

## ★ NUTRITIONAL INFORMATION ★

	Serving Size (g)	Energy (KCal)	Energy (KJ)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Total Carbohydrates (g)	Sugars (g)	Sodium (mg)
<b>CHARGRILLED BURGERS</b>									
Hamburger	114	295	1234	14	12	4.5	32	7	540
Double Hamburger	153	400	1674	22	20	9	33	7	560
Cheeseburger	126	341	1427	16	16	7	32	7	740
Double Cheeseburger	166	451	1887	25	24	11	33	8	770
Famous Star with Cheese	287	650	2720	28	37	12	51	10	1130
Super Star with Cheese	364	850	3556	46	51	21	51	10	1300
The Carl Burger	230	660	2761	27	41	12	46	7	760
Big Carl	307	910	3807	45	60	22	47	7	1020
Big Burger	199	490	2050	25	21	8	47	9	720
Big Burger with Cheese	211	530	2218	27	25	11	47	9	920
California Classic Burger	259	650	2720	28	44	15	36	9	900
California Classic XL Burger	374	940	3933	46	63	22	50	10	1020
Western Bacon Cheeseburger	236	700	2929	32	35	13	63	27	1230
Double Western Bacon Cheeseburger	314	950	3975	50	54	23	63	27	1480
Guacamole Burger	309	730	3054	31	45	14	50	8	1170
Double Guacamole Burger	386	970	4058	49	63	23	50	8	1440
Hawaiian Burger	315	630	2636	28	30	11	62	21	950
Double Hawaiian Burger	391	870	3640	46	49	21	63	21	1210
Really Big Carl	385	1150	4812	63	80	32	47	7	1270
Kid's Kool Hamburger	109	290	1213	14	12	4.5	30	5	520
Kid's Kool Cheeseburger	122	330	1381	16	16	7	30	5	730
Veggie Star with Cheese	305	680	2845	17	32	5	76	14	1330
<b>CHARGRILLED ANGUS BURGERS</b>									
Original Angus Burger	318	720	3012	35	43	15	51	7	1300
Double Original Angus Burger	428	1060	4435	60	69	28	51	7	1850
Guacamole Angus Burger	365	850	3556	38	54	17	53	7	1560
Double Guac Angus Burger	471	1190	4979	63	80	30	54	7	2120
Portobello Angus Burger	340	750	3138	35	45	15	52	7	1270
Double Portobello Angus Burger	450	1080	4519	61	71	28	53	7	1840
Hawaiian Angus Burger	357	760	3180	35	41	14	65	19	1340
Double Hawaiian Angus Burger	466	1100	4602	60	67	27	66	19	1910
Jalapeno Angus Burger	337	760	3180	35	46	15	51	7	1670
Double Jalapeno Angus Burger	447	1090	4561	60	72	28	52	7	2240
Low-carb Angus Burger	238	400	1674	27	30	14	6	2	830
Double Low-carb Angus Burger	383	760	3180	52	59	27	8	3	1420
Western Bacon Angus Burger	279	830	3473	39	45	16	65	25	1620
Double Western Bacon Angus Burger	389	1170	4895	64	72	29	66	26	2180
<b>CHICKENS</b>									
Big Chicken Sandwich	148	300	1255	16	22	2.5	10	1	830
Chicken BLT Sandwich	210	460	1925	25	23	4	38	6	1280
Chargrilled BBQ Chicken Sandwich	189	300	1255	26	5	1	36	10	1050
Chargrilled Chicken Club Sandwich	210	420	1757	31	18	5	33	6	1340
Chargrilled Hawaiian Chicken Sandwich	274	440	1841	28	14	4	48	20	1440
Hand-breaded Chicken Fillet Sandwich	198	470	1966	22	25	3	39	6	1190
Hand-breaded Western Fillet Sandwich	221	580	2427	29	26	6	56	26	1860
Hand-breaded Hawaiian Fillet Sandwich	284	510	2134	25	22	4.5	54	20	1580
Kid's Kool Chicken Tenders (2 Pieces Hand-breaded Chicken Tenders)	80	170	711	16	8	1	7	0	500
3 Pieces Hand-breaded Chicken Tenders	120	250	1046	25	12	1.5	11	0	740
5 Pieces Hand-breaded Chicken Tenders	200	420	1757	41	20	2.5	18	0	1240
10 Pieces Hand-breaded Chicken Tenders	400	830	3473	82	40	5	36	1	2480
3 Pieces Chicken Stars	63	120	502	8	4	0.5	13	0	180
6 Pieces Chicken Stars	138	250	1046	16	8	1	27	1	360
10 Pieces Chicken Stars	230	410	1715	27	14	2	44	2	610
20 Pieces Chicken Stars	460	830	3473	54	27	4	88	3	1210
24 Pieces Chicken Stars	552	990	4142	65	33	5	106	4	1450
<b>SALADS- NO DRESSING</b>									
Chicken Chargrilled Salad	246	180	753	24	7	3.5	7	2	670
Chicken Crispy Salad	255	260	1088	20	14	4	13	2	800
Side Salad	175	90	377	5	5	3	7	1	90

