



**NUTRITIONAL INFORMATION**

**BREAKFAST**

	Serving Size (grams)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sourdough Breakfast Sandwich	153	410	170	19	9	255	510	39	2	4	21
Sourdough Breakfast Sandwich with Bacon	170	470	220	24	11	305	660	39	2	4	25
Sourdough Breakfast Sandwich with Sausage	203	610	330	37	16	290	1040	39	2	4	28
Croissant Sunrise Sandwich™ with Sausage	119	360	190	21	8	245	470	28		5	13
Croissant Sunrise Sandwich™ with Bacon	128	410	230	25	9	255	610	29		5	16
Breakfast Burrito	203	560	280	32	11	495	980	37	1	1	29
Loaded Breakfast Burrito	-	-	-	-	-	-	-	-	-	-	-
Scrambled Egg Breakfast - Sausage	345	900	510	56	15	525	1480	72	5	11	27
Scrambled Egg Breakfast - Bacon	306	760	380	42	11	500	1140	69	5	11	23
Breakfast Quesadilla	176	390	160	18	5	285	920	38	2	2	17
French Toast Dips@** - 6 pcs - no syrup	155	450	180	20	6	5	570	59		10	10
French Toast Dips@** - 9 pcs - no syrup	232	670	270	30	9	5	850	88	1	15	15
French toast syrup - 1 oz	28	90	0	0	0	0	0	21	0	16	0
Grape Jelly	14	40	0	0	0	0	15	9	0	7	0
Strawberry Jam	14	40	0	0	0	0	15	9	0	7	0

**CHARBROILED BURGERS**

Carl's Famous Star® Hamburger	254	590	290	32	9	70	910	50	3	8	24
Carl's Famous Star® Cheeseburger	274	650	340	37	12	85	1170	51	3	9	28
Super Star® Hamburger	348	790	420	47	14	130	980	52	3	9	41
Super Star® with Double Cheese	376	920	510	57	21	160	1490	53	3	10	48
Sourdough Bacon Cheeseburger	207	550	260	29	14	85	500	41	2	6	31
Double Sourdough Bacon Cheeseburger	313	920	540	59	24	170	1020	45	2	8	52
Western Bacon Cheeseburger®	225	660	270	30	12	85	1410	64	2	14	32
Double Western Bacon Cheeseburger®	308	920	450	50	21	155	1730	65	2	14	51
Jr. Hamburger	119	280	80	9	3.5	35	480	36	1	5	14
Jr. Cheeseburger	-	-	-	-	-	-	-	-	-	-	-
The Six Dollar Burger™	411	960	560	62	25	135	1690	61	3	17	38
The 1 lb. Double Six Dollar Burger	-	-	-	-	-	-	-	-	-	-	-
The Six Dollar Western Bacon Burger	364	1080	550	62	27	135	2450	84	4	20	45
The Six Dollar Bacon Cheese Burger	390	1010	620	69	28	155	1820	52	3	12	44
The Six Dollar Guacamole Bacon Burger	437	1120	730	81	29	155	2160	54	6	11	43
The Six Dollar Chili Cheese Burger	426	930	510	57	27	150	1960	57	5	12	46
Chili Burger	330	690	320	35	15	110	1400	57	5	11	39
Double Chili Burger	-	-	-	-	-	-	-	-	-	-	-

**SANDWICHES**

Charbroiled BBQ Chicken Sandwich™	245	370	35	4	1	60	1070	47	4	12	35
Charbroiled Chicken Club Sandwich™	270	550	210	23	7	95	1330	43	4	9	42
Charbroiled Santa Fe Chicken Sandwich™	266	610	290	32	8	100	1440	43	4	9	38
Carl's Ranch Crispy Chicken Sandwich	269	660	280	31	7	70	1180	72	3	8	24
Western Crispy	268	750	250	28	11	80	1900	91	3	14	31
Carl's Western Bacon Crispy Chicken Sandwich	294	760	350	38	11	90	1550	72	3	8	31
Chicken Breast Strips (3 pcs)	145	380	190	21	3.5	55	1360	27	1	1	22
Chicken Breast Strips (5 pcs)	241	630	310	34	6	90	2260	45	2	1	37
Spicy Chicken Sandwich	198	480	230	26	5	40	1220	48	2	6	14
Carl's Catch Fish Sandwich™	215	560	250	27	7	80	990	58	2	8	19
American Cheese Large	16	60	45	5	3.5	15	260	1	0	1	3
Swiss-Style Cheese	16	50	35	3.5	2.5	15	230	0	0	0	4
Bacon (2 slices)	9	45	30	3.5	1.5	10	150	0	0	0	3

