

Effective: January 2020

	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	Dairy	Wheat	Soybean	Fish	Shellfish
Chicken Ring w/Smoked Cheddar Cheese	72	210	100	11	3.5	0	45	510	19	1	2	10	1	0	5	7			X	X	X	X	#	#
Crispy Chicken w/Cheese	85	230	90	10	3	0	25	620	22	1	2	11	4	0	5	8			#	X	X	X	#	#
Crispy Chicken w/Jalapeno Cheese	86	230	100	11	3.5	0	30	660	23	1	2	11	2	0	5	8			#	X	X	X	#	#
Crispy Chicken w/Smoked Cheddar Cheese	86	230	100	11	3.5	0	30	660	23	1	2	11	2	0	5	8			#	X	X	X	#	#
Chicken & Waffles - Crispy	123	350	160	18	7	0	65	650	36	0	14	9	2	0	0	8	#		X	X	X	X	#	#
Chicken & Waffles - Savory Grilled	130	340	160	18	7	0	85	710	30	1	15	14	1	0	2	6	#		X	X	X	X	#	#
Bacon & Smoked Cheddar Crispy Chicken	93	290	140	16	5	0	40	840	23	1	2	14	2	0	5	8			#	X	X	X	#	#
Impossible Slider w/Smoked Cheddar Cheese	99	240	120	14	6	0	10	720	18	1	2	11	1	4	9	11				X	X	X	#	#
Impossible Slider - No Cheese	90	210	100	11	4	0	0	550	17	1	2	9	1	4	6	11					X	X	#	#
Impossible Slider w/American Cheese (Las Vegas only)	97	240	120	13	5	0	10	690	17	1	2	11	2	4	9	11				X	X	X	#	#
SIDES (Fried items are cooked in common oil)																								
French Fries																								
Kids	111	250	140	16	3	0	0	35	24	2	1	2	0	7	0	2			#	#	#	#	#	#
Small	148	330	190	21	4	0	0	50	32	3	2	3	0	10	0	3			#	#	#	#	#	#
Medium	266	600	350	39	7	0	0	85	57	6	3	6	0	17	0	6			#	#	#	#	#	#
Sack (serves 3)	353	770	440	49	9	0	0	115	76	8	4	8	0	23	0	8			#	#	#	#	#	#
French Fries (New York / New Jersey only)																								
My Size	111	260	140	16	3.5	0	0	30	25	2	1	4	0	12	0	5			#	#	#	#	#	#
Small	148	350	190	21	4.5	0	0	40	34	3	1	5	0	16	0	6			#	#	#	#	#	#
Medium	266	630	350	39	9	0	0	70	60	6	3	9	0	29	0	12			#	#	#	#	#	#
Sack (serves 3)	353	810	440	49	11	0	0	95	81	8	4	12	0	38	0	15			#	#	#	#	#	#
Cheese Fries	199	400	240	27	5	0	0	350	35	3	2	4	0	10	1	5			#	X	#	#	#	#
Cheese Fries (New York / New Jersey only)	201	410	250	28	5	0	0	350	35	3	2	4	0	10	1	5			#	X	#	#	#	#
Loaded Fries	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4			X	X	#	#	#	#
Loaded Fries (New York / New Jersey only)	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4			X	X	#	#	#	#
Onion Chips																								
Small	124	480	320	36	6	0	0	690	33	6	4	4	0	2	2	4			X	X	X	#	#	#
Medium	262	930	590	65	11	0	0	1550	73	13	8	8	0	4	4	8			X	X	X	#	#	#
Sack (serves 3)	349	1350	910	101	17	0	0	1950	92	16	11	11	0	5	5	11			X	X	X	#	#	#
Onion Rings																								
Small	141	480	290	33	5	0	0	580	40	2	7	6	0	6	6	6			#	#	X	X	#	#
Sack (serves 3)	262	890	550	61	10	0	0	1070	74	3	14	11	0	11	11	11			#	#	X	X	#	#
Onion Rings (New York / New Jersey only)																								
Small	112	340	190	22	4	0	0	310	33	3	5	2	0	0	5	2			#	X	X	X	#	#
Sack (serves 3)	210	640	360	41	7	0	0	580	62	6	9	4	0	0	9	4			#	X	X	X	#	#
Mozzarella Cheese Sticks																								
3 Sticks	138	460	300	33	9	0	30	990	26	1	3	12	7	6	25	4			#	X	X	#	#	#
5 Sticks	211	760	500	55	15	0.5	50	1560	40	2	4	21	11	7	41	6			#	X	X	#	#	#
