

★ NUTRITIONAL INFORMATION ★

	Serving Size (g)	Energy (KCal)	Energy (KJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugars (g)	Sodium (mg)
CHARGRILLED BURGERS									
Hamburger	114	300	1255	14	12	4.5	32	7	540
Double Hamburger	146	400	1674	22	20	9	32	7	560
Cheeseburger	126	340	1423	16	16	7	32	7	740
Double Cheeseburger	166	450	1883	25	24	11	33	8	770
Famous Star with Cheese	274	610	2552	28	32	11	50	10	1050
Super Star with Cheese	364	850	3556	46	52	21	51	11	1310
The Carl	230	670	2803	27	41	12	46	8	760
The Big Carl	307	910	3807	45	60	22	47	9	1020
California Classic	259	650	2720	28	44	15	36	10	900
Western Bacon Cheeseburger	251	750	3138	34	39	14	64	15	1480
Double Western Bacon Cheeseburger	329	1000	4184	52	59	24	65	16	1730
Veggie Star with Cheese	298	640	2678	17	26	5	81	14	1280
CHARGRILLED ANGUS BURGERS									
Original Angus Burger	290	620	2594	29	36	12	44	11	1320
Double Original Angus Burger	376	890	3724	51	56	23	45	12	1930
Guacamole Angus Burger	348	800	3347	34	54	16	45	10	1790
Double Guacamole Angus Burger	433	1060	4435	56	73	26	46	10	2370
Hawaiian Angus Burger	314	620	2594	29	32	11	55	22	1260
Double Hawaiian Angus Burger	399	880	3682	50	51	22	56	22	1880
Jalapeño Angus Burger	300	640	2678	29	40	12	42	10	1610
Double Jalapeño Angus Burger	385	910	3807	50	59	22	44	10	2230
Low Carb Angus Burger	229	360	1506	23	26	11	10	5	1000
Double Low Carb Angus Burger	316	630	2636	44	46	22	11	5	1610
Western Bacon Angus Burger	256	770	3222	35	43	15	58	17	1810
Double Western Bacon Angus Burger	342	1030	4310	57	63	25	60	17	2420
El Diabo Angus Burger	329	950	3975	42	60	20	62	10	2510
CHICKENS									
Star Value Chicken & Cheese Burger	159	470	1966	16	25	5	44	6	1220
Double Star Value Chicken Burger	269	700	2929	26	39	10	59	7	2040
Star Value Chicken BLT Burger	203	480	2008	16	25	5	46	6	1220
Hand-Breaded Chicken BLT Burger	213	470	1966	24	24	4	39	6	1320
Hand-Breaded Chicken Fillet Burger	185	420	1757	22	20	2.5	37	5	1110
Hand-Breaded Western Bacon Chicken Burger	210	560	2343	28	26	6	51	10	1710
Hand-Breaded Chicken and Pickle Burger	170	410	1715	22	20	2.5	37	6	1280
Hand-Breaded Hawaiian Chicken Burger	278	490	2050	25	19	4.5	53	19	1550
Hand-Breaded Big Chicken Burger	227	500	2092	23	25	3	44	8	1130
Hand-breaded Chicken Tenders- 3 Pieces	120	250	1046	25	12	1.5	11	0	740
Hand-breaded Chicken Tenders- 5 Pieces	200	420	1757	41	20	2.5	18	0	1240
Chicken Star Nuggets- 3 Pieces	53	150	628	7	8	1.5	13	0	280
Chicken Star Nuggets- 6 Pieces	106	300	1255	15	16	2.5	26	1	560
Chicken Star Nuggets- 10 Pieces	177	510	2134	24	26	4	44	1.5	940
Chicken Star Nuggets- 20 Pieces	354	1020	4268	48	52	8	88	3	1880
SALADS- WITHOUT DRESSING									
Chicken Crispy Salad	255	260	1088	21	14	4.5	12	2	820
Side Salad	175	90	377	5	5	3	6	2	110
SIDES									
Natural Cut Fries Small	102	280	1172	4	12	1	37	0	250
Natural Cut Fries Medium	130	350	1464	5	15	1	47	0	330
Natural Cut Fries Large	153	410	1715	6	18	1.5	55	0	370
Beef Chili Cheese Fries	309	730	3054	23	36	10	74	3	1180
Waffle Fries	116	360	1506	5	18	1.5	40	0	870
Fried Onion Rings	103	340	1423	6	19	1.5	34	4	540
Jalapeño Popper	120	350	1464	13	18	7	32	2	740
BREAKFAST									
BBQ Bacon & Egg Big Brekkie	252	630	2636	29	35	10	48	16	1660
Bacon, Egg & Cheese Roll	142	390	1632	19	20	8	31	5	980
Beef, Egg & Cheese Roll	241	620	2594	40	38	17	30	5	910



