



NUTRITION INFORMATION

X = Contains Allergens
= Prepared in Common Kitchen Area and/or Equipment

Effective: February 2018

ALLERGENS

	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	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish
SLIDERS*																								
The Original Slider®	55	140	60	6	2.5	0.5	10	360	13	1	1	7	0	4	2	4				#	X	#		
The Original Slider® (New York / New Jersey only)	60	140	60	6	2.5	0.5	10	410	15	1	3	7	1	4	2	4				#	X	#		
Double Original Slider®	98	240	110	12	5	1	20	660	21	1	2	12	0	6	3	7				#	X	#		
Double Original Slider® (New York / New Jersey only)	107	250	110	12	5	1	20	770	23	1	4	12	2	6	3	7				#	X	#		
Cheese	63	160	80	9	4	0.5	15	500	14	1	2	8	2	4	6	4				X	X	X		
Cheese (New York / New Jersey only)	67	170	80	9	4	0.5	15	550	15	1	3	8	3	4	6	4				X	X	X		
Double Cheese	113	300	150	17	8	1	30	940	21	1	3	15	5	6	11	8				X	X	X		
Double Cheese (New York / New Jersey only)	122	300	150	17	8	1	30	1040	24	1	5	15	7	6	11	8				X	X	X		
Cheddar Cheese	64	170	80	9	4.5	0.5	20	530	14	1	1	9	0	4	6	4				X	X	X		
Cheddar cheese (New York / New Jersey)	69	180	80	9	4.5	0.5	20	580	16	1	3	9	1	4	6	4				X	X	X		
Jalapeño Cheese	61	170	80	9	4.5	0.5	15	480	14	1	2	8	2	5	6	4				X	X	X		
Jalapeño Cheese (New York / New Jersey only)	65	170	80	9	4.5	0.5	15	530	15	1	3	8	3	5	6	4				X	X	X		
Bacon Cheese	67	220	120	14	6	0.5	25	640	13	1	2	11	2	4	6	4				X	X	X		
Bacon Cheese (New York / New Jersey only)	71	220	120	14	6	0.5	25	690	15	1	3	11	3	4	6	4				X	X	X		
Fish	95	340	220	24	5	0	20	410	18	1	2	11	2	4	6	3			#	X	X	#	X	#
Surf & Turf	169	540	340	38	11	1	45	990	27	2	2	22	5	6	11	10			#	#	X	#	X	#
Seafood Crab Cake Slider - Limited Time Offering	111	380	220	25	4.5	0	10	590	32	2	4	6	3	15	3	4			X	X	X	X	X	X
Veggie w/Sweet Thai Sauce	88	160	40	5	0	0	0	420	23	3	4	6	25	11	4	6					X	X		
Veggie w/Ranch	88	270	160	18	2	0	<5	470	21	3	4	5	24	11	4	6			X	X	X	X		
Veggie w/Honey Mustard	80	170	40	5	0	0	0	320	25	3	5	5	24	11	4	8					X	X		
Black Bean w/Sweet Thai Sauce	80	170	30	3.5	0	0	0	490	26	2	9	8.5	2	5	4	9					X	X		
Black Bean w/Ranch	80	260	150	17	2.5	0	<5	510	19	2	3	9	1	4	4	9			X	X	X	X		
Black Bean w/Honey Mustard	72	160	30	3.5	0	0	0	360	23	2	4	9	1	2	3	11					X	X		
Chicken Ring	71	200	90	10	3	0	45	460	16	1	2	10	3	4	6	4			X	X	X	X	#	#
Chicken Breast	85	220	90	10	3	0	25	610	20	1	2	11	4	4	6	5			#	X	X	X	#	#
Chicken & Waffles - Crispy	123	350	160	18	7	0	65	650	36	0	14	9	2	0	0	8	#		X	X	X	X	#	#
Chicken & Waffles - Savory Grilled	130	340	160	18	7	0	85	710	30	1	15	14	1	0	2	6	#		X	X	X	X	#	#