10 Sticks (serves 3)	394	1490	1000	111	31	1	100	3110	77	4	6	41	20	7	83	12			#	X	X	#	#	#
Mac & Cheese Nibblers (limited time offering)																								
Small	120	330	180	20	5	0	15	830	31	3	5	8	3	0	13	7			#	X	X	#	#	#
Medium	287	800	420	47	13	0	30	1980	74	6	10	18	8	0	30	16			#	X	X	#	#	#
Sack (serves 3)	479	1340	710	79	21	0	50	3300	123	10	17	30	13	0	50	27			#	X	X	#	#	#
Corn Dog Nibblers (limited time offering)																								
Small	101	250	100	11	3	0	45	470	25	1	5	9	0	26	4	7			X	X	X	X	#	#
Medium	173	430	180	20	5	0	75	810	42	2	9	15	0	45	6	12			X	X	X	X	#	#
Sack (serves 3)	288	720	290	33	9	0	125	1350	70	4	15	25	0	75	10	20			X	X	X	X	#	#
Clam Strips																								
Small	128	210	150	17	2.5	0	15	620	5	0	1	8	2	11	2	45			X	X	X	#	#	X
Medium	256	410	310	34	5.5	0	35	1250	9	0	2	16	5	23	5	91			X	X	X	#	#	X
Sack (serves 3)	384	620	460	51	8	0	50	1870	14	0	3	24	7	34	7	136			X	X	X	#	#	X
Fish Nibblers®																								
Small	141	320	140	16	3	0	10	700	28	1	1	16	1	0	1	5			X	X	X	X	X	X
Medium	262	590	260	29	5	0	20	1300	51	2	2	30	3	1	3	9			X	X	X	X	X	X
Sack (serves 3)	483	1100	480	53	10	0	35	2390	95	3	3	55	5	2	5	17			X	X	X	X	X	X
Chicken Rings																								
3 pc.	57	160	90	10	2.5	0	55	300	6	0	0	9	1	0	1	4			X	X	X	#	#	#
6 pc.	114	320	180	20	4.5	0	105	610	12	0	0	18	2	0	2	9			X	X	X	#	#	#
9 pc.	171	470	280	31	7	0	160	910	18	1	0	26	3	0	2	13			X	X	X	#	#	#
12 pc. (serves 2)	228	630	370	41	9	0	215	1210	25	1	0	35	4	0	2	17			X	X	X	#	#	#
20 pc. (serves 3)	380	1050	610	68	15	0	360	2020	41	2	1	58	7	0	5	29			X	X	X	#	#	#
Mott's® Snack and Go Natural Applesauce Pouch	90	40	0	0	0	0	0	5	10	1	8	0	0	20	0	0								
BREAKFAST																								
Breakfast Slider w/Egg & Cheese	81	200	110	12	4	0	170	370	15	1	2	9	3	0	7	8			X	X	X	X	#	#
Breakfast Slider w/Egg & Jalapeño Cheese	82	210	110	13	4	0	170	400	15	1	2	9	3	1	7	8			X	X	X	X	#	#
Breakfast Slider w/Egg & Cheddar Cheese	82	210	110	13	4.5	0	175	400	15	1	2	10	1	0	7	8			X	X	X	X	#	#
Breakfast Slider w/Sausage, Egg & Cheese	118	350	240	26	9	0	195	680	15	1	2	14	4	0	8	10			X	X	X	X	#	#
Breakfast Slider w/Sausage, Egg & Jalapeño Cheese	119	360	240	27	10	0	200	710	16	1	2	15	2	0	8	10			X	X	X	X	#	#

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Breakfast Slider w/Sausage, Egg & Cheddar Cheese	119	360	240	27	10	0	200	710	16	1	2	15	2	0	8	10			X	X	X	X		
Breakfast Slider w/Bacon, Egg & Cheese	88	260	150	17	6	0	180	560	15	1	2	12	3	0	7	8			X	X	X	X		
Breakfast Slider w/Bacon, Egg & Jalapeño Cheese	88	260	160	18	6	0	185	590	15	1	2	12	3	1	7	8			X	X	X	X		
Breakfast Slider w/Bacon, Egg & Cheddar Cheese	89	260	160	18	6	0	185	590	15	1	2	13	1	0	7	8			X	X	X	X		
Breakfast Slider w/Bologna, Egg & Cheese	109	350	220	24	8	0	200	870	17	1	3	15	3	0	8	10			X	X	X	X		
Breakfast Slider w/Bologna, Egg & Jalapeño Cheese	110	360	220	25	8	0	200	900	17	1	3	15	3	1	8	10			X	X	X	X		
Breakfast Slider w/Bologna, Egg & Cheddar Cheese	110	360	220	25	8	0	205	900	17	1	3	16	1	0	8	10			X	X	X	X		
