





Effective: August 2016

	Serving Size (g) or (1 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	Caffeine (mg)	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish	
<b>SIDES* (Most fried items are cooked in common oil)</b>																										
<b>French Fries</b>																										
My Size	111	250	140	16	3	0	0	35	24	2	1	2	0	7	0	2	n/a			#	#	#	#	#	#	#
Small	148	330	190	21	4	0	0	50	32	3	2	3	0	10	0	3	n/a			#	#	#	#	#	#	#
Medium	266	600	350	39	7	0	0	85	57	6	3	6	0	17	0	6	n/a			#	#	#	#	#	#	#
Sack (serves 3)	353	770	440	49	9	0	0	115	76	8	4	8	0	23	0	8	n/a			#	#	#	#	#	#	#
<b>French Fries - New York &amp; New Jersey only</b>																										
My Size	111	260	140	16	3.5	0	0	30	25	2	1	4	0	12	0	5	n/a			#	#	#	#	#	#	#
Small	148	350	190	21	4.5	0	0	40	34	3	1	5	0	16	0	6	n/a			#	#	#	#	#	#	#
Medium	266	630	350	39	9	0	0	70	60	6	3	9	0	29	0	12	n/a			#	#	#	#	#	#	#
Sack (serves 3)	353	810	440	49	11	0	0	95	81	8	4	12	0	38	0	15	n/a			#	#	#	#	#	#	#
<b>Cheese Fries</b>																										
Small	199	400	240	27	5	0	0	350	35	3	2	4	0	10	1	5	n/a			#	X	#	#	#	#	#
<b>Cheese Fries - New York &amp; New Jersey only</b>																										
Small	201	410	250	28	5	0	0	350	35	3	2	4	0	10	1	5	n/a			#	X	#	#	#	#	#
<b>Fully Loaded Fries</b>																										
Small	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4	n/a			X	X	#	#	#	#	#
<b>Fully Loaded Cheese Fries - New York &amp; New Jersey only</b>																										
Small	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4	n/a			X	X	#	#	#	#	#
<b>Mutanta Fries - Limited Time Offering</b>																										
Small	182	410	230	26	6	0	20	1150	36	2	9	5	0	6	4	7	n/a			X	X	X	#	#	#	#
<b>Onion Chips</b>																										
Small	124	480	320	36	6	0	0	690	33	6	4	4	0	2	2	4	n/a			X	X	X	#	#	#	#
Medium	262	930	590	65	11	0	0	1550	73	13	8	8	0	4	4	8	n/a			X	X	X	#	#	#	#
Sack (serves 3)	349	1350	910	101	17	0	0	1950	92	16	11	11	0	5	5	11	n/a			X	X	X	#	#	#	#
<b>Onion Rings - New York &amp; New Jersey only</b>																										
Kids	70	210	120	14	2.5	0	0	190	21	2	3	1	0	0	3	1	n/a			#	X	X	X	#	#	#
Medium	112	340	190	22	4	0	0	310	33	3	5	2	0	0	5	2	n/a			#	X	X	X	#	#	#
Large (serves 3)	210	640	360	41	7	0	0	580	62	6	9	4	0	0	9	4	n/a			#	X	X	X	#	#	#
<b>Home-style Onion Rings - Chicago, Louisville &amp; St. Louis only</b>																										
Kids	86	290	170	19	3	0	0	360	25	1	5	4	0	4	4	4	n/a			#	#	X	X	#	#	#
