

Effective: December 2011

	Serving Size (g) or (fl oz)**	Calories	Fat Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)*	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	Caffeine (mg)	Peanuts	Tree nuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	Gluten	MSG****		
Bacon, Egg	82	190	100	11	3.5	0	225	380	12	1	2	12	5	4	4	6	n/a			X	#	X	#			▲			
Bacon	36	130	60	6	2	0	10	330	12	1	1	5	0	4	1	1	n/a					X	#			▲			
Egg, Cheese	77	160	70	7	3	0	170	320	13	1	2	9	2	4	8	6	n/a			X	X	X	X			▲			
Egg	69	130	50	5	2	0	165	180	12	1	2	8	0	4	4	6	n/a			X	#	X	#			▲			
Bologna, Egg, Cheese - Louisville & Nashville regions	105	310	170	19	7	0	200	820	15	1	3	15	2	4	10	8	n/a			X	X	X	X			▲			
Bologna, Cheese - Louisville & Nashville regions	61	240	140	15	6	0	35	760	14	1	3	10	2	4	8	3	n/a			#	X	X	X			▲			
Bologna, Egg - Louisville & Nashville regions	97	280	150	17	5.5	0	195	680	14	1	3	14	0	4	6	8	n/a			X	#	X	#			▲			
Huevos Rancheros w/Bacon Slider (Cincinnati region)	95	210	110	12	5	0	180	580	14	1	2	12	2	7	8	6	n/a			X	X	X	#			▲			
Huevos Rancheros w/Sausage Slider (Cincinnati region)	125	310	200	22	9	0	195	700	14	1	2	15	3	8	9	8	n/a			X	X	X	#			▲			
Hamburger, Egg, Cheese	102	220	120	13	5.5	0.5	180	340	13	1	2	13	2	4	8	8	n/a			X	X	X	X			▲			
Hamburger, Egg	94	190	90	11	4	0.5	175	200	12	1	2	12	0	4	4	8	n/a			X	#	X	#			▲			
BREAKFAST SLIDER ALTERATIONS																													
Wheat Toast (select regions)	50	130	20	2	0.5	0	0	260	24	2	3	6	0	0	7	10	n/a					X					▲		
White Toast (select regions)	50	130	20	2	0.5	0	0	250	25	1	2	4	0	0	8	10	n/a					X					▲		
Egg	44	60	40	4	1.5	0	165	60	0	0	0	6	0	0	3	4	n/a			X									
Hamburger meat (100% beef)	25	70	50	6	2.5	0	10	15	0	0	0	4	0	0	0	3	n/a												
Sausage	37	150	130	14	5	0	25	310	0	0	0	5	1	1	1	2	n/a				X								
Bologna - Louisville & Nashville regions	28	150	110	12	4	0	30	500	2	0	1	6	0	0	2	2	n/a												
Bacon (1 strip)	7	60	50	5	2	0	10	190	0	0	0	3	0	0	0	0	n/a												
BREAKFAST SIDES																													
Hash Rounds/Potato Snackers (select regions)																													
Small/Regular (15ct)	119	360	250	28	4	0	0	460	25	2	0	2	0	7	0	2	n/a			#	#	X	#	#	#				
Medium (25ct)	198	600	410	46	7	0	0	760	42	4	0	4	0	12	0	4	n/a			#	#	X	#	#	#				
Large (30ct) - select regions	238	720	500	55	8	0	0	920	51	5	0	5	0	14	0	5	n/a			#	#	X	#	#	#				
Sack (60ct)	476	1440	990	110	17	0	0	1830	101	10	0	10	0	29	0	10	n/a			#	#	X	#	#	#				
Hash Rounds (New Jersey)																													
Small (15ct)	113	340	230	25	6	0	0	380	23	2	0	2	0	7	0	5	n/a			#	#	X	#	#	#				
Medium (25ct)	186	560	380	42	9	0	0	640	39	4	0	4	0	11	0	8	n/a			#	#	X	#	#	#				
Sack (60ct)	447	1330	910	101	22	0	0	1520	92	9	0	9	0	27	0	18	n/a			#	#	X	#	#	#				
French Toast Sticks (4pc)	122	460	270	31	5	0	0	410	39	2	10	5	0	0	5	8	n/a			#	#	X	X	#	#				
Awrey Apple Danish (select regions)	113	450	220	24	6	4	30	390	52	1	22	6	0	0	10	10	n/a			X	X	X	X			▲			
Haas Apple Danish (select regions)	127	470	200	22	10	0	5	520	62	1	29	6	0	0	15	4	n/a			X	X	X	X						
Awrey Cheese Danish	113	450	220	24	6	4.5	30	390	52	1	22	6	0	0	10	10	n/a			X	X	X	X			▲			
Haas Cheese Danish (select regions)	127	490	230	25	11	0	10	550	62	1	28	6	0	0	20	4	n/a			X	X	X	X						
Haas Cinnamon Danish (select regions)	113	490	230	25	6	4.5	20	380	60	2	26	6	0	0	10	10	n/a			X	X	X	X						
Awrey Cinnamon Roll (select regions)	106	420	180	20	8	0	5	460	56	2	22	6	0	0	20	4	n/a			X	X	X	X			▲			
Awrey Strawberry Danish (select regions)	127	480	190	21	8	0	5	400	67	2	34	6	0	4	15	4	n/a			X	X	X	X			▲			
Haas Chocolate Frosted Donuts (Twin Pack) (select regions)	113	460	200	24	12	9	40	760	120	4	52	12	0	0	20	20	n/a			X	X	X	X						
Haas French Twist Donuts (Twin Pack) (select regions)	113	460	200	24	10	9	20	580	58	2	34	6	0	0	8	8	n/a			X	X	X	X						
Haas Plain Old Fashion Donut (Single) (select regions)	99	385	175	21	9	8	18	403	51	2	23	5	0	0	7	7	n/a			X	X	X	X						
BREAKFAST CONDIMENTS																													
Grape Jelly - New York, Indianapolis, Minneapolis, Louisville & Chicago regions																													
1 Container	14	35	0	0	0	0	0	0	9	0	7	0	0	0	0	0	n/a												
Maple Syrup- 1 Container	43	120	0	0	0	0	0	25	31	0	21	0	0	0	0	0	n/a												
Butter	5	30	30	3.5	2.5	0	10	30	0	0	0	0	2	0	0	0	n/a				X								
Cream Cheese	28	100	90	10	6	0	30	110	0	0	0	2	6	0	2	0	n/a				X								
Strawberry Jam - Chicago, New York, Indianapolis & Louisville regions																													
1 container	14	40	0	0	0	0	0	0	10	0	7	0	0	8	0	0	n/a												
SIDES* (Most fried items are cooked in common oil)																													
French Fries																													
Kids/Saver	148	330	190	21	4	0	0	50	32	3	2	3	0	10	0	3	n/a			#	#	#	#	#	#				
Medium/Regular	157	350	210	23	4.5	0	0	50	33	3	2	3	0	10	0	3	n/a			#	#	#	#	#	#				
Large (select regions)	266	600	350	39	7	0	0	85	57	6	3	6	0	17	0	6	n/a			#	#	#	#	#	#				
Sack	353	770	440	49	9	0	0	115	76	8	4	8	0	23	0	8	n/a			#	#	#	#	#	#				
French Fries (New Jersey region)																													
Kids/Saver	148	350	190	21	4.5	0	0	40	34	3	1	5	0	16	0	6	n/a			#	#	#	#	#	#				