Original Slider w/Egg & Cheese	108	270	160	18	6	0.5	180	560	16	1	2	13	3	0	8	11			X	X	X	X		
Original Slider w/Egg & Jalapeño Cheese	109	280	160	18	7	0	185	600	17	1	2	14	1	0	7	11			X	X	X	X		
Original Slider w/Egg & Cheddar Cheese	109	280	160	18	7	0	185	600	17	1	2	14	1	0	7	11			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Cheese	112	270	120	13	4	0	170	540	29	2	4	11	3	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Jalapeño Cheese	112	280	120	14	4	0	170	560	29	2	4	11	3	1	12	12			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Cheddar Cheese	112	280	120	14	4.5	0	175	570	29	2	4	12	1	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Cheese	149	420	250	27	9	0	200	850	29	2	4	16	4	0	12	14			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Jalapeño Cheese	150	430	250	28	10	0	200	880	30	2	4	17	2	0	12	14			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Cheddar Cheese	150	430	250	28	10	0	200	880	30	2	4	17	2	0	12	14			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Cheese	126	380	210	23	8	0	195	910	29	2	4	17	3	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Jalapeño Cheese	127	390	210	24	8	0	195	940	29	2	4	18	1	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Cheddar Cheese	127	390	210	24	8	0	195	940	29	2	4	18	1	0	11	12			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Cheese	136	420	220	24	8	0	200	1020	31	0	5	17	3	0	10	18			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Jalapeño Cheese	137	430	220	25	8	0	200	1040	31	0	5	17	3	1	10	18			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Cheddar Cheese	137	430	220	25	8	0	205	1050	31	0	5	18	1	0	10	18			X	X	X	X		
Waffle Breakfast Slider w/Egg, Cheese	106	330	190	21	9	0	210	390	27	0	14	9	3	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Egg, Jalapeño Cheese	107	340	190	22	9	0	210	410	27	0	14	9	3	1	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Egg, Cheddar Cheese	107	340	200	22	9	0	215	420	27	0	14	10	1	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Cheese	144	490	320	36	15	0	240	730	28	0	14	15	2	0	6	10	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Jalapeño Cheese	144	490	320	36	15	0	240	730	28	0	14	15	2	0	6	10	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Cheddar Cheese	144	490	320	36	15	0	240	730	28	0	14	15	2	0	6	10	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Cheese	113	390	230	26	11	0	220	570	27	0	14	12	3	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Jalapeño Cheese	114	390	240	27	11	0	225	610	27	0	14	13	1	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Cheddar Cheese	114	390	240	27	11	0	225	610	27	0	14	13	1	0	5	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bologna, Egg, Cheese	134	480	300	33	13	0	240	890	29	0	15	15	3	0	7	10	#		X	X	X	X		
Waffle Breakfast Slider w/Bologna, Egg, Jalapeño Cheese	135	490	300	34	13	0	240	910	29	0	15	15	3	1	7	10	#		X	X	X	X		
