

# NUTRITION AND ALLERGEN INFORMATION

The nutritional and allergen information contained in our restaurants and on our website ([www.portillos.com](http://www.portillos.com)) were prepared by Nutritional Information Services (NIS). To create this information, we compiled ingredient lists, allergen listings, and nutritional data from our suppliers and distributors. We also conducted food tests using a nutrition analysis software program. The information contained here is intended to serve as a guide for personal use – it is not a guarantee. This is our best effort to inform our valued customers about the contents of our food.

**About Our Nutritional Information:** Our nutritional information is meant to provide an estimate of the nutritional values associated with our menu items. Actual nutritional values for any given menu item may vary from the values listed here due to variations in product preparation, serving sizes, the fact that our menu items may be customized, the season of the year, sources of supply, and/or ingredient substitutions by our suppliers and distributors. Therefore, we cannot guarantee that the nutritional information provided here or at our restaurant locations is completely accurate as it relates to every menu item. Please note that customization of your order may affect the accuracy and/or completeness of the nutritional information provided.

Portillo's assumes no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in recipes and menu items that are the direct or indirect result of the actions of the suppliers, distributors and purveyors of the ingredients and products used.

**About Our Allergen Information:** It is important to note that many allergens are present in our restaurants, including milk, egg, fish, peanut, tree nut, shellfish, soy, and wheat.

At Portillo's, we empathize with the challenges facing the families of people who have food allergies and who need to manage dietary sensitivities in their lives. When placing your order, please alert our order taker and manager to your food allergies or dietary restrictions.

Because we do not have separate kitchen equipment dedicated for the preparation of allergen-based food requests, foods may come into contact with one another during preparation, which is not reflected on the nutritional chart. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items.



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We understand that some of our guests have food sensitivities and allergies. We want to provide you with the information you need to enjoy Portillo's wonderful food. Please note that our suppliers may change the formulation or substitute ingredients without notice. In addition, our products may come in contact with food allergens. Please visit [portillos.com/nutrition](http://portillos.com/nutrition) for our most recent updates.

Portillo's does not assume any liability for reactions to food consumed. Please consult your healthcare provider to determine the types of precautions you should take before enjoying any of our menu items.

**Fish and Seafood:** Our fried fish and fried chicken products share a fryer. Because of this, we cannot guarantee that your fried chicken sandwich has not come into contact with fish. Please take this into consideration when ordering fried chicken if you have a seafood allergy.

## **Gluten:**

**Fries:** Our French fries are gluten-free and are cooked in their own designated fryer. However, the equipment used to filter the oil in the French fry fryer is shared with the fryers responsible for frying items that do contain gluten. Please take this into consideration when ordering French fries if you are sensitive to gluten.

**Shakes:** Our cake contains gluten and is mixed to create cake shakes with the same equipment we use for all shake flavors. We do not have a designated shake machine for cake shakes. Please take this into consideration when ordering shakes if you are sensitive to gluten.

**Oil:** Our French fries and onion rings are cooked in a blend of vegetable oil and beef tallow.

**Pork:** The following menu items contain pork: Italian Sausage, Polish Sausage, Maxwell St Polish Sausage, Combo Sandwich, Combo Bowl, Italiano Bowl, Meatball Sandwich, Meatball with Sauce & Cheese, Side of Meatballs, Bacon, Barnelli's Italian Sausage, Barnelli's Meatball, Penne Ala Vodka, Ribs, Chopped Salad.



HOT DOGS · BEEF · BURGERS · SALADS

# NUTRITION AND ALLERGEN INFORMATION

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
<b>BEEF &amp; SAUSAGE SANDWICHES</b>																											
Beef N Cheddar Croissant	670	370	41	19	0	91	928	44	1	6	31	412	0	273	3			•	•	•			•			•	
Char-Grilled Italian Sausage	630	269	30	10	0	60	1820	58	0	2	28	228	0	144	2				•	•			•			•	
Italian Beef Sandwich																											
Regular Sandwich	690	308	34	14	0	81	1237	59	0	2	33	17	0	153	2				•	•			•			•	
Big Beef Sandwich	1040	461	51	21	0	122	1856	88	0	3	50	25	0	230	4				•	•			•			•	
Italian Beef and Sausage Combo	820	414	46	17	0	100	2079	59	0	2	40	237	0	160	3				•	•			•			•	