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Fanta Strawberry Soda																												
kid's	10	110	0	0	0	0	0	30	31	0	31	0	0	0	0	0	0											
small	21	260	0	0	0	0	0	65	70	0	70	0	0	0	0	0	0											
medium	30	340	0	0	0	0	0	85	93	0	93	0	0	0	0	0	0											
large	44	500	0	0	0	0	0	125	138	0	138	0	0	0	0	0	0											
Pibb Xtra																												
kid's	10	90	0	0	0	0	0	25	24	0	24	0	0	0	0	0	29											
small	21	210	0	0	0	0	0	60	55	0	55	0	0	0	0	0	60											
medium	30	270	0	0	0	0	0	80	73	0	73	0	0	0	0	0	75											
large	44	410	0	0	0	0	0	115	109	0	109	0	0	0	0	0	127											
PowerAde Mountain Blast																												
kid's	10	60	0	0	0	0	0	50	16	0	16	0	0	0	0	0	0											
small	21	140	0	0	0	0	0	115	36	0	36	0	0	0	0	0	0											
medium	30	180	0	0	0	0	0	150	48	0	48	0	0	0	0	0	0											
large	44	270	0	0	0	0	0	220	71	0	71	0	0	0	2	0	0											
Sprite																												
kid's	10	90	0	0	0	0	0	20	24	0	24	0	0	0	0	0	0											
small	21	210	0	0	0	0	0	45	55	0	55	0	0	0	0	0	0											
medium	30	270	0	0	0	0	0	60	73	0	73	0	0	0	0	0	0											
large	44	410	0	0	0	0	0	90	109	0	109	0	0	0	0	0	0											
Vault																												
kid's	10	100	0	0	0	0	0	10	26	0	26	0	0	1	0	0	49											
small	21	230	0	0	0	0	0	20	60	0	60	0	0	2	0	0	103											
medium	30	300	0	0	0	0	0	25	79	0	79	0	0	3	0	0	127											
large	44	450	0	0	0	0	0	40	117	0	117	0	0	5	0	0	215											
CRAVE COOLERS																												
Crave Cooler Coke																												
kid's	10	40	0	0	0	0	0	0	12	0	12	0	0	0	0	0	17											
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0	36											
medium	30	140	0	0	0	0	0	15	39	0	39	0	0	0	0	0	42											
large	44	200	0	0	0	0	0	20	56	0	56	0	0	0	0	0	75											
Crave Cooler Fanta Wild Cherry																												
kid's	10	40	0	0	0	0	0	0	12	0	12	0	0	0	0	0	0											
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0	0											
medium	30	140	0	0	0	0	0	10	39	0	39	0	0	0	0	0	0											
large	44	210	0	0	0	0	0	15	56	0	56	0	0	0	0	0	0											
SHAKES																												
Chocolate Shake - Chicago region																												
kids	10	260	40	4.5	2.5	0	15	160	51	1	43	6	3	3	21	3	n/a				X							
small	21	550	90	10	5.5	0	35	330	106	2	90	12	7	5	44	7	n/a				X							
medium	30	780	130	14	8	0	50	480	152	3	129	16	9	8	63	9	n/a				X							
large	44	1150	190	21	12	0.5	70	700	220	5	189	24	14	11	92	14	n/a				X							
Vanilla Shake - Chicago region																												
kids	10	220	40	4	2.5	0	15	170	41	1	34	6	3	3	23	1	n/a				X							
small	21	470	80	8	5	0	35	360	85	2	72	12	7	6	49	1	n/a				X							
medium	30	670	110	12	7	0	50	510	122	3	103	17	9	9	70	2	n/a				X							
large	44	980	160	18	11	0.5	70	750	179	5	151	25	14	12	102	3	n/a				X							
Strawberry Shake - Chicago region																												
kids	10	260	40	4	2.5	0	15	170	49	1	43	6	3	3	23	1	n/a				X							
small	21	540	80	8	5	0	35	360	103	2	90	12	7	6	49	1	n/a				X							
medium	30	780	110	12	7	0	50	510	148	3	129	17	9	9	70	2	n/a				X							
large	44	1140	160	18	11	0.5	70	750	217	5	189	25	14	12	102	3	n/a				X							
Chocolate Shake - Cincinnati region																												
kids	10	310	70	8	5	0	15	170	53	0	42	7	3	3	25	0	n/a				X							
small	21	650	150	17	11	0	35	350	111	0	88	14	7	7	52	0	n/a				X							
medium	30	930	220	24	15	0	50	500	160	0	126	20	10	10	75	0	n/a				X							