Waffle Breakfast Slider w/Bologna, Egg, Cheddar Cheese	135	490	300	34	13	0	245	920	29	0	15	16	1	0	7	10	#		X	X	X	X		
SIDES																								
Cinnamon Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X		
Chocolate Covered Donuts	35	160	80	9	6	0	0	150	21	1	12	2	0	0	0	4			X	X	X	X		
Glazed Donuts	35	160	80	9	6	0	0	150	21	1	12	2	0	0	0	4			X	X	X	X		
Powdered Sugar Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X		
Plain Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X		
Hash Round Nibblers®																								
Small	119	360	250	28	4	0	0	460	25	2	0	2	0	7	0	2			#	#	X	#	#	#
Medium	198	600	410	46	7	0	0	760	42	4	0	4	0	12	0	4			#	#	X	#	#	#
Sack	476	1440	990	110	17	0	0	1830	101	10	0	10	0	29	0	10			#	#	X	#	#	#
Hash Round Nibblers® (New York / New Jersey only)																								
Small	113	340	230	25	6	0	0	380	23	2	0	2	0	7	0	5			#	#	X	#	#	#
Medium	186	560	380	42	9	0	0	640	39	4	0	4	0	11	0	8			#	#	X	#	#	#
Sack	447	1330	910	101	22	0	0	1520	92	9	0	9	0	27	0	18			#	#	X	#	#	#
Two Waffles w/Syrup	78	280	90	10	5	0	40	200	46	0	23	2	0	0	0	4	#		X	X	X			
CONDIMENTS																								
BBQ Sauce Tubs	28	40	0	0	0	0	0	380	10	0	8	0	0	0	1	0								
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				

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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									
DESSERT ON-A-STICK																									
Fudge Dipped Brownie	57	250	110	12	7	0	35	95	33	1	26	2	2	0	2	0	#	#	X	X	X	X			
Fudge Dipped Cheesecake	51	180	90	10	7	0	40	110	21	1	10	3	2	0	2	4	#	#	X	X	X	X			
Goopy Butter Cake	57	220	90	10	4.5	0	55	120	32	1	23	3	6	0	2	0	#	#	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			
Iced Tea - Southern Sweet																									
small	21	180	0	0	0	0	0	20	47	0	45	0	0	0	0	1									
medium	30	260	0	0	0	0	0	25	67	0	65	0	0	0	0	1									
large	40	340	0	0	0	0	0	35	89	0	86	0	0	0	0	2									
gallon	128	1100	0	0	0	0	0	115	286	0	274	0	0	0	0	5									
Iced Tea - Southern Sweet (Columbus, New York, New Jersey only)																									
small	21	240	0	0	0	0	0	20	62	0	60	0	0	0	0	1									
medium	30	340	0	0	0	0	0	30	88	0	85	0	0	0	0	1									
large	40	450	0	0	0	0	0	35	118	0	114	0	0	0	0	2									
gallon	128	1450	0	0	0	0	0	115	376	0	364	0	0	0	0	5									
Iced Tea - Unsweetened																									
small	21	5	0	0	0	0	0	10	1	0	0	0	0	0	0	0									
medium	30	5	0	0	0	0	0	15	1	0	0	0	0	0	0	0									
large	40	5	0	0	0	0	0	20	2	0	0	0	0	0	0	1									
gallon	128	40	0	0	0	0	0	115	11	0	0	0	0	0	0	4									
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									
SHAKES																									
Chocolate Shake - Chicago only																									
small	21	640	150	17	10	0.5	60	300	108	0	94	14	51	5	43	2				X					
medium	30	920	220	24	15	1	90	420	155	1	134	20	73	8	62	3				X					
large	40	1220	290	32	20	1	120	570	206	1	179	27	98	10	83	3				X					
Vanilla Shake - Chicago only																									