Waffle Sundae with Ghirardelli®	146	420	170	19	10	0	75	210	57	1	42	6	6	0	10	9	#	#	X	X	X	X		
Savory Grilled Chicken	88	180	60	7	1.5	0	40	570	13	1	2	15	1	5	3	3				X	X	X		
Bacon & Cheddar Grilled Chicken	104	270	140	15	6	0	60	930	14	1	2	20	1	5	7	3				X	X	X		
Bacon & Cheddar Crispy Chicken	93	290	140	16	6	0	40	830	21	1	1	14	2	4	5	5			#	X	X	X	#	#
SIDES (Fried items are cooked in common oil)																								
French Fries																								
Kids	111	250	140	16	3	0	0	35	24	2	1	2	0	7	0	2			#	#	#	#	#	#
Small	148	330	190	21	4	0	0	50	32	3	2	3	0	10	0	3			#	#	#	#	#	#
Medium	266	600	350	39	7	0	0	85	57	6	3	6	0	17	0	6			#	#	#	#	#	#
Sack (serves 3)	353	770	440	49	9	0	0	115	76	8	4	8	0	23	0	8			#	#	#	#	#	#
French Fries (New York / New Jersey only)																								
My Size	111	260	140	16	3.5	0	0	30	25	2	1	4	0	12	0	5			#	#	#	#	#	#
Small	148	350	190	21	4.5	0	0	40	34	3	1	5	0	16	0	6			#	#	#	#	#	#
Medium	266	630	350	39	9	0	0	70	60	6	3	9	0	29	0	12			#	#	#	#	#	#
Sack (serves 3)	353	810	440	49	11	0	0	95	81	8	4	12	0	38	0	15			#	#	#	#	#	#
Cheese Fries	199	400	240	27	5	0	0	350	35	3	2	4	0	10	1	5			#	X	#	#	#	#
Cheese Fries (New York / New Jersey only)	201	410	250	28	5	0	0	350	35	3	2	4	0	10	1	5			#	X	#	#	#	#
Loaded Fries	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4			X	X	#	#	#	#
Loaded Fries (New York / New Jersey only)	163	460	340	38	8	0	20	900	20	2	3	4	0	5	2	4			X	X	#	#	#	#
Shrimp Nibblers - Limited Time Offering																								
Small	139	430	260	29	4.5	0	80	910	31	2	2	12	0	6	9			X	X	X	#	#	#	X
Medium	270	790	460	51	8	0	165	1810	62	3	3	24	0	12	18			X	X	X	#	#	#	X
Sack (serves 3)	416	1280	780	87	14	0	245	2720	94	5	5	36	0	18	27			X	X	X	#	#	#	X
Onion Chips																								
Small	124	480	320	36	6	0	0	690	33	6	4	4	0	2	2	4			X	X	X	#	#	#
Medium	262	930	590	65	11	0	0	1550	73	13	8	8	0	4	4	8			X	X	X	#	#	#
Sack (serves 3)	349	1350	910	101	17	0	0	1950	92	16	11	11	0	5	5	11			X	X	X	#	#	#
Onion Rings																								
Small	141	480	290	33	5	0	0	580	40	2	7	6	0	6	6	6			#	#	X	X	#	#
Sack (serves 3)	262	890	550	61	10	0	0	1070	74	3	14	11	0	11	11	11			#	#	X	X	#	#
Onion Rings (New York / New Jersey only)																								
Small	112	340	190	22	4	0	0	310	33	3	5	2	0	5	2			#	X	X	X	#	#	#
Sack (serves 3)	210	640	360	41	7	0	0	580	62	6	9	4	0	9	4			#	X	X	X	#	#	#
Mozzarella Cheese Sticks																								
3 Sticks	138	460	300	33	9	0	30	990	26	1	3	12	7	6	25	4			#	X	X	#	#	#
5 Sticks	211	760	500	55	15	0.5	50	1560	40	2	4	21	11	7	41	6			#	X	X	#	#	#
10 Sticks (serves 3)	394	1490	1000	111	31	1	100	3110	77	4	6	41	20	7	83	12			#	X	X	#	#	#