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
<b>PORTILLO'S BOWLS</b>																											
Chicago Combo Bowl	550	374	42	16	0	121	1014	0	0	0	42	223	0	50	3				•								
Classic Beef Bowl	360	224	25	10	0	90	79	0	0	0	32	0	0	39	2			•	•								
Italiano Bowl	660	426	47	20	0	137	1033	10	2	1	49	581	4	335	4	•		•	•	•			•			•	

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
<b>HOT DOGS</b>																											
Chili Cheese Dog																											
Regular	500	266	30	14	0	73	1669	36	1	5	21	956	1	349	2			•		•			•			•	
Jumbo	610	356	40	18	0	98	2159	37	1	6	27	956	1	349	3			•		•			•			•	
Hot Dog with Everything																											
Regular	340	134	15	5	0	30	1560	39	2	13	12	87	2	68	2					•				•		•	
Jumbo	450	224	25	9	0	55	2050	40	2	14	18	87	2	68	3					•				•		•	
Maxwell Street Polish	570	354	39	13	0	88	1886	32	1	7	25	1	32	54	3					•						•	
Plant-Based Garden Dog*	320	107	12	1	0	0	1432	44	2	13	10	88	2	80	3					•				•		•	

\*Contains pea protein

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

MENU ITEMS	NUTRITION															ALLERGENS											
BURGERS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
	Bacon Burger																										
Single	670	319	35	11	0	129	1416	43	1	5	41	186	2	90	4	•				•			•				•
Double	950	484	54	18	0	223	1942	43	1	5	68	186	2	114	7	•				•			•				•
Hamburger																											
Single	570	238	26	8	0	99	1325	47	2	7	34	226	3	104	5	•				•			•				•
Double	900	453	50	15	0	198	1888	47	2	7	61	226	3	129	7	•				•			•				•
Rodeo Burger																											
Single	790	361	40	18	0	155	2230	59	1	17	47	400	1	244	5			•		•			•	•			•
Double	1160	590	66	29	0	269	3136	61	1	17	77	800	1	418	7			•		•			•	•			•
Slice of American Cheese	90	63	7	5	0	20	380	2	0	0	4	400	0	150	0			•					•				

MENU ITEMS	NUTRITION															ALLERGENS											
CHICKEN	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
	Breaded Chicken Sandwich	600	228	25	5	0	85	2058	60	1	9	30	186	2	78	4	•		•		•						
Broiled Chicken Sandwich	400	150	17	4	0	80	769	36	1	8	26	186	2	72	3	•		•		•							•
Chicken Tenders, 4 Piece	340	147	16	3	0	60	961	24	0	0	24	0	2	0	1	•											•
Chicken Tenders, 6 Piece	510	221	25	5	0	90	1442	36	0	0	36	0	4	0	2	•											•
Spicy Chicken Sandwich	520	155	17	6	0	70	1558	60	2	8	29	186	2	79	4		•	•		•					•		•

MENU ITEMS	NUTRITION															ALLERGENS											
SANDWICHES	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
	Breaded Fish Sandwich	710	385	43	15	0	87	1236	55	1	7	23	507	1	254	3	•	•	•		•			•			
Meatball Sandwich	1050	509	57	21	0	127	3018	83	7	7	57	1231	13	630	7	•		•		•			•				•

MENU ITEMS	NUTRITION														ALLERGENS												
SALADS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
	<b>Chopped Salad</b>																										
without dressing	550	229	25	12	0	105	1348	37	6	8	40	6089	59	247	4			•									•
with dressing	800	449	49	15	0	105	1862	45	7	14	40	6089	59	247	4			•							•	•	
<b>Classic Caesar Salad</b>																											
without dressing	230	106	12	3	0	218	299	16	4	3	13	10226	41	168	2	•		•		•							•
with dressing	570	430	48	7	0	240	671	18	4	3	15	10226	41	248	3	•	•	•		•			•	•			•
<b>Classic Caesar Salad with Grilled Chicken</b>																											
without dressing	360	111	12	3	0	201	855	18	4	2	38	10080	41	166	3			•								•	
with dressing	700	588	65	9	0	228	1275	24	4	5	42	10080	42	294	4			•		•						•	
<b>Greek Salad with Chicken</b>																											
without dressing	340	143	16	5	0	80	1130	15	7	6	27	9400	51	139	3			•								•	
with dressing	615	395	44	9	0	80	1554	23	7	10	27	9400	53	139	4			•					•	•			