small	21	560	140	16	10	0.5	60	300	88	0	75	14	51	5	43	2				X					
medium	30	790	200	23	15	1	90	420	125	1	108	20	73	8	62	3				X					
large	40	1060	270	30	20	1	120	570	167	1	144	27	98	10	83	3				X					
Strawberry Shake - Chicago only																									
small	21	630	140	16	10	0.5	60	300	106	0	94	14	52	5	43	2				X					
medium	30	900	200	23	15	1	90	420	152	1	134	20	74	8	62	3				X					
large	40	1200	270	30	20	1	120	570	202	1	178	27	98	10	83	3				X					
Chocolate Shake - Cincinnati only																									
kids	10	310	70	8	5	0	15	170	53	0	42	7	3	3	25	0				X					
small	21	650	150	17	11	0	35	350	111	0	88	14	7	7	52	0				X					
medium	30	930	220	24	15	0	50	500	160	0	126	20	10	10	75	0				X					
large	40	1230	290	32	20	0	65	670	213	0	168	27	13	13	100	0				X					
Vanilla Shake - Cincinnati only																									
kids	10	300	70	8	5	0	15	170	52	0	42	7	3	3	25	0				X					
small	21	630	140	16	11	0	35	350	109	0	88	14	7	7	52	0				X					
medium	30	910	200	23	15	0	50	500	156	0	126	20	10	10	75	0				X					
large	40	1210	270	30	20	0	65	670	208	0	168	27	13	13	100	0				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	Dairy	Wheat	Soybean	Fish	Shellfish	
Strawberry Shake - Cincinnati only																									
kids	10	300	70	8	5	0	15	170	52	0	42	7	3	3	25	0				X					
small	21	630	140	16	11	0	35	350	109	0	88	14	7	7	52	0				X					
medium	30	910	200	23	15	0	50	500	156	0	126	20	10	10	75	0				X					
large	40	1210	270	30	20	0	65	670	208	0	168	27	13	13	100	0				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	440	110	12	6	0	40	400	68	0	68	12	0	8	40	8				X					
medium	30	620	150	17	9	0	55	570	96	0	96	17	0	11	57	11				X					
large	40	830	200	23	11	0	75	760	129	0	129	23	0	15	76	15				X					
Vanilla Shake - Detroit only																									
small	21	430	110	12	8	0	60	250	67	0	59	12	23	0	39	0				X					
medium	30	600	150	16	11	0	80	350	93	0	82	16	33	0	54	0				X					
large	40	830	200	23	15	0	115	490	128	0	113	23	45	0	76	0				X					
Chocolate Shake - Indianapolis only																									
kids	10	230	70	7	4.5	0	35	170	42	1	32	6	14	0	22	3				X					
small	21	490	140	15	9	0	75	350	88	3	67	12	30	0	45	6				X					
medium	30	690	200	22	13	0	110	500	126	4	95	17	43	0	65	9				X					
large	40	920	260	29	17	0	145	670	168	6	127	23	58	0	87	12				X					
Chocolate Shake - Louisville only																									
small	21	690	200	22	14	0	70	420	117	5	97	14	28	0	45	9				X					
medium	30	1050	300	33	21	0	105	630	179	7	147	21	42	0	69	14				X					
large	40	1440	410	46	29	0	145	870	236	0	203	29	58	0	95	0				X					
Vanilla Shake - Louisville only																									
small	21	600	190	21	14	0	70	420	92	0	79	14	28	0	45	0				X					
medium	30	910	290	32	21	0	105	630	141	0	120	21	42	0	69	0				X					
large	40	1260	390	44	29	0	145	870	193	0	164	29	58	0	95	0				X					
Strawberry Shake - Louisville only																									
small	21	670	190	21	14	0	70	420	110	0	97	14	28	0	45	0				X					
medium	30	1030	290	32	21	0	105	630	168	0	147	21	42	0	69	0				X					