Effective: February 2018	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	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish
Clam Strips																								
Small	128	210	150	17	2.5	0	15	620	5	0	1	8	2	11	2	45			X	X	X	#	#	X
Medium	256	410	310	34	5.5	0	35	1250	9	0	2	16	5	23	5	91			X	X	X	#	#	X
Sack (serves 3)	384	620	460	51	8	0	50	1870	14	0	3	24	7	34	7	136			X	X	X	#	#	X
Fish Nibblers®																								
Small	141	320	140	16	3	0	10	700	28	1	1	16	1	0	1	5			X	X	X	X	X	X
Medium	262	590	260	29	5	0	20	1300	51	2	2	30	3	1	3	9			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			X	X	X	X	X	X
Chicken Rings																								
3 pc.	57	160	90	10	2.5	0	55	300	6	0	0	9	1	0	1	4			X	X	X	#	#	#
6 pc.	114	320	180	20	4.5	0	105	610	12	0	0	18	2	0	2	9			X	X	X	#	#	#
9 pc.	171	470	280	31	7	0	160	910	18	1	0	26	3	0	2	13			X	X	X	#	#	#
20 pc. (serves 3)	380	1050	610	68	15	0	360	2020	41	2	1	58	7	0	5	29			X	X	X	#	#	#
Pouch	90	40	0	0	0	0	0	5	10	1	8	0	0	20	0	0								
BREAKFAST																								
Breakfast Slider w/Egg & Cheese	77	160	70	7	3	0	170	320	13	1	2	9	2	4	8	6			X	X	X	X		
Breakfast Slider w/Egg & Jalapeno Cheese	78	160	70	8	3.5	0	170	350	13	1	2	10	2	5	8	6			X	X	X	X		
Breakfast Slider w/Egg & Cheddar Cheese	78	160	70	8	3.5	0	175	350	13	1	2	10	0	4	8	6			X	X	X	X		
Breakfast Slider w/Sausage, Egg & Cheese	114	310	200	22	8	0	195	630	13	1	2	15	3	4	9	8			X	X	X	X		
Breakfast Slider w/Sausage, Egg & Jalapeno Cheese	115	310	200	22	9	0	200	660	13	1	2	15	3	5	9	8			X	X	X	X		
Breakfast Slider w/Sausage, Egg & Cheddar Cheese	115	320	200	22	9	0	200	670	14	1	2	15	1	4	9	8			X	X	X	X		
Breakfast Slider w/Bacon, Egg & Cheese	84	210	110	12	5	0	180	510	13	1	2	12	2	4	8	6			X	X	X	X		
Breakfast Slider w/Bacon, Egg & Jalapeno Cheese	85	220	120	13	5	0	180	540	13	1	2	13	2	5	8	6			X	X	X	X		
Breakfast Slider w/Bacon, Egg & Cheddar Cheese	85	220	120	13	6	0	185	540	13	1	2	13	0	4	8	6			X	X	X	X		
Breakfast Slider w/Bologna, Egg & Cheese	105	310	170	19	7	0	200	820	15	1	3	15	2	4	10	8			X	X	X	X		
Breakfast Slider w/Bologna, Egg & Jalapeno Cheese	106	310	180	20	7	0	200	850	15	1	3	16	2	5	10	8			X	X	X	X		
Breakfast Slider w/Bologna, Egg & Cheddar Cheese	106	310	180	20	8	0	205	850	15	1	3	16	0	4	10	8			X	X	X	X		
Original Slider w/Egg & Cheese	102	220	120	13	5.5	0.5	180	340	13	1	2	13	2	4	8	8			X	X	X	X		
Original Slider w/Egg & Jalapeno Cheese	105	230	120	13	6	0.5	180	540	14	1	2	14	2	5	9	8			X	X	X	X		
