



NUTRITIONAL INFORMATION

Chargrilled Burgers	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	
Big Hamburger	1 Burger	203	1696	836	406	200	21.2	10.4	21	10.3	9.3	4.6	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	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	no cheese	1 Burger	240	2077	864	497	207	21.1	8.8	33.6	14	11.3	4.7	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	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	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	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	
Original Thickburger	1/3 lb.	1 Burger	357	3335	934	798	223	39.4	11	45.7	12.8	20.5	5.7	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	55.2	13.6	18.8	4.6	2096	517	4.1	1
Western Bacon Cheeseburger	Single	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
	Double	1 Burger	291	2585	888	618	213	38	13.1	42.2	14.5	20.5	7	43	14.8	17.6	6	1001	344	2.8	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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	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)		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	
BBQ Chicken Sandwich	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 Sandwich	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	
Guacamole, Chicken & Bacon Sandwich	1 Burger	290	2130	736	509	176	39.4	13.6	34.9	12.1	10.9	3.8	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	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	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	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	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 Fish Sandwich	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	

Jr. Menu	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
California Classic Double Cheeseburger	1 Burger	272	2667	981	638	235	30.6	11.2	43.2	15.9	19.1	7	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	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	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	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	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	39	23.2	6.4	3.8	1003	597	2.9	1.8

Sides	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	
Bacon Ranch Criscut 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 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
Criscut 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	1																		