large	40	1410	390	44	29	0	145	870	231	0	202	29	58	0	95	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	640	150	17	10	0.5	60	300	108	0	94	14	51	5	43	2				X					
medium	30	920	220	24	15	1	90	420	155	1	134	20	73	8	62	3				X					
large	40	1220	290	32	20	1	120	570	206	1	179	27	98	10	83	3				X					
Vanilla Shake - Minneapolis only																									
small	21	560	140	16	10	0.5	60	300	88	0	75	14	51	5	43	2				X					
medium	30	790	200	23	15	1	90	420	125	1	108	20	73	8	62	3				X					
large	40	1060	270	30	20	1	120	570	167	1	144	27	98	10	83	3				X					
Chocolate Shake - New Jersey only																									
small	21	480	130	14	8	0	40	400	79	4	64	16	9	0	60	0				X					
medium	30	680	180	20	11	0	55	570	113	6	91	23	13	0	85	0				X					
large	40	910	240	27	15	0	75	760	151	8	121	30	17	0	114	0				X					
Vanilla Shake - New Jersey only																									
small	21	480	130	14	10	0	60	520	71	0	64	16	8	0	60	0				X					
medium	30	680	180	20	14	0	85	740	102	0	91	23	11	0	85	0				X					
large	40	910	240	27	19	0	115	980	136	0	121	30	15	0	114	0				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	Dairy	Wheat	Soybean	Fish	Shellfish
Chocolate Shake - New York only																								
small	21	480	130	14	8	0	40	400	79	4	64	16	9	0	60	0				X				
medium	30	680	180	20	11	0	55	570	113	6	91	23	13	0	85	0				X				
large	40	910	240	27	15	0	75	760	151	8	121	30	17	0	114	0				X				
Vanilla Shake - New York only																								
small	21	480	130	14	10	0	60	520	71	0	64	16	8	0	60	0				X				
medium	30	680	180	20	14	0	85	740	102	0	91	23	11	0	85	0				X				
large	40	910	240	27	19	0	115	980	136	0	121	30	15	0	114	0				X				
Chocolate Shake - St. Louis only																								
small	21	490	100	11	8	0	40	150	87	4	64	11	6	0	30	23				X				
medium	30	700	150	16	11	0	55	220	124	5	92	16	8	0	43	32				X				
large	40	980	200	23	15	0	75	300	174	8	129	23	11	0	61	45				X				
Vanilla Shake - St. Louis only																								
small	21	450	90	9	6	0	40	130	83	0	72	8	8	0	23	0				X				
medium	30	690	130	14	9	0	60	200	126	0	109	12	11	0	34	0				X				
large	40	910	170	19	11	0	80	270	167	0	144	15	15	0	45	0				X				
SMOOTHIES																								
Strawberry Banana - 16oz.	540	360	5	0.5	0.5	0	<5	60	88	6	68	5	10	103	12	5				X				
Strawberry Lemonade - 16oz.	525	370	5	0.5	0.5	0	<5	75	88	4	75	4	10	242	16	6				X				
ORANGE JUICE																								
MILK - varies by market																								
White	8	110	25	2.5	1.5	0	10	130	13	0	12	8	10	0	30	2				X				
Chocolate	8	160	25	2.5	1.5	0	10	220	27	0	25	8	10	0	30	2				X				
BOTTLED BEVERAGES																								
BOTTLED WATER	16.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0								
100% APPLE JUICE BOX	6.75	100	0	0	0	0	0	10	24	0	23	0	0	30	2	4								
POWERADE® MOUNTAIN BERRY BLAST	20	130	0	0	0	0	0	250	35	0	35	0	0	0	0	0								
POWERADE® FRUIT PUNCH	20	130	0	0	0	0	0	250	36	0	34	0	0	0	0	0								