Original Slider w/Egg & Cheddar Cheese	105	230	120	14	6	0.5	185	550	15	1	2	14	0	4	8	8			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Cheese	108	230	80	9	3	0	170	500	29	2	4	11	2	0	15	12			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Jalapeno Cheese	109	240	80	9	3	0	170	530	29	2	4	11	2	1	15	12			X	X	X	X		
Breakfast Toast Sandwich w/Egg, Cheddar Cheese	109	240	80	9	3.5	0	175	530	29	2	4	12	0	0	15	12			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Cheese	145	380	210	23	8	0	200	810	29	2	4	16	3	1	16	14			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Jalapeno Cheese	146	390	210	23	9	0	200	840	29	2	4	16	3	2	16	14			X	X	X	X		
Breakfast Toast Sandwich w/Sausage, Egg, Cheddar Cheese	146	390	210	24	9	0	200	840	30	2	4	17	1	1	15	14			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Cheese	122	340	170	19	7	0	190	880	29	2	4	17	2	0	15	12			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Jalapeno Cheese	123	350	170	19	7	0	190	900	29	2	4	17	2	1	15	12			X	X	X	X		
Breakfast Toast Sandwich w/Bacon, Egg, Cheddar Cheese	123	350	170	19	7	0	195	910	29	2	4	18	0	0	15	12			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Cheese	132	380	180	20	7	0	200	980	31	0	5	17	2	0	13	18			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Jalapeno Cheese	133	390	180	20	7	0	200	1010	31	0	5	17	2	1	13	18			X	X	X	X		
Breakfast Toast Sandwich w/Bologna, Egg, Cheddar Cheese	133	390	180	20	7	0	205	1010	31	0	5	18	0	0	13	18			X	X	X	X		
Waffle Breakfast Slider w/Egg, Cheese	102	290	150	17	8	0	210	350	27	0	14	9	2	0	7	8	#		X	X	X	X		
Waffle Breakfast Slider w/Egg, Jalapeno Cheese	103	300	150	17	8	0	210	380	27	0	14	9	2	1	7	8	#		X	X	X	X		
Waffle Breakfast Slider w/Egg, Cheddar Cheese	103	300	160	17	8	0	215	380	27	0	14	10	0	0	7	8	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Cheese	139	440	280	31	13	0	235	660	27	0	14	14	3	1	8	10	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Jalapeno Cheese	140	450	280	31	14	0	240	690	27	0	14	14	3	2	8	10	#		X	X	X	X		
Waffle Breakfast Slider w/Sausage, Egg, Cheddar Cheese	140	450	280	32	14	0	240	690	28	0	14	15	1	1	7	10	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Cheese	109	350	190	22	10	0	220	540	27	0	14	12	2	0	7	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Jalapeno Cheese	110	350	200	22	10	0	220	570	27	0	14	12	2	1	7	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bacon, Egg, Cheddar Cheese	110	350	200	22	10	0	225	570	27	0	14	13	0	0	7	8	#		X	X	X	X		
Waffle Breakfast Slider w/Bologna, Egg, Cheese	130	440	260	29	12	0	240	850	29	0	15	15	2	0	9	10	#		X	X	X	X		