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<b>SIDES</b>									
Fries Small	96	220	920	3	12	1	22	0	240
Fries Medium	134	300	1255	5	16	1.5	31	0	330
Fries Large	161	360	1506	6	20	2	37	1	380
Kid's Fries	84	190	795	3	10	1	19	0	190
Chili Cheese Fries	313	650	2720	22	37	10	51	3	1140
Waffle Fries	116	360	1506	5	18	1.5	40	0	870
Fried Onion Rings	141	460	1925	8	26	2	47	53	680
Hash Brown Small	102	160	669	0	7	0.5	20	0	340
Hash Brown Medium	161	250	1046	0	11	1	33	0	560
Hash Brown Large	200	340	1423	0	15	1	44	0	750
<b>BREAKFAST</b>									
Big Bacon Egg & Cheese	233	620	2594	32	34	12	46	5	1340
Big BBQ Bacon & Egg	236	580	2427	28	26	7	55	14	1290
Big Egg Brekkie	215	530	2218	26	27	9	45	4	990
Big Tomato, Egg & Cheese	247	540	2259	26	27	9	46	5	1000
Breakfast Burger	266	690	2887	36	37	14	52	6	980
Hearty Breakfast Bacon Platter	401	790	3305	25	33	10	93	27	1760
Hearty Breakfast Sausage Platter	444	930	3891	31	46	17	93	27	2010
Pancake Platter	242	500	2092	11	10	5	89	30	1310
Pancake & Bacon Platter	187	450	1883	12	14	7	67	27	1150
Bacon, Egg & Cheese Roll	127	340	1423	18	16	6	30	5	740
Big Sausage, Egg & Cheese Roll	328	950	3975	49	63	26	46	5	2000
Egg & Cheese Roll	118	290	1213	15	12	4.5	29	5	570
Sausage, Egg & Cheese Roll	174	500	2092	26	30	13	30	5	1080
<b>SALAD DRESSING &amp; SAUCE PORTION</b>									
Balsamic & live Oil Vinaigrette Dressing	28	100	418	0	10	1	3	3	310
Caesar Dressing	25	100	418	1	10	1	0	0	170
French Vinaigrette Dressing	13	45	188	0	4	0	3	2	180
Italian Dressing	13	40	167	0	4	0	2	2	210
Mayonnaise	43	170	711	0	17	1.5	3	1	270
BBQ Sauce	43	70	293	1	0.5	0	14	14	550
Classic Sauce	43	190	795	0	20	1.5	4	2	230
Ranch Sauce	43	240	1004	1	25	2	3	2	320
Special Sauce	43	25	105	1	0	0	8	5	460
Santa Fe Sauce	43	160	669	0	15	1.5	3	0	410
Ketchup Sachet	8	10	42	0	0	0	2	2	100
<b>DESSERTS</b>									
Chocolate Chip Cookie	40	190	795	2	9	4.5	24	12	70
M&M Cookies	40	170	711	2	8	5	23	12	85
White Chocolate & Macadamia Cookie	40	180	753	2	9	6	23	12	85
Ice Cream Chocolate Cookie Sandwich	137	510	2134	7	25	14	62	35	180
Chocolate Sundae	150	330	1381	5	15	10	44	40	100
Oreo Sundae	164	400	1674	6	17	11	54	44	190
Plain Sundae (Vanilla Ice Cream)	113	260	1088	5	15	10	25	23	70
Strawberry Sundae	150	330	1381	5	15	10	43	39	75
<b>BEVERAGES</b>									
Chocolate Hand-Scooped Ice Cream Shake™	388	720	3012	14	40	27	74	68	220
Vanilla Hand-Scooped Ice Cream Shake™	383	710	2971	13	40	27	73	68	200
Strawberry Hand-Scooped Ice Cream Shake™	386	710	2971	13	40	27	72	66	200
Oreo™ Hand-Scooped Ice Cream Shake™	398	850	3556	17	47	30	89	63	480
Soda Float	503	420	1757	5	15	10	67	64	110
Chai Small	227	220	920	7	9	7	26	21	135
Chai Medium	360	320	1339	12	14	10	36	30	200
Chai Large	447	420	1757	14	18	13	49	40	260
Cappuccino Small	222	140	586	7	7	4.5	10	10	90
Cappuccino Medium	347	210	879	11	11	7	16	16	140
Cappuccino Large	420	250	1046	13	13	8	18	18	160
Flat White Small	221	130	544	7	7	4.5	10	10	85