Medium	141	480	290	33	5	0	0	580	40	2	7	6	0	6	6	6	n/a			#	#	X	X	#	#	#
Sack (serves 3)	262	890	550	61	10	0	0	1070	74	3	14	11	0	11	11	11	n/a			#	#	X	X	#	#	#
<b>Chicken Rings</b>																										
6 Rings	143	530	430	47	9	0	105	610	12	0	0	18	2	0	2	9	n/a			X	X	X	#	#	#	#
9 Rings	215	790	640	71	14	0	160	910	18	1	0	26	3	0	2	13	n/a			X	X	X	#	#	#	#
20 Rings (serves 3)	478	1760	1420	158	31	0	355	2020	41	2	1	58	7	0	5	29	n/a			X	X	X	#	#	#	#
<b>Fish Nibblers (select regions)</b>																										
Small	141	320	140	16	3	0	10	700	28	1	1	16	1	0	1	5	n/a			X	X	X	X	X	X	X
Medium	262	590	260	29	5	0	20	1300	51	2	2	30	3	1	3	9	n/a			X	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	n/a			X	X	X	X	X	X	X
<b>Clam Strips (select regions)</b>																										
Small	128	210	150	17	2.5	0	15	620	5	0	1	8	2	11	2	45	n/a			X	X	X	#	#	#	X
Medium	256	410	310	34	5.5	0	35	1250	9	0	2	16	5	23	5	91	n/a			X	X	X	#	#	#	X
Sack (serves 3)	384	620	460	51	8	0	50	1870	14	0	3	24	7	34	7	136	n/a			X	X	X	#	#	#	X
<b>Mozzarella Cheese Sticks</b>																										
3 Sticks	110	440	300	33	9	0	30	850	22	1	1	12	5	0	25	4	n/a			#	X	X	#	#	#	#
5 Sticks	183	740	500	55	15	0.5	50	1420	36	2	2	21	9	1	41	6	n/a			#	X	X	#	#	#	#
10 Sticks (serves 3)	366	1470	1000	111	31	1	100	2850	73	4	4	41	18	1	83	12	n/a			#	X	X	#	#	#	#
<b>SIDE SAUCES</b>																										
BBQ Sauce - 1 Container	28	35	5	0.5	0	0	0	390	8	0	8	0	2	0	0	0	n/a									
<b>Cheese Sauce - Chicago, Cincinnati, Columbus, Indianapolis, Louisville, New York, New Jersey &amp; Minneapolis</b>																										
	43	40	30	3.5	0.5	0	0	300	1	0	1	1	0	0	1	1	n/a				X					
<b>Cheese Sauce - St. Louis &amp; Detroit</b>																										
	43	45	25	3	1	0	0	390	3	0	0	1	0	0	0	0	n/a				X		X			
<b>Fat Free Honey Mustard Sauce - 1 Container</b>																										
	28	50	0	0	0	0	0	120	13	0	7	0	0	0	0	2	n/a									
<b>Marinara Sauce - 1 Container</b>																										
	28	15	0	0	0	0	0	260	4	0	2	0	0	2	0	6	n/a									
<b>Ranch Dressing - 1 Container</b>																										
	28	150	150	17	2.5	0	10	210	1	0	1	0	0	0	2	0	n/a			X	X					
<b>Seafood Cocktail Sauce - 1 Container</b>																										
	28	30	0	0	0	0	0	300	7	0	4	0	2	10	0	0	n/a									
<b>Tartar Sauce - Chicago, Minneapolis &amp; New Jersey regions</b>																										
1 Container	28	90	70	8	1	0	10	220	4	0	2	0	0	0	0	0	n/a			X						