MENU ITEMS	NUTRITION														ALLERGENS														
SALAD DRESSINGS & SAUCE	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT			
	BBQ Sauce	38	4	1	0	0	0	395	9	0	8	0	0	0	0	0												•	•
Caesar Dressing	340	324	36	4	0	22	372	2	0	0	2	0	0	80	0	•	•	•						•	•		•		
Roasted Garlic Vinaigrette	250	252	28	5	0	0	440	0	0	0	0	0	0	0	0					•							•		
Honey Mustard Sauce	195	149	17	3	0	23	210	11	0	9	0	0	0	15	0	•											•	•	
Hot Giardiniera Sauce	90	45	5	3	0	0	170	2	0	1	0	0	0	3	0		•	•									•		
House Dressing	340	306	34	5	0	0	500	8	0	6	0	0	0	40	0												•		
Lite Italian Dressing	80	60	7	1	0	0	507	4	0	3	0	0	0	0	0														
Ranch Dressing	260	234	26	8	0	18	424	4	0	0	2	0	0	40	0	•		•	•										

MENU ITEMS	NUTRITION														ALLERGENS													
HOMEMADE DESSERTS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT		
	Chocolate Eclair Cake	520	159	18	7	0	17	512	83	4	51	6	176	1	260	1			•									•
Lemon Cake	700	258	29	11	0	74	573	103	1	75	5	85	0	81	1	•		•									•	•
Portillo's Famous Chocolate Cake	720	329	37	11	0	119	780	86	4	64	6	127	0	93	4	•		•									•	•
Strawberry Shortcake	480	178	20	12	0	66	311	73	2	62	3	654	44	57	0	•		•									•	•

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MENU ITEMS	NUTRITION														ALLERGENS													
SIDE ORDERS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT		
	Bowl of Original Chili with Cheese and Onion	430	184	20	9	0	58	1764	42	7	6	22	1802	6	269	3			•		•			•			•	
	Chili Cheese Fries	450	239	27	10	0	23	1151	46	5	4	11	844	12	78	2			•					•				
	Chicken Noodle Soup	140	23	3	1	0	38	988	15	1	3	14	625	2	25	0	•		•					•			•	
	French Fries, Small	380	179	20	8	0	9	111	47	5	0	5	0	15	0	2												
	French Fries, Large	530	254	28	12	0	13	158	67	7	0	7	0	21	0	3												
	Fresh Baked House Bread	480	14	2	0	0	0	1110	99	3	0	18	0	0	120	1					•						•	
	Garlic Bread	680	396	44	18	0	0	960	61	0	2	10	0	0	126	1					•			•			•	
	Cheesy Garlic Bread	860	522	58	27	0	40	1340	63	0	2	22	400	0	426	1			•		•		•				•	
	Meatball with Sauce and Cheese	330	213	24	9	0	54	836	11	3	2	20	518	6	149	1	•		•		•		•				•	
	Onion Rings	350	73	8	2	0	6	789	62	2	7	6	0	4	33	1			•								•	
	Side Garden Salad (no dressing)	170	74	8	3	0	13	256	16	2	3	7	2665	22	114	1			•		•						•	
	Side of Meatballs	310	190	21	7	0	47	902	13	3	4	20	503	9	158	1	•		•		•		•				•	
	Tamale in Bowl of Chili	540	281	31	14	0	71	1348	43	4	3	22	1463	4	238	3			•				•					
Tamale	340	153	17	6	0	30	1020	36	3	1	11	500	1	20	3													

MENU ITEMS	NUTRITION														ALLERGENS													
ADD-ONS & CONDIMENTS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT		
	Add Bacon	100	80	9	3	0	30	91	0	0	0	7	0	0	0	0												
	Barnelli's Add Chicken	130	36	4	1	0	55	390	2	0	0	21	0	0	0	1	•							•	•		•	
	Barnelli's Add Italian Sausage	280	211	23	8	0	55	956	0	0	0	18	223	0	22	1												
	Barnelli's Add Meatball	310	190	21	7	0	47	902	13	3	4	20	503	9	158	1	•		•		•		•				•	
	Regular Cheese Sauce	135	81	9	3	0	8	555	9	0	0	2	0	0	90	0			•									
	Jumbo Cheese Sauce	540	324	36	12	0	32	2220	36	0	0	8	0	0	360	0			•									
	Hot Peppers	50	41	5	1	0	0	100	2	0	1	0	500	12	0	0										•		
	Side of Gravy	120	119	13	6	0	14	431	1	0	0	0	16	0	5	0				•								
	Sweet Peppers	40	36	4	1	0	0	304	2	1	1	0	127	25	7	0												
	Slice of American Cheese	90	63	7	5	0	20	380	2	0	0	4	400	0	150	0			•				•					