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The Breakfast Burger	289	780	3264	39	43	16	57	10	1490
Pancakes Platter	245	550	2301	11	16	9	88	29	1330
Hearty Bacon Platter	356	840	3515	29	44	17	81	27	2110
Pancake Bacon Platter	281	690	2887	17	28	13	90	30	1940
Potato Bites- Small	76	190	795	2	11	1	18	0	590
Potato Bites- Medium	124	310	1297	4	18	1.5	29	0	970
Potato Bites- Large	165	410	1715	5	24	2	39	0	1290
SAUCE PORTION CUP									
Ketchup Sachet	EACH	10	42	0	0	0	2	2	100
BBQ Sauce , PC	EACH	66	276	1	0.5	0	14	12	528
Mayonaise, PC	EACH	161	674	0.5	17	1.5	3	1.5	263
Ranch Sauce, PC	EACH	213	891	0.5	23	2	3	2	284
Santa Fe Sauce- PC	EACH	153	640	0.5	16	1.5	2	0.5	376
Classic Sauce	25	109	487	0	12	1	2	2	136
Special Sauce	25	21	89	0	0	0	5	4	270
DESSERTS									
Chocolate Chip Cookie	EACH	180	753	2	7	4	26	12	140
Ice Cream Sandwich Vanilla	EACH	236	987	3	10	6	33	18	156
Ice Cream Sundae- Chocolate	150	330	1381	5	14	9	44	40	80
Ice Cream Sundae- Strawberry	150	320	1339	5	14	9	43	40	60
Ice Cream Sundae- Plain	113	250	1046	5	14	9	26	23	50
Ice Cream Oreo® Sundae	164	390	1632	6	16	10	54	44	170
BEVERAGES									
Hand-Scooped Chocolate Milk Shake™, Without Whipped Cream	362	630	2636	13	31	19	72	65	170
Hand-Scooped Vanilla Milk Shake™, Without Whipped Cream	362	640	2678	13	31	19	74	68	150
Hand-Scooped Strawberry Milk Shake™, Without Whipped Cream	362	620	2594	13	31	19	71	65	150
Hand-Scooped Oreo® Milk Shake™, Without Whipped Cream	377	770	3222	16	38	22	90	63	440
Whipped Cream	20	75	314	1	7	5	1	1	8
Cappuccino Small	229	130	544	7	7	4.5	10	10	85
Cappuccino Medium	346	210	879	11	11	7	15	15	135
Cappuccino Large	427	250	1046	13	13	8	18	18	160
Flat White Small	229	130	544	7	7	4.5	10	10	85
Flat White Medium	346	210	879	11	11	7	15	15	135
Flat White Large	427	250	1046	13	13	8	18	18	160
Latte Small	229	130	544	7	7	4.5	10	10	85
Latte Medium	346	210	879	11	11	7	15	15	135
Latte Large	427	250	1046	13	13	8	18	18	160
Long Black Small	229	5	21	0	0	0	0	0	0
Long Black Medium	357	10	42	0	0	0	0	0	0
Long Black Large	427	10	42	0	0	0	0	0	0
Mocha Small	239	170	711	8	7	4.5	17	17	105
Mocha Medium	357	280	1172	12	11	7	29	29	170
Mocha Large	436	350	1464	14	13	9	39	38	210
Short Black	22	5	21	0	0	0	0	0	0
Black Tea Small	210	0	0	0	0	0	0	0	0
Black Tea Medium	327	0	0	0	0	0	0	0	0
Black Tea Large	386	0	0	0	0	0	0	0	0
CARBONATED DRINKS									
Coca-Cola® Classic - Small	350	151	630	0	0	0	37	37	35
Coca-Cola® Classic - Medium	410	177	738	0	0	0	43	43	41
Coca-Cola® Classic - Large	650	280	1170	0	0	0	69	69	65
Diet Coke® - Small	350	2	7	0	0	0	0	0	4
Diet Coke® - Medium	410	2	8	0	0	0	0	0	4
Diet Coke® - Large	650	3	12	0	0	0	1	0	7
Coca-Cola No Sugar™ - Small	350	1	5	0	0	0	0	0	15
Coca-Cola No Sugar™ - Medium	410	1	6	0	0	0	0	0	17



