

X =	Contains Allergens
# =	Prepared in Common Kitchen Area and/or Equipment

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Effective: March 2024

	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	Peanuts	Tree nuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	Sesame
BBQ Sauce Packets	9	15	0	0	0	0	0	125	3	0	3	0	0	0	0	0									
Fat-Free Honey Mustard Tubs	28	50	0	0	0	0	0	115	11	0	10	0	0	0	0	0									
Fat-Free Honey Mustard Packets	12	20	0	0	0	0	0	50	5	0	4	0	0	0	0	0									
Hot Sauce Packets	7	0	0	0	0	0	0	210	0	0	0	0	0	0	0	0									
Marinara Tubs	28	0	0	0	0	0	0	105	5	0	3	0	2	4	1	2									
Mayonnaise Packets	9	70	60	7	1	0	5	45	0	0	0	0	0	0	0	0			X						
Ranch Tubs	28	120	120	13	2	0	10	340	1	0	1	0	1	0	1	1			X	X					
Tartar Sauce Tubs	25	120	100	11	2	0	5	210	4	0	3	0	2	4	0	0			X						
Tartar Sauce Packets	9	45	35	4	0.5	0	<5	80	2	0	1	0	1	1	0	0			X						
Zesty Zing Sauce Tubs	28	110	90	10	1.5	0	10	170	4	0	3	0	2	4	0	0			X						
Yellow Mustard Packets	6	<5	<5	0	0	0	0	25	0	0	0	0	0	0	0	0									
Dusseldorf Mustard Packets	6	5	<5	0	0	0	0	65	0	0	0	0	0	0	0	0									
Horseradish Mustard Packets	6	5	<5	0	0	0	0	65	0	0	0	0	0	0	0	0									
Cheese Sauce	43	40	30	3.5	0.5	0	0	300	1	0	1	1	0	0	1	1				X					
Cheese Sauce (Detroit Only)	43	45	25	3	1	0	0	390	3	0	0	1	0	0	0	0				X		X			
DESSERT ON-A-STICK																									
Fudge Dipped Brownie	57	240	110	12	7	0	30	90	34	1	26	2	2	0	2	8	#	#	X	X	X	X			
Strawberry Swirl Cheesecake	48	150	70	8	4	0	35	105	20	0	9	2	n/a	n/a	2	4	#	#	X	X	X	X			
Goopy Butter Cake	57	220	90	9	4.5	0	45	140	31	1	22	3	6	0	2	2	#	#	X	X	X	X			
BEVERAGES																									
Coffee																									
small	12	5	0	0	0	0	0	5	0	0	0	0	0	0	1	0									
medium	16	5	0	0	0	0	0	10	0	0	0	1	0	0	1	0									
large	20	5	0	0	0	0	0	10	0	0	0	1	0	0	1	0									
Decaf Coffee																									
small	12	0	0	0	0	0	0	5	0	0	0	0	0	0	1	1									
Hot Tea																									
medium	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
Hot Chocolate																									
medium	16	240	50	6	1.5	1.5	0	300	41	2	34	2	0	0	6	3				X		X			
Hot Chocolate - Columbus only																									
medium	16	300	90	10	3.5	1.5	15	280	46	2	35	1	0	0	5	4				X		X			
CRAVE COOLERS																									
Crave Cooler Coke®																									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0									
medium	30	140	0	0	0	0	0	15	39	0	39	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0									
Crave Cooler Fanta Wild Cherry®																									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0									
medium	30	140	0	0	0	0	0	10	39	0	39	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0									
ICEE CRAVE COOLERS (select markets)																									
Coca-Cola																									
small	16	130	0	0	0	0	0	50	35	0	35	0	0	0	0	0									
medium	24	190	0	0	0	0	0	75	52	0	52	0	0	0	0	0									
large	32	260	0	0	0	0	0	105	70	0	70	0	0	0	0	0									
Blue Raspberry																									
small	16	130	0	0	0	0	0	60	34	0	34	0	0	0	0	0									
medium	24	190	0	0	0	0	0	95	51	0	51	0	0	0	0	0									
large	32	250	0	0	0	0	0	125	68	0	68	0	0	0	0	0									
Wild Cherry																									
small	16	130	0	0	0	0	0	60	34	0	34	0	0	0	0	0									
medium	24	190	0	0	0	0	0	95	51	0	51	0	0	0	0	0									
large	32	260	0	0	0	0	0	125	68	0	68	0	0	0	0	0									
SHAKES																									
Chocolate Shake - Chicago only																									
small	21	550	90	9	5	0	35	330	106	2	91	12	7	4	34	7				X					
medium	30	780	120	14	7	0	45	470	152	3	131	16	9	6	49	9				X					
large	40	1040	160	18	10	0.5	60	630	202	4	174	22	13	8	65	13				X					
Vanilla Shake - Chicago only																									
small	21	460	70	8	5	0	35	350	85	1	49	12	7	0	38	2				X					
medium	30	660	100	11	7	0	45	510	122	1	70	17	9	0	54	2				X					
large	40	890	140	15	10	0.5	65	680	163	1	94	23	13	0	72	3				X					
Strawberry Shake - Chicago only																									
small	21	540	70	8	5	0	35	350	103	1	67	12	7	0	38	2				X					
medium	30	770	100	11	7	0	45	510	148	1	97	17	9	0	54	2				X					
large	40	1020	140	15	10	0.5	65	680	197	1	128	23	13	0	72	3				X					