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	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT		
<b>PASTA &amp; RIBS</b>																												
<b>Baked Mostaccioli</b>																												
without Sauce	1050	416	46	25	0	126	1846	106	7	13	55	2597	29	1101	5			•	•								•	
with Marinara Sauce	1480	663	74	41	0	185	2712	129	8	13	82	2943	21	1984	6			•	•								•	
with Meat Sauce	1430	609	68	35	0	186	2733	126	8	14	83	3591	36	1865	6			•									•	
Fettuccine Alfredo	1890	924	103	60	0	295	2889	154	6	11	95	2133	0	2414	6	•	•										•	
<b>Mostaccioli Large</b>																												
without sauce	760	103	11	5	0	21	446	137	6	3	32	213	0	321	6			•									•	
with Marinara Sauce	1160	353	39	20	0	73	1419	164	11	18	43	2107	32	591	7			•	•								•	
with Meat Sauce	1080	273	30	12	0	74	1451	160	11	20	45	3080	54	413	8			•									•	
<b>Mostaccioli Small</b>																												
without Sauce	510	92	10	5	0	21	413	84	4	2	23	213	0	320	4			•									•	
with Marinara Sauce	780	258	29	15	0	56	1062	102	7	12	30	1476	21	501	5			•	•								•	
with Meat Sauce	720	204	23	9	0	57	1083	100	7	13	32	2125	36	382	5			•									•	
Penne All Arrabbiata	1230	572	64	23	0	67	1719	131	10	15	37	2074	30	611	6			•	•								•	
Penne Ala Vodka	2140	1160	129	75	0	365	1521	192	10	9	53	4525	17	707	9			•	•								•	
<b>Spaghetti Large</b>																												
without Sauce	760	103	11	5	0	21	446	137	6	3	32	213	0	321	6			•									•	
with Marinara Sauce	1160	353	39	20	0	73	1419	164	11	18	43	2107	32	591	7			•	•								•	
with Meat Sauce	1080	273	30	12	0	74	1451	160	11	20	45	3080	54	413	8			•									•	
<b>Spaghetti Small</b>																												
without Sauce	510	92	10	5	0	21	413	84	4	2	23	213	0	320	4			•									•	
with Marinara Sauce	780	258	29	15	0	56	1062	102	7	12	30	1476	21	501	5			•	•								•	
with Meat Sauce	720	204	23	9	0	57	1083	100	7	13	32	2125	36	382	5			•									•	
<b>Ribs</b>																												
Full Slab	1020	542	60	22	0	194	3884	78	0	70	39	27	0	79	2											•	•	•
Half Slab	510	271	30	11	0	97	1942	39	0	35	19	13	0	39	1											•	•	•

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
<b>NUDIES</b>																											
Breaded Chicken	310	107	12	2	0	65	1680	26	0	1	23	0	0	13	2												•
Breaded Whitefish	250	119	13	5	0	40	430	17	0	0	12	0	0	30	1		•										•
Burger Patty	280	165	18	7	0	94	526	0	0	0	27	0	0	25	3												
Char-Broiled Chicken (Portillo's)	130	36	4	1	0	55	390	2	0	0	21	0	0	0	1												
Char-Broiled Chicken (Barnelli's)	130	36	4	1	0	55	390	2	0	0	21	0	0	0	1	•								•	•		•
Char-Grilled Italian Sausage	280	211	23	8	0	55	956	0	0	0	18	223	0	22	1												
Char-Grilled Polish Sausage	400	315	35	13	0	88	1450	3	0	3	20	0	30	0	2												
Cup of Italian Beef	270	194	22	9	0	33	1000	7	0	0	11	122	19	6	1				•								
Hot Dog	150	108	12	5	0	30	480	2	0	1	7	0	0	0	1												
Jumbo Hot Dog	260	198	22	9	0	55	970	3	0	2	13	0	0	0	1												
Plant-Based Garden Dog*	130	81	9	1	0	0	320	7	1	1	5	0	0	10	1												•

\*Contains pea protein

MENU ITEMS	NUTRITION															ALLERGENS											
	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT	
<b>BREADS</b>																											
Brioche Bun	190	32	4	2	0	10	300	33	1	7	7	0	0	70	2			•		•							•
French Bread, 6 inch	300	18	2	0	0	0	720	58	0	2	10	0	0	120	1					•			•				•
Hamburger Bun	220	23	3	0	0	0	400	42	1	4	7	0	0	60	2					•			•				•
Hot Dog Bun	140	23	3	0	0	0	270	26	0	3	4	0	0	40	1					•							•
Croissant, 3 oz	260	63	7	3	0	0	350	43	1	6	6	0	0	48	2			•		•			•				•