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Coca-Cola No Sugar™ - Large	650	2	9	0	0	0	0	0	27
Sprite® - Small	350	100	420	0	0	0	24	24	24
Sprite® - Medium	410	118	492	0	0	0	28	28	28
Sprite® - Large	650	187	780	0	0	0	45	45	45
Fanta® Orange - Small	350	66	277	0	0	0	16	16	25
Fanta® Orange - Medium	410	77	324	0	0	0	19	18	29
Fanta® Orange - Large	650	123	514	0	0	0	30	29	46
Fanta® Raspberry - Small	350	139	581	0	0	0	34	34	4
Fanta® Raspberry - Medium	410	163	681	0	0	0	39	39	4
Fanta® Raspberry - Large	650	258	1079	0	0	0	62	62	7
Cascade® Ginger Beer - Small	350	157	658	0	0	0	37	37	4
Cascade® Ginger Beer - Medium	410	184	771	0	0	0	44	44	4
Cascade Ginger Beer - Large	650	292	1222	0	0	0	70	70	7
Lift® Lemon - Small	350	66	276	0	0	0	15	15	26
Lift® Lemon - Medium	410	77	323	0	0	0	17	17	31
Lift® Lemon - Large	650	123	512	0	0	0	27	27	49
Refresh Orange - Small	350	171	714	0	0	0	41	39	27
Refresh Orange - Medium	410	200	836	0	0	0	48	45	32
Refresh Orange - Large	650	317	1326	0	0	0	75	72	50
MEAT, POULTRY, EGGS, VEGGIE PATTY									
4oz Angus Beef Patty	EACH	220	920	19	16	8	0	0	405
3.5oz Beef Patty	EACH	199	832	16	15	7	0	0	51
1.78oz Beef Patty	EACH	107	446	8	8	4	0	0	23
Hand Breaded Chicken Fillet	EACH	170	710	16	9	2	6	0	720
Hand Breaded Chicken Tender	EACH	80	335	8	4	1	4	0	250
Chicken Star Nugget	EACH	50	209	2	3	0	4	0	95
Bacon	EACH	48	201	2	4	2	1	0	204
Egg	47	70	293	6	5	2	0	0	85
Veggie Patty	EACH	230	962	5	10	1	31	4	320
BAKERY									
Potato Bun 4.25"	EACH	203	849	7	4	1	35	7	304
Sesame Bun 4"	EACH	179	749	6	4	1	30	5	295
Sesame Bun 5"	EACH	261	1092	9	6	1	43	5	323
Oreo Crumbs	100	459	1920	7	16	7	73	26	642
Pancake	EACH	120	502	4	2	0	22	3	400
DAIRY & ALTERNATIVES									
American Cheese Slice	EACH	46	192	3	4	3	0	0	240
Swiss Cheese Slice	EACH	40	167	3	3	2	0	0	170
Shredded Cheese Mix	100	395	1653	24	33	20	1	1	712
Ice Cream	100	221	925	4	12	8	23	21	46
Whip Cream	100	377	1577	3	35	25	3	3	40
Milk, Low Fat	100	35	146	3	1	0	5	5	44
Milk, Whole	100	64	268	3	3	2	5	5	44
Almond Milk	100	39	163	1	3	0	3	2	39
Soy Milk	100	59	247	3	3	0	4	2	47
Butter PCU	EACH	50	209	0	6	4	0	0	50
Butter Flavoured Oil	100	813	3402	0	92	8	0	0	0
SAUCES									
Mustard	100	103	429	5	5	1	11	4	1300
Ketchup Bulk	100	110	460	1	0	0	24	23	875
Teriyaki Sauce	100	141	590	2	0	0	32	29	1962
Chili Meat Sauce	100	126	527	9	6	3	8	2	820
Mayonnaise	100	401	1678	1	42	3	7	3	657
BBQ Sauce	100	165	690	2	1	0	34	30	1320
Classic Sauce	100	457	1912	1	47	4	8	8	545
Special Sauce	100	85	356	1	0	0	18	17	1080
Santa Fe Sauce	100	382	1598	1	41	3	5	2	941
Classic Sauce	25	109	487	0	12	1	2	2	136
Special Sauce	25	21	89	0	0	0	5	4	270



