



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	%Daily Values*	Saturated Fat (g)	%Daily Values*	Cholesterol (mg)	%Daily Values*	Sodium (mg)**	%Daily Values*	Total Carbohydrates (g)	%Daily Values*	Dietary Fiber (g)	%Daily Values*	Sugars (g)	Protein (g)	Vitamin A*	Vitamin C*	Calcium*	Iron*
SANDWICHES																					
Carl's Famous Star®	254	590	290	32	50	9	43	70	24	910	38	50	17	3	12	8	24	6	10	10	25
Super Star®	345	790	420	47	72	15	72	130	43	980	41	51	17	3	12	9	41	8	15	10	40
Sourdough Bacon Cheeseburger	217	640	370	41	63	15	77	95	31	690	29	37	12	2	8	6	30	8	8	15	25
Sourdough Ranch Bacon Cheeseburger	257	720	410	46	70	16	79	95	32	800	33	43	14	3	11	5	33	6	10	20	25
Double Sourdough Bacon Cheeseburger	299	880	530	59	91	24	122	165	55	1010	42	37	12	2	9	7	50	15	10	25	35
Western Bacon Cheeseburger®	225	660	270	30	47	12	61	85	28	1410	59	64	21	3	12	15	31	4	2	20	30
Double Western Bacon Cheeseburger®	308	920	450	50	77	21	106	155	52	1770	72	65	22	3	12	15	51	10	2	30	40
Famous Bacon Cheeseburger™	279	700	370	41	63	13	67	95	32	1310	55	51	17	3	12	9	31	10	10	20	30
Hamburger	119	280	80	9	14	3.5	16	35	11	480	20	36	12	1	6	5	14	0	2	8	15
Charbroiled BBQ Chicken Sandwich™	199	290	30	3.5	5	1	4	60	20	840	35	41	14	2	8	9	25	4	8	10	15
Charbroiled BBQ Club Sandwich™	224	470	200	23	35	7	33	95	31	1110	46	37	12	2	9	6	31	6	10	25	15
Charbroiled Santa Fe Chicken Sandwich™	220	540	280	31	48	8	38	95	32	1210	50	37	12	2	9	7	28	10	10	20	15
Carl's Ranch Crispy Chicken Sandwich	269	660	280	31	48	7	36	70	23	1180	49	71	24	3	10	8	24	4	10	8	20
Carl's Bacon Swiss Crispy Chicken Sandwich	294	760	350	38	59	11	56	90	30	1550	65	72	24	3	10	8	31	6	10	20	25
Carl's Western Bacon Crispy Chicken Sandwich	268	750	250	28	43	11	53	80	26	1900	79	91	30	3	12	15	31	4	2	20	25
Spicy Chicken Sandwich	198	480	230	26	40	5	26	40	14	1220	51	47	16	2	8	6	14	6	10	10	15
Southwest Spicy Chicken Sandwich	215	620	370	41	62	10	48	65	21	1640	68	48	16	2	9	7	16	8	10	20	20
Charbroiled Sirloin Steak Sandwich	283	550	220	24	37	4.5	22	80	26	1080	45	52	17	2	10	6	30	8	15	8	25
Carl's Catch Fish Sandwich™	201	530	250	28	42	7	34	80	26	1030	43	55	18	2	9	8	18	6	4	15	10
American Cheese Large	16	60	45	5	8	3.5	17	15	5	260	11	1	0	0	0	1	3	4	0	10	0
American Cheese Small	13	50	35	4	6	2.5	13	10	4	200	8	1	0	0	0	1	3	4	0	8	0
Swiss-Style Cheese	16	50	35	4	6	2.5	12	15	4	230	10	0	0	0	0	1	4	0	0	10	0
SIDES																					
French Fries Kids	79	250	110	12	18	2.5	12	0	0	150	6	32	11	2	10	<1	4	0	30	0	4
French Fries Small	92	290	120	14	21	3	14	0	0	180	7	37	12	3	12	1	5	0	35	0	6
French Fries Medium	147	460	200	22	33	5	25	0	0	280	12	59	20	5	19	1	7	*	60	*	10
French Fries Large	198	620	260	29	45	6	31	0	0	380	16	80	27	6	26	1	10	*	75	*	10
Onion Rings	127	430	190	22	33	5	25	0	0	700	29	53	18	3	13	5	7	0	6	2	4
Zucchini	139	320	170	19	29	5	24	0	0	860	36	31	10	2	8	3	6	15	*	4	10
Hash Brown Nuggets	108	330	190	21	32	4.5	22	0	0	470	19	32	11	2	10	1	3	0	15	2	4