MONSTER ENERGY®	16	210	0	0	0	0	0	370	54	0	54	0	0	0	0	0								
VITAMIN WATER® XXX	16.9	100	0	0	0	0	0	0	28	0	27	0	20	80	0	0								
VITAMIN WATER® POWER-C	16.9	100	0	0	0	0	0	0	27	0	27	0	0	120	0	0								
BARQ'S® RED CREAM SODA	20	280	0	0	0	0	0	105	75	0	75	0	0	0	0	0								
MINUTE MAID® APPLE JUICE	15.2	210	0	0	0	0	0	40	52	0	49	0	0	180	0	0								
SOFT DRINKS (NON-FREESTYLE)**																								
Coca-Cola® Classic																								
kid's	10	120	0	0	0	0	0	10	34	0	34	0	0	0	0	0								
small	21	260	0	0	0	0	0	15	71	0	71	0	0	0	0	0								
medium	30	370	0	0	0	0	0	25	101	0	101	0	0	0	0	0								
large	40	500	0	0	0	0	0	30	135	0	135	0	0	0	0	0								
Sprite®																								
kid's	10	120	0	0	0	0	0	25	33	0	33	0	0	0	0	0								
small	21	260	0	0	0	0	0	55	68	0	68	0	0	0	0	0								
medium	30	360	0	0	0	0	0	80	98	0	98	0	0	0	0	0								
large	40	490	0	0	0	0	0	105	130	0	130	0	0	0	0	0								
Diet Coke®																								
kid's	10	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0								
small	21	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0								
medium	30	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0								
large	40	0	0	0	0	0	0	45	1	0	0	0	0	0	0	0								
Caffeine-Free Diet Coke®																								
kid's	10	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0								
small	21	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0								
medium	30	0	0	0	0	0	0	40	0	0	0	0	0	0	0	0								
large	40	0	0	0	0	0	0	50	1	0	0	0	0	0	0	0								
Hi-C® Orange Lavaburst																								
kids	10	140	0	0	0	0	0	50	38	0	38	0	0	125	0	0								
small	21	290	0	0	0	0	0	105	79	0	79	0	0	262	0	0								
medium	30	420	0	0	0	0	0	150	113	0	113	0	0	375	0	0								
large	40	560	0	0	0	0	0	200	150	0	150	0	0	500	0	0								
gallon	128	1780	0	0	0	0	0	640	480	0	480	0	0	1600	0	0								
Hi-C® Flashing Fruit Punch																								
kid's	10	130	0	0	0	0	0	10	35	0	35	0	0	125	0	0								
small	21	270	0	0	0	0	0	25	74	0	74	0	0	262	0	0								
medium	30	390	0	0	0	0	0	35	105	0	105	0	0	375	0	0								
large	40	520	0	0	0	0	0	45	140	0	140	0	0	500	0	0								
gallon	128	1660	0	0	0	0	0	140	448	0	448	0	0	1600	0	0								

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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	Dairy	Wheat	Soybean	Fish	Shellfish	
Barq's® Root Beer																									
kid's	10	140	0	0	0	0	0	30	38	0	38	0	0	0	0	0									
small	21	290	0	0	0	0	0	65	78	0	78	0	0	0	0	0									
medium	30	420	0	0	0	0	0	90	113	0	113	0	0	0	0	0									
large	40	560	0	0	0	0	0	120	150	0	150	0	0	0	0	0									
Barq's® Red Cream Soda																									
kid's	10	140	0	0	0	0	0	25	39	0	39	0	0	0	0	0									
small	21	300	0	0	0	0	0	50	81	0	81	0	0	0	0	0									
medium	30	430	0	0	0	0	0	70	116	0	116	0	0	0	0	0									
large	40	580	0	0	0	0	0	95	155	0	155	0	0	0	0	0									
Big Red® Soda																									
kid's	10	130	0	0	0	0	0	25	31	0	31	0	0	0	0	0									