Effective: February 2018	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	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish	
Waffle Breakfast Slider w/Bologna, Egg, Jalapeno Cheese	131	450	260	29	12	0	240	880	29	0	15	15	2	1	9	10	#		X	X	X	X			
Waffle Breakfast Slider w/Bologna, Egg, Cheddar Cheese	131	450	260	29	12	0	245	880	29	0	15	16	0	0	9	10	#		X	X	X	X			
SIDES																									
Cinnamon Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X			
Chocolate Covered Donuts	35	160	80	9	6	0	0	150	21	1	12	2	0	0	0	4			X	X	X	X			
Glazed Donuts	35	160	80	9	6	0	0	150	21	1	12	2	0	0	0	4			X	X	X	X			
Powdered Sugar Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X			
Plain Donuts	35	150	70	8	4	0	0	160	22	1	10	2	0	0	0	4			X	X	X	X			
Hash Round Nibblers®																									
Small	119	360	250	28	4	0	0	460	25	2	0	2	0	7	0	2			#	#	X	#	#	#	
Medium	198	600	410	46	7	0	0	760	42	4	0	4	0	12	0	4			#	#	X	#	#	#	
Sack	476	1440	990	110	17	0	0	1830	101	10	0	10	0	29	0	10			#	#	X	#	#	#	
Hash Round Nibblers® (New York / New Jersey only)																									
Small	113	340	230	25	6	0	0	380	23	2	0	2	0	7	0	5			#	#	X	#	#	#	
Medium	186	560	380	42	9	0	0	640	39	4	0	4	0	11	0	8			#	#	X	#	#	#	
Sack	447	1330	910	101	22	0	0	1520	92	9	0	9	0	27	0	18			#	#	X	#	#	#	
Two Waffles w/Syrup	78	280	90	10	5	0	40	200	46	0	23	2	0	0	0	4	#		X	X	X				
DESSERT ON-A-STICK																									
Fudge Dipped Brownie	57	250	110	12	7	0	35	95	33	1	26	2	2	0	2	0	#	#	X	X	X	X			
Fudge Dipped Cheesecake	51	180	90	10	7	0	40	110	21	1	10	3	2	0	2	4	#	#	X	X	X	X			
Goopy Butter Cake	57	220	90	10	4.5	0	55	120	32	1	23	3	6	0	2	0	#	#	X	X	X	X			
BEVERAGES																									
Coffee																									
small	12	5	0	0	0	0	0	5	0	0	0	0	0	0	1	0									
medium	16	5	0	0	0	0	0	10	0	0	0	1	0	0	1	0									
large	20	5	0	0	0	0	0	10	0	0	0	1	0	0	1	0									
Decaf Coffee																									
small	12	0	0	0	0	0	0	5	0	0	0	0	0	0	1	1									
Hot Tea																									
medium	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0									
Hot Chocolate																									
medium	16	240	50	6	1.5	1.5	0	300	41	2	34	2	0	0	6	3					X		X		
Hot Chocolate - Columbus only																									
medium	16	300	90	10	3.5	1.5	15	280	46	2	35	1	0	0	5	4					X		X		
Iced Tea - Southern Sweet																									
small	21	180	0	0	0	0	0	20	47	0	45	0	0	0	0	1									
medium	30	260	0	0	0	0	0	25	67	0	65	0	0	0	0	1									
large	40	340	0	0	0	0	0	35	89	0	86	0	0	0	0	2									
gallon	128	1100	0	0	0	0	0	115	286	0	274	0	0	0	0	5									
Iced Tea - Southern Sweet (Columbus, New York, New Jersey only)																									
small	21	240	0	0	0	0	0	20	62	0	60	0	0	0	0	1									
medium	30	340	0	0	0	0	0	30	88	0	85	0	0	0	0	1									
large	40	450	0	0	0	0	0	35	118	0	114	0	0	0	0	2									
gallon	128	1450	0	0	0	0	0	115	376	0	364	0	0	0	0	5									
Iced Tea - Unsweetened																									
small	21	5	0	0	0	0	0	10	1	0	0	0	0	0	0	0									
medium	30	5	0	0	0	0	0	15	1	0	0	0	0	0	0	0									
large	40	5	0	0	0	0	0	20	2	0	0	0	0	0	0	1									
gallon	128	40	0	0	0	0	0	115	11	0	0	0	0	0	0	4									
CRAVE COOLERS																									
Crave Cooler Coke®																									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0									
medium	30	140	0	0	0	0	0	15	39	0	39	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0									
Crave Cooler Fanta Wild Cherry®																									
small	21	110	0	0	0	0	0	10	29	0	29	0	0	0	0	0									
medium	30	140	0	0	0	0	0	10	39	0	39	0	0	0	0	0									
large	40	190	0	0	0	0	0	15	51	0	51	0	0	0	0	0									
SHAKES																									
Chocolate Shake - Chicago only																									
small	21	550	90	10	5.5	0	35	330	106	2	90	12	7	5	44	7					X				
medium	30	780	130	14	8	0	50	480	152	3	129	16	9	8	63	9					X				
large	40	1050	170	19	11	0.5	65	630	202	5	172	22	13	10	84	13					X				
Vanilla Shake - Chicago only																									
small	21	470	80	8	5	0	35	360	85	2	72	12	7	6	49	1					X				
medium	30	670	110	12	7	0	50	510	122	3	103	17	9	9	70	2					X				
large	40	900	140	16	10	0.5	65	680	163	5	137	23	13	11	93	3					X				
Strawberry Shake - Chicago only																									
small	21	540	80	8	5	0	35	360	103	2	90	12	7	6	49	1					X				
medium	30	780	110	12	7	0	50	510	148	3	129	17	9	9	70	2					X				
large	40	1030	140	16	10	0.5	65	680	197	5	172	23	13	11	93	3					X				
Chocolate Shake - Cincinnati only																									
kids	10	310	70	8	5	0	15	170	53	0	42	7	3	3	25	0					X				
small	21	650	150	17	11	0	35	350	111	0	88	14	7	7	52	0					X				
medium	30	930	220	24	15	0	50	500	160	0	126	20	10	10	75	0					X				
large	40	1230	290	32	20	0	65	670	213	0	168	27	13	13	100	0					X				
Vanilla Shake - Cincinnati only																									
kids	10	300	70	8	5	0	15	170	52	0	42	7	3	3	25	0					X				
small	21	630	140	16	11	0	35	350	109	0	88	14	7	7	52	0					X				
medium	30	910	200	23	15	0	50	500	156	0	126	20	10	10	75	0					X				
large	40	1210	270	30	20	0	65	670	208	0	168	27	13	13	100	0					X				