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SYRUPS									
Vanilla Syrup	100	235	985	0	0	0	56	56	18
Chocolate Topping	100	244	1020	1	1	0	58	55	90
Strawberry Topping	100	210	880	0	0	0	52	48	20
Vanilla Coffee Syrup	100	301	1260	0	0	0	73	73	0
Caramel Coffee Syrup	100	287	1200	0	0	0	69	69	0
Hazelnut Coffee Syrup	100	289	1210	0	0	0	71	69	0
VEGETABLES									
Avocado Pulp	100	198	830	2	19	3	2	1	400
Lettuce	100	15	63	1	0	0	3	0	0
Tomato	100	18	75	1	1	0	4	3	5
Yellow Onion	100	40	167	1	0	0	9	4	4
Red Onion	100	40	167	1	0	0	9	4	4
Grilled Onions	100	87	364	1	6	1	7	5	4
Dill Pickles	100	15	62	0	0	0	2	1	1300
Jalapeno Coins	100	25	105	1	0	0	3	3	1680
Pineapple	100	86	360	0	0	0	21	20	5

DISCLAIMERS

ISSUED: OCTOBER 2023. VERSION: OCTOBER 2023

The information contained in this guide is based on standard Australia product formulations, and comes from reports from our suppliers or from "as served" testing by accredited laboratories. Variations may occur due to a variety of factors and circumstances including, but not limited to, differences in suppliers, ingredient substitutions, recipe revisions, product assembly and seasonal variances. Product participation may vary by location and test products are not included. The information in this guide is reported for informational purposes only. We (including our franchisees, and our and their parents, subsidiaries, affiliates, suppliers and vendors) are not responsible for sensitivity or allergy to any food product or ingredient provided by or in our restaurants. We do not have an allergen free cooking environment in our kitchens. All products are prepared in the same kitchen area. Anyone with any food sensitivities, allergies, special dietary needs or specific dietary inquiries or concerns should consult a medical professional of his/her own selection regarding the suitability of our food products and/or ingredients, and should regularly review the information contained at our website for content updates.

This information is current as of October 31, 2023. We update this information from time to time to reflect changes in our products. If you have any questions about our menu and/or ingredients, please contact us at: <https://carlsjr.com.au/contact/>

ALLERGEN KEY: P=Peanuts, T=Treenuts, M=Milk, E=Egg, SS=Sesame Seeds, F=Fish, SF=Shellfish, S=Soy, L=Lupin, W=Wheat & Wheat Gluten, SU=Sulphites (Added-10mg/ kg), V=Vegan, VG=Lacto-ovo Vegetarian

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