

NUTRITIONAL INFORMATION													
PRODUCTS	ALLERGENS	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	*TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
2,000 Calories is used for general nutrition advice, but calorie needs may vary.													
BREAKFAST													
The Breakfast Burger	E,M,S,SS,W	279	780	358	40	15	1	280	1350	67	4	13	40
Grilled Cheese Breakfast Sandwich (Sausage)	E,M,S,W	211	640	370	41	16	0.5	260	1530	43	2	5	27
Grilled Cheese Breakfast Sandwich (Bacon)	E,M,S,W	186	530	260	29	12	0.5	255	1290	43	2	5	26
Steak & Egg Burrito	E,M,S,W	272	530	230	26	10	0	450	1570	41	2	3	33
Loaded Breakfast Burrito	E,M,S,W	308	830	470	53	19	0	465	1610	49	3	3	39
Big Country® Breakfast Burrito	E,M,S,W	326	860	492	55	18	1.5	460	1740	54	3	2	37
Bacon, Egg & Cheese Burrito	E,M,S,W	177	470	218	24	8	0	435	760	36	2	1	26
French Toast Dips® (5 pc)	E,M,S,W	186	620	170	19	3.5	0	0	670	106	3	30	9
Hash Rounds® - Small / Medium / Large	W	78 / 102 / 144	240 / 320 / 450	131 / 171 / 240	15 / 19 / 27	3 / 4 / 5	0 / 0 / 1	0 / 0 / 0	300 / 400 / 560	22 / 28 / 40	2 / 3 / 4	1 / 1 / 1	2 / 3 / 4
Sausage, Egg & Cheese Biscuit	E,M,S,W	184	640	382	42	19	0	235	1830	44	1	4	19
Bacon, Egg & Cheese Biscuit	E,M,S,W	155	510	262	29	15	0	225	1560	43	1	4	17
Monster Biscuit®	E,M,S,W	249	820	503	56	25	0.5	475	2250	47	2	5	32
Biscuit 'N' Gravy™	M,S,W	235	500	245	27	13	2.5	10	1780	53	1	4	8
CHARBROILED BURGERS													
Famous Star® with Cheese - Single	E,M,S,SS,W	285	680	341	38	13	1	80	1270	57	4	12	28
Famous Star® with Cheese - Double	E,M,S,SS,W	387	940	514	57	23	2	145	1600	60	4	14	48
Famous Star® with Cheese - Triple	E,M,S,SS,W	470	1190	689	77	33	3	210	1930	59	4	13	67
Western Bacon Cheeseburger® - Single	M,S,SS,W	248	770	320	36	14	1	80	1490	77	4	16	35
Western Bacon Cheeseburger® - Double	M,S,SS,W	331	1020	500	55	24	2	145	1820	78	4	16	55
Western Bacon Cheeseburger® - Triple	M,S,SS,W	413	1280	670	75	34	2.5	210	2150	79	4	17	74
Guacamole Bacon - Single	E,M,S,SS,W	327	850	500	56	17	1	95	1460	55	4	11	34
Guacamole Bacon - Double	E,M,S,SS,W	428	1100	670	74	26	2	160	1760	56	4	12	54
Guacamole Bacon - Triple	E,M,S,SS,W	509	1350	840	93	36	3	220	2070	57	4	12	73
The Big Carl® - Single	E,M,S,SS,W	237	670	350	38	13	1	75	1050	55	3	12	28
The Big Carl® - Double	E,M,S,SS,W	320	920	520	58	23	2	140	1380	56	3	12	47
The Big Carl® - Triple	E,M,S,SS,W	402	1180	693	77	33	3	210	1710	57	3	12	66
Carl's Jr. El Diablo - Single	E,M,S,SS,W	315	940	361	40	19	1	95	2070	78	4	12	39
Carl's Jr. El Diablo - Double	E,M,S,SS,W	396	1180	531	59	29	2	160	2380	78	4	12	58
Carl's Jr. El Diablo - Triple	E,M,S,SS,W	477	1430	700	78	38	3	225	2680	79	4	13	77
Zucchini Star	E,M,S,SS,W	262	600	278	31	7	0	25	1490	69	3	13	13
California Classic Double Cheeseburger	E,M,S,SS,W	221	520	320	36	10	1	65	880	37	2	8	19
Jalapeño Double Cheeseburger	E,M,S,SS,W	212	510	320	36	10	1	70	980	32	2	5	19
Double Cheeseburger	M,S,SS,W	159	370	190	21	8	1	60	750	34	1	6	19
Big Cheeseburger	M,S,SS, W	219	540	200	22	11	1	65	1150	56	3	13	28
CHICKEN SANDWICHES & MORE													
Hand-Breaded Chicken Sandwich	E,M,S,SS,W	252	640	290	32	5	0	85	2650	59	2	7	30
Charbroiled Chicken Club™ Sandwich	E,M,S,SS,W	306	670	299	33	9	0	110	1660	53	3	1	41
Charbroiled Santa Fe Chicken™ Sandwich	E,M,S,SS,W	323	670	320	35	8	0.5	105	1850	54	4	7	36
Charbroiled BBQ Chicken™ Sandwich	S,SS,W	272	430	40	8	2	0	70	1350	57	3	10	33
Hand-Breaded Bacon Swiss Chicken Sandwich	E,M,S,SS,W	315	770	380	42	10	0	115	2870	61	3	8	39
Hand-Breaded Chicken Tenders™ (3 pieces)	E,M,W	128	260	110	13	3	0	70	770	13	2	0	25
Hand-Breaded Chicken Tenders™ (5 pieces)	E,M,W	213	440	190	21	5	0	115	1290	21	3	0	41
Spicy Chicken Sandwich	E,M,SS,W	177	490	260	29	6	0	40	1320	43	4	4	14
Chicken Stars (6 pieces)	E,M,W	91	270	140	15	3	0	50	480	19	3	0	14
SIDES													
Natural-Cut Fries - Small / Medium / Large		97 / 137 / 157	280 / 400 / 450	130 / 173 / 198	14 / 19 / 22	2.5 / 3.5 / 4	0 / 0 / 0	0 / 0 / 0	560 / 800 / 910	36 / 51 / 59	3/5/06	0 / 0 / 0	3/4/05
Waffle Fries	W	120	380	222	25	5	0	0	780	36	0	0	5
Onion Rings	M,W	116	560	267	30	5	0	0	630	66	4	6	9
Jalapeno POPPERS® Bites 6 piece	M,W	124	370	170	19	7	0	25	1110	40	3	4	9
Jalapeno POPPERS® Bites 9 piece	M,W	186	550	250	28	10	0.5	35	1670	60	4	5	13
Fried Zucchini	M,W	114	310	167	19	3.5	0	0	680	32	-	2	4
DESSERTS													
Chocolatey Chip Cookie	E,M,S,W	35	170	81	9	5	0	0	160	22	1	13	1
Strawberry Swirl Cheesecake	E,M,S,W	99	320	160	17	10	0.5	60	250	35	1	23	7
Chocolate Cake	E,M,S,W	85	290	100	11	3.5	0	30	240	46	1	35	3
HAND-SCOOPED ICE CREAM SHAKES													
Vanilla Shake	M,S +	397	720	320	36	24	0	105	220	87	2	69	13
Chocolate Shake	M,S +	397	710	330	36	24	0	105	270	86	1	64	13
Strawberry Shake	M,S +	397	710	320	36	24	0	105	220	85	0	68	13
Cookies & Cream Shake Made with OREO® Cookie Pieces	M,S,SS,W +	397	730	360	40	25	0.5	110	320	81	1	58	14
STAR PALS® KIDS MEALS & BEVERAGES													
Kids Meal - Chicken Tenders (2 Piece)**	E,M,S,W	187	540	240	27	8	0	50	1060	56	4	13	20
Kids Meal - Hamburger**	E,M,S,SS,W	211	620	250	28	10	0.5	25	1100	79	2	19	14
Kids Meal - Cheeseburger**	E,M,S,SS,W	224	660	284	32	12	0.5	40	1320	80	2	19	16
Kids Meal - Chicken Stars (4 Piece)**	E,M,S,W	163	550	260	29	9	0	35	860	60	5	13	13
Chocolate Milk	M		150	20	2.5	1.5	0	10	170	26	0	23	7
1% Milk	M		100	20	2	1.5	0	10	130	13	0	12	9
Orange Juice (generic)			160	0	0	0	0	0	0	37	0	33	2
**Nutritional information for Star Pals® Kids Meals include Fries and Chocolatey Chip Cookie, but does not include the drink that comes with the meal.													
DIPPING SAUCES													
Honey Mustard Dipping Sauce	E	25	140	120	14	3	0	25	115	4	0	4	1
Spicy Buffalo Dipping Sauce		21	5	0	0	0	0	0	480	1	0	0	0
Sweet & Bold BBQ Dipping Sauce		25	50	0	0	0	0	0	190	12	0	11	0
Buttermilk Ranch Dipping Sauce	E,M	25	110	100	11	1.5	0	5	260	2	0	1	0
House Dressing PC (dipping cup)	E,M	25	90	90	10	1.5	0	10	190	1	0	1	0