Effective: February 2018	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	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish	
Strawberry Shake - Cincinnati only																									
kids	10	300	70	8	5	0	15	170	52	0	42	7	3	3	25	0				X					
small	21	630	140	16	11	0	35	350	109	0	88	14	7	7	52	0				X					
medium	30	910	200	23	15	0	50	500	156	0	126	20	10	10	75	0				X					
large	40	1210	270	30	20	0	65	670	208	0	168	27	13	13	100	0				X					
Chocolate Shake - Columbus only																									
small	21	500	110	12	8	0	45	470	88	0	82	13	0	4	37	0				X					
medium	30	710	160	18	11	0	65	670	126	0	117	19	0	5	53	0				X					
large	40	950	210	23	14	0	90	890	167	0	156	25	0	7	71	0				X					
Vanilla Shake - Columbus only																									
small	21	410	100	11	8	0	45	470	67	0	63	13	0	4	37	0				X					
medium	30	590	140	16	11	0	65	670	96	0	91	19	0	5	53	0				X					
large	40	780	190	21	14	0	90	890	128	0	121	25	0	7	71	0				X					
Strawberry Shake - Columbus only																									
small	21	480	100	11	8	0	45	470	85	0	81	13	0	4	37	0				X					
medium	30	690	140	16	11	0	65	670	122	0	117	19	0	5	53	0				X					
large	40	920	190	21	14	0	90	890	162	0	155	25	0	7	71	0				X					
Chocolate Shake - Detroit only																									
small	21	440	110	12	6	0	40	400	68	0	68	12	0	8	40	8				X					
medium	30	620	150	17	9	0	55	570	96	0	96	17	0	11	57	11				X					
large	40	830	200	23	11	0	75	760	129	0	129	23	0	15	76	15				X					
Vanilla Shake - Detroit only																									
small	21	430	110	12	8	0	60	250	67	0	59	12	23	0	39	0				X					
medium	30	600	150	16	11	0	80	350	93	0	82	16	33	0	54	0				X					
large	40	830	200	23	15	0	115	490	128	0	113	23	45	0	76	0				X					
Chocolate Shake - Indianapolis only																									
kids	10	230	70	7	4.5	0	35	170	42	1	32	6	14	0	22	3				X					
small	21	490	140	15	9	0	75	350	88	3	67	12	30	0	45	6				X					
medium	30	690	200	22	13	0	110	500	126	4	95	17	43	0	65	9				X					
large	40	920	260	29	17	0	145	670	168	6	127	23	58	0	87	12				X					
Chocolate Shake - Louisville only																									
small	21	690	200	22	14	0	70	420	117	5	97	14	28	0	45	9				X					
medium	30	1050	300	33	21	0	105	630	179	7	147	21	42	0	69	14				X					
large	40	1440	410	46	29	0	145	870	236	0	203	29	58	0	95	0				X					
Vanilla Shake - Louisville only																									
small	21	600	190	21	14	0	70	420	92	0	79	14	28	0	45	0				X					
medium	30	910	290	32	21	0	105	630	141	0	120	21	42	0	69	0				X					
large	40	1260	390	44	29	0	145	870	193	0	164	29	58	0	95	0				X					
Strawberry Shake - Louisville only																									
small	21	670	190	21	14	0	70	420	110	0	97	14	28	0	45	0				X					