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<b>Fanta Strawberry Soda</b>																										
kid's	10	110	0	0	0	0	0	30	31	0	31	0	0	0	0	0	0									
small	21	260	0	0	0	0	0	65	70	0	70	0	0	0	0	0	0									
medium	30	340	0	0	0	0	0	85	93	0	93	0	0	0	0	0	0									
large	40	460	0	0	0	0	0	114	126	0	126	0	0	0	0	0	0									
<b>Mello Yello</b>																										
kid's	10	100	0	0	0	0	0	10	27	0	27	0	0	0	0	0	0									
small	21	230	0	0	0	0	0	15	62	0	62	0	0	0	0	0	0									
medium	30	300	0	0	0	0	0	25	82	0	82	0	0	0	0	0	0									
large	40	400	0	0	0	0	0	30	110	0	110	0	0	0	0	0	0									
<b>Pibb Xtra</b>																										
kid's	10	90	0	0	0	0	0	25	24	0	24	0	0	0	0	0	29									
small	21	210	0	0	0	0	0	60	55	0	55	0	0	0	0	0	60									
medium	30	270	0	0	0	0	0	80	73	0	73	0	0	0	0	0	75									
large	40	370	0	0	0	0	0	110	99	0	99	0	0	0	0	0	127									
<b>PowerAde Mountain Blast</b>																										
kid's	10	60	0	0	0	0	0	50	16	0	16	0	0	0	0	0	0									
small	21	140	0	0	0	0	0	115	36	0	36	0	0	0	0	0	0									
medium	30	180	0	0	0	0	0	150	48	0	48	0	0	0	0	0	0									
large	40	240	0	0	0	0	0	200	65	0	65	0	0	0	0	0	0									
<b>Sprite</b>																										
kid's	10	90	0	0	0	0	0	20	24	0	24	0	0	0	0	0	0									
small	21	210	0	0	0	0	0	45	55	0	55	0	0	0	0	0	0									
medium	30	270	0	0	0	0	0	60	73	0	73	0	0	0	0	0	0									
large	40	370	0	0	0	0	0	80	99	0	99	0	0	0	0	0	0									
<b>Vault</b>																										
kid's	10	100	0	0	0	0	0	10	26	0	26	0	0	1	0	0	49									
small	21	230	0	0	0	0	0	20	60	0	60	0	0	2	0	0	103									
medium	30	300	0	0	0	0	0	25	79	0	79	0	0	3	0	0	127									
large	40	410	0	0	0	0	0	35	107	0	107	0	0	4	0	0	215									
<b> CRAVE COOLERS</b>																										
<b>Crave Cooler Coke</b>																										
kid's	10	40	0	0	0	0	0	0	12	0	12	0	0	0	0	0	17									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0	36									
medium	30	140	0	0	0	0	0	15	39	0	39	0	0	0	0	0	42									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0	75									
<b>Crave Cooler Fanta Wild Cherry</b>																										
kid's	10	40	0	0	0	0	0	0	12	0	12	0	0	0	0	0	0									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0	0									
medium	30	140	0	0	0	0	0	10	39	0	39	0	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0	0									
<b>SMOOTHIES</b>																										
<b>Peach</b>																										
16oz	512	310	5	0.5	0.5	0	<5	60	70	3	57	4	24	397	10	0	n/a				X					
<b>Strawberry Banana</b>																										
16oz	540	360	5	0.5	0.5	0	<5	60	88	6	68	5	10	103	12	5	n/a				X					
<b>Strawberry Lemonade</b>																										
16oz	525	370	5	0.5	0.5	0	2.5	75	88	4	75	4	10	242	16	6	n/a				X					
<b>SHAKES</b>																										
<b>Chocolate Shake - Chicago region</b>																										
kids	10	260	40	4.5	2.5	0	15	160	51	1	43	6	3	3	21	3	n/a				X					
small	21	550	90	10	5.5	0	35	330	106	2	90	12	7	5	44	7	n/a				X					
medium	30	780	130	14	8	0	50	480	152	3	129	16	9	8	63	9	n/a				X					
large	40	1050	170	19	11	0.5	65	630	202	5	172	22	13	10	84	13	n/a				X					
<b>Vanilla Shake - Chicago region</b>																										
kids	10	220	40	4	2.5	0	15	170	41	1	34	6	3	3	23	1	n/a				X					
small	21	470	80	8	5	0	35	360	85	2	72	12	7	6	49	1	n/a				X					
medium	30	670	110	12	7	0	50	510	122	3	103	17	9	9	70	2	n/a				X					
large	40	900	140	16	10	0.5	65	680	163	5	137	23	13	11	93	3	n/a				X					

