



	servings	Saturated Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Crap (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (% DV)
SANDWICHES													
Famous Star™ Hamburger	254	590	290	32	70	910	52	8	24	4	10	10	25
Famous Star™ with Cheese	274	650	340	37	12	65	1170	51	3	9	26	8	30
Super Star™ Hamburger	348	790	420	47	14	130	980	52	3	9	41	4	40
Super Star™ with Double Cheese	376	920	510	57	21	160	1490	53	3	10	48	15	40
Sourdough Bacon Cheeseburger	207	550	260	29	14	85	500	41	2	6	31	6	25
Double Sourdough Bacon Cheeseburger	313	920	540	59	24	170	1020	45	2	8	52	10	40
Western Bacon Cheeseburger®	225	660	270	30	12	85	1410	64	2	14	32	6	30
Double Western Bacon Cheeseburger®	308	920	450	50	21	155	1730	65	2	14	51	10	40
Hamburger	119	280	80	9	4	35	480	36	1	5	14	0	15
Charbroiled BBQ Chicken Sandwich™	245	370	35	4	1	60	1070	47	4	12	35	2	15
Charbroiled Chicken Club Sandwich™	270	550	210	23	7	95	1330	43	4	9	42	2	20
Charbroiled Santa Fe Chicken Sandwich™	266	610	290	32	8	100	1440	43	4	9	38	10	20
Carl's Ranch Crispy Chicken Sandwich	269	660	280	31	7	70	1180	72	3	8	24	4	10
Carl's Bacon Swiss Crispy Chicken Sandwich	268	750	250	28	11	80	1900	91	3	14	31	6	4
Carl's Western Bacon Crispy Chicken Sandwich	294	760	350	38	11	90	1550	72	3	8	31	4	10
Spicy Chicken Sandwich	198	480	230	26	5	40	1220	48	2	6	14	2	10
Carl's Catch Fish Sandwich™	215	560	250	27	7	80	990	58	2	8	19	6	15
The Six Dollar Burger®	539	1000	560	62	25	135	1690	72	6	25	39	25	35
The Western Bacon Six Dollar Burger™	350	1060	550	61	27	135	2180	79	2	15	45	10	30
Chili Burger	330	690	320	35	15	110	1400	57	5	11	39	6	20

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SIDES & OTHER CHOICES													
French Fries Kids	79	250	110	12	3	0	150	32	3	0	4	0	6
French Fries Small	92	290	120	14	3	0	170	37	3	0	5	0	6
French Fries Medium	147	460	200	22	5	0	280	59	5	0	7	0	10
French Fries Large	198	620	260	29	6	0	380	80	7	1	10	2	15
Chili Cheese Fries	340	920	460	51	18	65	1030	89	9	3	29	8	20
Onion Rings	128	440	190	22	5	0	700	53	3	5	7	0	2
Zucchini	139	320	170	19	5	0	860	31	2	6	15	4	10
Hash Brown Nuggets	108	330	190	21	5	0	470	32	3	1	3	0	4
CrispCut Fries™	139	410	220	24	5	0	950	43	4	0	5	0	10
Chicken Stars (6 pieces)	90	270	150	17	5	40	500	15	0	1	14	0	2
Chicken Stars (9 pieces)	135	410	230	26	7	60	760	23	1	1	21	0	2
Chicken Breast Strips (3 pcs)	145	380	190	21	4	55	1360	27	1	1	22	2	8
Chicken Breast Strips (5 pcs)	241	630	310	34	6	90	2260	45	2	1	37	2	15
American Cheese Large	16	60	45	5	4	15	260	1	0	1	3	4	0
Swiss-Style Cheese	16	50	35	4	3	15	230	0	0	0	4	0	15
Bacon (2 slices)	9	45	30	4	2	10	150	0	0	0	0	0	0

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DRINKS & TOPPINGS													
Broccoli and Cheese	441	510	190	21	5	15	940	71	7	4	12	20	80
Bacon and Cheese	441	620	260	29	8	40	1160	71	7	5	22	15	50
Plain Potato without Margarine	209	280	0	0	0	0	30	63	7	0	7	0	4
Plain Potato with Margarine	313	380	110	12	2	0	140	63	7	3	7	10	50
Sour Cream and Chives	342	410	130	14	4	10	190	65	7	4	9	15	50

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SALE DRESSINGS & TOPPINGS													
Charbroiled Chicken Salad-To-Go™	437	330	70	7	4	75	880	17	5	8	34	130	50
Garden Salad-To-Go™	151	120	25	3	2	5	230	5	2	3	3	60	20
Buffalo Ranch Chicken Salad	447	380	150	16	3	35	1180	42	6	10	19	60	115
CROUTONS	14	70	25	3	0	0	170	8	0	0	1	0	0

