Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Fat (trans) *		Carbohydrates		Sugars		Sodium		Dietary Fibre *		
	Portion	Grams	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	
Chocolate Milk Shake	1 Serve	399	2959	742	709	178	11	2.8	43	10.8	29.9	7.5	0.8	0.2	69.1	17.3	58.2	14.6	166	42	0	0	
Strawberry Milk Shake	1 Serve	399	2959	742	709	178	11	2.8	43	10.8	29.9	7.5	0.8	0.2	69.1	17.3	58.2	14.6	166	42	0	0	
Vanilla Milk Shake	1 Serve	399	2959	742	709	178	11	2.8	43	10.8	29.9	7.5	0.8	0.2	69.1	17.3	58.2	14.6	166	42	0	0	
Sundaes	Chocolate	1 Serve	218	2658	1219	637	292	7.8	3.6	39.3	18	26.6	12.2	1	0.5	62.7	28.8	56.6	26	102	47	0	0
	Strawberry	1 Serve	173	1641	949	393	227	4.1	2.4	25.4	14.7	17.8	10.3	0.5	0.3	37.1	21.4	31.6	18.3	66	38	0	0
	Cookies & Cream	1 Serve	218	2489	1142	596	273	7.2	3.3	32.1	14.7	20.6	9.4	0.5	0.2	69.3	31.8	43.9	20.1	348	159	0	0
Ice Cream Sandwich	Brownie	1 Serve	112	1467	1310	351	314	4.6	4.1	18.5	16.5	11.2	10	0	0	42.3	37.8	28.2	25.2	126	113	0	0
	Choc Chip Cookie	1 Serve	117	1699	1452	407	348	4.3	3.7	20.6	17.6	12.6	10.8	0	0	49.2	42	28.6	24.4	113	96	0	0

Breakfast	Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		Fat (trans) *		Carbohydrates		Sugars		Sodium		Dietary Fibre *	
	Portion	Grams	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
Bacon, Egg & Cheese Toasted Sandwich	1 Burger	251	2425	966	580	231	30.7	12.2	36.7	14.6	12.5	5	0	0	48	19.1	1.5	0.6	1371	546	0	0
Monster Breakfast Toasted Sandwich	1 Burger	408	4148	1017	992	243	56.9	14	71	17.4	25.9	6.3	0	0	48.4	11.9	2.1	0.5	1965	482	0	0
The Breakfast Burger	1 Burger	383	3374	881	807	211	47.3	12.3	51.6	13.5	21.2	5.5	1	0.3	64.6	16.9	18.1	4.7	1662	434	4.5	1.2
Pancake Stack	3 Pancakes	201	1786	888	427	213	11	5.5	39.7	19.7	7	3.5	0.3	0.2	63.6	31.6	22.5	11.2	656	326	0	0
Hashrounds	1 Serve	135	1134	840	271	201	3.2	2.4	14.5	10.7	3.8	2.8	0.3	0.2	32.1	23.8	0.1	0.1	531	393	3.2	2.4

- 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 09/02/17.