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<b>Strawberry Shake - Chicago region</b>																									
kids	10	260	40	4	2.5	0	15	170	49	1	43	6	3	3	23	1	n/a				X				
small	21	540	80	8	5	0	35	360	103	2	90	12	7	6	49	1	n/a				X				
medium	30	780	110	12	7	0	50	510	148	3	129	17	9	9	70	2	n/a				X				
large	40	1030	140	16	10	0.5	65	680	197	5	172	23	13	11	93	3	n/a				X				
<b>Chocolate Shake - Cincinnati region</b>																									
kids	10	310	70	8	5	0	15	170	53	0	42	7	3	3	25	0	n/a				X				
small	21	650	150	17	11	0	35	350	111	0	88	14	7	7	52	0	n/a				X				
medium	30	930	220	24	15	0	50	500	160	0	126	20	10	10	75	0	n/a				X				
large	40	1230	290	32	20	0	65	670	213	0	168	27	13	13	100	0	n/a				X				
<b>Vanilla Shake - Cincinnati region</b>																									
kids	10	300	70	8	5	0	15	170	52	0	42	7	3	3	25	0	n/a				X				
small	21	630	140	16	11	0	35	350	109	0	88	14	7	7	52	0	n/a				X				
medium	30	910	200	23	15	0	50	500	156	0	126	20	10	10	75	0	n/a				X				
large	40	1210	270	30	20	0	65	670	208	0	168	27	13	13	100	0	n/a				X				
<b>Strawberry Shake - Cincinnati region</b>																									
kids	10	300	70	8	5	0	15	170	52	0	42	7	3	3	25	0	n/a				X				
small	21	630	140	16	11	0	35	350	109	0	88	14	7	7	52	0	n/a				X				
medium	30	910	200	23	15	0	50	500	156	0	126	20	10	10	75	0	n/a				X				
large	40	1210	270	30	20	0	65	670	208	0	168	27	13	13	100	0	n/a				X				
<b>Chocolate Shake - Detroit region</b>																									
kids	10	210	50	6	3	0	20	190	32	0	32	6	0	4	19	4	n/a				X				
small	21	440	110	12	6	0	40	400	68	0	68	12	0	8	40	8	n/a				X				
medium	30	620	150	17	9	0	55	570	96	0	96	17	0	11	57	11	n/a				X				
large	40	830	200	23	11	0	75	760	129	0	129	23	0	15	76	15	n/a				X				
<b>Chocolate Shake - Columbus region</b>																									
kids	10	240	50	6	3.5	0	20	220	42	0	39	6	0	2	18	0	n/a				X				
small	21	500	110	12	8	0	45	470	88	0	82	13	0	4	37	0	n/a				X				
medium	30	710	160	18	11	0	65	670	126	0	117	19	0	5	53	0	n/a				X				
large	40	950	210	23	14	0	90	890	167	0	156	25	0	7	71	0	n/a				X				
<b>Vanilla Shake - Columbus region</b>																									
kids	10	200	50	5	3.5	0	20	220	32	0	30	6	0	2	18	0	n/a				X				
small	21	410	100	11	8	0	45	470	67	0	63	13	0	4	37	0	n/a				X				
medium	30	590	140	16	11	0	65	670	96	0	91	19	0	5	53	0	n/a				X				
large	40	780	190	21	14	0	90	890	128	0	121	25	0	7	71	0	n/a				X				
<b>Strawberry Shake - Columbus region</b>																									
kids	10	230	50	5	3.5	0	20	220	41	0	39	6	0	2	18	0	n/a				X				
small	21	480	100	11	8	0	45	470	85	0	81	13	0	4	37	0	n/a				X				
medium	30	690	140	16	11	0	65	670	122	0	117	19	0	5	53	0	n/a				X				
large	40	920	190	21	14	0	90	890	162	0	155	25	0	7	71	0	n/a				X				
<b>Chocolate Shake - Indianapolis region</b>																									
kids	10	230	70	7	4.5	0	35	170	42	1	32	6	14	0	22	3	n/a				X				
small	21	490	140	15	9	0	75	350	88	3	67	12	30	0	45	6	n/a				X				
medium	30	690	200	22	13	0	110	500	126	4	95	17	43	0	65	9	n/a				X				
large	40	920	260	29	17	0	145	670	168	6	127	23	58	0	87	12	n/a				X				
<b>Chocolate Shake - Louisville region</b>																									
kids	10	230	70	7	4.5	0	35	170	42	1	32	6	14	0	22	3	n/a				X				
small	21	490	140	15	9	0	75	350	88	3	67	12	30	0	45	6	n/a				X				
medium	30	690	200	22	13	0	110	500	126	4	95	17	43	0	65	9	n/a				X				
large	40	920	260	29	17	0	145	670	168	6	127	23	58	0	87	12	n/a				X				
<b>Chocolate Shake Minneapolis region</b>																									
kids	10	200	40	4	2	0	20	200	37	0	30	4	13	0	22	4	n/a				X				
small	21	410	80	9	4.5	0	45	410	78	0	64	9	27	0	46	9	n/a				X				
medium	30	590	120	13	7	0	65	590	111	0	91	13	39	0	65	13	n/a				X				
large	40	780	160	17	9	0	85	780	148	0	122	17	52	0	87	17	n/a				X				
<b>Chocolate Shake Nashville region</b>																									
kids	10	270	60	6	4	0	20	110	48	0	37	6	4	0	21	4	n/a				X				
small	21	570	120	13	9	0	45	240	100	0	79	13	9	0	44	9	n/a				X				
medium	30	810	170	19	13	0	60	340	143	0	112	19	12	0	62	13	n/a				X				
large	40	1080	230	25	17	0	85	460	191	0	150	25	17	0	83	17	n/a				X				