medium	30	1030	290	32	21	0	105	630	168	0	147	21	42	0	69	0				X					
large	40	1410	390	44	29	0	145	870	231	0	202	29	58	0	95	0				X					
Chocolate Shake - Nashville only																									
small	21	570	120	13	9	0	45	220	101	0	79	13	26	0	44	0				X					
medium	30	820	170	19	13	0	65	320	145	0	113	19	38	0	62	0				X					
large	40	1090	230	25	17	0	85	420	193	0	151	25	50	0	83	0				X					
Vanilla Shake - Nashville only																									
small	21	660	120	13	9	0	45	290	124	0	101	13	26	0	44	0				X					
medium	30	950	170	19	13	0	65	410	176	0	145	19	38	0	62	0				X					
large	40	1260	230	25	17	0	85	550	236	0	193	25	50	0	83	0				X					
Chocolate Shake - Minneapolis only																									
small	21	510	80	9	7	0	45	230	102	0	79	5	27	0	18	9				X					
medium	30	770	130	14	11	0	70	350	155	0	120	7	42	0	28	14				X					
large	40	970	160	18	13	0	90	440	194	0	150	9	52	0	35	17				X					
Vanilla Shake - Minneapolis only																									
small	21	500	80	9	7	0	45	360	99	0	77	5	9	0	18	1				X					
medium	30	760	120	14	10	0	70	550	151	0	117	7	14	0	27	2				X					
large	40	950	160	17	13	0	85	690	189	0	146	9	17	0	34	3				X					
Chocolate Shake - New Jersey only																									
small	21	430	110	12	7	0	40	370	73	3	57	14	5	0	54	0				X					
medium	30	620	160	17	10	0	60	520	104	4	81	19	8	0	77	0				X					
large	40	910	230	26	14	0	85	760	153	6	119	28	11	0	113	0				X					
Vanilla Shake - New Jersey only																									
small	21	440	110	12	8	0	55	460	65	0	54	16	11	5	54	0				X					
medium	30	620	160	18	12	0	80	660	94	0	78	23	16	8	77	0				X					
large	40	910	230	26	17	0	115	970	137	0	114	34	23	11	113	0				X					
Chocolate Shake - New York only																									
small	21	490	120	13	9	0	45	400	84	4	79	9	9	0	44	0				X					
medium	30	690	170	19	13	0	63	570	120	6	113	13	13	0	63	0				X					
large	40	930	230	25	17	0	85	760	160	8	151	17	17	0	84	0				X					
Vanilla Shake - New York only																									
small	21	440	120	13	9	0	45	550	79	0	75	9	35	0	44	0				X					
medium	30	630	170	19	13	0	65	790	113	0	107	13	50	0	63	0				X					
large	40	840	230	25	17	0	85	1050	151	0	143	17	67	0	84	0				X					
Chocolate Shake - St. Louis only																									
small	21	490	100	11	8	0	40	150	87	4	64	11	6	0	30	23				X					
medium	30	700	150	16	11	0	55	220	124	5	92	16	8	0	43	32				X					
large	40	980	200	23	15	0	75	300	174	8	129	23	11	0	61	45				X					
Vanilla Shake - St. Louis only																									
small	21	450	90	9	6	0	40	130	83	0	72	8	8	0	23	0				X					
medium	30	690	130	14	9	0	60	200	126	0	109	12	11	0	34	0				X					
large	40	910	170	19	11	0	80	270	167	0	144	15	15	0	45	0				X					