**SALADS**

Charbroiled Chicken Salad-To-Go™	437	330	70	7	4	75	880	17	5	8	34
Garden Salad-To-Go™	151	120	25	3	1.5	5	230	5	2	3	3
Croutons	14	70	25	3	0	0	170	8	0	0	1
House Dressing	57	220	200	22	4	20	440	3	0	2	1
Buffalo Ranch Dressing	57	330	320	35	5	25	720	2	0	1	1
Blue Cheese Dressing	57	320	310	35	6	25	370	1	0	1	2
1000 Island Dressing	57	250	220	24	3.5	25	450	7	0	4	1
Fat Free Italian Dressing	57	15	0	0	0	0	770	4	0	2	0
Fat Free French Dressing	57	60	0	0	0	0	660	16		12	0



**NUTRITIONAL INFORMATION**

**SIDES**

	Serving Size (grams)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
French Fries Kids	79	250	110	12	2.5	0	150	32	3	0	4
French Fries Small	92	290	120	14	3	0	170	37	3	0	5
French Fries Medium	147	460	200	22	4.5	0	280	59	5	1	7
French Fries Large	198	620	260	29	6	0	380	80	7	1	10
French Fries, Chili Cheese	340	920	460	51	16	65	1030	89	9	3	29
Onion Rings	128	440	190	22	5	0	700	53	3	5	7
Zucchini	139	320	170	19	5	0	860	31	2	3	6
Hash Brown Nuggets	108	330	190	21	4.5	0	470	32	3	1	3
CrissCut Fries®	139	410	220	24	5	0	950	43	4	0	5
Chicken Stars (6 pieces)	90	270	150	17	4.5	40	500	15		1	14
Chicken Stars (9 pieces)	135	410	230	26	7	60	760	23	1	1	21
Broccoli and Cheese	441	510	190	21	5	15	940	71	7	4	12
Bacon and Cheese	441	620	260	29	8	40	1160	71	7	5	22
Plain Potato without Margarine	299	280	0	0	0	0	30	63	7	3	7
Plain Potato with Margarine	313	380	110	12	2	0	140	63	7	3	7
Sour Cream and Chives	342	410	130	14	4	10	190	65	7	4	9
Buffalo Wing Sauce	21	0	0	0	0	0	30	0	0	0	0
House Sauce	28	110	100	11	2	10	220	1.5	0	1	0
Mustard Sauce	28	50	0	0	0	0	210	11	0	8	0
Honey Sauce	28	90	0	0	0	0	0	22	0	20	0
BBQ Sauce	28	50	0	0	0	0	270	11	0	7	1
Sweet n' Sour Sauce	28	50	0	0	0	0	80	12	0	9	0

**LOW CARB OPTIONS**

Low Carb Charbroiled Chicken Club Sandwich	224	380	190	21	6	90	1080	10	2	7	39
Low Carb Six Dollar Burger	267	490	330	37	16	130	1270	6	2	4	33
Low Carb Breakfast Bowl	315	900	660	73	33	875	2050	5	2	2	58

**DESSERTS**

Chocolate Chip Cookie	71	350	160	18	7	20	330	46	1	27	3
Chocolate Cake	85	300	100	12	3	30	350	48	1	37	3
Strawberry Swirl Cheesecake	99	290	150	17	9	55	230	30	0	20	6

**BEVERAGES**

Orange Juice	10 fl oz	150	0	0	0	0	0	37	0	35	1
Milk 1% Fat	10 fl oz	150	30	3	2	15	180	18	0	18	14
Coffee (regular)	12 fl oz c	5	0	0	0	0	5	1	0	0	0
Coffee (large)	20 fl oz c	10	0	0	0	0	8	2	0	0	0
Vanilla Shake (small)	21 fl oz c	470	100	11	7	45	350	77	0	66	15
Vanilla Shake (medium)	32 fl oz c	700	150	16	11	70	520	115	0	98	22
Chocolate Shake (small)	21 fl oz c	540	100	11	7	45	360	98	0	86	15
Chocolate Shake (medium)	32 fl oz c	820	150	16	10	70	550	148		131	22
Strawberry Shake (small)	21 fl oz c	520	90	11	7	45	340	93	0	82	14
Strawberry Shake (medium)	32 fl oz c	750	140	15	10	65	490	133	0	117	20
Coca-Cola Classic® (small)	21 fl oz c	260	0	0	0	0	40	71	0	71	0
Diet Coke® (small)	21 fl oz c	0	0	0	0	0	40	0	0	0	0
Minute Maid Lemonade (small)	21 fl oz c	250	0	0	0	0	65	70	0	70	0
Minute Maid Orange Soda (small)	21 fl oz c	280	0	0	0	0	25	76	0	76	0
Barq's® Root Beer (small)	21 fl oz c	290	0	0	0	0	90	79	0	79	0
Dr. Pepper® (small)	21 fl oz c	260	0	0	0	0	90	68	0	68	0
Sprite® (small)	21 fl oz c	260	0	0	0	0	85	68	0	68	0
Squirt (small)	21 fl oz c	260	0	0	0	0	90	70	0	70	0
Raspberry Nestea® (small)	21 fl oz c	200	0	0	0	0	25	55	0	0	0