MENU ITEMS	NUTRITION															ALLERGENS										
DRINKS	TOTAL CALORIES (KCAL)	FAT CALORIES (KCAL)	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (MG)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VIT A (IU)	VIT C (MG)	CALCIUM (MG)	IRON (MG)	EGG	FISH	MILK	MSG	OTHER GLUTEN	PEANUTS	SHELLFISH	SOY	SULFITES	TREE NUTS	WHEAT
	Chocolate Cake Shake (Small)	850	229	25	10	0	89	741	138	2	114	13	346	3	465	3	•		•						•	
Chocolate Cake Shake (Large)	1490	425	47	18	0	163	1329	240	5	197	21	550	5	720	5	•		•						•		•
Chocolate Covered Strawberry Shake (Small)	1300	376	42	18	0	96	991	206	6	175	16	416	21	576	3	•		•						•		•
Chocolate Covered Strawberry Shake (Large)	2200	654	73	31	0	178	1720	343	10	289	26	691	35	941	6	•		•						•		•
Chocolate Malt (Small)	600	86	10	6	0	37	445	114	1	96	14	353	4	547	0			•		•				•		•
Chocolate Malt (Large)	970	137	15	9	0	59	717	186	1	157	22	564	6	873	1			•		•				•		•
Chocolate Shake (Small)	540	80	9	6	0	37	405	102	1	87	13	353	4	523	0			•						•		
Chocolate Shake (Large)	890	128	14	9	0	59	657	168	1	143	20	564	6	836	1			•						•		
Coke (Small)	150	0	0	0	0	0	9	41	0	41	0	0	0	0	0											
Coke (Large)	240	0	0	0	0	0	14	65	0	65	0	0	0	0	0											
Diet Coke (Small)	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0											
Diet Coke (Large)	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0											
Hi-C Flashin Fruit Punch (Small)	160	0	0	0	0	0	13	42	0	42	0	0	0	0	0											
Hi-C Flashin Fruit Punch (Large)	250	0	0	0	0	0	22	67	0	67	0	0	0	0	0											
Iced Tea (Small)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0											
Iced Tea (Large)	0	0	0	0	0	0	12	0	0	0	0	0	0	12	0											
Milk	120	45	5	4	0	25	120	11	0	11	8	500	1	300	0			•								
Minute Maid Lemonade (Small)	150	0	0	0	0	0	61	39	0	39	0	0	0	0	0											
Minute Maid Lemonade (Large)	230	0	0	0	0	0	98	62	0	62	0	0	0	0	0											
Root Beer (Small)	170	0	0	0	0	0	36	45	0	45	0	0	0	0	0											
Root Beer (Large)	270	0	0	0	0	0	58	72	0	72	0	0	0	0	0											
Sprite (Small)	150	0	0	0	0	0	33	39	0	39	0	0	0	0	0											
Sprite (Large)	230	0	0	0	0	0	53	62	0	62	0	0	0	0	0											
Malt (Small)	600	86	10	6	0	37	422	114	1	97	14	353	7	547	0			•		•						•
Strawberry Malt (Large)	970	137	15	9	0	59	672	185	1	158	22	564	13	873	0			•		•						•
Strawberry Shake (Small)	540	80	9	6	0	37	382	102	1	87	13	353	7	523	0			•								
Strawberry Shake (Large)	890	128	14	9	0	59	612	167	1	144	20	564	13	836	0			•								
Strawberry Lemon Cake Shake (Small)	763	185	21	9	0	63	554	132	2	107	11	289	24	415	1	•		•						•		•
Strawberry Lemon Cake Shake (Large)	1309	338	38	17	0	110	956	222	4	178	17	437	40	619	2	•		•						•		•
Sweet Tea (Small)	120	0	0	0	0	0	0	32	0	32	0	0	0	0	0											
Sweet Tea (Large)	190	0	0	0	0	0	0	50	0	50	0	0	0	0	0											
Vanilla Malt (Small)	550	86	10	6	0	37	422	103	1	86	14	353	4	547	0			•		•						•
Vanilla Malt (Large)	880	137	15	9	0	59	672	164	1	137	22	564	6	873	0			•		•						•
Vanilla Shake (Small)	500	80	9	6	0	37	382	91	1	77	13	353	4	523	0			•								
Vanilla Shake (Large)	800	128	14	9	0	59	612	146	1	123	20	564	6	836	0			•								

2,000 calories a day is used for general nutrition advice, but calorie needs vary.