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<b>Chocolate Shake - New Jersey Region</b>																									
kids	10	210	50	6	3	0	20	170	35	1	27	6	3	0	26	0	n/a				X				
small	21	430	110	12	7	0	40	370	73	3	57	14	5	0	54	0	n/a				X				
medium	30	620	160	17	10	0	60	520	104	4	81	19	8	0	77	0	n/a				X				
large	40	910	230	26	14	0	85	760	153	6	119	28	11	0	113	0	n/a				X				
<b>Vanilla Shake - New Jersey Region</b>																									
kids	10	210	50	6	4	0	25	220	31	0	26	8	5	3	26	0	n/a				X				
small	21	440	110	12	8	0	55	460	65	0	54	16	11	5	54	0	n/a				X				
medium	30	620	160	18	12	0	80	660	94	0	78	23	16	8	77	0	n/a				X				
large	40	910	230	26	17	0	115	970	137	0	114	34	23	11	113	0	n/a				X				
<b>Vanilla Shake - New York Region</b>																									
small	21	440	120	13	9	0	45	550	79	0	75	9	35	0	44	0	n/a				X				
medium	30	630	170	19	13	0	65	790	113	0	107	13	50	0	63	0	n/a				X				
large	40	840	230	25	17	0	85	1050	151	0	143	17	67	0	84	0	n/a				X				
<b>Chocolate Shake - New York Region</b>																									
small	21	490	120	13	9	0	45	400	84	4	79	9	9	0	44	0	n/a				X				
medium	30	690	170	19	13	0	63	570	120	6	113	13	13	0	63	0	n/a				X				
large	40	930	230	25	17	0	85	760	160	8	151	17	17	0	84	0	n/a				X				
<b>Vanilla Shake - St. Louis Region</b>																									
kids	10	230	40	4.5	3.0	0	20	65	42	0	36	4	4	0	11	0	n/a				X				
small	21	450	90	9	6	0	40	130	83	0	72	8	8	0	23	0	n/a				X				
medium	30	690	130	14	9	0	60	200	126	0	109	12	11	0	34	0	n/a				X				
large	40	910	170	19	11	0	80	270	167	0	144	15	15	0	45	0	n/a				X				
<b>Chocolate Shake - St. Louis Region</b>																									
kids	10	240	50	5	3.5	0	20	75	42	2	31	5	3	0	15	11	n/a				X				
small	21	490	100	11	8	0	40	150	87	4	64	11	6	0	30	23	n/a				X				
medium	30	700	150	16	11	0	55	220	124	5	92	16	8	0	43	32	n/a				X				
large	40	980	200	23	15	0	75	300	174	8	129	23	11	0	61	45	n/a				X				

**NOTES**

- \* Sodium values may vary depending on restaurant preparation & on the local water supply used for beverages.
  - \*\*Sliders weight based on the weight before cooking.
  - \*\*\* Nutrition based on 1/3 cup of ice for beverages.
  - \*\*\*\*MSG = Monosodium Glutamate
- 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. 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. Foods prepared in common kitchen areas and/or equipment have also been indicated as possible 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](http://foodallergy.org) or by telephone at (800) 929-4040.



Effective: August 2016

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
Caffeine (mg)
<b>Peanuts</b>
Tree nuts
Egg
Dairy
Wheat
Soybean
Fish
Shellfish