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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	Peanuts	Tree nuts	Egg	Milk	Wheat	Soybean	Fish	Shellfish	Sesame
Chocolate Shake - Cincinnati only																									
small	21	640	150	17	10	0	60	400	112	0	94	16	32	8	60	24				X					
medium	30	920	220	24	14	0	85	570	160	0	134	23	45	11	85	34				X					
large	40	1220	290	32	19	0	115	760	213	0	179	30	61	15	114	45				X					
Vanilla Shake - Cincinnati only																									
small	21	630	140	16	10	0	60	400	109	0	94	16	32	8	60	24				X					
medium	30	900	200	23	14	0	85	570	157	0	134	23	45	11	85	34				X					
large	40	1200	270	30	19	0	115	760	209	0	178	30	61	15	114	45				X					
Strawberry Shake - Cincinnati only																									
small	21	630	140	16	10	0	60	400	109	0	94	16	32	8	60	24				X					
medium	30	900	200	23	14	0	85	570	157	0	134	23	45	11	85	34				X					
large	40	1200	270	30	19	0	115	760	209	0	178	30	61	15	114	45				X					
Chocolate Shake - Columbus only																									
small	21	500	110	12	8	0	45	470	88	0	82	13	0	4	37	0				X					
medium	30	710	160	18	11	0	65	670	126	0	117	19	0	5	53	0				X					
large	40	950	210	23	14	0	90	890	167	0	156	25	0	7	71	0				X					
Vanilla Shake - Columbus only																									
small	21	410	100	11	8	0	45	470	67	0	63	13	0	4	37	0				X					
medium	30	590	140	16	11	0	65	670	96	0	91	19	0	5	53	0				X					
large	40	780	190	21	14	0	90	890	128	0	121	25	0	7	71	0				X					
Strawberry Shake - Columbus only																									
small	21	480	100	11	8	0	45	470	85	0	81	13	0	4	37	0				X					
medium	30	690	140	16	11	0	65	670	122	0	117	19	0	5	53	0				X					
large	40	920	190	21	14	0	90	890	162	0	155	25	0	7	71	0				X					
Chocolate Shake - Detroit only																									
small	21	560	140	16	10	0	60	400	91	0	75	16	32	8	60	24				X					
medium	30	790	200	23	14	0	85	570	130	0	108	23	45	11	85	34				X					
large	40	1060	270	30	19	0	115	760	174	0	144	30	61	15	114	45				X					
Vanilla Shake - Detroit only																									
small	21	560	140	16	10	0	60	400	91	0	75	16	32	8	60	24				X					
medium	30	790	200	23	14	0	85	570	130	0	108	23	45	11	85	34				X					
large	40	1060	270	30	19	0	115	760	174	0	144	30	61	15	114	45				X					
Chocolate Shake - Indianapolis only																									
small	21	560	140	16	10	0	60	400	91	0	75	16	32	8	60	24				X					
medium	30	790	200	23	14	0	85	570	130	0	108	23	45	11	85	34				X					
large	40	1060	270	30	19	0	115	760	174	0	144	30	61	15	114	45				X					
Chocolate Shake - Louisville only																									
small	21	680	170	19	10	0	75	320	110	0	98	15	40	0	38	11				X					
medium	30	1040	250	28	15	0	115	490	167	0	149	23	60	0	58	17				X					