[†]Nutrient amounts may vary by flavor. Items may vary by restaurant. All food items are prepared in the same kitchen. Cross-contact may occur, and we cannot guarantee that any menu item does not contain a certain allergen. †ALLERGEN KEY: E=Egg, F=Fish, M=Milk, P=Peanuts, SF=Shellfish, S=Soy, T=Treenuts, W=Wheat, SS=Sesame, +=Note: Ice cream and other products used in our shakes and malts may be processed in facilities where peanuts or tree nuts are present. §The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. The information contained in this guide is based on standard U.S. product formulations and discloses the 9 principal allergens identified by the FDA, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. For complete nutritional and allergen information, refer to the "Nutritional Info" pdf on our website. Variations may occur due to a variety of factors and circumstances including, but not limited to, differences in suppliers, ingredient substitutions, recipe revisions, product assembly and seasonal variances. Product participation may vary by location and test products are not included. The information in this guide is reported for informational purposes only. We (including our franchisees, and our and their parents, subsidiaries, affiliates, suppliers and vendors) are not responsible for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. We do not have an allergen-free cooking environment in our kitchens. All products are prepared in the same kitchen area. Anyone with any food sensitivities, allergies, special dietary needs or specific dietary inquiries or concerns should consult a medical professional of his/her own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at our website for content updates. This information is current as of June 4, 2025. We update this information from time to time to reflect changes in our products. If you have any questions about our menu and/or ingredients, please contact Guest Relations at 877-799-7827. POPPERS® is a registered trademark of H.J. Heinz Company Brands, LLC and is used under license. OREO is a registered trademark of Mondelez International group, used under license. © 2025 Carl's Jr. Restaurants LLC. All rights reserved.



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