



	Avg Serving Size		Energy		Calories		Protein		Fat (total)		Fat (saturated)		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	mg/serve	mg/100g	g/serve	g/100g	
Char-grilled Burgers																					
Big Hamburger	1 Burger	203	1991	981	476	235	26	12.8	21.6	10.7	9.6	4.7	42.4	20.9	17.4	8.6	755	372	2.8	1.4	
Big Cheeseburger	1 Burger	215	2165	1007	518	241	28.4	13.2	25	11.6	11.9	5.5	43	20	17.6	8.2	967	450	2.8	1.3	
Classic Carl	1 Burger	200	2397	1199	573	287	27.9	14	35.6	17.8	12.8	6.4	34.2	17.1	9.3	4.7	713	356	3	1.5	
Famous Star	1 Burger	252	2546	1009	609	241	28.3	11.2	37.6	14.9	13.8	5.5	38	15.1	12.7	5	810	321	3.5	1.4	
Super Star	1 Burger	355	3743	1053	895	252	50	14.1	59.6	16.8	25.3	7.1	38.9	11	13.3	3.7	1076	303	3.7	1	
The Big Carl	1 Burger	288	3411	1184	816	283	49.6	17.2	51.9	18	23.8	8.3	36.8	12.8	11.3	3.9	985	342	3.1	1.1	
Western Bacon Cheeseburger	1 Burger	215	2165	1007	518	241	28.4	13.2	25	11.6	11.9	5.5	43	20	17.6	8.2	967	450	2.8	1.3	
Original	Angus Single	1 Burger	358	3725	1040	891	249	43.1	12	55	15.3	22.4	6.3	54.1	15.1	15.3	4.3	1313	367	3	0.8
Angus	Angus Double	1 Burger	471	5341	1134	1278	271	71.5	15.2	85.5	18.1	37.5	8	54.1	11.5	15.3	3.3	1391	295	3	0.6
Western	Angus Single	1 Burger	331	4051	1224	969	293	55.4	16.7	63.8	19.3	27.2	8.2	74	22.3	17	5.1	1698	513	3.8	1.2
Bacon	Angus Double	1 Burger	444	5667	1276	1356	305	83.8	18.9	94.3	21.2	42.3	9.5	74	16.7	17	3.8	1776	400	3.8	0.9
Portobello	Angus Single	1 Burger	355	3498	987	837	236	42.7	12.1	52.2	14.7	22	6.2	47.3	13.3	9.5	2.7	1071	302	3.4	1
Mushroom	Angus Double	1 Burger	468	5114	1094	1223	262	71.1	15.2	82.7	17.7	37	7.9	47.3	10.1	9.5	2	1149	246	3.4	0.7
Memphis	Angus Single	1 Burger	344	3891	1131	931	271	49.8	14.5	47.9	13.9	21.8	6.3	72.9	21.2	25.1	7.3	1873	545	3.6	1
BB.Q Angus	Angus Double	1 Burger	457	5507	1205	1317	288	78.2	17.1	78.4	17.2	36.9	8.1	72.9	16	25.1	5.5	1951	427	3.6	0.8
Jim Beam	Angus Single	1 Burger	367	3805	1037	911	248	54.1	14.8	61	16.6	27.1	7.4	66.8	18.2	20.7	5.6	1584	432	4.1	1.1
Bourbon	Angus Double	1 Burger	480	5421	1129	1297	270	82.5	17.2	91.5	19.1	42.1	8.8	66.8	13.9	20.7	4.3	1662	346	4.1	0.9
Chicken & Fish																					
BB.Q 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	
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 Burger	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	
Alabama Slamma	1 Burger	472	3667	777	877	186	61.3	13	50.6	10.7	12.2	2.6	73.5	15.6	12	2.5	2679	568	4.8	1	
	2 Pieces	93	923	989	221	237	20.7	22.2	11.1	11.9	1.7	1.8	9.5	10.2	0.3	0.3	862	924	0	0	
Chicken	3pc	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	
Tenders	5pc	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 Fish	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 & 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	
Vegetarian																					
Veggie Burger	1 Burger	327	3165	968	757	232	18.5	5.6	36.3	11.1	7.3	2.2	86.8	26.5	18.4	5.6	1323	405	4.9	1.5	
Value Menu																					
Value Hamburger	1 Burger	171	1675	978	401	234	20.1	11.7	16.7	9.8	7.1	4.2	39.9	23.3	15.1	8.8	663	387	2.7	1.6	
Value Cheeseburger	1 Burger	183	1849	1009	442	241	22.5	12.3	20.1	11	9.4	5.1	40.4	22.1	15.3	8.3	875	478	2.7	1.5	
Value Double Cheeseburger	1 Burger	242	2626	1086	628	260	36.4	15.1	34.4	14.2	16.5	6.8	40.5	16.7	15.3	6.3	951	393	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																					
Bacon Ranch Crisccut Fries	1 Serve	237	3506	1479	839	354	12.3	5.2	61.7	26	10.4	4.4	59.3	25	1.5	0.6	1863	786	5.6	2.3	
Natural-Cut	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
French	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
Fries	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
Crisccut 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	
Chilli Cheese Crisccuts	1 Serve	300	3353	1118	802	267	18	6	54.5	18.2	16	5.3	63.4	21.1	1.2	0.4	1996	665	6.2	2.1	
Chilli 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	
	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
Sundaes	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.
- 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.
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Nutrition information shown does not apply to special or custom orders. Nutritional information correct as of 19/04/18.