CrissCut Fries®	139	410	220	24	37	5	25	0	0	950	40	43	14	4	16	0	5	0	20	2	10
Chicken Stars (6 pieces)	90	260	150	16	25	4.5	22	40	13	480	20	14	5	<1	4	1	13	0	0	2	6
POTATOES																					
Broccoli and Cheese	411	530	190	21	33	5	25	15	4	940	39	76	25	6	26	6	11	15	80	10	20
Bacon and Cheese	411	640	260	29	45	9	45	40	13	1660	69	75	25	6	26	7	21	15	60	15	20
Plain Potato without Margarine	269	290	0	0	0	0	0	0	0	20	1	68	23	6	26	4	6	0	55	2	20
Sour Cream and Chives	312	430	130	14	22	4	19	10	3	180	7	70	23	6	26	6	7	15	60	6	20
SALADS																					
Charbroiled Chicken Salad-to-go™	350	200	60	7	10	3	15	75	25	440	18	12	4	4	16	3	25	80	8	15	10
Garden Salad-to-go™	137	50	25	2.5	4	1.5	7	5	2	60	2	4	1	2	8	2	3	40	2	6	4
SALAD DRESSINGS																					
House Dressing	56	220	200	22	34	3.5	18	25	8	450	19	3	1	0	0	2	1	0	0	4	0
Blue Cheese Dressing	56	320	310	35	53	7	32	25	9	370	15	1	0	0	0	1	2	*	0	4	0
1000 Island Dressing	59	230	210	23	36	4	18	20	7	420	18	5	2	0	0	3	<1	0	*	0	*
Fat Free Italian Dressing	57	15	0	0	0	0	0	0	0	770	32	4	1	0	0	2	0	0	0	0	0
Fat Free French Dressing	57	60	0	0	0	0	0	0	0	660	27	16	5	<1	3	12	0	0	0	0	0
BREAKFAST																					
Sourdough Breakfast	174	410	180	20	31	10	50	275	92	930	39	33	11	1	6	4	26	8	0	25	15
Sunrise Sandwich****	119	360	190	21	33	8	39	245	82	470	20	28	9	<1	2	5	13	10	0	10	8
Breakfast Burrito	203	550	280	32	49	11	53	495	164	980	41	36	12	1	5	2	29	15	*	35	20
French Toast Dips***	105	370	180	20	31	2.5	14	0	0	430	18	42	14	1	6	11	6	0	0	4	6
Breakfast Quesadilla	167	370	150	17	26	5	26	240	81	910	38	38	13	1	6	3	16	10	2	25	15
Scrambled Eggs	95	180	120	14	21	3	14	455	152	110	5	1	0	0	0	1	13	10	0	4	8
English Muffin with Margarine	66	210	80	9	13	2	9	0	0	300	12	28	9	2	8	2	5	6	0	8	4
Bacon - 2 Strips	9	45	30	4	6	1.5	7	10	3	150	6	0	0	0	0	0	3	0	0	0	0
Sausage - 1 Patty	48	190	160	18	28	6	28	40	12	480	20	2	1	0	0	0	7	0	0	*	4
BAKERY																					
Blueberry Muffin	120	340	120	14	21	2	11	40	14	340	14	49	16	1	5	29	5	*	2	15	8
Bran Raisin Muffin	135	370	120	14	21	2	11	45	15	410	17	61	20	6	24	35	6	*	*	10	10
Chocolate Chip Cookie	71	350	160	18	27	7	34	20	7	330	14	46	15	1	4	27	3	2	0	0	10
Chocolate Cake	85	300	100	12	18	3	16	30	10	350	15	48	16	1	5	37	3	2	0	2	15
Cheese Danish	118	400	200	23	35	6	27	15	6	390	16	49	16	1	6	21	5	15	0	6	10
Strawberry Swirl Cheesecake	99	290	150	17	25	9	46	55	18	230	9	30	10	0	0	20	6	8	2	10	2
BREADS/SAUCES																					
Croutons	14	30	10	1	1	0	0	0	0	105	4	5	2	0	0	0	1	0	0	0	0
Breadsticks	9	35	5	0.5	1	0	0	0	0	60	3	7	2	<1	3	0	1	0	0	0	2
Table Syrup	28	90	0	0	0	0	0	0	0	0	0	21	7	0	0	16	0	0	0	0	0
Salsa	25	10	0	0	0	0	0	0	0	160	6	2	1	0	0	1	0	2	2	0	0
Mustard Sauce	28	50	0	0	0	0	0	0	0	210	9	11	4	0	0	8	0	0	0	0	6
Honey Sauce	28	90	0	0	0	0	0	0	0	0	0	22	7	0	0	20	0	0	0	0	0
BBQ Sauce	31	50	0	0	0	0	0	0	0	270	11	11	4	0	0	7	1	0	0	0	2
Sweet n' Sour Sauce	28	50	0	0	0	0	0	0	0	80	3	12	4	0	0	9	0	0	4	0	0
Grape Jelly	14	40	0	0	0	0	0	0	0	15	1	9	3	0	0	7	0	0	0	0	0
Strawberry Jam																					