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Flat White Medium	346	210	879	11	11	7	15	15	135
Flat White Large	419	250	1046	13	13	8	18	18	160
Latte Small	221	130	544	7	7	4.5	10	10	85
Latte Medium	346	210	879	11	11	7	15	15	135
Latte Large	419	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
Hot Chocolate Small	227	180	753	8	7	5	19	18	110
Hot Chocolate Medium	355	280	1172	13	12	8	30	30	180
Hot Chocolate Large	454	360	1506	16	15	10	37	37	220
Cold Brew Iced Coffee	250	220	920	7	7	4.5	31	31	85
<b>CARBONATED DRINKS</b>									
Coca-Cola® Classic - Small	350	151	631	0	0	0	37	37	35
Coca-Cola® Classic - Medium	470	202	847	0	0	0	50	50	47
Coca-Cola® Classic - Large	650	280	1171	0	0	0	69	69	65
Diet Coke® - Small	350	2	7	0	0	0	0	0	4
Diet Coke® - Medium	470	2	9	0	0	0	0	0	5
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	470	2	7	0	0	0	0	0	20
Coca-Cola No Sugar™ - Large	650	2	9	0	0	0	1	0	27
Sprite® - Small	350	73	305	0	0	0	17	17	24
Sprite® - Medium	470	98	409	0	0	0	23	23	32
Sprite® - Large	650	135	566	0	0	0	32	32	45
Fanta® Orange - Small	350	115	480	0	0	0	28	28	4
Fanta® Orange - Medium	470	154	645	0	0	0	37	37	5
Fanta® Orange - Large	650	213	891	0	0	0	51	51	7
Fanta® Raspberry - Small	350	139	582	0	0	0	34	34	4
Fanta® Raspberry - Medium	470	187	781	0	0	0	45	45	5
Fanta® Raspberry - Large	650	258	1080	0	0	0	62	62	7
Cascade® Ginger Beer - Small	350	157	659	0	0	0	37	37	4
Cascade® Ginger Beer - Medium	470	211	884	0	0	0	50	50	5
Cascade Ginger Beer - Large	650	292	1223	0	0	0	70	70	7
Lift® Lemon - Small	350	66	276	0	0	0	15	12	25
Lift® Lemon - Medium	470	89	371	0	0	0	20	16	34
Lift® Lemon - Large	650	123	513	0	0	0	28	22	47
<b>MEAT, POULTRY, EGGS, VEGGIE PATTY</b>									
5.3oz Angus Beef Patty	EACH	293	1228	23	23	11	0	0	351
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	46
BBQ Charbroiled Fillet	EACH	95	397	19	2	1	0	0	578
Hand Breaded Chicken Fillet	EACH	170	710	16	9	1	6	0	716
Hand Breaded Chicken Tender	EACH	85	356	8	4	1	4	0	250
Chicken Star Nugget	EACH	40	167	3	1	0	4	0	60
Bacon	EACH	23	96	1	2	1	0	0	86
Egg	EACH	71	298	7	5	2	0	0	85
Sausage Patty	EACH	207	868	11	18	8	0	0	502
Veggie Patty	EACH	271	1135	5	15	1	25	4	15
<b>BAKERY</b>									
Premium Bun	EACH	248	1038	8	3	1	45	4	418
Sesame Bun 4"	EACH	174	726	6	3	0	29	5	285
Sesame Bun 5"	EACH	262	1098	9	6	1	42	5	323
Oreo Crumbs	EACH	459	1920	7	16	7	73	26	642
Pancake	EACH	122	512	4	2	0	23	3	413

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<b>DAIRY</b>									
American Cheese Slice	EACH	46	192	3	4	3	0	0	204
Swiss Cheese Slice	EACH	40	169	2	3	2	0	0	213
Shredded Cheese Mix	100	393	1644	21	32	18	4	0	571
Ice Cream	100	225	941	4	13	9	22	20	62
Whip Cream	100	325	1360	2	34	23	3	3	26
Milk, Low Fat	100	34	142	3	0	0	5	5	43
Milk, Whole	100	62	259	3	3	2	5	5	42
Butter PCU	Each	51	211	0	6	4	0	0	49
<b>SAUCES</b>									
Mustard	100	103	429	5	5	3	11	4	1300
Ketchup Bulk	100	110	460	1	0	0	24	23	987
Teriyaki Sauce	100	163	681	3	0	0	37	30	1890
Chili Meat Sauce	100	126	527	9	6	3	8	2	820
Portobello Mushroom Sauce	100	115	480	1	11	1	4	1	468
<b>SYRUPS</b>									
Vanilla Syrup	100	235	985	0	0	0	56	56	18
Chocolate Topping	100	244	1020	1	0	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
<b>VEGETABLES</b>									
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	0	7	5	4
Dill Pickles	100	15	62	0	0	0	2	1	1315
Jalapeno Coins	100	23	96	1	0	0	3	3	1682
Pineapple	100	86	360	0	0	0	21	20	5

### DISCLAIMERS

ISSUED: AUGUST 2020. VERSION: AUGUST-2020.

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 August 31, 2020. 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