Effective: February 2018		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	Peanuts	Tree nuts	Egg	Dairy	Wheat	Soybean	Fish	Shellfish
Fanta® Orange																									
kid's	10	140	0	0	0	0	0	0	45	44	0	44	0	0	0	2	1								
small	21	290	0	0	0	0	0	0	90	92	0	92	0	0	0	3	2								
medium	30	420	0	0	0	0	0	0	130	131	0	131	0	0	0	5	3								
large	40	560	0	0	0	0	0	0	180	175	0	175	0	0	0	6	4								
Fanta® Strawberry																									
kid's	10	150	0	0	0	0	0	0	40	41	0	41	0	0	0	0	0								
small	21	320	0	0	0	0	0	0	80	87	0	87	0	0	0	0	0								
medium	30	450	0	0	0	0	0	0	115	124	0	124	0	0	0	0	0								
large	40	600	0	0	0	0	0	0	150	165	0	165	0	0	0	0	0								
Coke Zero®																									
kid's	10	0	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0								
small	21	0	0	0	0	0	0	0	75	0	0	0	0	0	0	0	0								
medium	30	0	0	0	0	0	0	0	105	0	0	0	0	0	0	0	0								
large	40	0	0	0	0	0	0	0	140	0	0	0	0	0	0	0	0								
Mello Yello®																									
kid's	10	130	0	0	0	0	0	0	10	36	0	36	0	0	0	0	0								
small	21	280	0	0	0	0	0	0	20	76	0	76	0	0	0	0	0								
medium	30	400	0	0	0	0	0	0	30	109	0	109	0	0	0	0	0								
large	40	530	0	0	0	0	0	0	40	145	0	145	0	0	0	0	0								
Minute Maid® Lemonade																									
kid's	10	120	0	0	0	0	0	0	55	31	0	30	0	0	0	0	0								
small	21	250	0	0	0	0	0	0	85	70	0	67	0	0	0	0	0								
medium	30	350	0	0	0	0	0	0	160	92	0	89	0	0	0	0	0								
large	40	470	0	0	0	0	0	0	210	123	0	118	0	0	0	0	0								
gallon	128	1510	0	0	0	0	0	0	530	423	0	408	0	0	0	0	0								
Minute Maid® Lemonade Lite																									
kid's	10	5	0	0	0	0	0	0	95	1	0	1	0	0	0	0	0								
small	21	10	0	0	0	0	0	0	200	3	0	1	0	0	0	0	0								
medium	30	20	0	0	0	0	0	0	280	4	0	2	0	0	0	0	0								
large	40	25	0	0	0	0	0	0	380	5	0	2	0	0	0	0	0								
gallon	128	80	0	0	0	0	0	0	1210	15	0	8	0	0	0	0	0								

NOTES

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST

*Sliders weight based on the weight before cooking.

** Sodium values may vary depending on the local water supply used for beverages.

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. 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 or by telephone at (800) 929-4040.

Effective: February 2018

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
Peanuts
Tree nuts
Egg
Dairy
Wheat
Soybean
Fish
Shellfish