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SALE DRESSINGS - 2 oz PACKETS													
Honey Dressing	57	220	200	22	4	20	440	3	0	2	1	0	0
Buffalo Ranch Dressing	57	320	320	35	6	25	720	2	0	1	1	0	0
Blue Cheese Dressing	57	320	310	35	6	25	370	1	0	1	2	0	4
1000 Island Dressing	57	250	220	24	4	25	450	7	0	4	1	0	2
Fat Free Italian Dressing	57	15	0	0	0	0	770	4	0	0	0	0	0
Fat Free French Dressing	57	60	0	0	0	0	660	16	0	12	0	0	0

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BREAKFAST													
Sourdough Breakfast Sandwich No Meat	153	410	170	19	9	255	510	39	2	4	21	10	0
Sourdough Breakfast Sandwich with Bacon	170	700	220	24	11	305	660	39	2	4	25	10	2
Sourdough Breakfast Sandwich with Ham	188	450	180	20	9	270	950	40	2	4	28	10	0
Sourdough Breakfast Sandwich with Sausage	203	610	330	37	16	290	1040	39	2	4	28	10	0
Croissant Sunrise Sandwich™ No Meat	119	260	190	21	6	245	470	28	0	15	20	0	15
Croissant Sunrise Sandwich™ with Bacon	128	410	230	25	9	255	610	29	0	5	16	20	2
Croissant Sunrise Sandwich™ with Sausage	169	550	360	40	14	285	970	31	0	5	21	20	0
Breakfast Burrito	203	590	280	32	11	495	980	37	1	1	29	15	2
Scrambled Egg Breakfast - Sausage	345	900	510	56	15	525	1480	72	5	11	27	15	15
Scrambled Egg Breakfast - Bacon	306	760	380	42	11	500	1140	69	5	11	23	10	15
Breakfast Quesadilla	176	390	160	18	5	285	920	38	2	7	17	15	2
French Toast Dips™ - 6 pcs - no syrup	155	450	180	20	6	5	570	59	0	10	0	0	0
French Toast Dips™ - 9 pcs - no syrup	232	670	270	30	9	5	850	88	1	15	15	0	0
French toast syrup - 1 oz	28	90	0	0	0	0	21	0	16	0	0	0	0
Grape Jelly	14	40	0	0	0	0	15	9	0	7	0	0	0
Strawberry Jam	14	40	0	0	0	0	15	9	0	7	0	0	0

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DESSERTS													
Chocolate Chip Cookie	71	350	160	18	7	20	330	46	1	27	3	2	0
Chocolate Cake	85	300	100	12	3	30	350	48	1	37	3	4	0
Strawberry Swirl Cheesecake	99	290	150	17	9	55	230	30	0	20	6	8	4

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DRINKS & SAUCES													
Buffalo Wing Sauce	21	0	0	0	0	0	30	0	0	0	0	0	0
House Sauce	28	110	100	11	2	10	220	2	0	1	0	0	2
Mustard Sauce	28	50	0	0	0	0	210	11	0	8	0	0	6
Honey Sauce	28	90	0	0	0	0	22	0	20	0	0	0	0
BBQ Sauce	28	50	0	0	0	0	270	11	0	7	1	0	2
Sweet n' Sour Sauce	28	50	0	0	0	0	80	12	0	9	0	0	4

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BEVERAGES													
Orange Juice	10 fl oz	150	0	0	0	0	37	0	35	1	0	160	2
Milk 1% Fat	10 fl oz	150	30	3	2	15	180	18	0	18	14	10	6
Coffee (regular)	12 fl oz	5	0	0	0	0	5	1	0	0	0	0	0
Coffee (large)	20 fl oz	10	0	0	0	0	8	2	0	0	0	0	0
Vanilla Shake (small)	21 fl oz	470	100	11	7	45	350	77	0	66	15	0	60
Vanilla Shake (medium)	32 fl oz	700	150	16	11	70	520	115	0	98	22	0	90
Chocolate Shake (small)	21 fl oz	540	100	11	7	45	360	98	0	86	15	0	60
Chocolate Shake (medium)	32 fl oz	820	150	16	10	70	550	148	0	131	22	0	90
Strawberry Shake (small)	21 fl oz	520	90	11	7	45	340	93	0	82	14	0	60
Strawberry Shake (medium)	32 fl oz	750	140	15	10	65	490	133	0	117			