small	21	260	0	0	0	0	0	55	66	0	66	0	0	0	0	0									
medium	30	380	0	0	0	0	0	75	94	0	94	0	0	0	0	0									
large	40	500	0	0	0	0	0	100	125	0	125	0	0	0	0	0									
Cherry Coca-Cola®																									
kid's	10	130	0	0	0	0	0	5	35	0	35	0	0	0	0	0									
small	21	270	0	0	0	0	0	10	74	0	74	0	0	0	0	0									
medium	30	390	0	0	0	0	0	15	105	0	105	0	0	0	0	0									
large	40	520	0	0	0	0	0	20	140	0	140	0	0	0	0	0									
Pibb Xtra®																									
kids	10	120	0	0	0	0	0	35	33	0	33	0	0	0	0	0									
small	21	260	0	0	0	0	0	75	68	0	68	0	0	0	0	0									
medium	30	360	0	0	0	0	0	105	98	0	98	0	0	0	0	0									
large	40	490	0	0	0	0	0	140	130	0	130	0	0	0	0	0									
Fanta® Grape																									
kid's	10	150	0	0	0	0	0	40	41	0	41	0	0	0	1	1									
small	21	320	0	0	0	0	0	80	87	0	87	0	0	0	2	3									
medium	30	460	0	0	0	0	0	115	124	0	124	0	0	0	3	4									
large	40	610	0	0	0	0	0	150	165	0	165	0	0	0	4	5									
Fanta® Orange																									
kid's	10	140	0	0	0	0	0	45	44	0	44	0	0	0	2	1									
small	21	290	0	0	0	0	0	90	92	0	92	0	0	0	3	2									
medium	30	420	0	0	0	0	0	130	131	0	131	0	0	0	5	3									
large	40	560	0	0	0	0	0	180	175	0	175	0	0	0	6	4									
Fanta® Strawberry																									
kid's	10	150	0	0	0	0	0	40	41	0	41	0	0	0	0	0									
small	21	320	0	0	0	0	0	80	87	0	87	0	0	0	0	0									
medium	30	450	0	0	0	0	0	115	124	0	124	0	0	0	0	0									
large	40	600	0	0	0	0	0	150	165	0	165	0	0	0	0	0									
Coke Zero®																									
kid's	10	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0									
small	21	0	0	0	0	0	0	75	0	0	0	0	0	0	0	0									
medium	30	0	0	0	0	0	0	105	0	0	0	0	0	0	0	0									
large	40	0	0	0	0	0	0	140	0	0	0	0	0	0	0	0									
Mello Yello®																									
kid's	10	130	0	0	0	0	0	10	36	0	36	0	0	0	0	0									
small	21	280	0	0	0	0	0	20	76	0	76	0	0	0	0	0									
medium	30	400	0	0	0	0	0	30	109	0	109	0	0	0	0	0									
large	40	530	0	0	0	0	0	40	145	0	145	0	0	0	0	0									
Minute Maid® Lemonade																									
kid's	10	120	0	0	0	0	0	55	31	0	30	0	0	0	0	0									
small	21	250	0	0	0	0	0	85	70	0	67	0	0	0	0	0									
medium	30	350	0	0	0	0	0	160	92	0	89	0	0	0	0	0									
large	40	470	0	0	0	0	0	210	123	0	118	0	0	0	0	0									
gallon	128	1510	0	0	0	0	0	530	423	0	408	0	0	0	0	0									
Minute Maid® Lemonade Lite																									
kid's	10	5	0	0	0	0	0	95	1	0	1	0	0	0	0	0									
small	21	10	0	0	0	0	0	200	3	0	1	0	0	0	0	0									
medium	30	20	0	0	0	0	0	280	4	0	2	0	0	0	0	0									
large	40	25	0	0	0	0	0	380	5	0	2	0	0	0	0	0									
gallon	128	80	0	0	0	0	0	1210	15	0	8	0	0	0	0	0									

NOTES
 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.

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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
Dairy
Wheat
Soybean
Fish
Shellfish

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.

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.