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Vanilla Shake - New Jersey Region																												
kids	10	210	50	6	4	0	25	220	31	0	26	8	5	3	26	0	n/a				X							
small	21	440	110	12	8	0	55	460	65	0	54	16	11	5	54	0	n/a				X							
medium	30	620	160	18	12	0	80	660	94	0	78	23	16	8	77	0	n/a				X							
large	44	910	230	26	17	0	115	970	137	0	114	34	23	11	113	0	n/a				X							
Chocolate Shake - St. Louis Region																												
kids	10	240	50	5	3.5	0	20	75	42	2	31	5	3	0	15	11	n/a				X							
small	21	490	100	11	8	0	40	150	87	4	64	11	6	0	30	23	n/a				X							
medium	30	700	150	16	11	0	55	220	124	5	92	16	8	0	43	32	n/a				X							
large	44	1030	210	24	16	0	80	320	182	8	134	24	12	0	63	47	n/a				X							

NOTES

* Sodium values may vary depending on restaurant preparation & on the local water supply used for beverages.
 **Sliders weight based on the weight before cooking.
 *** Nutrition based on 1/3 cup of ice for beverages.
 ****MSG = Monosodium Glutamate

Nutrition Information on all Coca-Cola products provided by the Coca-Cola Company. FDA Rounding Rules used.

Nutritional Disclaimer

The nutrition information on this website is derived from the following: testing conducted in accredited laboratories, USDA Nutrient Database and information provided by White Castle's suppliers.

Nutrition information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or season of the year. Some limited time offers, test and regional items may not be included. Some menu items may not be available at all restaurants. Nutrition calculations follow federal regulations regarding the rounding of nutritional data.

White Castle System, Inc., its subsidiaries and employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Federal regulations have identified 8 major food allergens: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, and crustacean shellfish. For your convenience, menu items and ingredients that contain these major allergens have been indicated. Foods prepared in common kitchen areas and/or equipment have also been indicated as possible allergens.

Federal regulation has exempted from allergen declaration any highly refined oil derived from the major food allergens; therefore, soy oil as an ingredient is not indicated as an allergen. Please consult your Doctor to know if you should avoid products that contain highly refined soy oil.

If you have specific questions regarding White Castle and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-800-THE-CRAVE (1-800-843-2728).

Customers with allergy-related questions can contact the Food Allergy and Anaphylaxis Network (FAAN) on the web at foodallergy.org or by telephone at (800) 929-4040.

This information is current as of Dec 2011.

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Serving Size (g) or (fl oz)**
Calories
Fat Calories
Fat (g)
Sat Fat (g)
Trans Fat (g)
Cholesterol (mg)
Sodium (mg)*
Total Carb (g)
Dietary Fiber (g)
Sugars (g)
Protein (g)
Vitamin A
Vitamin C
Calcium
Iron
Caffeine (mg)
Peanuts
Tree nuts
Egg
Milk
Wheat
Soybean
Fish
Shellfish
Gluten
MSG****