large	40	1430	350	39	21	0	155	680	230	0	205	31	83	0	80	23				X					
Vanilla Shake - Louisville only																									
small	21	550	160	17	10	0	75	370	84	0	74	15	20	0	38	0				X					
medium	30	830	240	27	15	0	115	570	129	0	113	23	30	0	58	0				X					
large	40	1140	330	36	21	0	155	780	177	0	156	31	42	0	80	0				X					
Strawberry Shake - Louisville only																									
small	21	620	160	17	10	0	75	370	102	0	93	15	20	0	38	0				X					
medium	30	940	240	27	15	0	115	570	156	0	141	23	30	0	58	0				X					
large	40	1300	330	36	21	0	155	780	215	0	194	31	42	0	80	0				X					
Chocolate Shake - Nashville only																									
small	21	570	120	13	9	0	45	220	101	0	79	13	26	0	44	0				X					
medium	30	820	170	19	13	0	65	320	145	0	113	19	38	0	62	0				X					
large	40	1090	230	25	17	0	85	420	193	0	151	25	50	0	83	0				X					
Vanilla Shake - Nashville only																									
small	21	660	120	13	9	0	45	290	124	0	101	13	26	0	44	0				X					
medium	30	950	170	19	13	0	65	410	176	0	145	19	38	0	62	0				X					
large	40	1260	230	25	17	0	85	550	236	0	193	25	50	0	83	0				X					
Chocolate Shake - Minneapolis only																									
small	21	460	80	8	5	0	35	330	85	2	73	12	7	4	34	7				X					
medium	30	660	110	12	7	0	45	470	122	3	104	16	9	6	49	9				X					
large	40	880	140	16	10	0	60	630	163	4	139	22	13	8	65	13				X					
Chocolate Shake - New Jersey only																									
small	21	560	140	16	10	0	60	400	91	0	75	16	32	8	60	24				X					
medium	30	790	200	23	14	0	85	570	130	0	108	23	45	11	85	34				X					
large	40	1060	270	30	19	0	115	760	174	0	144	30	61	15	114	45				X					
Vanilla Shake - New Jersey only																									
small	21	560	140	16	10	0	60	400	91	0	75	16	32	8	60	24				X					
medium	30	790	200	23	14	0	85	570	130	0	108	23	45	11	85	34				X					
large	40	1060	270	30	19	0	115	760	174	0	144	30	61	15	114	45				X					

[illegible]

AVAILABLE UPON REQUEST

*Sliders weight based on the weight before cooking.

** Sodium values may vary depending on the local water supply used for beverages.

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. All food is prepared in common kitchens that may involve some shared cooking and preparation areas, equipment and utensils, and the possibility exists for your food items to come in contact with other food products, including allergens. All Original and Cheese Sliders are prepared with onions during our standard cooking process. While onions can be removed after the cooking process, we cannot guarantee that all Original and Cheese Sliders will be free from onions.

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.